**NDB No. 19146**

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

*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.42 | | 0 | MC | 9 | | 274.43 | 0.34 | |
| Energy | kcal | 498 | | 0 | MC | 9 | | 56473 | 71 | |
| Energy | kj | 2084 | | | | 9 | | 236284 | 296 | |
| Protein | g | 4.78 | | 0 | MC | 9 | | 542.05 | 0.68 | |
| Total lipid (fat) | g | 23.34 | | 0 | MC | 9 | | 2646.76 | 3.31 | |
| Ash | g | 2.16 | | 0 | MC | 9 | | 244.94 | 0.31 | |
| Carbohydrate, by difference | g | 67.30 | | 0 | MC | 9 | | 7631.82 | 9.56 | |
| Fiber, total dietary | g | 2.7 | | 0 | MC | 9 | | 306.2 | 0.4 | |
| Sugars, total | g | 61.58 | | 0 | MC | 9 | | 6983.17 | 8.74 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 116 | | 0 | MC | 9 | | 13154 | 16 | |
| Iron, Fe | mg | 1.23 | | 0 | MC | 9 | | 139.48 | 0.17 | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | | | | | | | | | |
| Sodium, Na | mg | 68 | | 0 | MC | 9 | | 7711 | 10 | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | 0 | MC | 9 | | 68.0 | 0.1 | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 224 | | 0 | MC | 9 | | 25402 | 32 | |
| 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 | 14.452 | | 0 | MC | 9 | | 1638.857 | 2.052 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | | | | | | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | | | | | | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | | | | | | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | | | | | | | | | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| 18:2 undifferentiated.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | | | | | | | | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 15 | | 0 | MC | 9 | | 1701 | 2 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 11340g: 1 package

Measure 2 = 14.2g: 1 serving

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

**Food Group:** 19 Sweets

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

**NDB No. 19139**

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

*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.27 | | 0 | MC | 9 | | 0.18 | 144.02 | 0.18 |
| Energy | kcal | 518 | | 0 | MC | 9 | | 73 | 58741 | 74 |
| Energy | kj | 2167 | | | | 9 | | 303 | 245773 | 308 |
| Protein | g | 4.42 | | 0 | MC | 9 | | 0.62 | 501.23 | 0.63 |
| Total lipid (fat) | g | 26.29 | | 0 | MC | 9 | | 3.68 | 2981.29 | 3.73 |
| Ash | g | 2.07 | | 0 | MC | 9 | | 0.29 | 234.74 | 0.29 |
| Carbohydrate, by difference | g | 65.96 | | 0 | MC | 9 | | 9.23 | 7479.86 | 9.37 |
| Fiber, total dietary | g | 6.7 | | 0 | MC | 9 | | 0.9 | 759.8 | 1.0 |
| Sugars, total | g | 53.19 | | 0 | MC | 9 | | 7.45 | 6031.75 | 7.55 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 34 | | 0 | MC | 9 | | 5 | 3856 | 5 |
| Iron, Fe | mg | 2.95 | | 0 | MC | 9 | | 0.41 | 334.53 | 0.42 |
| Magnesium, Mg | mg | 106 | | 0 | FLM | 4 | | 15 | 12020 | 15 |
| Phosphorus, P | mg | 122 | | 0 | FLM | 4 | | 17 | 13835 | 17 |
| Potassium, K | mg | 336 | | 0 | FLM | 4 | | 47 | 38102 | 48 |
| Sodium, Na | mg | 3 | | 0 | MC | 9 | | 0 | 340 | 0 |
| Zinc, Zn | mg | 1.49 | | 0 | FLM | 4 | | 0.21 | 168.97 | 0.21 |
| Copper, Cu | mg | 0.646 | | 0 | FLM | 4 | | 0.090 | 73.256 | 0.092 |
| Manganese, Mn | mg | 0.736 | | 0 | FLM | 4 | | 0.103 | 83.462 | 0.105 |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | MC | 9 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.051 | | 0 | FLM | 4 | | 0.007 | 5.783 | 0.007 |
| Riboflavin | mg | 0.084 | | 0 | FLM | 4 | | 0.012 | 9.526 | 0.012 |
| Niacin | mg | 0.393 | | 0 | FLM | 4 | | 0.055 | 44.566 | 0.056 |
| Pantothenic acid | mg | 0.097 | | 0 | FLM | 4 | | 0.014 | 11.000 | 0.014 |
| Vitamin B-6 | mg | 0.046 | | 0 | FLM | 4 | | 0.006 | 5.216 | 0.007 |
| Folate, total | mcg | 28 | | 0 | FLM | 4 | | 4 | 3175 | 4 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | mcg | 28 | | 0 | FLM | 4 | | 4 | 3175 | 4 |
| Folate, DFE | mcg_DFE | 28 | | 0 | NC | 4 | | 4 | 3175 | 4 |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLM | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 73 | | 0 | MC | 9 | | 10 | 8278 | 10 |
| Vitamin A, RAE | mcg_RAE | 4 | | 0 | NC | 4 | | 1 | 414 | 1 |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin E (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 | 15.655 | | 0 | MC | 9 | | 2.192 | 1775.277 | 2.223 |
| 4:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.044 | | 0 | FLM | 4 | | 0.006 | 4.990 | 0.006 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 7.171 | | 0 | FLM | 4 | | 1.004 | 813.191 | 1.018 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 8.243 | | 0 | FLM | 4 | | 1.154 | 934.756 | 1.171 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19139**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 8.789 | | 0 | FLM | 4 | | 1.230 | 996.673 | 1.248 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 8.789 | | 0 | FLM | 4 | | 1.230 | 996.673 | 1.248 |
| 20:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.842 | | 0 | FLM | 4 | | 0.118 | 95.483 | 0.120 |
| 18:2 undifferentiated.....g | 0.842 | | 0 | FLM | 4 | | 0.118 | 95.483 | 0.120 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 3 | | 0 | MC | 9 | | 0 | 340 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 11340g: 1 package

Measure 3 = 14.2g: 1 serving

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

**Food Group:** 19 Sweets

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

**NDB No. 19124**
**Baking chocolate, mexican, squares**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.59 | | 2 | A | 1 | | 0.32 | | |
| Energy | kcal | 426 | | 0 | NC | 4 | | 85 | | |
| Energy | kj | 1782 | | | | 4 | | 356 | | |
| Protein (N x 6.25) | g | 3.64 | | 2 | A | 1 | | 0.73 | | |
| Total lipid (fat) | g | 15.59 | | 2 | A | 1 | | 3.12 | | |
| Ash | g | 1.34 | | 2 | A | 1 | | 0.27 | | |
| Carbohydrate, by difference | g | 77.41 | | 0 | NC | 4 | | 15.48 | | |
| Fiber, total dietary | g | 4.0 | 0.152 | 4 | AI | 13 | | 0.8 | | |
| Sugars, total | g | 69.40 | | 0 | FLA | 4 | | 13.88 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 34 | | 2 | A | 1 | | 7 | | |
| Iron, Fe | mg | 2.18 | | 2 | A | 1 | | 0.44 | | |
| Magnesium, Mg | mg | 95 | | 2 | A | 1 | | 19 | | |
| Phosphorus, P | mg | 142 | | 2 | A | 1 | | 28 | | |
| Potassium, K | mg | 397 | | 2 | A | 1 | | 79 | | |
| Sodium, Na | mg | 3 | | 2 | A | 1 | | 1 | | |
| Zinc, Zn | mg | 1.26 | | 2 | A | 1 | | 0.25 | | |
| Copper, Cu | mg | 0.670 | | 2 | A | 1 | | 0.134 | | |
| Manganese, Mn | mg | 0.449 | | 2 | A | 1 | | 0.090 | | |
| Selenium, Se | mcg | 1.8 | | 0 | FLA | 4 | | 0.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 2 | A | 1 | | 0.0 | | |
| Thiamin | mg | 0.057 | | 2 | A | 1 | | 0.011 | | |
| Riboflavin | mg | 0.105 | | 2 | A | 1 | | 0.021 | | |
| Niacin | mg | 1.829 | | 2 | A | 1 | | 0.366 | | |
| Pantothenic acid | mg | 0.180 | | 2 | A | 1 | | 0.036 | | |
| Vitamin B-6 | mg | 0.034 | | 2 | A | 1 | | 0.007 | | |
| Folate, total | mcg | 5 | | 0 | FLA | 4 | | 1 | | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food | mcg | 5 | | 0 | FLA | 4 | | 1 | | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 1 | | |
| Vitamin B-12 | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, IU | IU | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.36 | | 0 | FLA | 4 | | 0.07 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.2 | | 0 | FLA | 4 | | 0.4 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.606 | | 2 | A | 1 | | 1.721 | | |
| 4:0 | g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 6:0 | g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 8:0 | g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 10:0 | g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 12:0 | g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.010 | | 2 | A | 1 | | 0.002 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.628 | | 2 | A | 1 | | 0.726 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 4.705 | | 2 | A | 1 | | 0.941 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19124**
**Baking chocolate, mexican, squares**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 5.044 | | 2 | A | 1 | | 1.009 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.037 | | 2 | A | 1 | | 0.007 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 5.007 | | 2 | A | 1 | | 1.001 | | |
| 20:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.162 | | 2 | A | 1 | | 0.232 | | |
| 18:2 undifferentiated.....g | 0.942 | | 2 | A | 1 | | 0.188 | | |
| 18:3 undifferentiated.....g | 0.072 | | 2 | A | 1 | | 0.014 | | |
| 18:4.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.148 | | 2 | A | 1 | | 0.030 | | |
| 20:5 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 2 | A | 1 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine.....mg | 14 | | 0 | FLA | 4 | | 3 | | |
| Theobromine.....mg | 231 | | 0 | FLA | 4 | | 46 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.013 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.052 | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.006 | | |
| Lutein + zeaxanthin.....mcg | 7 | | 0 | FLA | 4 | | 1.451 | | |

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

**Common Measures:**

Measure 1 = 20g: 1 tablet

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

**Food Group:** 19 Sweets

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

**NDB No. 19077**
**Baking chocolate, unsweetened, liquid**

**Refuse:** 0%

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

**NDB No. 19077**
**Baking chocolate, unsweetened, liquid**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 9.230 | | 0 | | 1 | | 2.617 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.050 | | 1 | | 1 | | 0.014 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 9.180 | | 1 | | 1 | | 2.603 | | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 10.700 | | 0 | | 1 | | 3.033 | | |
| 18:2 undifferentiated.....g | 10.100 | | 1 | | 1 | | 2.863 | | |
| 18:3 undifferentiated.....g | 0.600 | | 1 | | 1 | | 0.170 | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.182 | | 0 | | 1 | | 0.052 | | |
| Threonine.....g | 0.481 | | 0 | | 1 | | 0.136 | | |
| Isoleucine.....g | 0.471 | | 0 | | 1 | | 0.134 | | |
| Leucine.....g | 0.737 | | 0 | | 1 | | 0.209 | | |
| Lysine.....g | 0.609 | | 0 | | 1 | | 0.173 | | |
| Methionine.....g | 0.125 | | 0 | | 1 | | 0.035 | | |
| Cystine.....g | 0.148 | | 0 | | 1 | | 0.042 | | |
| Phenylalanine.....g | 0.584 | | 0 | | 1 | | 0.166 | | |
| Tyrosine.....g | 0.456 | | 0 | | 1 | | 0.129 | | |
| Valine.....g | 0.730 | | 0 | | 1 | | 0.207 | | |
| Arginine.....g | 0.689 | | 0 | | 1 | | 0.195 | | |
| Histidine.....g | 0.210 | | 0 | | 1 | | 0.060 | | |
| Alanine.....g | 0.561 | | 0 | | 1 | | 0.159 | | |
| Aspartic acid.....g | 1.211 | | 0 | | 1 | | 0.343 | | |
| Glutamic acid.....g | 1.828 | | 0 | | 1 | | 0.518 | | |
| Glycine.....g | 0.545 | | 0 | | 1 | | 0.155 | | |
| Proline.....g | 0.520 | | 0 | | 1 | | 0.147 | | |
| Serine.....g | 0.525 | | 0 | | 1 | | 0.149 | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 47 | | 0 | FLA | 4 | | 13 | | |
| Theobromine.....mg | 1597 | | 0 | FLA | 4 | | 453 | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors:** **Protein** 1.83 **Fat** 8.4 **Carbohydrate** 1.33

**Food Group:** 19 Sweets

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

**NDB No. 19078**
**Baking chocolate, unsweetened, squares**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.34 | 0.092 | 3 | A | 1 | | 1.77 | 0.39 | |
| Energy | kcal | 501 | | 0 | NC | 4 | | 662 | 145 | |
| Energy | kj | 2097 | | 0 | NC | 4 | | 2768 | 608 | |
| Protein (N x 5.63) | g | 12.90 | | 0 | NR | 4 | | 17.03 | 3.74 | |
| Adjusted Protein (N x 4.74) | g | 10.86 | | 0 | NR | 4 | | 14.34 | 3.15 | |
| Total lipid (fat) | g | 52.31 | 0.337 | 3 | A | 1 | | 69.05 | 15.17 | |
| Ash | g | 3.60 | 0.146 | 3 | A | 1 | | 4.76 | 1.04 | |
| Carbohydrate, by difference | g | 29.84 | | 0 | NR | 4 | | 39.39 | 8.65 | |
| Fiber, total dietary | g | 16.6 | | 3 | A | 1 | | 21.9 | 4.8 | |
| Sugars, total | g | 0.91 | 0.177 | 3 | A | 1 | | 1.21 | 0.26 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 101 | 7.206 | 3 | A | 1 | | 134 | 29 | |
| Iron, Fe | mg | 17.40 | 2.854 | 3 | A | 1 | | 22.97 | 5.05 | |
| Magnesium, Mg | mg | 327 | 7.767 | 3 | A | 1 | | 432 | 95 | |
| Phosphorus, P | mg | 400 | 25.115 | 3 | A | 1 | | 528 | 116 | |
| Potassium, K | mg | 830 | 41.914 | 3 | A | 1 | | 1096 | 241 | |
| Sodium, Na | mg | 24 | 2.671 | 3 | A | 1 | | 31 | 7 | |
| Zinc, Zn | mg | 9.63 | 1.011 | 3 | A | 1 | | 12.72 | 2.79 | |
| Copper, Cu | mg | 3.233 | 0.088 | 3 | A | 1 | | 4.268 | 0.938 | |
| Manganese, Mn | mg | 4.167 | 0.186 | 3 | A | 1 | | 5.500 | 1.208 | |
| Selenium, Se | mcg | 8.1 | | 2 | A | 1 | | 10.7 | 2.4 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.147 | | 2 | A | 1 | | 0.194 | 0.043 | |
| Riboflavin | mg | 0.100 | | 2 | A | 1 | | 0.132 | 0.029 | |
| Niacin | mg | 1.355 | | 2 | A | 1 | | 1.789 | 0.393 | |
| Pantothenic acid | mg | 0.168 | | 2 | A | 1 | | 0.222 | 0.049 | |
| Vitamin B-6 | mg | 0.027 | | 2 | A | 1 | | 0.036 | 0.008 | |
| Folate, total | mcg | 28 | | 2 | A | 1 | | 37 | 8 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 28 | | 2 | A | 1 | | 37 | 8 | |
| Folate, DFE | mcg_DFE | 28 | | 0 | NC | 4 | | 37 | 8 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 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 | 0.40 | | 1 | A | 1 | | 0.53 | 0.12 | |
| Tocopherol, beta | mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma | mg | 5.83 | | 1 | A | 1 | | 7.70 | 1.69 | |
| Tocopherol, delta | mg | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 9.7 | | 2 | A | 1 | | 12.8 | 2.8 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 32.351 | | 0 | NC | 4 | | 42.704 | 9.382 | |
| 4:0 | g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 13:0 | g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 14:0 | g | 0.033 | 0.033 | 3 | A | 1 | | 0.044 | 0.010 | |
| 15:0 | g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:0 | g | 13.340 | 0.010 | 3 | A | 1 | | 17.608 | 3.868 | |
| 17:0 | g | 0.100 | 0.001 | 3 | A | 1 | | 0.132 | 0.029 | |
| 18:0 | g | 18.274 | 0.348 | 3 | A | 1 | | 24.122 | 5.299 | |
| 20:0 | g | 0.554 | 0.026 | 3 | A | 1 | | 0.731 | 0.161 | |
| 22:0 | g | 0.050 | 0.029 | 3 | A | 1 | | 0.067 | 0.015 | |

**NDB No. 19078**
**Baking chocolate, unsweetened, squares**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 24:0 g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated g | 16.106 | | 0 | NC | 4 | | 21.259 | 4.671 | |
| 14:1 g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 15:1 g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated g | 0.100 | 0.001 | 3 | A | 1 | | 0.132 | 0.029 | |
| 17:1 g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated g | 16.006 | | 0 | A | 1 | | 21.128 | 4.642 | |
| 18:1 c g | 16.006 | 0.039 | 3 | A | 1 | | 21.128 | 4.642 | |
| 18:1 t g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:1 g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated g | 1.555 | | 0 | NC | 4 | | 2.052 | 0.451 | |
| 18:2 undifferentiated g | 1.438 | 0.008 | 3 | A | 1 | | 1.898 | 0.417 | |
| 18:3 undifferentiated g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| 18:3 n-6 c,c,c g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:4 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 undifferentiated g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-3 g | | | | | | | | | |
| 20:3 n-6 g | | | | | | | | | |
| 20:4 undifferentiated g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:4 n-3 g | | | | | | | | | |
| 20:4 n-6 g | | | | | | | | | |
| 20:5 n-3 g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols mg | | | | | | | | | |
| Stigmasterol mg | 38 | | 2 | A | 1 | | 50 | 11 | |
| Campesterol mg | 13 | | 2 | A | 1 | | 18 | 4 | |
| Beta-sitosterol mg | 85 | | 2 | A | 1 | | 112 | 25 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.130 | | 2 | A | 1 | | 0.172 | 0.038 | |
| Threonine g | 0.370 | | 2 | A | 1 | | 0.488 | 0.107 | |
| Isoleucine g | 0.410 | | 2 | A | 1 | | 0.541 | 0.119 | |
| Leucine g | 0.695 | | 2 | A | 1 | | 0.917 | 0.202 | |
| Lysine g | 0.470 | | 2 | A | 1 | | 0.620 | 0.136 | |
| Methionine g | 0.140 | | 2 | A | 1 | | 0.185 | 0.041 | |
| Cystine g | 0.225 | | 2 | A | 1 | | 0.297 | 0.065 | |
| Phenylalanine g | 0.525 | | 2 | A | 1 | | 0.693 | 0.152 | |
| Tyrosine g | 0.425 | | 2 | A | 1 | | 0.561 | 0.123 | |
| Valine g | 0.655 | | 2 | A | 1 | | 0.865 | 0.190 | |
| Arginine g | 0.815 | | 2 | A | 1 | | 1.076 | 0.236 | |
| Histidine g | 0.215 | | 2 | A | 1 | | 0.284 | 0.062 | |
| Alanine g | 0.475 | | 2 | A | 1 | | 0.627 | 0.138 | |
| Aspartic acid g | 1.270 | | 2 | A | 1 | | 1.676 | 0.368 | |
| Glutamic acid g | 1.870 | | 2 | A | 1 | | 2.468 | 0.542 | |
| Glycine g | 0.505 | | 2 | A | 1 | | 0.667 | 0.146 | |
| Proline g | 0.880 | | 2 | A | 1 | | 1.162 | 0.255 | |
| Serine g | 0.530 | | 2 | A | 1 | | 0.700 | 0.154 | |
| Hydroxyproline g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 80 | 0.000 | 3 | A | 1 | | 106 | 23 | |
| Theobromine mg | 1297 | 34.801 | 3 | A | 1 | | 1712 | 376 | |
| **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 | 38 | | 0 | NR | 4 | | 50.589 | 11.114 | |

**NDB No. 19078**
**Baking chocolate, unsweetened, squares**

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

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

**Common Measures:**

Measure 1 = 132g: 1 cup, grated

Measure 2 = 29g: 1 square

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.26 | | 1 | MC | 9 | | 0.50 | | |
| Energy | kcal | 545 | | 1 | MC | 9 | | 218 | | |
| Energy | kj | 2282 | | 0 | MC | 9 | | 913 | | |
| Protein (N x 6.25) | g | 5.58 | | 1 | MC | 9 | | 2.23 | | |
| Total lipid (fat) | g | 34.50 | | 1 | MC | 9 | | 13.80 | | |
| Ash | g | 1.12 | | 1 | MC | 9 | | 0.45 | | |
| Carbohydrate, by difference | g | 57.48 | | 1 | MC | 9 | | 22.99 | | |
| Fiber, total dietary | g | 4.3 | | 1 | MC | 9 | | 1.7 | | |
| Sugars, total | g | 51.71 | | 1 | MC | 9 | | 20.68 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 109 | | 1 | MC | 9 | | 44 | | |
| Iron, Fe | mg | 1.33 | | 1 | MC | 9 | | 0.53 | | |
| Magnesium, Mg | mg | 38 | | 1 | MC | 9 | | 15 | | |
| Phosphorus, P | mg | 129 | | 1 | MC | 9 | | 52 | | |
| Potassium, K | mg | 306 | | 1 | MC | 9 | | 123 | | |
| Sodium, Na | mg | 39 | | 1 | MC | 9 | | 16 | | |
| Zinc, Zn | mg | 0.79 | | 1 | MC | 9 | | 0.32 | | |
| Copper, Cu | mg | 0.180 | | 1 | MC | 9 | | 0.072 | | |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Selenium, Se | mcg | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | 1 | MC | 9 | | 0.4 | | |
| Thiamin | mg | 0.040 | | 1 | MC | 9 | | 0.016 | | |
| Riboflavin | mg | 0.160 | | 1 | MC | 9 | | 0.064 | | |
| Niacin | mg | 0.330 | | 1 | MC | 9 | | 0.132 | | |
| Pantothenic acid | mg | 0.250 | | 1 | MC | 9 | | 0.100 | | |
| Vitamin B-6 | mg | 0.060 | | 1 | MC | 9 | | 0.024 | | |
| Folate, total | mcg | 8 | | 1 | MC | 9 | | 3 | | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 117 | | 1 | MC | 9 | | 47 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | mcg | | | | | | | | | |
| Vitamin E (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 | 20.600 | | 1 | MC | 9 | | 8.240 | | |
| Fatty acids, total monounsaturated | g | 8.850 | | 1 | MC | 9 | | 3.540 | | |
| Fatty acids, total polyunsaturated | g | 1.460 | | 1 | MC | 9 | | 0.584 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 11 | | 1 | MC | 9 | | 5 | | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Caffeine | mg | | | | | | | | | |
| Theobromine | mg | | | | | | | | | |

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

**NDB No. 19248**
**Candies, ALMOND JOY BITES**

**Common Measures:**

Measure 1 = 40g: 18 pieces

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

**Food Group:** 19 Sweets

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

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

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.30 | | 1 | MC | 9 | | 1.29 | 0.37 | |
| Energy | kcal | 482 | | 1 | MC | 9 | | 270 | 77 | |
| Energy | kj | 2017 | | 0 | MC | 9 | | 1130 | 323 | |
| Protein | g | 8.78 | | 1 | MC | 9 | | 4.92 | 1.40 | |
| Total lipid (fat) | g | 23.98 | | 1 | MC | 9 | | 13.43 | 3.84 | |
| Ash | g | 1.91 | | 1 | MC | 9 | | 1.07 | 0.31 | |
| Carbohydrate, by difference | g | 62.68 | | 1 | MC | 9 | | 35.10 | 10.03 | |
| Fiber, total dietary | g | 3.1 | | 1 | MC | 9 | | 1.7 | 0.5 | |
| Sugars, total | g | 47.19 | | 1 | MC | 9 | | 26.43 | 7.55 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 73 | | 1 | MC | 9 | | 41 | 12 | |
| Iron, Fe | mg | 1.20 | | 1 | MC | 9 | | 0.67 | 0.19 | |
| Magnesium, Mg | mg | 62 | | 1 | MC | 9 | | 35 | 10 | |
| Phosphorus, P | mg | 141 | | 1 | MC | 9 | | 79 | 23 | |
| Potassium, K | mg | 347 | | 1 | MC | 9 | | 195 | 56 | |
| Sodium, Na | mg | 225 | | 1 | MC | 9 | | 126 | 36 | |
| Zinc, Zn | mg | 1.12 | | 1 | MC | 9 | | 0.63 | 0.18 | |
| Copper, Cu | mg | 0.210 | | 1 | MC | 9 | | 0.118 | 0.034 | |
| Manganese, Mn | mg | 0.050 | | 1 | MC | 9 | | 0.028 | 0.008 | |
| Selenium, Se | mcg | 0.6 | | 1 | MC | 9 | | 0.3 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 1 | MC | 9 | | 0.2 | 0.1 | |
| Thiamin | mg | 0.140 | | 1 | MC | 9 | | 0.078 | 0.022 | |
| Riboflavin | mg | 0.090 | | 1 | MC | 9 | | 0.050 | 0.014 | |
| Niacin | mg | 3.900 | | 1 | MC | 9 | | 2.184 | 0.624 | |
| Pantothenic acid | mg | 0.540 | | 1 | MC | 9 | | 0.302 | 0.086 | |
| Vitamin B-6 | mg | 0.110 | | 1 | MC | 9 | | 0.062 | 0.018 | |
| Folate, total | mcg | 36 | | 0 | FLM | 4 | | 20 | 6 | |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, food | mcg | 36 | | 0 | FLM | 4 | | 20 | 6 | |
| Folate, DFE | mcg_DFE | 36 | | 0 | NC | 4 | | 20 | 6 | |
| Vitamin B-12 | mcg | 0.18 | | 0 | FLM | 4 | | 0.10 | 0.03 | |
| Vitamin A, IU | IU | 51 | | 0 | FLM | 4 | | 28 | 8 | |
| Vitamin A, RAE | mcg_RAE | 14 | | 0 | FLM | 4 | | 8 | 2 | |
| Retinol | mcg | 14 | | 0 | FLM | 4 | | 8 | 2 | |
| Vitamin E (alpha-tocopherol) | mg | 2.70 | | 0 | FLM | 4 | | 1.51 | 0.43 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.7 | | 0 | FLM | 4 | | 1.5 | 0.4 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.650 | | 1 | MC | 9 | | 3.724 | 1.064 | |
| 4:0 | g | 0.128 | | 0 | FLM | 4 | | 0.072 | 0.020 | |
| 6:0 | g | 0.045 | | 0 | FLM | 4 | | 0.025 | 0.007 | |
| 8:0 | g | 0.028 | | 0 | FLM | 4 | | 0.015 | 0.004 | |
| 10:0 | g | 0.053 | | 0 | FLM | 4 | | 0.030 | 0.009 | |
| 12:0 | g | 0.058 | | 0 | FLM | 4 | | 0.033 | 0.009 | |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 14:0 | g | 0.213 | | 0 | FLM | 4 | | 0.119 | 0.034 | |
| 15:0 | g | 0.016 | | 0 | FLM | 4 | | 0.009 | 0.003 | |
| 16:0 | g | 3.532 | | 0 | FLM | 4 | | 1.978 | 0.565 | |
| 17:0 | g | 0.015 | | 0 | FLM | 4 | | 0.008 | 0.002 | |
| 18:0 | g | 1.974 | | 0 | FLM | 4 | | 1.106 | 0.316 | |
| 20:0 | g | 0.040 | | 0 | FLM | 4 | | 0.022 | 0.006 | |
| 22:0 | g | 0.004 | | 0 | FLM | 4 | | 0.002 | 0.001 | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 24:0 ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated ... g | 10.600 | | 1 | MC | 9 | | 5.936 | 1.696 | |
| 14:1 ... g | 0.014 | | 0 | FLM | 4 | | 0.008 | 0.002 | |
| 15:1 ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated ... g | 0.054 | | 0 | FLM | 4 | | 0.030 | 0.009 | |
| 17:1 ... g | 0.004 | | 0 | FLM | 4 | | 0.002 | 0.001 | |
| 18:1 undifferentiated ... g | 8.355 | | 0 | FLM | 4 | | 4.679 | 1.337 | |
| 20:1 ... g | 0.145 | | 0 | FLM | 4 | | 0.081 | 0.023 | |
| 22:1 undifferentiated ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 24:1 c ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated ... g | 3.390 | | 0 | FLM | 4 | | 1.898 | 0.542 | |
| 18:2 undifferentiated ... g | 3.305 | | 0 | FLM | 4 | | 1.851 | 0.529 | |
| 18:3 undifferentiated ... g | 0.084 | | 0 | FLM | 4 | | 0.047 | 0.014 | |
| 18:4 ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:4 undifferentiated ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 6 | | 1 | MC | 9 | | 3 | 1 | |
| Phytosterols ... mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| Caffeine ... mg | 5 | | 0 | FLM | 4 | | 3 | 1 | |
| Theobromine ... mg | 79 | | 0 | FLM | 4 | | 44 | 13 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta ... mcg | 1 | | 0 | FLM | 4 | | 0.298 | 0.085 | |
| Carotene, alpha ... mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta ... mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lycopene ... mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin ... mcg | 0 | | 0 | FLM | 4 | | 0.264 | 0.075 | |

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

**Common Measures:**

Measure 1 = 56g: 1 bar 2 oz

Measure 2 = 16g: 1 bar snack size

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 8.20 | | 1 | MC | 9 | | 4.02 | 1.56 | |
| Energy | kcal | 479 | | 1 | MC | 9 | | 235 | 91 | |
| Energy | kj | 2003 | | 0 | MC | 9 | | 981 | 380 | |
| Protein | g | 4.13 | | 1 | MC | 9 | | 2.02 | 0.78 | |
| Total lipid (fat) | g | 26.93 | | 1 | MC | 9 | | 13.20 | 5.12 | |
| Ash | g | 1.23 | | 1 | MC | 9 | | 0.60 | 0.23 | |
| Carbohydrate, by difference | g | 59.51 | | 0 | NC | 4 | | 29.16 | 11.31 | |
| Fiber, total dietary | g | 5.0 | | 1 | MC | 9 | | 2.5 | 1.0 | |
| Sugars, total | g | 48.34 | | 1 | MC | 9 | | 23.69 | 9.18 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 64 | | 1 | MC | 9 | | 31 | 12 | |
| Iron, Fe | mg | 1.27 | | 1 | MC | 9 | | 0.62 | 0.24 | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 112 | | 1 | MC | 9 | | 55 | 21 | |
| Potassium, K | mg | 254 | | 1 | MC | 9 | | 124 | 48 | |
| Sodium, Na | mg | 142 | | 1 | MC | 9 | | 70 | 27 | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 1 | MC | 9 | | 0.3 | 0.1 | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 42 | | 1 | MC | 9 | | 21 | 8 | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 17.590 | | 1 | MC | 9 | | 8.619 | 3.342 | |
| Fatty acids, total monounsaturated | g | 5.260 | | 1 | MC | 9 | | 2.577 | 0.999 | |
| Fatty acids, total polyunsaturated | g | 1.180 | | 1 | MC | 9 | | 0.578 | 0.224 | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 4 | | 1 | MC | 9 | | 2 | 1 | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 49g: 1 package 1.76 oz

Measure 2 = 19g: 1 bar snack size

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

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.79 | | 1 | MC | 9 | | 2.38 | 3.06 | 2.92 |
| Energy | kcal | 462 | | 1 | MC | 9 | | 162 | 208 | 199 |
| Energy | kj | 1932 | | 0 | MC | 9 | | 676 | 869 | 831 |
| Protein | g | 6.19 | | 1 | MC | 9 | | 2.17 | 2.79 | 2.66 |
| Total lipid (fat) | g | 21.19 | | 1 | MC | 9 | | 7.42 | 9.54 | 9.11 |
| Ash | g | 1.46 | | 1 | MC | 9 | | 0.51 | 0.66 | 0.63 |
| Carbohydrate, by difference | g | 63.81 | | 1 | MC | 9 | | 22.33 | 28.71 | 27.44 |
| Fiber, total dietary | g | 1.2 | | 1 | MC | 9 | | 0.4 | 0.5 | 0.5 |
| Sugars, total | g | 56.92 | | 1 | MC | 9 | | 19.92 | 25.61 | 24.48 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 213 | | 1 | MC | 9 | | 74 | 96 | 92 |
| Iron, Fe | mg | 1.09 | | 1 | MC | 9 | | 0.38 | 0.49 | 0.47 |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 150 | | 1 | MC | 9 | | 53 | 68 | 65 |
| Potassium, K | mg | 341 | | 1 | MC | 9 | | 119 | 154 | 147 |
| Sodium, Na | mg | 122 | | 1 | MC | 9 | | 43 | 55 | 52 |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.7 | | 1 | MC | 9 | | 0.6 | 0.8 | 0.7 |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 303 | | 1 | MC | 9 | | 106 | 136 | 130 |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 12.720 | | 1 | MC | 9 | | 4.452 | 5.724 | 5.470 |
| Fatty acids, total monounsaturated | g | 5.290 | | 1 | MC | 9 | | 1.852 | 2.381 | 2.275 |
| Fatty acids, total polyunsaturated | g | 0.630 | | 1 | MC | 9 | | 0.221 | 0.284 | 0.271 |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 27 | | 1 | MC | 9 | | 9 | 12 | 11 |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 35g: 1 bar 1.25 oz

Measure 2 = 45g: 1 bar 1.6 oz

Measure 3 = 43g: 6 blocks

**NDB No. 19075**
**Candies, CARAMELLO Candy Bar**

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

**Food Group:** 19 Sweets

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

**NDB No. 19179**

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

*E.J. Brach's Corp.*

**Refuse:** 0%

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

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

**Common Measures:**

Measure 1 = 15.0g: 3 pieces

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.86 | | 1 | MC | 9 | | 0.34 | | |
| Energy | kcal | 530 | | 1 | MC | 9 | | 207 | | |
| Energy | kj | 2217 | | 0 | MC | 9 | | 864 | | |
| Protein (N x 6.25) | g | 3.94 | | 1 | MC | 9 | | 1.54 | | |
| Total lipid (fat) | g | 30.38 | | 1 | MC | 9 | | 11.85 | | |
| Ash | g | 1.16 | | 1 | MC | 9 | | 0.45 | | |
| Carbohydrate, by difference | g | 63.39 | | 1 | MC | 9 | | 24.72 | | |
| Fiber, total dietary | g | 2.0 | | 1 | MC | 9 | | 0.8 | | |
| Sugars, total | g | 60.02 | | 1 | MC | 9 | | 23.41 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 86 | | 1 | MC | 9 | | 34 | | |
| Iron, Fe | mg | 0.78 | | 1 | MC | 9 | | 0.30 | | |
| Magnesium, Mg | mg | 6 | | 1 | MC | 9 | | 2 | | |
| Phosphorus, P | mg | 71 | | 1 | MC | 9 | | 28 | | |
| Potassium, K | mg | 210 | | 1 | MC | 9 | | 82 | | |
| Sodium, Na | mg | 245 | | 1 | MC | 9 | | 96 | | |
| Zinc, Zn | mg | 0.11 | | 1 | MC | 9 | | 0.04 | | |
| Copper, Cu | mg | 0.030 | | 1 | MC | 9 | | 0.012 | | |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Selenium, Se | mcg | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 1 | MC | 9 | | 0.3 | | |
| Thiamin | mg | 0.020 | | 1 | MC | 9 | | 0.008 | | |
| Riboflavin | mg | 0.110 | | 1 | MC | 9 | | 0.043 | | |
| Niacin | mg | 0.090 | | 1 | MC | 9 | | 0.035 | | |
| Pantothenic acid | mg | 0.010 | | 1 | MC | 9 | | 0.004 | | |
| Vitamin B-6 | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Folate, total | mcg | 1 | | 1 | MC | 9 | | 1 | | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 232 | | 1 | MC | 9 | | 91 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | mcg | | | | | | | | | |
| Vitamin E (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 | 15.620 | | 1 | MC | 9 | | 6.092 | | |
| Fatty acids, total monounsaturated | g | 8.800 | | 1 | MC | 9 | | 3.432 | | |
| Fatty acids, total polyunsaturated | g | 2.550 | | 1 | MC | 9 | | 0.995 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 19 | | 1 | MC | 9 | | 7 | | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Caffeine | mg | 0 | | 1 | MC | 9 | | 0 | | |
| Theobromine | mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19243**
**Candies, HEATH BITES**

**Common Measures:**

Measure 1 = 39g: 15 pieces

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

**Food Group:** 19 Sweets

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

**NDB No. 19084**

**Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES**

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | | | | | | | | | |
| Energy | kcal | 570 | | 0 | NC | 4 | | 234 | | |
| Energy | kj | 2384 | | 0 | NC | 4 | | 977 | | |
| Protein (N x 6.25) | g | 11.97 | | 1 | MC | 9 | | 4.91 | | |
| Total lipid (fat) | g | 37.13 | | 1 | MC | 9 | | 15.22 | | |
| Ash | g | | | | | | | | | |
| Carbohydrate, by difference | g | 46.91 | | 1 | MC | 9 | | 19.23 | | |
| Fiber, total dietary | g | 4.4 | | 1 | MC | 9 | | 1.8 | | |
| Sugars, total | g | 37.13 | | 1 | MC | 9 | | 15.22 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 203 | | 1 | MC | 9 | | 83 | | |
| Iron, Fe | mg | 2.50 | | 1 | MC | 9 | | 1.03 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | | | | | | | | | |
| Sodium, Na | mg | 52 | | 1 | MC | 9 | | 21 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 1 | MC | 9 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 15.230 | | 1 | MC | 9 | | 6.244 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 13 | | 1 | MC | 9 | | 5 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 41g: 13 pieces

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

**NDB No. 19084**
**Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES**

**Food Group:** 19 Sweets

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

**NDB No. 19236**

**Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES**

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.19 | | 1 | MC | 9 | | 0.46 | | |
| Energy | kcal | 550 | | 1 | MC | 9 | | 214 | | |
| Energy | kj | 2300 | | 0 | MC | 9 | | 897 | | |
| Protein (N x 6.25) | g | 9.76 | | 1 | MC | 9 | | 3.81 | | |
| Total lipid (fat) | g | 35.73 | | 1 | MC | 9 | | 13.93 | | |
| Ash | g | 1.59 | | 1 | MC | 9 | | 0.62 | | |
| Carbohydrate, by difference | g | 51.00 | | 1 | MC | 9 | | 19.89 | | |
| Fiber, total dietary | g | 3.6 | | 1 | MC | 9 | | 1.4 | | |
| Sugars, total | g | 44.59 | | 1 | MC | 9 | | 17.39 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 220 | | 1 | MC | 9 | | 86 | | |
| Iron, Fe | mg | 1.50 | | 1 | MC | 9 | | 0.59 | | |
| Magnesium, Mg | mg | 59 | | 1 | MC | 9 | | 23 | | |
| Phosphorus, P | mg | 227 | | 1 | MC | 9 | | 88 | | |
| Potassium, K | mg | 471 | | 1 | MC | 9 | | 184 | | |
| Sodium, Na | mg | 74 | | 1 | MC | 9 | | 29 | | |
| Zinc, Zn | mg | 1.34 | | 1 | MC | 9 | | 0.52 | | |
| Copper, Cu | mg | 0.200 | | 1 | MC | 9 | | 0.078 | | |
| Manganese, Mn | mg | 0.010 | | 1 | MC | 9 | | 0.004 | | |
| Selenium, Se | mcg | 3.4 | | 1 | MC | 9 | | 1.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.8 | | 1 | MC | 9 | | 0.7 | | |
| Thiamin | mg | 0.070 | | 1 | MC | 9 | | 0.027 | | |
| Riboflavin | mg | 0.380 | | 1 | MC | 9 | | 0.148 | | |
| Niacin | mg | 0.620 | | 1 | MC | 9 | | 0.242 | | |
| Pantothenic acid | mg | 0.470 | | 1 | MC | 9 | | 0.183 | | |
| Vitamin B-6 | mg | 0.070 | | 1 | MC | 9 | | 0.027 | | |
| Folate, total | mcg | 16 | | 1 | MC | 9 | | 6 | | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 177 | | 1 | MC | 9 | | 69 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | mcg | | | | | | | | | |
| Vitamin E (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 | 17.390 | | 1 | MC | 9 | | 6.782 | | |
| Fatty acids, total monounsaturated | g | 14.380 | | 1 | MC | 9 | | 5.608 | | |
| Fatty acids, total polyunsaturated | g | 2.420 | | 1 | MC | 9 | | 0.944 | | |
| Fatty acids, total trans | g | 0.150 | | 1 | MC | 9 | | 0.059 | | |
| Cholesterol | mg | 19 | | 1 | MC | 9 | | 7 | | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Caffeine | mg | | | | | | | | | |
| Theobromine | mg | | | | | | | | | |

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

**NDB No. 19236**
**Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES**

**Common Measures:**

Measure 1 = 39g: 17 pieces

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

**Food Group:** 19 Sweets

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

**NDB No. 19130**

**Candies, HERSHEY'S POT OF GOLD Almond Bar**

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | | | | | | | | | |
| Energy | kcal | 577 | | 1 | MC | 9 | | 450 | | |
| Energy | kj | 2414 | | 0 | MC | 9 | | 1883 | | |
| Protein | g | 12.82 | | 1 | MC | 9 | | 10.00 | | |
| Total lipid (fat) | g | 38.46 | | 1 | MC | 9 | | 30.00 | | |
| Ash | g | | | | | | | | | |
| Carbohydrate, by difference | g | 46.15 | | 1 | MC | 9 | | 36.00 | | |
| Fiber, total dietary | g | 3.8 | | 1 | MC | 9 | | 3.0 | | |
| Sugars, total | g | 38.46 | | 1 | MC | 9 | | 30.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 192 | | 1 | MC | 9 | | 150 | | |
| Iron, Fe | mg | 1.85 | | 1 | MC | 9 | | 1.44 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | | | | | | | | | |
| Sodium, Na | mg | 64 | | 1 | MC | 9 | | 50 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | | | | | | | | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 16.667 | | 1 | MC | 9 | | 13.000 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 13 | | 1 | MC | 9 | | 10 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 78g: 1 bar 2.8 oz

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19130**
**Candies, HERSHEY'S POT OF GOLD Almond Bar**

**Food Group:** 19 Sweets

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

**NDB No. 19253**

**Candies, HERSHEY, Crispy Rice Snacks Peanut Butter**

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.88 | | 1 | MC | 9 | | | | |
| Energy | kcal | 443 | | 1 | MC | 9 | | | | |
| Energy | kj | 1855 | | 0 | MC | 9 | | | | |
| Protein (N x 6.25) | g | 6.46 | | 1 | MC | 9 | | | | |
| Total lipid (fat) | g | 15.86 | | 1 | MC | 9 | | | | |
| Ash | g | 2.71 | | 1 | MC | 9 | | | | |
| Carbohydrate, by difference | g | 71.00 | | 1 | MC | 9 | | | | |
| Fiber, total dietary | g | 2.1 | | 1 | MC | 9 | | | | |
| Sugars, total | g | 32.45 | | 1 | MC | 9 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 344 | | 1 | MC | 9 | | | | |
| Iron, Fe | mg | 5.17 | | 1 | MC | 9 | | | | |
| Magnesium, Mg | mg | 28 | | 1 | MC | 9 | | | | |
| Phosphorus, P | mg | 102 | | 1 | MC | 9 | | | | |
| Potassium, K | mg | 185 | | 1 | MC | 9 | | | | |
| Sodium, Na | mg | 406 | | 1 | MC | 9 | | | | |
| Zinc, Zn | mg | 0.49 | | 1 | MC | 9 | | | | |
| Copper, Cu | mg | 0.110 | | 1 | MC | 9 | | | | |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | | | |
| Selenium, Se | mcg | 0.0 | | 1 | MC | 9 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 14.9 | | 1 | MC | 9 | | | | |
| Thiamin | mg | 0.430 | | 1 | MC | 9 | | | | |
| Riboflavin | mg | 0.450 | | 1 | MC | 9 | | | | |
| Niacin | mg | 6.900 | | 1 | MC | 9 | | | | |
| Pantothenic acid | mg | 0.210 | | 1 | MC | 9 | | | | |
| Vitamin B-6 | mg | 0.530 | | 1 | MC | 9 | | | | |
| Folate, total | mcg | 119 | | 1 | MC | 9 | | | | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | 119 | | 1 | MC | 9 | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 1248 | | 1 | MC | 9 | | | | |
| 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 | 5.280 | | 1 | MC | 9 | | | | |
| Fatty acids, total monounsaturated | g | 6.020 | | 1 | MC | 9 | | | | |
| Fatty acids, total polyunsaturated | g | 2.970 | | 1 | MC | 9 | | | | |
| Fatty acids, total trans | g | 0.000 | | 1 | MC | 9 | | | | |
| Cholesterol | mg | 3 | | 1 | MC | 9 | | | | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | | | |
| Caffeine | mg | 0 | | 1 | MC | 9 | | | | |
| Theobromine | mg | | | | | | | | | |

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

**NDB No. 19253**
**Candies, HERSHEY, Crispy Rice Snacks Peanut Butter**

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19250**
**Candies, HERSHEY, KIT KAT BIG KAT Bar**
*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.10 | | 1 | MC | 9 | | 0.61 | 0.87 | |
| Energy | kcal | 520 | | 1 | MC | 9 | | 286 | 411 | |
| Energy | kj | 2175 | | 0 | MC | 9 | | 1196 | 1718 | |
| Protein (N x 6.25) | g | 6.24 | | 1 | MC | 9 | | 3.43 | 4.93 | |
| Total lipid (fat) | g | 27.84 | | 1 | MC | 9 | | 15.31 | 21.99 | |
| Ash | g | 0.96 | | 1 | MC | 9 | | 0.53 | 0.76 | |
| Carbohydrate, by difference | g | 63.64 | | 1 | MC | 9 | | 35.00 | 50.28 | |
| Fiber, total dietary | g | 1.9 | | 1 | MC | 9 | | 1.0 | 1.5 | |
| Sugars, total | g | 53.96 | | 1 | MC | 9 | | 29.68 | 42.63 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 138 | | 1 | MC | 9 | | 76 | 109 | |
| Iron, Fe | mg | 0.84 | | 1 | MC | 9 | | 0.46 | 0.66 | |
| Magnesium, Mg | mg | 2 | | 1 | MC | 9 | | 1 | 2 | |
| Phosphorus, P | mg | 112 | | 1 | MC | 9 | | 62 | 89 | |
| Potassium, K | mg | 294 | | 1 | MC | 9 | | 162 | 233 | |
| Sodium, Na | mg | 64 | | 1 | MC | 9 | | 35 | 51 | |
| Zinc, Zn | mg | 0.07 | | 1 | MC | 9 | | 0.04 | 0.06 | |
| Copper, Cu | mg | 0.010 | | 1 | MC | 9 | | 0.006 | 0.008 | |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | |
| Selenium, Se | mcg | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.3 | | 1 | MC | 9 | | 0.7 | 1.1 | |
| Thiamin | mg | 0.050 | | 1 | MC | 9 | | 0.028 | 0.040 | |
| Riboflavin | mg | 0.170 | | 1 | MC | 9 | | 0.094 | 0.134 | |
| Niacin | mg | 0.180 | | 1 | MC | 9 | | 0.099 | 0.142 | |
| Pantothenic acid | mg | 0.040 | | 1 | MC | 9 | | 0.022 | 0.032 | |
| Vitamin B-6 | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | |
| Folate, total | mcg | 3 | | 1 | MC | 9 | | 2 | 2 | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | 3 | | 1 | MC | 9 | | 2 | 2 | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 92 | | 1 | MC | 9 | | 50 | 72 | |
| 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 | 17.990 | | 1 | MC | 9 | | 9.895 | 14.212 | |
| Fatty acids, total monounsaturated | g | 4.910 | | 1 | MC | 9 | | 2.701 | 3.879 | |
| Fatty acids, total polyunsaturated | g | 0.510 | | 1 | MC | 9 | | 0.281 | 0.403 | |
| Fatty acids, total trans | g | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | |
| Cholesterol | mg | 9 | | 1 | MC | 9 | | 5 | 7 | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| Caffeine | mg | 0 | | 1 | MC | 9 | | 0 | 0 | |
| Theobromine | mg | | | | | | | | | |

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

**NDB No. 19250**
**Candies, HERSHEY, KIT KAT BIG KAT Bar**

**Common Measures:**

Measure 1 = 55g: 1 bar 1.94 oz

Measure 2 = 79g: 1 bar king size 2.8 oz

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

**Food Group:** 19 Sweets

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

**NDB No. 19249**

**Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate**

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.60 | | 1 | MC | 9 | | 0.67 | | |
| Energy | kcal | 521 | | 1 | MC | 9 | | 219 | | |
| Energy | kj | 2181 | | 0 | MC | 9 | | 916 | | |
| Protein (N x 6.25) | g | 9.53 | | 1 | MC | 9 | | 4.00 | | |
| Total lipid (fat) | g | 31.34 | | 1 | MC | 9 | | 13.16 | | |
| Ash | g | 2.00 | | 1 | MC | 9 | | 0.84 | | |
| Carbohydrate, by difference | g | 55.38 | | 1 | MC | 9 | | 23.26 | | |
| Fiber, total dietary | g | 3.3 | | 1 | MC | 9 | | 1.4 | | |
| Sugars, total | g | 40.33 | | 1 | MC | 9 | | 16.94 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 70 | | 1 | MC | 9 | | 30 | | |
| Iron, Fe | mg | 1.30 | | 1 | MC | 9 | | 0.55 | | |
| Magnesium, Mg | mg | 49 | | 1 | MC | 9 | | 21 | | |
| Phosphorus, P | mg | 144 | | 1 | MC | 9 | | 60 | | |
| Potassium, K | mg | 295 | | 1 | MC | 9 | | 124 | | |
| Sodium, Na | mg | 264 | | 1 | MC | 9 | | 111 | | |
| Zinc, Zn | mg | 0.99 | | 1 | MC | 9 | | 0.42 | | |
| Copper, Cu | mg | 0.200 | | 1 | MC | 9 | | 0.084 | | |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Selenium, Se | mcg | 0.7 | | 1 | MC | 9 | | 0.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | 1 | MC | 9 | | 0.2 | | |
| Thiamin | mg | 0.130 | | 1 | MC | 9 | | 0.055 | | |
| Riboflavin | mg | 0.100 | | 1 | MC | 9 | | 0.042 | | |
| Niacin | mg | 3.640 | | 1 | MC | 9 | | 1.529 | | |
| Pantothenic acid | mg | 0.440 | | 1 | MC | 9 | | 0.185 | | |
| Vitamin B-6 | mg | 0.080 | | 1 | MC | 9 | | 0.034 | | |
| Folate, total | mcg | 40 | | 1 | MC | 9 | | 17 | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | mcg | 40 | | 1 | MC | 9 | | 17 | | |
| Folate, DFE | mcg_DFE | 40 | | 0 | NC | 4 | | 17 | | |
| Vitamin B-12 | mcg | 0.15 | | 0 | FLC | 4 | | 0.06 | | |
| Vitamin A, IU | IU | 58 | | 1 | MC | 9 | | 24 | | |
| Vitamin A, RAE | mcg_RAE | 14 | | 0 | NC | 4 | | 6 | | |
| Retinol | mcg | 14 | | 0 | O | 4 | | 6 | | |
| Vitamin E (alpha-tocopherol) | mg | 2.77 | | 0 | FLC | 4 | | 1.16 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.9 | | 0 | FLC | 4 | | 2.5 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 13.210 | | 1 | MC | 9 | | 5.548 | | |
| 4:0 | g | 0.119 | | 0 | FLC | 4 | | 0.050 | | |
| 6:0 | g | 0.044 | | 0 | FLC | 4 | | 0.018 | | |
| 8:0 | g | 0.040 | | 0 | FLC | 4 | | 0.017 | | |
| 10:0 | g | 0.060 | | 0 | FLC | 4 | | 0.025 | | |
| 12:0 | g | 0.222 | | 0 | FLC | 4 | | 0.093 | | |
| 13:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0 | g | 0.236 | | 0 | FLC | 4 | | 0.099 | | |
| 15:0 | g | 0.016 | | 0 | FLC | 4 | | 0.007 | | |
| 16:0 | g | 6.006 | | 0 | FLC | 4 | | 2.523 | | |
| 17:0 | g | 0.015 | | 0 | FLC | 4 | | 0.006 | | |
| 18:0 | g | 6.155 | | 0 | FLC | 4 | | 2.585 | | |
| 20:0 | g | 0.040 | | 0 | FLC | 4 | | 0.017 | | |
| 22:0 | g | 0.004 | | 0 | FLC | 4 | | 0.002 | | |
| 24:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |

**NDB No. 19249**

**Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 10.820 | | 1 | MC | 9 | | 4.544 | | |
| 14:1.....g | 0.013 | | 0 | FLC | 4 | | 0.005 | | |
| 15:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.053 | | 0 | FLC | 4 | | 0.022 | | |
| 17:1.....g | 0.004 | | 0 | FLC | 4 | | 0.002 | | |
| 18:1 undifferentiated.....g | 9.323 | | 0 | FLC | 4 | | 3.915 | | |
| 20:1.....g | 0.113 | | 0 | FLC | 4 | | 0.048 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 4.680 | | 1 | MC | 9 | | 1.966 | | |
| 18:2 undifferentiated.....g | 4.593 | | 0 | FLC | 4 | | 1.929 | | |
| 18:3 undifferentiated.....g | 0.049 | | 0 | FLC | 4 | | 0.020 | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 6 | | 1 | MC | 9 | | 2 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Caffeine.....mg | 0 | | 1 | MC | 9 | | 0 | | |
| Theobromine.....mg | 48 | | 0 | FLC | 4 | | 20 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 4 | | 0 | NR | 4 | | 1.680 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 45 | | 0 | FLC | 4 | | 18.727 | | |

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

**Common Measures:**

Measure 1 = 42g: 1 serving 1.5 oz

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.00 | | 1 | MC | 9 | | 0.39 | | |
| Energy | kcal | 511 | | 1 | MC | 9 | | 199 | | |
| Energy | kj | 2139 | | 0 | MC | 9 | | 834 | | |
| Protein (N x 6.25) | g | 6.50 | | 1 | MC | 9 | | 2.54 | | |
| Total lipid (fat) | g | 26.41 | | 1 | MC | 9 | | 10.30 | | |
| Ash | g | 0.87 | | 1 | MC | 9 | | 0.34 | | |
| Carbohydrate, by difference | g | 64.55 | | 1 | MC | 9 | | 25.17 | | |
| Fiber, total dietary | g | 2.2 | | 1 | MC | 9 | | 0.8 | | |
| Sugars, total | g | 49.47 | | 1 | MC | 9 | | 19.29 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 131 | | 1 | MC | 9 | | 51 | | |
| Iron, Fe | mg | 0.88 | | 1 | MC | 9 | | 0.34 | | |
| Magnesium, Mg | mg | 0 | | 1 | MC | 9 | | 0 | | |
| Phosphorus, P | mg | 94 | | 1 | MC | 9 | | 37 | | |
| Potassium, K | mg | 297 | | 1 | MC | 9 | | 116 | | |
| Sodium, Na | mg | 67 | | 1 | MC | 9 | | 26 | | |
| Zinc, Zn | mg | 0.00 | | 1 | MC | 9 | | 0.00 | | |
| Copper, Cu | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Selenium, Se | mcg | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.2 | | 1 | MC | 9 | | 0.5 | | |
| Thiamin | mg | 0.030 | | 1 | MC | 9 | | 0.012 | | |
| Riboflavin | mg | 0.160 | | 1 | MC | 9 | | 0.062 | | |
| Niacin | mg | 0.060 | | 1 | MC | 9 | | 0.023 | | |
| Pantothenic acid | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Vitamin B-6 | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Folate, total | mcg | 1 | | 1 | MC | 9 | | 0 | | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 84 | | 1 | MC | 9 | | 33 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | mcg | | | | | | | | | |
| Vitamin E (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 | 17.100 | | 1 | MC | 9 | | 6.669 | | |
| Fatty acids, total monounsaturated | g | 4.500 | | 1 | MC | 9 | | 1.755 | | |
| Fatty acids, total polyunsaturated | g | 0.430 | | 1 | MC | 9 | | 0.168 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 8 | | 1 | MC | 9 | | 3 | | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Caffeine | mg | | | | | | | | | |
| Theobromine | mg | | | | | | | | | |

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

**NDB No. 19237**
**Candies, KIT KAT BITES**

**Common Measures:**

Measure 1 = 39g: 15 pieces

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.14 | | 1 | MC | 9 | | 0.48 | 0.11 | 0.52 |
| Energy | kcal | 517 | | 1 | MC | 9 | | 217 | 52 | 238 |
| Energy | kj | 2162 | | 0 | MC | 9 | | 908 | 216 | 994 |
| Protein | g | 6.41 | | 1 | MC | 9 | | 2.69 | 0.64 | 2.95 |
| Total lipid (fat) | g | 27.11 | | 1 | MC | 9 | | 11.39 | 2.71 | 12.47 |
| Ash | g | 0.95 | | 1 | MC | 9 | | 0.40 | 0.10 | 0.44 |
| Carbohydrate, by difference | g | 64.17 | | 1 | MC | 9 | | 26.95 | 6.42 | 29.52 |
| Fiber, total dietary | g | 1.9 | | 1 | MC | 9 | | 0.8 | 0.2 | 0.9 |
| Sugars, total | g | 52.41 | | 1 | MC | 9 | | 22.01 | 5.24 | 24.11 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 135 | | 1 | MC | 9 | | 57 | 14 | 62 |
| Iron, Fe | mg | 0.85 | | 1 | MC | 9 | | 0.36 | 0.09 | 0.39 |
| Magnesium, Mg | mg | 3 | | 1 | MC | 9 | | 1 | 0 | 1 |
| Phosphorus, P | mg | 113 | | 1 | MC | 9 | | 47 | 11 | 52 |
| Potassium, K | mg | 290 | | 1 | MC | 9 | | 122 | 29 | 134 |
| Sodium, Na | mg | 65 | | 1 | MC | 9 | | 27 | 6 | 30 |
| Zinc, Zn | mg | 0.09 | | 1 | MC | 9 | | 0.04 | 0.01 | 0.04 |
| Copper, Cu | mg | 0.020 | | 1 | MC | 9 | | 0.008 | 0.002 | 0.009 |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se | mcg | 4.7 | | 2 | AI | 13 | | 2.0 | 0.5 | 2.2 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.3 | | 1 | MC | 9 | | 0.6 | 0.1 | 0.6 |
| Thiamin | mg | 0.050 | | 1 | MC | 9 | | 0.021 | 0.005 | 0.023 |
| Riboflavin | mg | 0.170 | | 1 | MC | 9 | | 0.071 | 0.017 | 0.078 |
| Niacin | mg | 0.210 | | 1 | MC | 9 | | 0.088 | 0.021 | 0.097 |
| Pantothenic acid | mg | 0.050 | | 1 | MC | 9 | | 0.021 | 0.005 | 0.023 |
| Vitamin B-6 | mg | 0.010 | | 1 | MC | 9 | | 0.004 | 0.001 | 0.005 |
| Folate, total | mcg | 3 | | 1 | MC | 9 | | 1 | 0 | 2 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | mcg | 3 | | 1 | MC | 9 | | 1 | 0 | 2 |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 1 | 0 | 2 |
| Vitamin B-12 | mcg | 0.21 | | 0 | FLM | 4 | | 0.09 | 0.02 | 0.10 |
| Vitamin A, IU | IU | 90 | | 1 | MC | 9 | | 38 | 9 | 41 |
| Vitamin A, RAE | mcg_RAE | 25 | | 0 | FLM | 4 | | 10 | 2 | 11 |
| Retinol | mcg | 24 | | 0 | FLM | 4 | | 10 | 2 | 11 |
| Vitamin E (alpha-tocopherol) | mg | 0.35 | | 2 | A | 1 | | 0.15 | 0.04 | 0.16 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 6.0 | | 0 | FLM | 4 | | 2.5 | 0.6 | 2.8 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 17.490 | | 1 | MC | 9 | | 7.346 | 1.749 | 8.045 |
| 4:0 | g | 0.010 | | 0 | FLM | 4 | | 0.004 | 0.001 | 0.005 |
| 6:0 | g | 0.022 | | 0 | FLM | 4 | | 0.009 | 0.002 | 0.010 |
| 8:0 | g | 0.330 | | 0 | FLM | 4 | | 0.138 | 0.033 | 0.152 |
| 10:0 | g | 0.372 | | 0 | FLM | 4 | | 0.156 | 0.037 | 0.171 |
| 12:0 | g | 4.665 | | 0 | FLM | 4 | | 1.959 | 0.467 | 2.146 |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 14:0 | g | 1.660 | | 0 | FLM | 4 | | 0.697 | 0.166 | 0.763 |
| 15:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 16:0 | g | 4.777 | | 0 | FLM | 4 | | 2.006 | 0.478 | 2.197 |
| 17:0 | g | 0.010 | | 0 | FLM | 4 | | 0.004 | 0.001 | 0.005 |
| 18:0 | g | 5.474 | | 0 | FLM | 4 | | 2.299 | 0.547 | 2.518 |
| 20:0 | g | 0.055 | | 0 | FLM | 4 | | 0.023 | 0.005 | 0.025 |
| 22:0 | g | 0.005 | | 0 | FLM | 4 | | 0.002 | 0.001 | 0.002 |
| 24:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 4.790 | | 1 | MC | 9 | | 2.012 | 0.479 | 2.203 |
| 14:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 15:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.030 | | 0 | FLM | 4 | | 0.013 | 0.003 | 0.014 |
| 17:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 18:1 undifferentiated.....g | 4.751 | | 0 | FLM | 4 | | 1.995 | 0.475 | 2.185 |
| 20:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 0.510 | | 1 | MC | 9 | | 0.214 | 0.051 | 0.235 |
| 18:2 undifferentiated.....g | 0.482 | | 0 | FLM | 4 | | 0.202 | 0.048 | 0.222 |
| 18:3 undifferentiated.....g | 0.012 | | 0 | FLM | 4 | | 0.005 | 0.001 | 0.006 |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 9 | | 1 | MC | 9 | | 4 | 1 | 4 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 8 | | 0 | FLM | 4 | | 3 | 1 | 4 |
| Theobromine.....mg | 129 | | 0 | FLM | 4 | | 54 | 13 | 59 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 5 | | 0 | FLM | 4 | | 2.195 | 0.523 | 2.404 |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.004 | 0.001 | 0.004 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.006 | 0.001 | 0.006 |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 6 | | 0 | FLM | 4 | | 2.500 | 0.595 | 2.738 |

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

**Common Measures:**

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

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

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

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.17 | | 1 | MC | 9 | | 0.48 | 0.66 | 0.43 |
| Energy | kcal | 512 | | 1 | MC | 9 | | 210 | 287 | 189 |
| Energy | kj | 2143 | | 0 | MC | 9 | | 878 | 1200 | 793 |
| Protein | g | 6.62 | | 1 | MC | 9 | | 2.71 | 3.71 | 2.45 |
| Total lipid (fat) | g | 26.58 | | 1 | MC | 9 | | 10.90 | 14.88 | 9.83 |
| Ash | g | 1.29 | | 1 | MC | 9 | | 0.53 | 0.72 | 0.48 |
| Carbohydrate, by difference | g | 63.96 | | 1 | MC | 9 | | 26.22 | 35.82 | 23.67 |
| Fiber, total dietary | g | 2.2 | | 1 | MC | 9 | | 0.9 | 1.3 | 0.8 |
| Sugars, total | g | 52.53 | | 1 | MC | 9 | | 21.54 | 29.42 | 19.44 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 158 | | 1 | MC | 9 | | 65 | 88 | 58 |
| Iron, Fe | mg | 1.06 | | 1 | MC | 9 | | 0.43 | 0.59 | 0.39 |
| Magnesium, Mg | mg | 13 | | 1 | MC | 9 | | 5 | 7 | 5 |
| Phosphorus, P | mg | 123 | | 1 | MC | 9 | | 51 | 69 | 46 |
| Potassium, K | mg | 325 | | 1 | MC | 9 | | 133 | 182 | 120 |
| Sodium, Na | mg | 196 | | 1 | MC | 9 | | 80 | 110 | 72 |
| Zinc, Zn | mg | 0.49 | | 1 | MC | 9 | | 0.20 | 0.27 | 0.18 |
| Copper, Cu | mg | 0.020 | | 1 | MC | 9 | | 0.008 | 0.011 | 0.007 |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se | mcg | 3.5 | | 1 | MC | 9 | | 1.4 | 1.9 | 1.3 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 1 | MC | 9 | | 0.3 | 0.4 | 0.3 |
| Thiamin | mg | 0.050 | | 1 | MC | 9 | | 0.021 | 0.028 | 0.019 |
| Riboflavin | mg | 0.190 | | 1 | MC | 9 | | 0.078 | 0.106 | 0.070 |
| Niacin | mg | 0.260 | | 1 | MC | 9 | | 0.107 | 0.146 | 0.096 |
| Pantothenic acid | mg | 0.420 | | 1 | MC | 9 | | 0.172 | 0.235 | 0.155 |
| Vitamin B-6 | mg | 0.040 | | 1 | MC | 9 | | 0.016 | 0.022 | 0.015 |
| Folate, total | mcg | 6 | | 1 | MC | 9 | | 2 | 3 | 2 |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 102 | | 1 | MC | 9 | | 42 | 57 | 38 |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | mcg | | | | | | | | | |
| Vitamin E (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 | 15.920 | | 1 | MC | 9 | | 6.527 | 8.915 | 5.890 |
| Fatty acids, total monounsaturated | g | 6.250 | | 1 | MC | 9 | | 2.563 | 3.500 | 2.313 |
| Fatty acids, total polyunsaturated | g | 0.570 | | 1 | MC | 9 | | 0.234 | 0.319 | 0.211 |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 11 | | 1 | MC | 9 | | 4 | 6 | 4 |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | 0.0 |
| Caffeine | mg | | | | | | | | | |
| Theobromine | mg | | | | | | | | | |

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

**NDB No. 19110**
**Candies, KRACKEL Chocolate Bar**

**Common Measures:**

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

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

**Food Group:** 19 Sweets

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

**NDB No. 42227**

**Candies, M&M MARS, "M&M'S" Almond Chocolate Candies**

*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.60 | | | | 4 | | 3.12 | 0.05 | |
| Energy | kcal | 526 | | | | 4 | | 1026 | 18 | |
| Energy | kj | 2201 | | | | 4 | | 4292 | 75 | |
| Protein | g | 8.30 | | | | 4 | | 16.19 | 0.28 | |
| Total lipid (fat) | g | 27.80 | | | | 4 | | 54.21 | 0.95 | |
| Ash | g | 1.79 | | 0 | FLC | 4 | | 3.50 | 0.06 | |
| Carbohydrate, by difference | g | 60.60 | | | | 4 | | 118.17 | 2.06 | |
| Fiber, total dietary | g | 3.2 | | | | 4 | | 6.2 | 0.1 | |
| Sugars, total | g | 48.47 | | 0 | FLC | 4 | | 94.51 | 1.65 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 141 | | | | 4 | | 275 | 5 | |
| Iron, Fe | mg | 1.96 | | | | 4 | | 3.82 | 0.07 | |
| Magnesium, Mg | mg | 115 | | | | 4 | | 224 | 4 | |
| Phosphorus, P | mg | 250 | | | | 4 | | 488 | 9 | |
| Potassium, K | mg | 379 | | | | 4 | | 739 | 13 | |
| Sodium, Na | mg | 107 | | | | 4 | | 209 | 4 | |
| Zinc, Zn | mg | 1.52 | | | | 4 | | 2.96 | 0.05 | |
| Copper, Cu | mg | 0.490 | | | | 4 | | 0.956 | 0.017 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 3.9 | | 0 | BFZN | 4 | | 7.6 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | | | 4 | | 2.0 | 0.0 | |
| Thiamin | mg | 0.040 | | | | 4 | | 0.078 | 0.001 | |
| Riboflavin | mg | 0.360 | | | | 4 | | 0.702 | 0.012 | |
| Niacin | mg | 1.260 | | | | 4 | | 2.457 | 0.043 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.050 | | | | 4 | | 0.098 | 0.002 | |
| Folate, total | mcg | 15 | | | | 4 | | 29 | 1 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 15 | | | | 4 | | 29 | 1 | |
| Folate, DFE | mcg_DFE | 15 | | 0 | NC | 4 | | 29 | 1 | |
| Vitamin B-12 | mcg | 0.13 | | | | 4 | | 0.25 | 0.00 | |
| Vitamin A, IU | IU | 112 | | 0 | FLC | 4 | | 218 | 4 | |
| Vitamin A, RAE | mcg_RAE | 31 | | 0 | FLC | 4 | | 61 | 1 | |
| Retinol | mcg | 31 | | 0 | FLC | 4 | | 60 | 1 | |
| Vitamin E (alpha-tocopherol) | mg | 6.77 | | 0 | FLC | 4 | | 13.19 | 0.23 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.6 | | 0 | FLC | 4 | | 7.1 | 0.1 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 9.574 | | | | 4 | | 18.669 | 0.326 | |
| 4:0 | g | 0.081 | | | | 4 | | 0.158 | 0.003 | |
| 6:0 | g | 0.022 | | | | 4 | | 0.043 | 0.001 | |
| 8:0 | g | 0.025 | | | | 4 | | 0.049 | 0.001 | |
| 10:0 | g | 0.055 | | | | 4 | | 0.107 | 0.002 | |
| 12:0 | g | 0.058 | | | | 4 | | 0.113 | 0.002 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.352 | | | | 4 | | 0.686 | 0.012 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 4.578 | | | | 4 | | 8.927 | 0.156 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 4.403 | | | | 4 | | 8.586 | 0.150 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 42227**
**Candies, M&M MARS, "M&M'S" Almond Chocolate Candies**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 13.518 | | | | 4 | | 26.360 | 0.460 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.215 | | | | 4 | | 0.419 | 0.007 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 13.290 | | | | 4 | | 25.916 | 0.452 | |
| 20:1.....g | 0.013 | | | | 4 | | 0.025 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 3.314 | | | | 4 | | 6.462 | 0.113 | |
| 18:2 undifferentiated.....g | 3.183 | | | | 4 | | 6.207 | 0.108 | |
| 18:3 undifferentiated.....g | 0.131 | | | | 4 | | 0.255 | 0.004 | |
| 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 | 7 | | | | 4 | | 14 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 11 | | 0 | BFZN | 4 | | 21 | 0 | |
| Theobromine.....mg | 76 | | 0 | BFZN | 4 | | 148 | 3 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 1 | | 0 | FLC | 4 | | 1.120 | 0.020 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 4 | | 0.551 | 0.010 | |

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

Measure 2 = 3.4g: 1 piece

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

**Food Group:** 19 Sweets

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

**NDB No. 42148**

**Candies, M&M MARS, "M&M'S" Peanut Butter Chocolate Candies**

*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.00 | | | | 4 | | 4.06 | 0.42 | 0.04 |
| Energy | kcal | 513 | | | | 4 | | 1041 | 108 | 11 |
| Energy | kj | 2146 | | | | 4 | | 4357 | 451 | 47 |
| Protein | g | 9.80 | | | | 4 | | 19.89 | 2.06 | 0.22 |
| Total lipid (fat) | g | 25.50 | | | | 4 | | 51.77 | 5.36 | 0.56 |
| Ash | g | 1.78 | | 0 | FLC | 4 | | 3.62 | 0.37 | 0.04 |
| Carbohydrate, by difference | g | 61.00 | | | | 4 | | 123.83 | 12.81 | 1.34 |
| Fiber, total dietary | g | 2.7 | | | | 4 | | 5.5 | 0.6 | 0.1 |
| Sugars, total | g | 48.92 | | 0 | FLC | 4 | | 99.30 | 10.27 | 1.08 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 108 | | | | 4 | | 219 | 23 | 2 |
| Iron, Fe | mg | 1.24 | | | | 4 | | 2.52 | 0.26 | 0.03 |
| Magnesium, Mg | mg | 82 | | | | 4 | | 166 | 17 | 2 |
| Phosphorus, P | mg | 274 | | | | 4 | | 556 | 58 | 6 |
| Potassium, K | mg | 390 | | | | 4 | | 792 | 82 | 9 |
| Sodium, Na | mg | 126 | | | | 4 | | 256 | 26 | 3 |
| Zinc, Zn | mg | 1.52 | | | | 4 | | 3.09 | 0.32 | 0.03 |
| Copper, Cu | mg | 0.410 | | | | 4 | | 0.832 | 0.086 | 0.009 |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 4.5 | | 0 | BFZN | 4 | | 9.1 | 0.9 | 0.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | | | 4 | | 2.0 | 0.2 | 0.0 |
| Thiamin | mg | 0.050 | | | | 4 | | 0.102 | 0.011 | 0.001 |
| Riboflavin | mg | 0.160 | | | | 4 | | 0.325 | 0.034 | 0.004 |
| Niacin | mg | 3.710 | | | | 4 | | 7.531 | 0.779 | 0.082 |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.180 | | | | 4 | | 0.365 | 0.038 | 0.004 |
| Folate, total | mcg | 49 | | 0 | FLC | 4 | | 100 | 10 | 1 |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 49 | | 0 | FLC | 4 | | 100 | 10 | 1 |
| Folate, DFE | mcg_DFE | 49 | | 0 | NC | 4 | | 100 | 10 | 1 |
| Vitamin B-12 | mcg | 0.35 | | | | 4 | | 0.71 | 0.07 | 0.01 |
| Vitamin A, IU | IU | 55 | | 0 | FLC | 4 | | 111 | 11 | 1 |
| Vitamin A, RAE | mcg_RAE | 15 | | 0 | FLC | 4 | | 31 | 3 | 0 |
| Retinol | mcg | 15 | | 0 | FLC | 4 | | 31 | 3 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 3.01 | | 0 | FLC | 4 | | 6.11 | 0.63 | 0.07 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.1 | | 0 | FLC | 4 | | 6.4 | 0.7 | 0.1 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.766 | | | | 4 | | 17.795 | 1.841 | 0.193 |
| 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 | 0.007 | | | | 4 | | 0.014 | 0.001 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.269 | | | | 4 | | 0.546 | 0.056 | 0.006 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 4.524 | | | | 4 | | 9.184 | 0.950 | 0.100 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 3.330 | | | | 4 | | 6.760 | 0.699 | 0.073 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 42148**

**Candies, M&M MARS, "M&M'S" Peanut Butter Chocolate Candies**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 10.647 | | | | 4 | | 21.613 | 2.236 | 0.234 |
| 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 | 10.449 | | | | 4 | | 21.211 | 2.194 | 0.230 |
| 20:1.....g | 0.198 | | | | 4 | | 0.402 | 0.042 | 0.004 |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 4.886 | | | | 4 | | 9.919 | 1.026 | 0.107 |
| 18:2 undifferentiated.....g | 4.801 | | | | 4 | | 9.746 | 1.008 | 0.106 |
| 18:3 undifferentiated.....g | 0.025 | | | | 4 | | 0.051 | 0.005 | 0.001 |
| 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 | 0.060 | | | | 4 | | 0.122 | 0.013 | 0.001 |
| 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 | 13 | | | | 4 | | 26 | 3 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 10 | | 0 | BFZN | 4 | | 20 | 2 | 0 |
| Theobromine.....mg | 66 | | 0 | BFZN | 4 | | 134 | 14 | 1 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 203g: 1 cup

Measure 2 = 21g: 1 bar, fun size

Measure 3 = 2.2g: 1 piece

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

**Food Group:** 19 Sweets

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

**NDB No. 19141**

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

*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.68 | | 1 | | 1 | | 3.49 | 0.71 | 175.27 |
| Energy | kcal | 492 | | 0 | MC | 9 | | 1023 | 207 | 51330 |
| Energy | kj | 2059 | | | | 9 | | 4282 | 865 | 214766 |
| Protein | g | 4.33 | | 0 | MC | 9 | | 9.01 | 1.82 | 451.75 |
| Total lipid (fat) | g | 21.13 | | 0 | MC | 9 | | 43.95 | 8.87 | 2204.49 |
| Ash | g | 1.63 | | 0 | MC | 9 | | 3.39 | 0.68 | 170.06 |
| Carbohydrate, by difference | g | 71.21 | | 0 | MC | 9 | | 148.12 | 29.91 | 7429.34 |
| Fiber, total dietary | g | 2.5 | | 0 | MC | 9 | | 5.2 | 1.1 | 260.8 |
| Sugars, total | g | 63.66 | | 0 | MC | 9 | | 132.41 | 26.74 | 6641.65 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 105 | | 0 | MC | 9 | | 218 | 44 | 10955 |
| Iron, Fe | mg | 1.11 | | 0 | MC | 9 | | 2.31 | 0.47 | 115.81 |
| Magnesium, Mg | mg | 34 | | 0 | FLM | 4 | | 71 | 14 | 3572 |
| Phosphorus, P | mg | 114 | | 0 | FLM | 4 | | 237 | 48 | 11901 |
| Potassium, K | mg | 203 | | 0 | FLM | 4 | | 423 | 85 | 21201 |
| Sodium, Na | mg | 61 | | 0 | MC | 9 | | 127 | 26 | 6364 |
| Zinc, Zn | mg | 1.10 | | 0 | FLM | 4 | | 2.28 | 0.46 | 114.39 |
| Copper, Cu | mg | 0.272 | | 0 | FLM | 4 | | 0.566 | 0.114 | 28.414 |
| Manganese, Mn | mg | 0.266 | | 0 | FLM | 4 | | 0.553 | 0.112 | 27.758 |
| Selenium, Se | mcg | 2.9 | | 0 | FLM | 4 | | 6.0 | 1.2 | 298.5 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 0 | MC | 9 | | 1.0 | 0.2 | 52.2 |
| Thiamin | mg | 0.061 | | 0 | FLM | 4 | | 0.126 | 0.025 | 6.328 |
| Riboflavin | mg | 0.169 | | 0 | FLM | 4 | | 0.352 | 0.071 | 17.646 |
| Niacin | mg | 0.209 | | 0 | FLM | 4 | | 0.436 | 0.088 | 21.857 |
| Pantothenic acid | mg | 0.257 | | 0 | FLM | 4 | | 0.535 | 0.108 | 26.845 |
| Vitamin B-6 | mg | 0.019 | | 0 | FLM | 4 | | 0.040 | 0.008 | 2.022 |
| Folate, total | mcg | 6 | | 0 | FLM | 4 | | 13 | 3 | 666 |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 6 | | 0 | FLM | 4 | | 13 | 3 | 666 |
| Folate, DFE | mcg_DFE | 6 | | 0 | NC | 4 | | 13 | 3 | 666 |
| Vitamin B-12 | mcg | 0.34 | | 0 | FLM | 4 | | 0.70 | 0.14 | 35.10 |
| Vitamin A, IU | IU | 95 | | 0 | FLM | 4 | | 197 | 40 | 9868 |
| Vitamin A, RAE | mcg_RAE | 27 | | 0 | FLM | 4 | | 55 | 11 | 2768 |
| Retinol | mcg | 26 | | 0 | FLM | 4 | | 54 | 11 | 2730 |
| Vitamin E (alpha-tocopherol) | mg | 1.10 | | 0 | FLM | 4 | | 2.28 | 0.46 | 114.44 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.1 | | 0 | FLM | 4 | | 6.5 | 1.3 | 324.5 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 13.080 | | 0 | MC | 9 | | 27.206 | 5.494 | 1364.636 |
| 4:0 | g | 0.442 | | 0 | FLM | 4 | | 0.920 | 0.186 | 46.133 |
| 6:0 | g | 0.160 | | 0 | FLM | 4 | | 0.332 | 0.067 | 16.672 |
| 8:0 | g | 0.091 | | 0 | FLM | 4 | | 0.190 | 0.038 | 9.537 |
| 10:0 | g | 0.173 | | 0 | FLM | 4 | | 0.361 | 0.073 | 18.090 |
| 12:0 | g | 0.190 | | 0 | FLM | 4 | | 0.396 | 0.080 | 19.853 |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 14:0 | g | 0.583 | | 0 | FLM | 4 | | 1.213 | 0.245 | 60.849 |
| 15:0 | g | 0.060 | | 0 | FLM | 4 | | 0.125 | 0.025 | 6.281 |
| 16:0 | g | 5.234 | | 0 | FLM | 4 | | 10.887 | 2.198 | 546.091 |
| 17:0 | g | 0.057 | | 0 | FLM | 4 | | 0.120 | 0.024 | 5.999 |
| 18:0 | g | 5.367 | | 0 | FLM | 4 | | 11.164 | 2.254 | 559.958 |
| 20:0 | g | 0.151 | | 0 | FLM | 4 | | 0.313 | 0.063 | 15.716 |
| 22:0 | g | 0.016 | | 0 | FLM | 4 | | 0.034 | 0.007 | 1.682 |
| 24:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 3.535 | | 0 | FLM | 4 | | 7.352 | 1.485 | 368.777 |
| 14:1.....g | 0.034 | | 0 | FLM | 4 | | 0.071 | 0.014 | 3.577 |
| 15:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.065 | | 0 | FLM | 4 | | 0.136 | 0.027 | 6.807 |
| 17:1.....g | 0.010 | | 0 | FLM | 4 | | 0.020 | 0.004 | 1.009 |
| 18:1 undifferentiated.....g | 3.426 | | 0 | FLM | 4 | | 7.125 | 1.439 | 357.384 |
| 20:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 0.385 | | 0 | FLM | 4 | | 0.801 | 0.162 | 40.190 |
| 18:2 undifferentiated.....g | 0.385 | | 0 | FLM | 4 | | 0.801 | 0.162 | 40.190 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 14 | | 0 | MC | 9 | | 29 | 6 | 1461 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 11 | | 0 | FLM | 4 | | 23 | 5 | 1133 |
| Theobromine.....mg | 111 | | 0 | FLM | 4 | | 232 | 47 | 11628 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLM | 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 = 208g: 1 cup

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

Measure 3 = 10433g: 1 package

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

**Food Group:** 19 Sweets

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

**NDB No. 19157**

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

*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.42 | | 0 | MC | 9 | | 1.02 | 3.44 | |
| Energy | kcal | 498 | | 0 | MC | 9 | | 209 | 707 | |
| Energy | kj | 2084 | | | | 9 | | 875 | 2959 | |
| Protein | g | 4.78 | | 0 | MC | 9 | | 2.01 | 6.79 | |
| Total lipid (fat) | g | 23.34 | | 0 | MC | 9 | | 9.80 | 33.14 | |
| Ash | g | 2.34 | | 0 | MC | 9 | | 0.98 | 3.32 | |
| Carbohydrate, by difference | g | 67.12 | | 0 | MC | 9 | | 28.19 | 95.31 | |
| Fiber, total dietary | g | 2.7 | | 0 | MC | 9 | | 1.1 | 3.8 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 116 | | 0 | MC | 9 | | 49 | 165 | |
| Iron, Fe | mg | 1.23 | | 0 | MC | 9 | | 0.52 | 1.75 | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | | | | | | | | | |
| Sodium, Na | mg | 68 | | 0 | MC | 9 | | 29 | 97 | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | 0 | MC | 9 | | 0.3 | 0.9 | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 2 | 7 | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 224 | | 0 | MC | 9 | | 94 | 318 | |
| 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 | 14.452 | | 0 | MC | 9 | | 6.070 | 20.522 | |
| 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 | | | | | | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | | | | | | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | | | | | | | | | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| 18:2 undifferentiated.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | | | | | | | | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 15 | | 0 | MC | 9 | | 6 | 21 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 42g: 1 serving

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19140**

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

*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.78 | | 0 | MC | 9 | | 3.03 | 0.37 | 0.84 |
| Energy | kcal | 516 | | 0 | MC | 9 | | 877 | 108 | 243 |
| Energy | kj | 2159 | | | | 9 | | 3670 | 453 | 1015 |
| Protein | g | 9.47 | | 0 | MC | 9 | | 16.10 | 1.99 | 4.45 |
| Total lipid (fat) | g | 26.24 | | 0 | MC | 9 | | 44.61 | 5.51 | 12.33 |
| Ash | g | 2.05 | | 0 | MC | 9 | | 3.49 | 0.43 | 0.96 |
| Carbohydrate, by difference | g | 60.46 | | 0 | MC | 9 | | 102.78 | 12.70 | 28.42 |
| Fiber, total dietary | g | 3.4 | | 0 | MC | 9 | | 5.8 | 0.7 | 1.6 |
| Sugars, total | g | 50.76 | | 0 | MC | 9 | | 86.29 | 10.66 | 23.86 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 101 | | 0 | MC | 9 | | 172 | 21 | 47 |
| Iron, Fe | mg | 1.15 | | 0 | MC | 9 | | 1.96 | 0.24 | 0.54 |
| Magnesium, Mg | mg | 76 | | 0 | FLM | 4 | | 129 | 16 | 36 |
| Phosphorus, P | mg | 233 | | 0 | FLM | 4 | | 396 | 49 | 109 |
| Potassium, K | mg | 347 | | 0 | FLM | 4 | | 591 | 73 | 163 |
| Sodium, Na | mg | 48 | | 0 | MC | 9 | | 82 | 10 | 23 |
| Zinc, Zn | mg | 2.41 | | 0 | FLM | 4 | | 4.10 | 0.51 | 1.13 |
| Copper, Cu | mg | 0.532 | | 0 | FLM | 4 | | 0.904 | 0.112 | 0.250 |
| Manganese, Mn | mg | 0.698 | | 0 | FLM | 4 | | 1.186 | 0.147 | 0.328 |
| Selenium, Se | mcg | 3.9 | | 0 | FLM | 4 | | 6.7 | 0.8 | 1.9 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 0 | MC | 9 | | 0.9 | 0.1 | 0.2 |
| Thiamin | mg | 0.102 | | 0 | FLM | 4 | | 0.174 | 0.022 | 0.048 |
| Riboflavin | mg | 0.158 | | 0 | FLM | 4 | | 0.269 | 0.033 | 0.074 |
| Niacin | mg | 4.090 | | 0 | FLM | 4 | | 6.953 | 0.859 | 1.922 |
| Pantothenic acid | mg | 0.559 | | 0 | FLM | 4 | | 0.950 | 0.117 | 0.263 |
| Vitamin B-6 | mg | 0.088 | | 0 | FLM | 4 | | 0.149 | 0.018 | 0.041 |
| Folate, total | mcg | 38 | | 0 | FLM | 4 | | 65 | 8 | 18 |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 38 | | 0 | FLM | 4 | | 65 | 8 | 18 |
| Folate, DFE | mcg_DFE | 38 | | 0 | NC | 4 | | 65 | 8 | 18 |
| Vitamin B-12 | mcg | 0.16 | | 0 | FLM | 4 | | 0.27 | 0.03 | 0.08 |
| Vitamin A, IU | IU | 93 | | 0 | MC | 9 | | 158 | 20 | 44 |
| Vitamin A, RAE | mcg_RAE | 26 | | 0 | FLM | 4 | | 44 | 5 | 12 |
| Retinol | mcg | 26 | | 0 | FLM | 4 | | 44 | 5 | 12 |
| Vitamin E (alpha-tocopherol) | mg | 2.56 | | 0 | FLM | 4 | | 4.36 | 0.54 | 1.20 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.1 | | 0 | FLM | 4 | | 5.2 | 0.6 | 1.4 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 10.331 | | 0 | MC | 9 | | 17.563 | 2.170 | 4.856 |
| 4:0 | g | 0.080 | | 0 | FLM | 4 | | 0.137 | 0.017 | 0.038 |
| 6:0 | g | 0.031 | | 0 | FLM | 4 | | 0.053 | 0.007 | 0.015 |
| 8:0 | g | 0.022 | | 0 | FLM | 4 | | 0.038 | 0.005 | 0.011 |
| 10:0 | g | 0.165 | | 0 | FLM | 4 | | 0.281 | 0.035 | 0.078 |
| 12:0 | g | 0.478 | | 0 | FLM | 4 | | 0.813 | 0.100 | 0.225 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.428 | | 0 | FLM | 4 | | 0.727 | 0.090 | 0.201 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 5.129 | | 0 | FLM | 4 | | 8.719 | 1.077 | 2.410 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 3.744 | | 0 | FLM | 4 | | 6.364 | 0.786 | 1.760 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 11.000 | | 0 | MC | 9 | | 18.700 | 2.310 | 5.170 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.073 | | 0 | FLM | 4 | | 0.124 | 0.015 | 0.034 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 10.653 | | 0 | FLM | 4 | | 18.111 | 2.237 | 5.007 |
| 20:1.....g | 0.186 | | 0 | FLM | 4 | | 0.316 | 0.039 | 0.087 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 4.200 | | 0 | MC | 9 | | 7.140 | 0.882 | 1.974 |
| 18:2 undifferentiated.....g | 4.163 | | 0 | FLM | 4 | | 7.077 | 0.874 | 1.957 |
| 18:3 undifferentiated.....g | 0.037 | | 0 | FLM | 4 | | 0.063 | 0.008 | 0.017 |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 9 | | 0 | MC | 9 | | 15 | 2 | 4 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 11 | | 0 | FLM | 4 | | 18 | 2 | 5 |
| Theobromine.....mg | 69 | | 0 | FLM | 4 | | 118 | 15 | 33 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLM | 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 = 170g: 1 cup

Measure 2 = 21g: 1 package, fun size

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

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 5.80 | 0.171 | 7 | | 1 | | 1.33 | 2.96 | 0.99 |
| Energy | kcal | 416 | | 0 | | 4 | | 96 | 212 | 71 |
| Energy | kj | 1741 | | | | 4 | | 400 | 888 | 296 |
| Protein (N x 6.1) | g | 3.20 | 0.054 | 7 | | 1 | | 0.74 | 1.63 | 0.54 |
| Total lipid (fat) | g | 12.90 | 0.500 | 7 | | 1 | | 2.97 | 6.58 | 2.19 |
| Ash | g | 1.20 | 0.069 | 7 | | 1 | | 0.28 | 0.61 | 0.20 |
| Carbohydrate, by difference | g | 76.80 | | 0 | NC | 4 | | 17.66 | 39.17 | 13.06 |
| Fiber, total dietary | g | 1.8 | | 0 | FLC | 4 | | 0.4 | 0.9 | 0.3 |
| Sugars, total | g | 66.23 | | 0 | LC | 8 | | 15.23 | 33.78 | 11.26 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 84 | 8.563 | 3 | | 1 | | 19 | 43 | 14 |
| Iron, Fe | mg | 0.73 | 0.046 | 3 | | 1 | | 0.17 | 0.37 | 0.12 |
| Magnesium, Mg | mg | 29 | | 2 | | 1 | | 7 | 15 | 5 |
| Phosphorus, P | mg | 91 | | 1 | | 1 | | 21 | 46 | 15 |
| Potassium, K | mg | 133 | 51.928 | 3 | | 1 | | 31 | 68 | 23 |
| Sodium, Na | mg | 194 | 14.063 | 4 | | 1 | | 45 | 99 | 33 |
| Zinc, Zn | mg | 0.55 | | 2 | | 1 | | 0.13 | 0.28 | 0.09 |
| Copper, Cu | mg | 0.155 | | 2 | | 1 | | 0.036 | 0.079 | 0.026 |
| Manganese, Mn | mg | 0.160 | | 1 | | 1 | | 0.037 | 0.082 | 0.027 |
| Selenium, Se | mcg | 2.5 | | 0 | FLC | 4 | | 0.6 | 1.3 | 0.4 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 1 | | 1 | | 0.1 | 0.2 | 0.1 |
| Thiamin | mg | 0.034 | 0.002 | 3 | | 1 | | 0.008 | 0.017 | 0.006 |
| Riboflavin | mg | 0.140 | 0.015 | 3 | | 1 | | 0.032 | 0.071 | 0.024 |
| Niacin | mg | 0.230 | 0.035 | 3 | | 1 | | 0.053 | 0.117 | 0.039 |
| Pantothenic acid | mg | 0.231 | | 1 | | 1 | | 0.053 | 0.118 | 0.039 |
| Vitamin B-6 | mg | 0.015 | | 1 | | 1 | | 0.003 | 0.008 | 0.003 |
| Folate, total | mcg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.19 | | 0 | FLC | 4 | | 0.04 | 0.10 | 0.03 |
| Vitamin A, IU | IU | 54 | | 0 | FLC | 4 | | 12 | 27 | 9 |
| Vitamin A, RAE | mcg_RAE | 15 | | 0 | FLC | 4 | | 3 | 8 | 3 |
| Retinol | mcg | 15 | | 0 | FLC | 4 | | 3 | 8 | 3 |
| Vitamin E (alpha-tocopherol) | mg | 0.93 | | 0 | FLC | 4 | | 0.21 | 0.47 | 0.16 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.8 | | 0 | FLC | 4 | | 0.6 | 1.4 | 0.5 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.500 | | 0 | | 1 | | 1.495 | 3.315 | 1.105 |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.010 | | 2 | | 1 | | 0.002 | 0.005 | 0.002 |
| 10:0 | g | 0.010 | | 2 | | 1 | | 0.002 | 0.005 | 0.002 |
| 12:0 | g | 0.160 | | 2 | | 1 | | 0.037 | 0.082 | 0.027 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.270 | | 2 | | 1 | | 0.062 | 0.138 | 0.046 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.900 | | 2 | | 1 | | 0.667 | 1.479 | 0.493 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 3.150 | | 2 | | 1 | | 0.725 | 1.607 | 0.536 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 4.290 | | 0 | | 1 | | 0.987 | 2.188 | 0.729 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.080 | | 2 | | 1 | | 0.018 | 0.041 | 0.014 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.130 | | 2 | | 1 | | 0.950 | 2.106 | 0.702 |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.450 | | 0 | | 1 | | 0.104 | 0.230 | 0.077 |
| 18:2 undifferentiated.....g | 0.360 | | 2 | | 1 | | 0.083 | 0.184 | 0.061 |
| 18:3 undifferentiated.....g | 0.090 | | 2 | | 1 | | 0.021 | 0.046 | 0.015 |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 11 | | 2 | | 1 | | 3 | 6 | 2 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 8 | | 0 | FLC | 4 | | 2 | 4 | 1 |
| Theobromine.....mg | 132 | | 0 | FLC | 4 | | 30 | 68 | 23 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 1 | | 0 | FLC | 4 | | 0.228 | 0.506 | 0.169 |

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

**Common Measures:**

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

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

Measure 3 = 17g: 1 bar, fun size

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.50 | | 2 | | 1 | | 2.25 | | |
| Energy | kcal | 467 | | 0 | NC | 4 | | 234 | | |
| Energy | kj | 1954 | | | | 4 | | 977 | | |
| Protein (N x 5.6) | g | 8.10 | | 2 | | 1 | | 4.05 | | |
| Total lipid (fat) | g | 23.00 | | 2 | | 1 | | 11.50 | | |
| Ash | g | 1.60 | | 2 | | 1 | | 0.80 | | |
| Carbohydrate, by difference | g | 62.70 | | 0 | NC | 4 | | 31.35 | | |
| Fiber, total dietary | g | 2.0 | | 0 | FLA | 4 | | 1.0 | | |
| Sugars, total | g | 52.10 | | 1 | LC | 8 | | 26.05 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 168 | | 2 | | 1 | | 84 | | |
| Iron, Fe | mg | 1.10 | | 2 | | 1 | | 0.55 | | |
| Magnesium, Mg | mg | 72 | | 1 | | 1 | | 36 | | |
| Phosphorus, P | mg | 234 | | 0 | FLA | 4 | | 117 | | |
| Potassium, K | mg | 325 | | 2 | | 1 | | 163 | | |
| Sodium, Na | mg | 170 | | 1 | | 1 | | 85 | | |
| Zinc, Zn | mg | 1.11 | | 1 | | 1 | | 0.56 | | |
| Copper, Cu | mg | 0.250 | | 1 | | 1 | | 0.125 | | |
| Manganese, Mn | mg | 0.367 | | 0 | FLA | 4 | | 0.184 | | |
| Selenium, Se | mcg | 1.6 | | 0 | FLA | 4 | | 0.8 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | FLA | 4 | | 0.4 | | |
| Thiamin | mg | 0.041 | | 2 | | 1 | | 0.021 | | |
| Riboflavin | mg | 0.312 | | 2 | | 1 | | 0.156 | | |
| Niacin | mg | 0.945 | | 2 | | 1 | | 0.473 | | |
| Pantothenic acid | mg | 0.404 | | 0 | FLA | 4 | | 0.202 | | |
| Vitamin B-6 | mg | 0.060 | | 0 | FLA | 4 | | 0.030 | | |
| Folate, total | mcg | 9 | | 0 | FLC | 4 | | 5 | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | mcg | 9 | | 0 | FLC | 4 | | 5 | | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 5 | | |
| Vitamin B-12 | mcg | 0.36 | | 0 | FLA | 4 | | 0.18 | | |
| Vitamin A, IU | IU | 55 | | 0 | FLC | 4 | | 27 | | |
| Vitamin A, RAE | mcg_RAE | 15 | | 0 | FLC | 4 | | 8 | | |
| Retinol | mcg | 15 | | 0 | FLC | 4 | | 7 | | |
| Vitamin E (alpha-tocopherol) | mg | 7.75 | | 0 | FLC | 4 | | 3.88 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 10.9 | | 0 | FLC | 4 | | 5.4 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 7.268 | | 0 | FLA | 4 | | 3.634 | | |
| 4:0 | g | 0.165 | | 0 | FLA | 4 | | 0.083 | | |
| 6:0 | g | 0.081 | | 0 | FLA | 4 | | 0.041 | | |
| 8:0 | g | 0.054 | | 0 | FLA | 4 | | 0.027 | | |
| 10:0 | g | 0.164 | | 0 | FLA | 4 | | 0.082 | | |
| 12:0 | g | 0.294 | | 0 | FLA | 4 | | 0.147 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.637 | | 0 | FLA | 4 | | 0.319 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.516 | | 0 | FLA | 4 | | 1.758 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 2.192 | | 0 | FLA | 4 | | 1.096 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 10.693 | | 0 | FLA | 4 | | 5.347 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.215 | | 0 | FLA | 4 | | 0.108 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 10.315 | | 0 | FLA | 4 | | 5.158 | | |
| 20:1.....g | 0.009 | | 0 | FLA | 4 | | 0.005 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 3.980 | | 0 | FLA | 4 | | 1.990 | | |
| 18:2 undifferentiated.....g | 3.700 | | 0 | FLA | 4 | | 1.850 | | |
| 18:3 undifferentiated.....g | 0.261 | | 0 | FLA | 4 | | 0.131 | | |
| 18:4.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 17 | | 0 | FLA | 4 | | 9 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine.....mg | 4 | | 0 | FLA | 4 | | 2 | | |
| Theobromine.....mg | 29 | | 0 | FLA | 4 | | 15 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 1 | | 0 | FLC | 4 | | 0.574 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 4 | | 0.166 | | |

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

**Common Measures:**

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19135**
**Candies, M&M MARS, MARS MILKY WAY Bar**
*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.30 | 0.113 | 5 | | 1 | | 1.45 | 3.40 | 3.78 |
| Energy | kcal | 423 | | 0 | | 4 | | 97 | 228 | 254 |
| Energy | kj | 1770 | | | | 4 | | 407 | 956 | 1062 |
| Protein (N x 6.2) | g | 4.50 | 0.110 | 4 | | 1 | | 1.04 | 2.43 | 2.70 |
| Total lipid (fat) | g | 16.10 | 1.139 | 5 | | 1 | | 3.70 | 8.69 | 9.66 |
| Ash | g | 1.30 | 0.028 | 4 | | 1 | | 0.30 | 0.70 | 0.78 |
| Carbohydrate, by difference | g | 71.70 | | 0 | | 4 | | 16.49 | 38.72 | 43.02 |
| Fiber, total dietary | g | 1.7 | | 0 | FLA | 4 | | 0.4 | 0.9 | 1.0 |
| Sugars, total | g | 60.66 | | 0 | LC | 8 | | 13.95 | 32.76 | 36.40 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 130 | | 2 | | 1 | | 30 | 70 | 78 |
| Iron, Fe | mg | 0.76 | | 2 | | 1 | | 0.17 | 0.41 | 0.46 |
| Magnesium, Mg | mg | 34 | | 2 | | 1 | | 8 | 18 | 20 |
| Phosphorus, P | mg | 144 | | 0 | FLA | 4 | | 33 | 78 | 86 |
| Potassium, K | mg | 241 | | 2 | | 1 | | 55 | 130 | 145 |
| Sodium, Na | mg | 240 | | 1 | | 1 | | 55 | 130 | 144 |
| Zinc, Zn | mg | 0.71 | | 1 | | 1 | | 0.16 | 0.38 | 0.43 |
| Copper, Cu | mg | 0.150 | | 1 | | 1 | | 0.035 | 0.081 | 0.090 |
| Manganese, Mn | mg | 0.235 | | 0 | FLA | 4 | | 0.054 | 0.127 | 0.141 |
| Selenium, Se | mcg | 5.6 | | 0 | FLA | 4 | | 1.3 | 3.0 | 3.4 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | 0 | | 4 | | 0.2 | 0.5 | 0.6 |
| Thiamin | mg | 0.035 | | 2 | | 1 | | 0.008 | 0.019 | 0.021 |
| Riboflavin | mg | 0.222 | | 2 | | 1 | | 0.051 | 0.120 | 0.133 |
| Niacin | mg | 0.350 | | 2 | | 1 | | 0.081 | 0.189 | 0.210 |
| Pantothenic acid | mg | 0.300 | | 0 | FLA | 4 | | 0.069 | 0.162 | 0.180 |
| Vitamin B-6 | mg | 0.050 | | 0 | FLA | 4 | | 0.012 | 0.027 | 0.030 |
| Folate, total | mcg | 6 | | 0 | FLC | 4 | | 1 | 3 | 3 |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 6 | | 0 | FLC | 4 | | 1 | 3 | 3 |
| Folate, DFE | mcg_DFE | 6 | | 0 | NC | 4 | | 1 | 3 | 3 |
| Vitamin B-12 | mcg | 0.32 | | 0 | FLA | 4 | | 0.07 | 0.17 | 0.19 |
| Vitamin A, IU | IU | 64 | | 0 | FLC | 4 | | 15 | 35 | 39 |
| Vitamin A, RAE | mcg_RAE | 18 | | 0 | FLC | 4 | | 4 | 10 | 11 |
| Retinol | mcg | 18 | | 0 | FLC | 4 | | 4 | 10 | 11 |
| Vitamin E (alpha-tocopherol) | mg | 1.25 | | 0 | FLC | 4 | | 0.29 | 0.67 | 0.75 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.8 | | 0 | FLC | 4 | | 0.9 | 2.0 | 2.3 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 7.790 | | 0 | | 4 | | 1.792 | 4.207 | 4.674 |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.050 | | 5 | | 1 | | 0.012 | 0.027 | 0.030 |
| 8:0 | g | 0.020 | | 5 | | 1 | | 0.005 | 0.011 | 0.012 |
| 10:0 | g | 0.070 | | 5 | | 1 | | 0.016 | 0.038 | 0.042 |
| 12:0 | g | 0.070 | | 5 | | 1 | | 0.016 | 0.038 | 0.042 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.370 | | 5 | | 1 | | 0.085 | 0.200 | 0.222 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.490 | | 5 | | 1 | | 0.803 | 1.885 | 2.094 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 3.580 | | 5 | | 1 | | 0.823 | 1.933 | 2.148 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 6.020 | | 0 | | 4 | | 1.385 | 3.251 | 3.612 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.080 | | 5 | | 1 | | 0.018 | 0.043 | 0.048 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 5.940 | | 5 | | 1 | | 1.366 | 3.208 | 3.564 |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.600 | | 0 | | 4 | | 0.138 | 0.324 | 0.360 |
| 18:2 undifferentiated.....g | 0.560 | | 5 | | 1 | | 0.129 | 0.302 | 0.336 |
| 18:3 undifferentiated.....g | 0.040 | | 5 | | 1 | | 0.009 | 0.022 | 0.024 |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 14 | | 1 | | 1 | | 3 | 8 | 8 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 8 | | 0 | FLA | 4 | | 2 | 4 | 5 |
| Theobromine.....mg | 92 | | 0 | FLA | 4 | | 21 | 50 | 55 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 1 | | 0 | FLC | 4 | | 0.251 | 0.590 | 0.656 |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.001 | 0.001 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.001 | 0.001 |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 4 | | 0 | FLC | 4 | | 0.938 | 2.202 | 2.446 |

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

**Common Measures:**

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

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

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

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

**Food Group:** 19 Sweets

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

**NDB No. 42196**
**Candies, M&M MARS, MILKY WAY Dark Bar**
*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 7.20 | | | | 4 | | 3.60 | 1.30 | |
| Energy | kcal | 448 | | | | 4 | | 224 | 81 | |
| Energy | kj | 1874 | | | | 4 | | 937 | 337 | |
| Protein | g | 2.80 | | | | 4 | | 1.40 | 0.50 | |
| Total lipid (fat) | g | 16.30 | | | | 4 | | 8.15 | 2.93 | |
| Ash | g | 1.02 | | 0 | FLC | 4 | | 0.51 | 0.18 | |
| Carbohydrate, by difference | g | 72.40 | | | | 4 | | 36.20 | 13.03 | |
| Fiber, total dietary | g | 2.2 | | | | 4 | | 1.1 | 0.4 | |
| Sugars, total | g | 60.12 | | 0 | FLC | 4 | | 30.06 | 10.82 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 56 | | | | 4 | | 28 | 10 | |
| Iron, Fe | mg | 0.91 | | | | 4 | | 0.46 | 0.16 | |
| Magnesium, Mg | mg | 51 | | | | 4 | | 26 | 9 | |
| Phosphorus, P | mg | 143 | | | | 4 | | 72 | 26 | |
| Potassium, K | mg | 287 | | | | 4 | | 144 | 52 | |
| Sodium, Na | mg | 228 | | | | 4 | | 114 | 41 | |
| Zinc, Zn | mg | 0.91 | | | | 4 | | 0.46 | 0.16 | |
| Copper, Cu | mg | 0.256 | | | | 4 | | 0.128 | 0.046 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 5.6 | | 0 | FLM | 4 | | 2.8 | 1.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | | | 4 | | 0.3 | 0.1 | |
| Thiamin | mg | 0.010 | | | | 4 | | 0.005 | 0.002 | |
| Riboflavin | mg | 0.100 | | | | 4 | | 0.050 | 0.018 | |
| Niacin | mg | 0.210 | | | | 4 | | 0.105 | 0.038 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.050 | | | | 4 | | 0.025 | 0.009 | |
| Folate, total | mcg | 3 | | 0 | FLC | 4 | | 1 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 3 | | 0 | FLC | 4 | | 1 | 0 | |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 1 | 0 | |
| Vitamin B-12 | mcg | 0.05 | | | | 4 | | 0.03 | 0.01 | |
| Vitamin A, IU | IU | 68 | | 0 | FLC | 4 | | 34 | 12 | |
| Vitamin A, RAE | mcg_RAE | 19 | | 0 | FLC | 4 | | 9 | 3 | |
| Retinol | mcg | 18 | | 0 | FLC | 4 | | 9 | 3 | |
| Vitamin E (alpha-tocopherol) | mg | 0.31 | | 0 | FLC | 4 | | 0.15 | 0.06 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.9 | | 0 | FLC | 4 | | 1.4 | 0.5 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.461 | | | | 4 | | 4.231 | 1.523 | |
| 4:0 | g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.011 | | | | 4 | | 0.006 | 0.002 | |
| 10:0 | g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.064 | | | | 4 | | 0.032 | 0.012 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.493 | | | | 4 | | 0.247 | 0.089 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 4.107 | | | | 4 | | 2.054 | 0.739 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 3.796 | | | | 4 | | 1.898 | 0.683 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 42196**
**Candies, M&M MARS, MILKY WAY Dark Bar**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 5.866 | | | | 4 | | 2.933 | 1.056 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.150 | | | | 4 | | 0.075 | 0.027 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 5.716 | | | | 4 | | 2.858 | 1.029 | |
| 20:1.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.568 | | | | 4 | | 0.284 | 0.102 | |
| 18:2 undifferentiated.....g | 0.568 | | | | 4 | | 0.284 | 0.102 | |
| 18:3 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 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 | 14 | | | | 4 | | 7 | 3 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 17 | | 0 | FLM | 4 | | 9 | 3 | |
| Theobromine.....mg | 174 | | 0 | FLM | 4 | | 87 | 31 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 4 | | 0 | FLC | 4 | | 1.971 | 0.710 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 7 | | 0 | FLC | 4 | | 3.597 | 1.295 | |

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

**Common Measures:**

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

Measure 2 = 18g: 1 bar fun size

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

**Food Group:** 19 Sweets

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

**NDB No. 19370**

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

*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.83 | | 0 | MC | 9 | | 7.85 | 382.20 | 2.18 |
| Energy | kcal | 405 | | 0 | MC | 9 | | 830 | 40415 | 231 |
| Energy | kj | 1695 | | | | 9 | | 3474 | 169096 | 966 |
| Protein | g | 0.19 | | 0 | MC | 9 | | 0.39 | 18.96 | 0.11 |
| Total lipid (fat) | g | 4.37 | | 0 | MC | 9 | | 8.96 | 436.08 | 2.49 |
| Ash | g | 0.97 | | 0 | MC | 9 | | 1.99 | 96.80 | 0.55 |
| Carbohydrate, by difference | g | 90.64 | | 0 | MC | 9 | | 185.81 | 9044.97 | 51.66 |
| Fiber, total dietary | g | 0.0 | | 0 | FLC | 4 | | 0.1 | 3.5 | 0.0 |
| Sugars, total | g | 76.02 | | 0 | MC | 9 | | 155.84 | 7586.04 | 43.33 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | | 0 | MC | 9 | | 0 | 0 | 0 |
| Iron, Fe | mg | 0.01 | | 0 | MC | 9 | | 0.02 | 1.00 | 0.01 |
| Magnesium, Mg | mg | 1 | | 0 | FLC | 4 | | 3 | 130 | 1 |
| Phosphorus, P | mg | 2 | | 0 | FLC | 4 | | 5 | 225 | 1 |
| Potassium, K | mg | 9 | | 0 | FLC | 4 | | 18 | 855 | 5 |
| Sodium, Na | mg | 16 | | 0 | MC | 9 | | 33 | 1597 | 9 |
| Zinc, Zn | mg | 0.01 | | 0 | FLC | 4 | | 0.02 | 1.05 | 0.01 |
| Copper, Cu | mg | 0.076 | | 0 | FLC | 4 | | 0.156 | 7.582 | 0.043 |
| Manganese, Mn | mg | 0.027 | | 0 | FLC | 4 | | 0.055 | 2.676 | 0.015 |
| Selenium, Se | mcg | 1.9 | | 0 | FLC | 4 | | 3.9 | 187.7 | 1.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 66.9 | | 0 | MC | 9 | | 137.1 | 6676.0 | 38.1 |
| Thiamin | mg | 0.002 | | 0 | FLC | 4 | | 0.004 | 0.206 | 0.001 |
| Riboflavin | mg | 0.023 | | 0 | FLC | 4 | | 0.048 | 2.345 | 0.013 |
| Niacin | mg | 0.015 | | 0 | FLC | 4 | | 0.031 | 1.524 | 0.009 |
| Pantothenic acid | mg | 0.007 | | 0 | FLC | 4 | | 0.014 | 0.660 | 0.004 |
| Vitamin B-6 | mg | 0.003 | | 0 | FLC | 4 | | 0.007 | 0.331 | 0.002 |
| Folate, total | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 0 | MC | 9 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.44 | | 0 | FLC | 4 | | 0.90 | 43.70 | 0.25 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 9.4 | | 0 | FLC | 4 | | 19.3 | 939.4 | 5.4 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.868 | | 0 | MC | 9 | | 1.779 | 86.618 | 0.495 |
| 4:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.007 | | 0 | FLM | 4 | | 0.014 | 0.699 | 0.004 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.622 | | 0 | FLM | 4 | | 1.275 | 62.069 | 0.355 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.228 | | 0 | FLM | 4 | | 0.467 | 22.752 | 0.130 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 2.960 | | 0 | MC | 9 | | 6.068 | 295.378 | 1.687 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.026 | | 0 | FLM | 4 | | 0.053 | 2.595 | 0.015 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 2.896 | | 0 | FLM | 4 | | 5.937 | 288.992 | 1.651 |
| 20:1.....g | 0.026 | | 0 | FLM | 4 | | 0.053 | 2.595 | 0.015 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.120 | | 0 | MC | 9 | | 0.246 | 11.975 | 0.068 |
| 18:2 undifferentiated.....g | 0.014 | | 0 | FLM | 4 | | 0.029 | 1.397 | 0.008 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | MC | 9 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 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 | FLC | 4 | | 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 = 205g: 1 cup

Measure 2 = 9979g: 1 package

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

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 5.49 | | 0 | MC | 9 | | 3.13 | 0.82 | 6.20 |
| Energy | kcal | 479 | | 0 | MC | 9 | | 273 | 72 | 541 |
| Energy | kj | 2004 | | 0 | MC | 9 | | 1142 | 301 | 2265 |
| Protein | g | 8.00 | | 0 | MC | 9 | | 4.56 | 1.20 | 9.04 |
| Total lipid (fat) | g | 24.58 | | 0 | MC | 9 | | 14.01 | 3.69 | 27.78 |
| Ash | g | 2.73 | | 0 | MC | 9 | | 1.56 | 0.41 | 3.08 |
| Carbohydrate, by difference | g | 59.21 | | 0 | MC | 9 | | 33.75 | 8.88 | 66.91 |
| Fiber, total dietary | g | 2.5 | | 0 | MC | 9 | | 1.4 | 0.4 | 2.8 |
| Sugars, total | g | 49.28 | | 0 | MC | 9 | | 28.09 | 7.39 | 55.69 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 94 | | 0 | MC | 9 | | 54 | 14 | 106 |
| Iron, Fe | mg | 0.76 | | 0 | MC | 9 | | 0.43 | 0.11 | 0.86 |
| Magnesium, Mg | mg | 57 | | 0 | FLM | 4 | | 33 | 9 | 64 |
| Phosphorus, P | mg | 171 | | 0 | FLM | 4 | | 98 | 26 | 194 |
| Potassium, K | mg | 298 | | 0 | FLM | 4 | | 170 | 45 | 337 |
| Sodium, Na | mg | 266 | | 0 | MC | 9 | | 152 | 40 | 301 |
| Zinc, Zn | mg | 1.56 | | 0 | FLM | 4 | | 0.89 | 0.23 | 1.76 |
| Copper, Cu | mg | 0.404 | | 0 | FLM | 4 | | 0.230 | 0.061 | 0.457 |
| Manganese, Mn | mg | 0.601 | | 0 | FLM | 4 | | 0.343 | 0.090 | 0.680 |
| Selenium, Se | mcg | 4.6 | | 2 | A | 1 | | 2.6 | 0.7 | 5.2 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | 0 | MC | 9 | | 0.3 | 0.1 | 0.7 |
| Thiamin | mg | 0.127 | | 0 | FLM | 4 | | 0.072 | 0.019 | 0.143 |
| Riboflavin | mg | 0.194 | | 0 | FLM | 4 | | 0.110 | 0.029 | 0.219 |
| Niacin | mg | 1.581 | | 0 | FLM | 4 | | 0.901 | 0.237 | 1.786 |
| Pantothenic acid | mg | 0.577 | | 0 | FLM | 4 | | 0.329 | 0.087 | 0.652 |
| Vitamin B-6 | mg | 0.059 | | 0 | FLM | 4 | | 0.034 | 0.009 | 0.067 |
| Folate, total | mcg | 30 | | 0 | FLM | 4 | | 17 | 4 | 34 |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 30 | | 0 | FLM | 4 | | 17 | 4 | 34 |
| Folate, DFE | mcg_DFE | 30 | | 0 | NC | 4 | | 17 | 4 | 34 |
| Vitamin B-12 | mcg | 0.33 | | 0 | FLM | 4 | | 0.19 | 0.05 | 0.38 |
| Vitamin A, IU | IU | 152 | | 0 | MC | 9 | | 87 | 23 | 172 |
| Vitamin A, RAE | mcg_RAE | 42 | | 0 | FLM | 4 | | 24 | 6 | 47 |
| Retinol | mcg | 41 | | 0 | FLM | 4 | | 23 | 6 | 46 |
| Vitamin E (alpha-tocopherol) | mg | 1.10 | 0.061 | 6 | A | 1 | | 0.63 | 0.17 | 1.24 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.2 | | 0 | FLM | 4 | | 1.8 | 0.5 | 3.6 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.994 | | 0 | MC | 9 | | 5.127 | 1.349 | 10.163 |
| 4:0 | g | 0.279 | | 0 | FLM | 4 | | 0.159 | 0.042 | 0.315 |
| 6:0 | g | 0.104 | | 0 | FLM | 4 | | 0.059 | 0.016 | 0.118 |
| 8:0 | g | 0.060 | | 0 | FLM | 4 | | 0.034 | 0.009 | 0.068 |
| 10:0 | g | 0.115 | | 0 | FLM | 4 | | 0.065 | 0.017 | 0.130 |
| 12:0 | g | 0.125 | | 0 | FLM | 4 | | 0.071 | 0.019 | 0.141 |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 14:0 | g | 0.386 | | 0 | FLM | 4 | | 0.220 | 0.058 | 0.437 |
| 15:0 | g | 0.036 | | 0 | FLM | 4 | | 0.021 | 0.005 | 0.041 |
| 16:0 | g | 4.181 | | 0 | FLM | 4 | | 2.383 | 0.627 | 4.724 |
| 17:0 | g | 0.037 | | 0 | FLM | 4 | | 0.021 | 0.006 | 0.042 |
| 18:0 | g | 3.474 | | 0 | FLM | 4 | | 1.980 | 0.521 | 3.926 |
| 20:0 | g | 0.091 | | 0 | FLM | 4 | | 0.052 | 0.014 | 0.102 |
| 22:0 | g | 0.010 | | 0 | FLM | 4 | | 0.005 | 0.001 | 0.011 |
| 24:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 10.453 | | 0 | FLM | 4 | | 5.958 | 1.568 | 11.812 |
| 14:1.....g | 0.024 | | 0 | FLM | 4 | | 0.014 | 0.004 | 0.027 |
| 15:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.021 | | 0 | FLM | 4 | | 0.012 | 0.003 | 0.024 |
| 17:1.....g | 0.007 | | 0 | FLM | 4 | | 0.004 | 0.001 | 0.008 |
| 18:1 undifferentiated.....g | 3.185 | | 0 | FLM | 4 | | 1.815 | 0.478 | 3.599 |
| 20:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 4.918 | | 0 | FLM | 4 | | 2.803 | 0.738 | 5.557 |
| 18:2 undifferentiated.....g | 0.297 | | 0 | FLM | 4 | | 0.169 | 0.045 | 0.336 |
| 18:3 undifferentiated.....g | 0.014 | | 0 | FLM | 4 | | 0.008 | 0.002 | 0.016 |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 13 | | 0 | MC | 9 | | 7 | 2 | 15 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 11 | | 0 | FLM | 4 | | 6 | 2 | 12 |
| Theobromine.....mg | 108 | | 0 | FLM | 4 | | 62 | 16 | 122 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 7 | | 0 | FLM | 4 | | 4.223 | 1.111 | 8.372 |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLM | 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 = 57g: 1 bar (2 oz)

Measure 2 = 15.0g: 1 bar, fun size

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19156**

**Candies, M&M MARS, STARBURST Fruit Chews**

*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.70 | | 2 | | 1 | | 2.81 | 3.95 | 0.34 |
| Energy | kcal | 396 | | 0 | NC | 4 | | 166 | 234 | 20 |
| Energy | kj | 1657 | | | | 4 | | 696 | 978 | 83 |
| Protein (N x 5.6) | g | 0.40 | | 2 | | 1 | | 0.17 | 0.24 | 0.02 |
| Total lipid (fat) | g | 8.30 | | 2 | | 1 | | 3.49 | 4.90 | 0.42 |
| Ash | g | 0.10 | | 2 | | 1 | | 0.04 | 0.06 | 0.01 |
| Carbohydrate, by difference | g | 84.50 | | 0 | NC | 4 | | 35.49 | 49.86 | 4.23 |
| Fiber, total dietary | g | 0.0 | | 0 | LC | 8 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 66.67 | | 0 | LC | 8 | | 28.00 | 39.34 | 3.33 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 4 | | 2 | | 1 | | 2 | 2 | 0 |
| Iron, Fe | mg | 0.13 | | 2 | | 1 | | 0.05 | 0.08 | 0.01 |
| Magnesium, Mg | mg | 1 | | 2 | | 1 | | 0 | 1 | 0 |
| Phosphorus, P | mg | 7 | | 1 | | 1 | | 3 | 4 | 0 |
| Potassium, K | mg | 2 | | 2 | | 1 | | 1 | 1 | 0 |
| Sodium, Na | mg | 56 | | 1 | | 1 | | 24 | 33 | 3 |
| Zinc, Zn | mg | 0.00 | | 2 | | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu | mg | 0.012 | | 2 | | 1 | | 0.005 | 0.007 | 0.001 |
| Manganese, Mn | mg | 0.015 | | 1 | | 1 | | 0.006 | 0.009 | 0.001 |
| Selenium, Se | mcg | 0.8 | | 0 | FLA | 4 | | 0.3 | 0.5 | 0.0 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 52.9 | | 1 | | 1 | | 22.2 | 31.2 | 2.6 |
| Thiamin | mg | 0.001 | | 2 | | 1 | | 0.000 | 0.001 | 0.000 |
| Riboflavin | mg | 0.002 | | 1 | | 1 | | 0.001 | 0.001 | 0.000 |
| Niacin | mg | 0.005 | | 2 | | 1 | | 0.002 | 0.003 | 0.000 |
| Pantothenic acid | mg | 0.035 | | 1 | | 1 | | 0.015 | 0.021 | 0.002 |
| Vitamin B-6 | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total | mcg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.70 | | 0 | FLC | 4 | | 0.30 | 0.41 | 0.04 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.1 | | 0 | FLC | 4 | | 0.9 | 1.2 | 0.1 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.237 | | 0 | | 4 | | 0.520 | 0.730 | 0.062 |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.008 | | 0 | | 4 | | 0.003 | 0.005 | 0.000 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.813 | | 0 | | 4 | | 0.341 | 0.480 | 0.041 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.415 | | 0 | | 4 | | 0.174 | 0.245 | 0.021 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 3.569 | | 0 | | 4 | | 1.499 | 2.106 | 0.178 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.033 | | 0 | | 4 | | 0.014 | 0.019 | 0.002 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 3.528 | | 0 | | 4 | | 1.482 | 2.082 | 0.176 |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 3.121 | | 0 | | 4 | | 1.311 | 1.841 | 0.156 |
| 18:2 undifferentiated.....g | 2.897 | | 0 | | 4 | | 1.217 | 1.709 | 0.145 |
| 18:3 undifferentiated.....g | 0.216 | | 0 | | 4 | | 0.091 | 0.127 | 0.011 |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 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 | FLC | 4 | | 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 = 42g: 1 package, fun size

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

Measure 3 = 5.0g: 1 piece

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

**Food Group:** 19 Sweets

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

**NDB No. 19160**

**Candies, M&M MARS, TWIX Caramel Cookie Bars**

*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.23 | | 0 | MC | 9 | | 2.41 | 2.45 | 4.02 |
| Energy | kcal | 499 | | 0 | MC | 9 | | 284 | 289 | 474 |
| Energy | kj | 2088 | | | | 9 | | 1190 | 1211 | 1983 |
| Protein | g | 4.60 | | 0 | MC | 9 | | 2.62 | 2.67 | 4.37 |
| Total lipid (fat) | g | 24.39 | | 0 | MC | 9 | | 13.90 | 14.15 | 23.17 |
| Ash | g | 1.21 | | 0 | MC | 9 | | 0.69 | 0.70 | 1.15 |
| Carbohydrate, by difference | g | 65.58 | | 0 | MC | 9 | | 37.38 | 38.04 | 62.30 |
| Fiber, total dietary | g | 1.1 | | 0 | MC | 9 | | 0.6 | 0.6 | 1.0 |
| Sugars, total | g | 48.02 | | 0 | MC | 9 | | 27.37 | 27.85 | 45.62 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 90 | | 0 | MC | 9 | | 51 | 52 | 86 |
| Iron, Fe | mg | 0.81 | | 0 | MC | 9 | | 0.46 | 0.47 | 0.77 |
| Magnesium, Mg | mg | 32 | | 0 | FLM | 4 | | 18 | 19 | 30 |
| Phosphorus, P | mg | 109 | | 0 | FLM | 4 | | 62 | 63 | 104 |
| Potassium, K | mg | 189 | | 0 | FLM | 4 | | 108 | 110 | 180 |
| Sodium, Na | mg | 193 | | 0 | MC | 9 | | 110 | 112 | 183 |
| Zinc, Zn | mg | 1.00 | | 0 | FLM | 4 | | 0.57 | 0.58 | 0.95 |
| Copper, Cu | mg | 0.245 | | 0 | FLM | 4 | | 0.140 | 0.142 | 0.233 |
| Manganese, Mn | mg | 0.302 | | 0 | FLM | 4 | | 0.172 | 0.175 | 0.287 |
| Selenium, Se | mcg | 5.9 | | 0 | FLM | 4 | | 3.4 | 3.4 | 5.6 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 0 | MC | 9 | | 0.2 | 0.2 | 0.4 |
| Thiamin | mg | 0.120 | | 0 | FLM | 4 | | 0.068 | 0.069 | 0.114 |
| Riboflavin | mg | 0.191 | | 0 | FLM | 4 | | 0.109 | 0.111 | 0.181 |
| Niacin | mg | 0.752 | | 0 | FLM | 4 | | 0.428 | 0.436 | 0.714 |
| Pantothenic acid | mg | 0.270 | | 0 | FLM | 4 | | 0.154 | 0.156 | 0.256 |
| Vitamin B-6 | mg | 0.022 | | 0 | FLM | 4 | | 0.013 | 0.013 | 0.021 |
| Folate, total | mcg | 19 | | 0 | FLM | 4 | | 11 | 11 | 18 |
| Folic acid | mcg | 12 | | 0 | FLM | 4 | | 7 | 7 | 11 |
| Folate, food | mcg | 8 | | 0 | FLM | 4 | | 4 | 4 | 7 |
| Folate, DFE | mcg_DFE | 27 | | 0 | NC | 4 | | 16 | 16 | 26 |
| Vitamin B-12 | mcg | 0.29 | | 0 | FLM | 4 | | 0.16 | 0.17 | 0.27 |
| Vitamin A, IU | IU | 95 | | 0 | MC | 9 | | 54 | 55 | 90 |
| Vitamin A, RAE | mcg_RAE | 22 | | 0 | FLM | 4 | | 13 | 13 | 21 |
| Retinol | mcg | 26 | | 0 | FLA | 4 | | 15 | 15 | 25 |
| Vitamin E (alpha-tocopherol) | mg | 1.94 | | 0 | FLM | 4 | | 1.10 | 1.12 | 1.84 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 24.2 | | 0 | FLM | 4 | | 13.8 | 14.0 | 23.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.899 | | 0 | MC | 9 | | 5.072 | 5.161 | 8.454 |
| 4:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 14:0 | g | 0.338 | | 0 | FLM | 4 | | 0.193 | 0.196 | 0.321 |
| 15:0 | g | 0.034 | | 0 | FLM | 4 | | 0.019 | 0.020 | 0.032 |
| 16:0 | g | 4.675 | | 0 | FLM | 4 | | 2.665 | 2.712 | 4.441 |
| 17:0 | g | 0.033 | | 0 | FLM | 4 | | 0.019 | 0.019 | 0.031 |
| 18:0 | g | 3.820 | | 0 | FLM | 4 | | 2.177 | 2.216 | 3.629 |
| 20:0 | g | 0.086 | | 0 | FLM | 4 | | 0.049 | 0.050 | 0.081 |
| 22:0 | g | 0.009 | | 0 | FLM | 4 | | 0.005 | 0.005 | 0.009 |
| 24:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 13.400 | | 0 | MC | 9 | | 7.638 | 7.772 | 12.730 |
| 14:1.....g | 0.028 | | 0 | FLM | 4 | | 0.016 | 0.016 | 0.026 |
| 15:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.043 | | 0 | FLM | 4 | | 0.025 | 0.025 | 0.041 |
| 17:1.....g | 0.008 | | 0 | FLM | 4 | | 0.004 | 0.005 | 0.007 |
| 18:1 undifferentiated.....g | 13.291 | | 0 | FLM | 4 | | 7.576 | 7.709 | 12.626 |
| 20:1.....g | 0.043 | | 0 | FLM | 4 | | 0.025 | 0.025 | 0.041 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 0.850 | | 0 | MC | 9 | | 0.485 | 0.493 | 0.808 |
| 18:2 undifferentiated.....g | 0.755 | | 0 | FLM | 4 | | 0.430 | 0.438 | 0.717 |
| 18:3 undifferentiated.....g | 0.094 | | 0 | FLM | 4 | | 0.054 | 0.055 | 0.089 |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 5 | | 0 | MC | 9 | | 3 | 3 | 5 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 3 | | 1 | | 1 | | 2 | 2 | 3 |
| Theobromine.....mg | 90 | | 1 | | 1 | | 51 | 52 | 86 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.066 | 0.067 | 0.109 |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.006 | 0.007 | 0.011 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.007 | 0.007 | 0.012 |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 5 | | 0 | FLA | 4 | | 2.730 | 2.778 | 4.550 |

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

**Common Measures:**

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

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

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19161**

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

*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.82 | | 0 | MC | 9 | | 0.98 | 1.06 | 0.91 |
| Energy | kcal | 530 | | 0 | MC | 9 | | 286 | 307 | 265 |
| Energy | kj | 2218 | | | | 9 | | 1197 | 1286 | 1109 |
| Protein | g | 10.12 | | 0 | MC | 9 | | 5.46 | 5.87 | 5.06 |
| Total lipid (fat) | g | 32.18 | | 0 | MC | 9 | | 17.38 | 18.66 | 16.09 |
| Ash | g | 3.21 | | 0 | MC | 9 | | 1.73 | 1.86 | 1.61 |
| Carbohydrate, by difference | g | 52.67 | | 0 | MC | 9 | | 28.44 | 30.55 | 26.34 |
| Fiber, total dietary | g | 3.4 | | 0 | MC | 9 | | 1.8 | 2.0 | 1.7 |
| Sugars, total | g | 35.28 | | 0 | MC | 9 | | 19.05 | 20.46 | 17.64 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 77 | | 0 | MC | 9 | | 42 | 45 | 39 |
| Iron, Fe | mg | 0.91 | | 0 | MC | 9 | | 0.49 | 0.53 | 0.46 |
| Magnesium, Mg | mg | 69 | | 0 | FLC | 4 | | 38 | 40 | 35 |
| Phosphorus, P | mg | 187 | | 0 | FLC | 4 | | 101 | 109 | 94 |
| Potassium, K | mg | 272 | | 0 | FLC | 4 | | 147 | 158 | 136 |
| Sodium, Na | mg | 272 | | 0 | MC | 9 | | 147 | 158 | 136 |
| Zinc, Zn | mg | 1.40 | | 0 | FLM | 4 | | 0.76 | 0.81 | 0.70 |
| Copper, Cu | mg | 0.208 | | 0 | FLC | 4 | | 0.112 | 0.121 | 0.104 |
| Manganese, Mn | mg | 0.977 | | 0 | FLC | 4 | | 0.528 | 0.567 | 0.489 |
| Selenium, Se | mcg | 17.2 | | 0 | FLC | 4 | | 9.3 | 10.0 | 8.6 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | 0 | MC | 9 | | 0.3 | 0.3 | 0.3 |
| Thiamin | mg | 0.108 | | 0 | FLC | 4 | | 0.058 | 0.063 | 0.054 |
| Riboflavin | mg | 0.122 | | 0 | FLC | 4 | | 0.066 | 0.071 | 0.061 |
| Niacin | mg | 3.206 | | 0 | FLC | 4 | | 1.731 | 1.860 | 1.603 |
| Pantothenic acid | mg | 0.473 | | 0 | FLC | 4 | | 0.256 | 0.274 | 0.237 |
| Vitamin B-6 | mg | 0.137 | | 0 | FLC | 4 | | 0.074 | 0.079 | 0.068 |
| Folate, total | mcg | 18 | | 0 | FLC | 4 | | 10 | 10 | 9 |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 18 | | 0 | FLC | 4 | | 10 | 10 | 9 |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 10 | 10 | 9 |
| Vitamin B-12 | mcg | 0.13 | | 0 | FLC | 4 | | 0.07 | 0.07 | 0.06 |
| Vitamin A, IU | IU | 38 | | 0 | FLC | 4 | | 20 | 22 | 19 |
| Vitamin A, RAE | mcg_RAE | 10 | | 0 | FLC | 4 | | 6 | 6 | 5 |
| Retinol | mcg | 10 | | 0 | FLC | 4 | | 5 | 6 | 5 |
| Vitamin E (alpha-tocopherol) | mg | 3.61 | | 0 | FLC | 4 | | 1.95 | 2.10 | 1.81 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 32.6 | | 0 | FLC | 4 | | 17.6 | 18.9 | 16.3 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 11.392 | | 0 | MC | 9 | | 6.152 | 6.607 | 5.696 |
| 4:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.002 | | 0 | FLM | 4 | | 0.001 | 0.001 | 0.001 |
| 10:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.007 | | 0 | FLM | 4 | | 0.004 | 0.004 | 0.004 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.339 | | 0 | FLM | 4 | | 0.183 | 0.197 | 0.170 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 6.147 | | 0 | FLM | 4 | | 3.319 | 3.565 | 3.074 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 4.293 | | 0 | FLM | 4 | | 2.318 | 2.490 | 2.147 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 14.800 | | 0 | MC | 9 | | 7.992 | 8.584 | 7.400 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.020 | | 0 | FLM | 4 | | 0.011 | 0.012 | 0.010 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 14.536 | | 0 | FLM | 4 | | 7.849 | 8.431 | 7.268 |
| 20:1.....g | 0.224 | | 0 | FLM | 4 | | 0.121 | 0.130 | 0.112 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 4.200 | | 0 | MC | 9 | | 2.268 | 2.436 | 2.100 |
| 18:2 undifferentiated.....g | 3.878 | | 0 | FLM | 4 | | 2.094 | 2.249 | 1.939 |
| 18:3 undifferentiated.....g | 0.297 | | 0 | FLM | 4 | | 0.160 | 0.172 | 0.149 |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.021 | | 0 | FLM | 4 | | 0.011 | 0.012 | 0.011 |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 5 | | 0 | MC | 9 | | 3 | 3 | 3 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 9 | | 0 | FLM | 4 | | 5 | 5 | 5 |
| Theobromine.....mg | 57 | | 0 | FLM | 4 | | 31 | 33 | 29 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 1 | | 0 | FLC | 4 | | 0.533 | 0.572 | 0.493 |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 41 | | 0 | FLC | 4 | | 22.123 | 23.762 | 20.485 |

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

**Common Measures:**

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

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

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

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

**Food Group:** 19 Sweets

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

**NDB No. 42183**

**Candies, M&M MARS, TWIX chocolate fudge cookie bars**

*M&M/Mars Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.20 | | | | 4 | | | | |
| Energy | kcal | 550 | | | | 4 | | | | |
| Energy | kj | 2301 | | | | 4 | | | | |
| Protein | g | 7.30 | | | | 4 | | | | |
| Total lipid (fat) | g | 33.30 | | | | 4 | | | | |
| Ash | g | 1.20 | | 0 | NR | 4 | | | | |
| Carbohydrate, by difference | g | 56.00 | | | | 4 | | | | |
| Fiber, total dietary | g | 3.0 | | | | 4 | | | | |
| Sugars, total | g | 53.00 | | 0 | NR | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 130 | | | | 4 | | | | |
| Iron, Fe | mg | 1.31 | | | | 4 | | | | |
| Magnesium, Mg | mg | 46 | | | | 4 | | | | |
| Phosphorus, P | mg | 147 | | | | 4 | | | | |
| Potassium, K | mg | 309 | | | | 4 | | | | |
| Sodium, Na | mg | 266 | | | | 4 | | | | |
| Zinc, Zn | mg | 0.92 | | | | 4 | | | | |
| Copper, Cu | mg | 0.293 | | | | 4 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 7.0 | | 0 | FLM | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | | | 4 | | | | |
| Thiamin | mg | 0.140 | | | | 4 | | | | |
| Riboflavin | mg | 0.200 | | | | 4 | | | | |
| Niacin | mg | 1.110 | | | | 4 | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.040 | | | | 4 | | | | |
| Folate, total | mcg | 9 | | | | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | NR | 4 | | | | |
| Folate, food | mcg | 9 | | | | 4 | | | | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.33 | | | | 4 | | | | |
| Vitamin A, IU | IU | 34 | | 0 | FLC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 10 | | 0 | FLC | 4 | | | | |
| Retinol | mcg | 9 | | 0 | FLC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 2.71 | | 0 | FLC | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 18.6 | | 0 | FLC | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.962 | | | | 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 | 0.033 | | | | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.263 | | | | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.665 | | | | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 42183**
**Candies, M&M MARS, TWIX chocolate fudge cookie bars**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 14.319 | | | | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.133 | | | | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 14.152 | | | | 4 | | | | |
| 20:1.....g | 0.000 | | | | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 12.521 | | | | 4 | | | | |
| 18:2 undifferentiated.....g | 11.622 | | | | 4 | | | | |
| 18:3 undifferentiated.....g | 0.866 | | | | 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 | 6 | | | | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 7 | | | | |
| Caffeine.....mg | 10 | | 0 | FLM | 4 | | | | |
| Theobromine.....mg | 212 | | 0 | FLM | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 4 | | 0 | FLC | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 9.05 | | 1 | MC | 9 | | 1.72 | 4.80 | |
| Energy | kcal | 486 | | 1 | MC | 9 | | 92 | 258 | |
| Energy | kj | 2034 | | 0 | MC | 9 | | 386 | 1078 | |
| Protein | g | 4.60 | | 1 | MC | 9 | | 0.87 | 2.44 | |
| Total lipid (fat) | g | 26.60 | | 1 | MC | 9 | | 5.05 | 14.10 | |
| Ash | g | 0.87 | | 1 | MC | 9 | | 0.17 | 0.46 | |
| Carbohydrate, by difference | g | 58.59 | | 1 | MC | 9 | | 11.13 | 31.05 | |
| Fiber, total dietary | g | 3.7 | | 1 | MC | 9 | | 0.7 | 1.9 | |
| Sugars, total | g | 46.19 | | 1 | MC | 9 | | 8.78 | 24.48 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 21 | | 1 | MC | 9 | | 4 | 11 | |
| Iron, Fe | mg | 2.09 | | 1 | MC | 9 | | 0.40 | 1.11 | |
| Magnesium, Mg | mg | 0 | | 1 | MC | 9 | | 0 | 0 | |
| Phosphorus, P | mg | 0 | | 1 | MC | 9 | | 0 | 0 | |
| Potassium, K | mg | 321 | | 1 | MC | 9 | | 61 | 170 | |
| Sodium, Na | mg | 145 | | 1 | MC | 9 | | 28 | 77 | |
| Zinc, Zn | mg | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Copper, Cu | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | |
| Selenium, Se | mcg | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 1 | MC | 9 | | 0.1 | 0.4 | |
| Thiamin | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | |
| Niacin | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | |
| Vitamin B-6 | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | 1 | MC | 9 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | MC | 9 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLM | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.18 | | 0 | FLM | 4 | | 0.03 | 0.09 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.6 | | 0 | FLM | 4 | | 0.3 | 0.8 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 20.580 | | 1 | MC | 9 | | 3.910 | 10.907 | |
| 4:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.101 | | 0 | FLM | 4 | | 0.019 | 0.053 | |
| 8:0 | g | 1.160 | | 1 | AI | 13 | | 0.220 | 0.615 | |
| 10:0 | g | 0.925 | | 1 | AI | 13 | | 0.176 | 0.490 | |
| 12:0 | g | 6.775 | | 1 | AI | 13 | | 1.287 | 3.591 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 2.515 | | 1 | AI | 13 | | 0.478 | 1.333 | |
| 15:0 | g | 0.010 | | 1 | AI | 13 | | 0.002 | 0.005 | |
| 16:0 | g | 3.065 | | 1 | AI | 13 | | 0.582 | 1.624 | |
| 17:0 | g | 0.010 | | 1 | AI | 13 | | 0.002 | 0.005 | |
| 18:0 | g | 2.945 | | 1 | AI | 13 | | 0.560 | 1.561 | |
| 20:0 | g | 0.090 | | 1 | AI | 13 | | 0.017 | 0.048 | |
| 22:0 | g | 0.010 | | 1 | AI | 13 | | 0.002 | 0.005 | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19142**
**Candies, MOUNDS Candy Bar**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.390 | | 1 | MC | 9 | | 0.074 | 0.207 | |
| 14:1.....g | 0.010 | | 1 | AI | 13 | | 0.002 | 0.005 | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.030 | | 1 | AI | 13 | | 0.006 | 0.016 | |
| 17:1.....g | 0.010 | | 1 | AI | 13 | | 0.002 | 0.005 | |
| 18:1 undifferentiated.....g | 0.388 | | 0 | FLM | 4 | | 0.074 | 0.205 | |
| 20:1.....g | 0.010 | | 1 | AI | 13 | | 0.002 | 0.005 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.140 | | 1 | MC | 9 | | 0.027 | 0.074 | |
| 18:2 undifferentiated.....g | 0.135 | | 0 | FLM | 4 | | 0.026 | 0.072 | |
| 18:3 undifferentiated.....g | 0.005 | | 0 | FLM | 4 | | 0.001 | 0.003 | |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 2 | | 1 | MC | 9 | | 0 | 1 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| Caffeine.....mg | 17 | | 0 | FLM | 4 | | 3 | 9 | |
| Theobromine.....mg | 130 | | 0 | FLM | 4 | | 25 | 69 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 5 | | 0 | FLM | 4 | | 0.925 | 2.580 | |

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

**Common Measures:**

Measure 1 = 19g: 1 bar snack size

Measure 2 = 53g: 1 package 1.9 oz

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

**Food Group:** 19 Sweets

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

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

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.45 | | 1 | MC | 9 | | 0.22 | 0.33 | |
| Energy | kcal | 538 | | 1 | MC | 9 | | 264 | 393 | |
| Energy | kj | 2252 | | 0 | MC | 9 | | 1103 | 1644 | |
| Protein | g | 10.22 | | 1 | MC | 9 | | 5.01 | 7.46 | |
| Total lipid (fat) | g | 33.21 | | 1 | MC | 9 | | 16.27 | 24.24 | |
| Ash | g | 1.53 | | 1 | MC | 9 | | 0.75 | 1.12 | |
| Carbohydrate, by difference | g | 54.34 | | 1 | MC | 9 | | 26.63 | 39.67 | |
| Fiber, total dietary | g | 3.8 | | 1 | MC | 9 | | 1.9 | 2.8 | |
| Sugars, total | g | 47.22 | | 1 | MC | 9 | | 23.14 | 34.47 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 110 | | 1 | MC | 9 | | 54 | 80 | |
| Iron, Fe | mg | 1.39 | | 1 | MC | 9 | | 0.68 | 1.01 | |
| Magnesium, Mg | mg | 47 | | 1 | MC | 9 | | 23 | 34 | |
| Phosphorus, P | mg | 163 | | 1 | MC | 9 | | 80 | 119 | |
| Potassium, K | mg | 394 | | 1 | MC | 9 | | 193 | 287 | |
| Sodium, Na | mg | 41 | | 1 | MC | 9 | | 20 | 30 | |
| Zinc, Zn | mg | 0.93 | | 1 | MC | 9 | | 0.46 | 0.68 | |
| Copper, Cu | mg | 0.170 | | 1 | MC | 9 | | 0.083 | 0.124 | |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | |
| Selenium, Se | mcg | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 1 | MC | 9 | | 0.4 | 0.7 | |
| Thiamin | mg | 0.140 | | 1 | MC | 9 | | 0.069 | 0.102 | |
| Riboflavin | mg | 0.140 | | 1 | MC | 9 | | 0.069 | 0.102 | |
| Niacin | mg | 3.440 | | 1 | MC | 9 | | 1.686 | 2.511 | |
| Pantothenic acid | mg | 0.420 | | 1 | MC | 9 | | 0.206 | 0.307 | |
| Vitamin B-6 | mg | 0.070 | | 1 | MC | 9 | | 0.034 | 0.051 | |
| Folate, total | mcg | 38 | | 1 | MC | 9 | | 18 | 27 | |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, food | mcg | 38 | | 1 | MC | 9 | | 18 | 27 | |
| Folate, DFE | mcg_DFE | 38 | | 0 | NC | 4 | | 18 | 27 | |
| Vitamin B-12 | mcg | 0.33 | | 0 | FLM | 4 | | 0.16 | 0.24 | |
| Vitamin A, IU | IU | 125 | | 1 | MC | 9 | | 61 | 91 | |
| Vitamin A, RAE | mcg_RAE | 35 | | 0 | FLC | 4 | | 17 | 26 | |
| Retinol | mcg | 35 | | 0 | FLC | 4 | | 17 | 25 | |
| Vitamin E (alpha-tocopherol) | mg | 3.17 | | 0 | FLM | 4 | | 1.55 | 2.31 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.6 | | 0 | FLM | 4 | | 1.8 | 2.6 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 14.130 | | 1 | MC | 9 | | 6.924 | 10.315 | |
| 4:0 | g | 0.339 | | 0 | FLM | 4 | | 0.166 | 0.247 | |
| 6:0 | g | 0.123 | | 0 | FLM | 4 | | 0.060 | 0.089 | |
| 8:0 | g | 0.070 | | 0 | FLM | 4 | | 0.034 | 0.051 | |
| 10:0 | g | 0.133 | | 0 | FLM | 4 | | 0.065 | 0.097 | |
| 12:0 | g | 0.146 | | 0 | FLM | 4 | | 0.071 | 0.106 | |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 14:0 | g | 0.461 | | 0 | FLM | 4 | | 0.226 | 0.337 | |
| 15:0 | g | 0.046 | | 0 | FLM | 4 | | 0.023 | 0.034 | |
| 16:0 | g | 6.730 | | 0 | FLM | 4 | | 3.298 | 4.913 | |
| 17:0 | g | 0.044 | | 0 | FLM | 4 | | 0.022 | 0.032 | |
| 18:0 | g | 5.700 | | 0 | FLM | 4 | | 2.793 | 4.161 | |
| 20:0 | g | 0.115 | | 0 | FLM | 4 | | 0.057 | 0.084 | |
| 22:0 | g | 0.012 | | 0 | FLM | 4 | | 0.006 | 0.009 | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 24:0 ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated ... g | 8.203 | | 0 | FLM | 4 | | 4.020 | 5.988 | |
| 14:1 ... g | 0.026 | | 0 | FLM | 4 | | 0.013 | 0.019 | |
| 15:1 ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated ... g | 0.052 | | 0 | FLM | 4 | | 0.025 | 0.038 | |
| 17:1 ... g | 0.007 | | 0 | FLM | 4 | | 0.004 | 0.005 | |
| 18:1 undifferentiated ... g | 7.991 | | 0 | FLM | 4 | | 3.915 | 5.833 | |
| 20:1 ... g | 0.127 | | 0 | FLM | 4 | | 0.062 | 0.093 | |
| 22:1 undifferentiated ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 24:1 c ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated ... g | 4.366 | | 0 | FLM | 4 | | 2.139 | 3.187 | |
| 18:2 undifferentiated ... g | 4.365 | | 0 | FLM | 4 | | 2.139 | 3.186 | |
| 18:3 undifferentiated ... g | 0.001 | | 0 | FLM | 4 | | 0.000 | 0.001 | |
| 18:4 ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:4 undifferentiated ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 ... g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 10 | | 1 | MC | 9 | | 5 | 7 | |
| Phytosterols ... mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| Caffeine ... mg | 18 | | 0 | FLM | 4 | | 9 | 13 | |
| Theobromine ... mg | 198 | | 0 | FLM | 4 | | 97 | 145 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta ... mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Carotene, alpha ... mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta ... mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene ... mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin ... mcg | 5 | | 0 | FLC | 4 | | 2.615 | 3.895 | |

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

**Common Measures:**

Measure 1 = 49g: 1 bar (1.75 oz)

Measure 2 = 73g: 1 bar (2.6 oz)

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 5.79 | | | MC | 9 | | 2.49 | 1.22 | 656.59 |
| Energy | kcal | 447 | | | MC | 9 | | 192 | 94 | 50690 |
| Energy | kj | 1870 | | 0 | MC | 9 | | 804 | 393 | 212086 |
| Protein | g | 2.81 | | 0 | MC | 9 | | 1.21 | 0.59 | 318.65 |
| Total lipid (fat) | g | 18.80 | | | MC | 9 | | 8.08 | 3.95 | 2131.92 |
| Ash | g | 1.10 | | 3 | A | 1 | | 0.47 | 0.23 | 124.74 |
| Carbohydrate, by difference | g | 71.50 | | 0 | MC | 9 | | 30.75 | 15.02 | 8108.10 |
| Fiber, total dietary | g | 0.9 | | | MC | 9 | | 0.4 | 0.2 | 102.1 |
| Sugars, total | g | 54.10 | | | MC | 9 | | 23.26 | 11.36 | 6134.94 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 70 | | | MC | 9 | | 30 | 15 | 7949 |
| Iron, Fe | mg | 0.40 | | | MC | 9 | | 0.17 | 0.08 | 45.36 |
| Magnesium, Mg | mg | 29 | | 0 | FLM | 4 | | 13 | 6 | 3332 |
| Phosphorus, P | mg | 123 | | 0 | FLM | 4 | | 53 | 26 | 13992 |
| Potassium, K | mg | 214 | | 0 | FLM | 4 | | 92 | 45 | 24253 |
| Sodium, Na | mg | 200 | | | MC | 9 | | 86 | 42 | 22680 |
| Zinc, Zn | mg | 0.98 | | 0 | FLM | 4 | | 0.42 | 0.21 | 111.65 |
| Copper, Cu | mg | 0.180 | | 0 | FLM | 4 | | 0.077 | 0.038 | 20.410 |
| Manganese, Mn | mg | 0.305 | | 0 | FLM | 4 | | 0.131 | 0.064 | 34.581 |
| Selenium, Se | mcg | 4.5 | | 0 | FLM | 4 | | 2.0 | 1.0 | 515.0 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | | MC | 9 | | 0.1 | 0.0 | 22.7 |
| Thiamin | mg | 0.230 | | 0 | FLM | 4 | | 0.099 | 0.048 | 26.136 |
| Riboflavin | mg | 0.370 | | 0 | FLM | 4 | | 0.159 | 0.078 | 41.973 |
| Niacin | mg | 2.467 | | 0 | FLM | 4 | | 1.061 | 0.518 | 279.758 |
| Pantothenic acid | mg | 0.370 | | 0 | FLM | 4 | | 0.159 | 0.078 | 41.947 |
| Vitamin B-6 | mg | 0.261 | | 0 | FLM | 4 | | 0.112 | 0.055 | 29.613 |
| Folate, total | mcg | 35 | | 0 | FLM | 4 | | 15 | 7 | 4014 |
| Folic acid | mcg | 29 | | 0 | FLM | 4 | | 12 | 6 | 3271 |
| Folate, food | mcg | 7 | | 0 | FLM | 4 | | 3 | 1 | 742 |
| Folate, DFE | mcg_DFE | 56 | | 0 | NC | 4 | | 24 | 12 | 6303 |
| Vitamin B-12 | mcg | 0.42 | | 0 | FLM | 4 | | 0.18 | 0.09 | 47.55 |
| Vitamin A, IU | IU | 86 | | | MC | 9 | | 37 | 18 | 9752 |
| Vitamin A, RAE | mcg_RAE | 25 | | 0 | FLM | 4 | | 11 | 5 | 2800 |
| Retinol | mcg | 24 | | 0 | FLM | 4 | | 11 | 5 | 2773 |
| Vitamin E (alpha-tocopherol) | mg | 0.75 | | 0 | FLM | 4 | | 0.32 | 0.16 | 85.07 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.4 | | 0 | FLM | 4 | | 1.0 | 0.5 | 266.9 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 11.700 | | | MC | 9 | | 5.031 | 2.457 | 1326.780 |
| 4:0 | g | 0.013 | | 0 | FLM | 4 | | 0.006 | 0.003 | 1.474 |
| 6:0 | g | 0.009 | | 0 | FLM | 4 | | 0.004 | 0.002 | 1.021 |
| 8:0 | g | 0.034 | | 0 | FLM | 4 | | 0.015 | 0.007 | 3.856 |
| 10:0 | g | 0.034 | | 0 | FLM | 4 | | 0.015 | 0.007 | 3.856 |
| 12:0 | g | 0.183 | | 0 | FLM | 4 | | 0.079 | 0.038 | 20.752 |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 14:0 | g | 0.577 | | 0 | FLM | 4 | | 0.248 | 0.121 | 65.432 |
| 15:0 | g | 0.056 | | 0 | FLM | 4 | | 0.024 | 0.012 | 6.375 |
| 16:0 | g | 5.269 | | 0 | FLM | 4 | | 2.266 | 1.106 | 597.505 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 4.954 | | 0 | FLM | 4 | | 2.130 | 1.040 | 561.784 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | 0.015 | | 0 | FLM | 4 | | 0.006 | 0.003 | 1.707 |
| 24:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |

**NDB No. 19144**
**Candies, NESTLE, 100 GRAND Bar**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 5.794 | | 0 | FLM | 4 | | 2.491 | 1.217 | 657.040 |
| 14:1.....g | 0.029 | | 0 | FLM | 4 | | 0.012 | 0.006 | 3.240 |
| 15:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.012 | | 0 | FLM | 4 | | 0.005 | 0.003 | 1.361 |
| 17:1.....g | 0.008 | | 0 | FLM | 4 | | 0.003 | 0.002 | 0.914 |
| 18:1 undifferentiated.....g | 5.762 | | 0 | FLM | 4 | | 2.478 | 1.210 | 653.411 |
| 20:1.....g | 0.001 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.113 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 0.612 | | 0 | FLM | 4 | | 0.263 | 0.129 | 69.401 |
| 18:2 undifferentiated.....g | 0.583 | | 0 | FLM | 4 | | 0.251 | 0.122 | 66.112 |
| 18:3 undifferentiated.....g | 0.010 | | 0 | FLM | 4 | | 0.004 | 0.002 | 1.134 |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 15 | | | MC | 9 | | 6 | 3 | 1701 |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | | | | | | | | | |
| Threonine.....g | | | | | | | | | |
| Isoleucine.....g | | | | | | | | | |
| Leucine.....g | | | | | | | | | |
| Lysine.....g | | | | | | | | | |
| Methionine.....g | | | | | | | | | |
| Cystine.....g | | | | | | | | | |
| Phenylalanine.....g | | | | | | | | | |
| Tyrosine.....g | | | | | | | | | |
| Valine.....g | | | | | | | | | |
| Arginine.....g | | | | | | | | | |
| Histidine.....g | | | | | | | | | |
| Alanine.....g | | | | | | | | | |
| Aspartic acid.....g | | | | | | | | | |
| Glutamic acid.....g | | | | | | | | | |
| Glycine.....g | | | | | | | | | |
| Proline.....g | | | | | | | | | |
| Serine.....g | | | | | | | | | |
| Hydroxyproline.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 26 | | 1 | | 1 | | 11 | 5 | 2948 |
| Theobromine.....mg | 74 | | 1 | | 1 | | 32 | 16 | 8392 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 8 | | 0 | FLM | 4 | | 3.327 | 1.625 | 877.517 |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLM | 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 = 43g: 1 bar (1.5 oz)

Measure 2 = 21g: 1 bar, miniature

Measure 3 = 11340g: 1 package 25 lb block

**NDB No. 19144**
**Candies, NESTLE, 100 GRAND Bar**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

**NDB No. 19153**
**Candies, NESTLE, AFTER EIGHT Mints**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 4.410 | | 0 | | 1 | | 0.362 | 1.808 | 1.808 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.070 | | 1 | | 1 | | 0.006 | 0.029 | 0.029 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.300 | | 1 | | 1 | | 0.353 | 1.763 | 1.763 |
| 20:1.....g | 0.010 | | 1 | | 1 | | 0.001 | 0.004 | 0.004 |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.520 | | 0 | | 1 | | 0.043 | 0.213 | 0.213 |
| 18:2 undifferentiated.....g | 0.500 | | 1 | | 1 | | 0.041 | 0.205 | 0.205 |
| 18:3 undifferentiated.....g | 0.030 | | 1 | | 1 | | 0.002 | 0.012 | 0.012 |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 20 | | 1 | | 1 | | 2 | 8 | 8 |
| Theobromine.....mg | 142 | | 1 | | 1 | | 12 | 58 | 58 |

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

**Common Measures:**

Measure 1 = 8.2g: 1 piece

Measure 2 = 41g: 1 serving

Measure 3 = 41g: 5 pieces

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.90 | | 3 | MC | 9 | | 1.03 | 1.37 | |
| Energy | kcal | 464 | | | MC | 9 | | 97 | 130 | |
| Energy | kj | 1941 | | 0 | MC | 9 | | 408 | 544 | |
| Protein | g | 7.10 | | | MC | 9 | | 1.49 | 1.99 | |
| Total lipid (fat) | g | 25.00 | | | MC | 9 | | 5.25 | 7.00 | |
| Ash | g | 1.20 | | 0 | MC | 9 | | 0.25 | 0.34 | |
| Carbohydrate, by difference | g | 61.80 | | 0 | MC | 9 | | 12.98 | 17.30 | |
| Fiber, total dietary | g | 2.4 | | | MC | 9 | | 0.5 | 0.7 | |
| Sugars, total | g | 46.40 | | | MC | 9 | | 9.74 | 12.99 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 45 | | | MC | 9 | | 9 | 13 | |
| Iron, Fe | mg | 0.70 | | | MC | 9 | | 0.15 | 0.20 | |
| Magnesium, Mg | mg | 73 | | 0 | FLC | 4 | | 15 | 21 | |
| Phosphorus, P | mg | 138 | | 0 | FLC | 4 | | 29 | 39 | |
| Potassium, K | mg | 356 | | 0 | FLC | 4 | | 75 | 100 | |
| Sodium, Na | mg | 214 | | | MC | 9 | | 45 | 60 | |
| Zinc, Zn | mg | 1.19 | | 0 | FLC | 4 | | 0.25 | 0.33 | |
| Copper, Cu | mg | 0.427 | | 0 | FLC | 4 | | 0.090 | 0.120 | |
| Manganese, Mn | mg | 0.695 | | 0 | FLC | 4 | | 0.146 | 0.195 | |
| Selenium, Se | mcg | 3.0 | | 0 | FLC | 4 | | 0.6 | 0.8 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | | MC | 9 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.096 | | 0 | FLC | 4 | | 0.020 | 0.027 | |
| Riboflavin | mg | 0.078 | | 0 | FLC | 4 | | 0.016 | 0.022 | |
| Niacin | mg | 2.778 | | 0 | FLC | 4 | | 0.583 | 0.778 | |
| Pantothenic acid | mg | 0.320 | | 0 | FLC | 4 | | 0.067 | 0.090 | |
| Vitamin B-6 | mg | 0.063 | | 0 | FLC | 4 | | 0.013 | 0.018 | |
| Folate, total | mcg | 31 | | 0 | FLC | 4 | | 6 | 9 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 30 | | 0 | FLC | 4 | | 6 | 9 | |
| Folate, DFE | mcg_DFE | 30 | | 0 | NC | 4 | | 6 | 9 | |
| Vitamin B-12 | mcg | 0.04 | | 0 | FLC | 4 | | 0.01 | 0.01 | |
| Vitamin A, IU | IU | 9 | | | MC | 9 | | 2 | 3 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 1.87 | | 0 | FLC | 4 | | 0.39 | 0.52 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.5 | | 0 | FLC | 4 | | 0.5 | 0.7 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 12.300 | | 3 | MA | 12 | | 2.583 | 3.444 | |
| 4:0 | g | 0.002 | | 0 | FLM | 4 | | 0.000 | 0.001 | |
| 6:0 | g | 0.025 | | 0 | FLM | 4 | | 0.005 | 0.007 | |
| 8:0 | g | 0.394 | | 0 | FLM | 4 | | 0.083 | 0.110 | |
| 10:0 | g | 0.442 | | 0 | FLM | 4 | | 0.093 | 0.124 | |
| 12:0 | g | 5.603 | | 0 | FLM | 4 | | 1.177 | 1.569 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 1.968 | | 0 | FLM | 4 | | 0.413 | 0.551 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.626 | | 0 | FLM | 4 | | 0.551 | 0.735 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.088 | | 0 | FLM | 4 | | 0.228 | 0.305 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19111**
**Candies, NESTLE, BABY RUTH Bar**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 6.456 | | 0 | FLM | 4 | | 1.356 | 1.808 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.003 | | 0 | FLM | 4 | | 0.001 | 0.001 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 6.320 | | 0 | FLM | 4 | | 1.327 | 1.770 | |
| 20:1.....g | 0.132 | | 0 | FLM | 4 | | 0.028 | 0.037 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 3.304 | | 0 | FLM | 4 | | 0.694 | 0.925 | |
| 18:2 undifferentiated.....g | 3.302 | | 0 | FLM | 4 | | 0.693 | 0.925 | |
| 18:3 undifferentiated.....g | 0.001 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 2 | | | MC | 9 | | 0 | 1 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 4 | | 1 | | 1 | | 1 | 1 | |
| Theobromine.....mg | 44 | | 1 | | 1 | | 9 | 12 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.003 | 0.004 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 21g: 1 bar (0.75oz)

Measure 2 = 28g: 1 bar fun size (1.0 oz)

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

**Food Group:** 19 Sweets

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

**NDB No. 19068**

**Candies, NESTLE, BIT-O'-HONEY Candy Chews**

*Nestle USA, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 8.30 | | 0 | MC | 9 | | 3.32 | | |
| Energy | kcal | 400 | | | MC | 9 | | 160 | | |
| Energy | kj | 1674 | | 0 | MC | 9 | | 669 | | |
| Protein (N x 6.25) | g | 2.10 | | 0 | MC | 9 | | 0.84 | | |
| Total lipid (fat) | g | 7.50 | | | MC | 9 | | 3.00 | | |
| Ash | g | 1.10 | | 1 | | 1 | | 0.44 | | |
| Carbohydrate, by difference | g | 81.00 | | 0 | MC | 9 | | 32.40 | | |
| Fiber, total dietary | g | 0.0 | | 0 | FLM | 4 | | 0.0 | | |
| Sugars, total | g | 47.50 | | | MC | 9 | | 19.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 50 | | | MC | 9 | | 20 | | |
| Iron, Fe | mg | 0.29 | | 1 | | 1 | | 0.12 | | |
| Magnesium, Mg | mg | 7 | | 0 | FLM | 4 | | 3 | | |
| Phosphorus, P | mg | 45 | | 0 | FLM | 4 | | 18 | | |
| Potassium, K | mg | 126 | | 1 | | 1 | | 50 | | |
| Sodium, Na | mg | 300 | | | MC | 9 | | 120 | | |
| Zinc, Zn | mg | 0.21 | | 0 | FLM | 4 | | 0.08 | | |
| Copper, Cu | mg | 0.031 | | 0 | FLM | 4 | | 0.012 | | |
| Manganese, Mn | mg | 0.059 | | 0 | FLM | 4 | | 0.024 | | |
| Selenium, Se | mcg | 1.8 | | 0 | FLM | 4 | | 0.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.000 | | 1 | | 1 | | 0.000 | | |
| Riboflavin | mg | 0.250 | | 1 | | 1 | | 0.100 | | |
| Niacin | mg | 0.060 | | 1 | | 1 | | 0.024 | | |
| Pantothenic acid | mg | 0.164 | | 0 | FLM | 4 | | 0.066 | | |
| Vitamin B-6 | mg | 0.017 | | 0 | FLM | 4 | | 0.007 | | |
| Folate, total | mcg | 4 | | 0 | FLC | 4 | | 2 | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | mcg | 4 | | 0 | FLC | 4 | | 2 | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 2 | | |
| Vitamin B-12 | mcg | 0.17 | | 0 | FLM | 4 | | 0.07 | | |
| Vitamin A, IU | IU | 0 | | 1 | | 1 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.99 | | 0 | FLC | 4 | | 0.40 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.000 | | | MC | 9 | | 2.000 | | |
| 4:0 | g | 0.002 | | 0 | FLM | 4 | | 0.001 | | |
| 6:0 | g | 0.025 | | 0 | FLM | 4 | | 0.010 | | |
| 8:0 | g | 0.300 | | 0 | FLM | 4 | | 0.120 | | |
| 10:0 | g | 0.241 | | 0 | FLM | 4 | | 0.096 | | |
| 12:0 | g | 1.785 | | 0 | FLM | 4 | | 0.714 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.692 | | 0 | FLM | 4 | | 0.277 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.518 | | 0 | FLM | 4 | | 0.207 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.170 | | 0 | FLM | 4 | | 0.068 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19068**
**Candies, NESTLE, BIT-O'-HONEY Candy Chews**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 1.953 | | 0 | FLM | 4 | | 0.781 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.021 | | 0 | FLM | 4 | | 0.008 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.979 | | 0 | FLM | 4 | | 0.792 | | |
| 20:1.....g | 0.002 | | 0 | FLM | 4 | | 0.001 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.624 | | 0 | FLM | 4 | | 0.250 | | |
| 18:2 undifferentiated.....g | 0.603 | | 0 | FLM | 4 | | 0.241 | | |
| 18:3 undifferentiated.....g | 0.019 | | 0 | FLM | 4 | | 0.008 | | |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.001 | | 0 | FLM | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.089 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 4 | | 0.021 | | |

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

**Common Measures:**

Measure 1 = 40g: 6 pieces

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

**Food Group:** 19 Sweets

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

**NDB No. 19069**
**Candies, NESTLE, BUTTERFINGER Bar**
*Nestle USA, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.20 | | 0 | FLM | 4 | | 0.25 | | |
| Energy | kcal | 476 | | | MC | 9 | | 100 | | |
| Energy | kj | 1992 | | 0 | MC | 9 | | 418 | | |
| Protein | g | 5.80 | | 0 | MC | 9 | | 1.22 | | |
| Total lipid (fat) | g | 19.00 | | | MC | 9 | | 3.99 | | |
| Ash | g | 1.51 | | 0 | FLM | 4 | | 0.32 | | |
| Carbohydrate, by difference | g | 72.49 | | 0 | MC | 9 | | 15.22 | | |
| Fiber, total dietary | g | 1.7 | | | MC | 9 | | 0.4 | | |
| Sugars, total | g | 52.40 | | | MC | 9 | | 11.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 35 | | | MC | 9 | | 7 | | |
| Iron, Fe | mg | 0.76 | | | MC | 9 | | 0.16 | | |
| Magnesium, Mg | mg | 83 | | 0 | FLA | 4 | | 17 | | |
| Phosphorus, P | mg | 135 | | 0 | FLA | 4 | | 28 | | |
| Potassium, K | mg | 395 | | 0 | FLA | 4 | | 83 | | |
| Sodium, Na | mg | 214 | | | MC | 9 | | 45 | | |
| Zinc, Zn | mg | 1.19 | | 0 | FLA | 4 | | 0.25 | | |
| Copper, Cu | mg | 0.428 | | 0 | FLA | 4 | | 0.090 | | |
| Manganese, Mn | mg | 0.797 | | 0 | FLA | 4 | | 0.167 | | |
| Selenium, Se | mcg | 4.1 | | 0 | FLA | 4 | | 0.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | MC | 9 | | 0.0 | | |
| Thiamin | mg | 0.109 | | 0 | FLA | 4 | | 0.023 | | |
| Riboflavin | mg | 0.076 | | 0 | FLA | 4 | | 0.016 | | |
| Niacin | mg | 3.079 | | 0 | FLA | 4 | | 0.647 | | |
| Pantothenic acid | mg | 0.369 | | 0 | FLA | 4 | | 0.078 | | |
| Vitamin B-6 | mg | 0.102 | | 0 | FLA | 4 | | 0.021 | | |
| Folate, total | mcg | 33 | | 0 | FLA | 4 | | 7 | | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food | mcg | 32 | | 0 | FLA | 4 | | 7 | | |
| Folate, DFE | mcg_DFE | 32 | | 0 | NC | 4 | | 7 | | |
| Vitamin B-12 | mcg | 0.02 | | 0 | FLA | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 2 | | | MC | 9 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | Z | 7 | | 0 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.73 | | 0 | FLA | 4 | | 0.36 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.4 | | 0 | FLA | 4 | | 0.5 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 10.245 | | 0 | FLM | 4 | | 2.151 | | |
| 4:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 6:0 | g | 0.020 | | 0 | FLM | 4 | | 0.004 | | |
| 8:0 | g | 0.336 | | 0 | FLM | 4 | | 0.070 | | |
| 10:0 | g | 0.376 | | 0 | FLM | 4 | | 0.079 | | |
| 12:0 | g | 4.780 | | 0 | FLM | 4 | | 1.004 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 1.675 | | 0 | FLM | 4 | | 0.352 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.150 | | 0 | FLM | 4 | | 0.452 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.906 | | 0 | FLM | 4 | | 0.190 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19069**
**Candies, NESTLE, BUTTERFINGER Bar**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 4.879 | | 0 | FLM | 4 | | 1.025 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.001 | | 0 | FLM | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.780 | | 0 | FLM | 4 | | 1.004 | | |
| 20:1.....g | 0.098 | | 0 | FLM | 4 | | 0.021 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 2.461 | | 0 | FLM | 4 | | 0.517 | | |
| 18:2 undifferentiated.....g | 2.461 | | 0 | FLM | 4 | | 0.517 | | |
| 18:3 undifferentiated.....g | 0.001 | | 0 | FLM | 4 | | 0.000 | | |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | | MC | 9 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Caffeine.....mg | 5 | | 0 | FLA | 4 | | 1 | | |
| Theobromine.....mg | 184 | | 0 | FLA | 4 | | 39 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.022 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 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 = 21g: 1 bar fun size

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

**NDB No. 19119**
**Candies, NESTLE, CHUNKY Bar**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.310 | | 0 | | 1 | | 0.109 | 0.124 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.130 | | 1 | | 1 | | 0.046 | 0.052 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.130 | | 1 | | 1 | | 0.046 | 0.052 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 4.410 | | 0 | | 1 | | 1.544 | 1.764 | |
| 18:2 undifferentiated.....g | 4.270 | | 1 | | 1 | | 1.495 | 1.708 | |
| 18:3 undifferentiated.....g | 0.130 | | 1 | | 1 | | 0.046 | 0.052 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 11 | | 2 | | 1 | | 4 | 4 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 29 | | 1 | | 1 | | 10 | 12 | |
| Theobromine.....mg | 157 | | 1 | | 1 | | 55 | 63 | |

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

**Common Measures:**

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

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19145**

**Candies, NESTLE, CRUNCH Bar and Dessert Topping**

*Nestle USA, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.14 | | 3 | MA | 12 | | 0.46 | 0.11 | 129.28 |
| Energy | kcal | 522 | | 0 | MC | 9 | | 209 | 52 | 59195 |
| Energy | kj | 2184 | | | | 9 | | 874 | 218 | 247671 |
| Protein | g | 6.00 | | 3 | A | 1 | | 2.40 | 0.60 | 680.40 |
| Total lipid (fat) | g | 26.30 | | 3 | MA | 12 | | 10.52 | 2.63 | 2982.42 |
| Ash | g | 1.35 | | 3 | A | 1 | | 0.54 | 0.14 | 153.09 |
| Carbohydrate, by difference | g | 65.21 | | 0 | MC | 9 | | 26.08 | 6.52 | 7394.81 |
| Fiber, total dietary | g | 2.6 | | 3 | A | 1 | | 1.0 | 0.3 | 294.8 |
| Sugars, total | g | 56.00 | | 3 | MA | 12 | | 22.40 | 5.60 | 6350.40 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 169 | | 3 | A | 1 | | 68 | 17 | 19165 |
| Iron, Fe | mg | 0.50 | | 3 | A | 1 | | 0.20 | 0.05 | 56.70 |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | 344 | 19.419 | 8 | A | 1 | | 138 | 34 | 39010 |
| Sodium, Na | mg | 133 | | 3 | A | 1 | | 53 | 13 | 15082 |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 3 | A | 1 | | 0.1 | 0.0 | 34.0 |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 69 | | 3 | MA | 12 | | 28 | 7 | 7825 |
| 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 | 15.190 | | 3 | MA | 12 | | 6.076 | 1.519 | 1722.546 |
| 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 | | | | | | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | | | | | | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | | | | | | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | | | | | | | | | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | | | | | | | | | |
| 18:2 undifferentiated.....g | | | | | | | | | |
| 18:3 undifferentiated.....g | | | | | | | | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 13 | | 3 | MA | 12 | | 5 | 1 | 1474 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 24 | | 1 | | 1 | | 10 | 2 | 2722 |
| Theobromine.....mg | 156 | | 1 | | 1 | | 62 | 16 | 17690 |

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

**Common Measures:**

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

Measure 2 = 10.0g: 1 bar, miniature

Measure 3 = 11340g: 1 package

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.10 | | 1 | | 1 | | 10.37 | 1.04 | |
| Energy | kcal | 485 | | 0 | | 4 | | 825 | 82 | |
| Energy | kj | 2029 | | | | 4 | | 3450 | 345 | |
| Protein (N x 6.1) | g | 6.40 | | 1 | | 1 | | 10.88 | 1.09 | |
| Total lipid (fat) | g | 27.80 | | 1 | | 1 | | 47.26 | 4.73 | |
| Ash | g | 1.40 | | 1 | | 1 | | 2.38 | 0.24 | |
| Carbohydrate, by difference | g | 58.00 | | 0 | NC | 4 | | 98.60 | 9.86 | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 158 | | 1 | | 1 | | 269 | 27 | |
| Iron, Fe | mg | 1.36 | | 1 | | 1 | | 2.31 | 0.23 | |
| Magnesium, Mg | mg | 52 | | 0 | | 1 | | 89 | 9 | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | 308 | | 1 | | 1 | | 524 | 52 | |
| Sodium, Na | mg | 94 | | 1 | | 1 | | 160 | 16 | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | | | | | | | | | |
| Thiamin | mg | 0.150 | | 1 | | 1 | | 0.255 | 0.026 | |
| Riboflavin | mg | 0.240 | | 1 | | 1 | | 0.408 | 0.041 | |
| Niacin | mg | 0.340 | | 1 | | 1 | | 0.578 | 0.058 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 163 | | 1 | | 1 | | 277 | 28 | |
| 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 | 10.840 | | 0 | | 1 | | 18.428 | 1.843 | |
| 4:0 | g | 0.190 | | 1 | | 1 | | 0.323 | 0.032 | |
| 6:0 | g | 0.130 | | 1 | | 1 | | 0.221 | 0.022 | |
| 8:0 | g | 0.270 | | 1 | | 1 | | 0.459 | 0.046 | |
| 10:0 | g | 0.240 | | 1 | | 1 | | 0.408 | 0.041 | |
| 12:0 | g | 0.800 | | 1 | | 1 | | 1.360 | 0.136 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.190 | | 1 | | 1 | | 0.323 | 0.032 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 5.020 | | 1 | | 1 | | 8.534 | 0.853 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 3.910 | | 1 | | 1 | | 6.647 | 0.665 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 11.080 | | 0 | | 1 | | 18.836 | 1.884 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.190 | | 1 | | 1 | | 0.323 | 0.032 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 10.840 | | 1 | | 1 | | 18.428 | 1.843 | |
| 20:1.....g | 0.030 | | 1 | | 1 | | 0.051 | 0.005 | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 4.650 | | 0 | | 1 | | 7.905 | 0.791 | |
| 18:2 undifferentiated.....g | 4.440 | | 1 | | 1 | | 7.548 | 0.755 | |
| 18:3 undifferentiated.....g | 0.210 | | 1 | | 1 | | 0.357 | 0.036 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 22 | | 1 | | 1 | | 37 | 4 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 4 | | 1 | | 1 | | 7 | 1 | |
| Theobromine.....mg | 48 | | 1 | | 1 | | 82 | 8 | |

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

**Common Measures:**

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

Measure 2 = 17g: 1 piece

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

**Food Group:** 19 Sweets

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

**NDB No. 19105**

**Candies, NESTLE, GOOBERS Chocolate Covered Peanuts**

*Nestle USA, Inc.*

**Refuse:** 0%

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

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 14.740 | | 0 | | 1 | | 5.749 | 29.185 | 6.043 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.060 | | 1 | | 1 | | 0.023 | 0.119 | 0.025 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 14.450 | | 1 | | 1 | | 5.636 | 28.611 | 5.925 |
| 20:1.....g | 0.190 | | 1 | | 1 | | 0.074 | 0.376 | 0.078 |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 5.100 | | 0 | | 1 | | 1.989 | 10.098 | 2.091 |
| 18:2 undifferentiated.....g | 5.030 | | 1 | | 1 | | 1.962 | 9.959 | 2.062 |
| 18:3 undifferentiated.....g | 0.060 | | 1 | | 1 | | 0.023 | 0.119 | 0.025 |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 9 | | 2 | | 1 | | 4 | 18 | 4 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 22 | | 1 | | 1 | | 9 | 44 | 9 |
| Theobromine.....mg | 109 | | 1 | | 1 | | 43 | 216 | 45 |

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

**Common Measures:**

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

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

Measure 3 = 41g: 1 serving

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.30 | | 0 | NR | 4 | | 0.60 | | |
| Energy | kcal | 462 | | 0 | MC | 9 | | 120 | | |
| Energy | kj | 1931 | | 0 | MC | 9 | | 502 | | |
| Protein | g | 7.70 | | 0 | MC | 9 | | 2.00 | | |
| Total lipid (fat) | g | 23.10 | | 0 | MC | 9 | | 6.01 | | |
| Ash | g | 1.50 | | 1 | | 1 | | 0.39 | | |
| Carbohydrate, by difference | g | 65.40 | | 0 | MC | 9 | | 17.00 | | |
| Fiber, total dietary | g | 2.1 | | 0 | MC | 9 | | 0.5 | | |
| Sugars, total | g | 50.00 | | 0 | MC | 9 | | 13.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 81 | | 0 | MC | 9 | | 21 | | |
| Iron, Fe | mg | 0.62 | | 0 | MC | 9 | | 0.16 | | |
| Magnesium, Mg | mg | 51 | | 0 | FLC | 4 | | 13 | | |
| Phosphorus, P | mg | 140 | | 0 | FLC | 4 | | 36 | | |
| Potassium, K | mg | 324 | | 1 | | 1 | | 84 | | |
| Sodium, Na | mg | 231 | | 0 | MC | 9 | | 60 | | |
| Zinc, Zn | mg | 1.15 | | 0 | FLC | 4 | | 0.30 | | |
| Copper, Cu | mg | 0.353 | | 0 | FLC | 4 | | 0.092 | | |
| Manganese, Mn | mg | 0.535 | | 0 | FLC | 4 | | 0.139 | | |
| Selenium, Se | mcg | 3.2 | | 0 | FLC | 4 | | 0.8 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 0 | MC | 9 | | 0.1 | | |
| Thiamin | mg | 0.023 | | 1 | | 1 | | 0.006 | | |
| Riboflavin | mg | 0.161 | | 1 | | 1 | | 0.042 | | |
| Niacin | mg | 2.800 | | 1 | | 1 | | 0.728 | | |
| Pantothenic acid | mg | 0.516 | | 0 | FLC | 4 | | 0.134 | | |
| Vitamin B-6 | mg | 0.086 | | 0 | FLC | 4 | | 0.022 | | |
| Folate, total | mcg | 44 | | 0 | FLC | 4 | | 11 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 44 | | 0 | FLC | 4 | | 11 | | |
| Folate, DFE | mcg_DFE | 44 | | 0 | NC | 4 | | 11 | | |
| Vitamin B-12 | mcg | 0.20 | | 0 | FLC | 4 | | 0.05 | | |
| Vitamin A, IU | IU | 33 | | 0 | MC | 9 | | 9 | | |
| Vitamin A, RAE | mcg_RAE | 10 | | 0 | FLC | 4 | | 3 | | |
| Retinol | mcg | 10 | | 0 | FLC | 4 | | 3 | | |
| Vitamin E (alpha-tocopherol) | mg | 2.06 | | 0 | FLC | 4 | | 0.53 | | |
| 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 | 6.720 | | 0 | | 1 | | 1.747 | | |
| 4:0 | g | 0.060 | | 1 | | 1 | | 0.016 | | |
| 6:0 | g | 0.050 | | 1 | | 1 | | 0.013 | | |
| 8:0 | g | 0.080 | | 1 | | 1 | | 0.021 | | |
| 10:0 | g | 0.100 | | 1 | | 1 | | 0.026 | | |
| 12:0 | g | 0.340 | | 1 | | 1 | | 0.088 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.310 | | 1 | | 1 | | 0.081 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.980 | | 1 | | 1 | | 0.775 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 2.350 | | 1 | | 1 | | 0.611 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 6.670 | | 0 | | 1 | | 1.734 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.030 | | 1 | | 1 | | 0.008 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 6.620 | | 1 | | 1 | | 1.721 | | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 2.720 | | 0 | | 1 | | 0.707 | | |
| 18:2 undifferentiated.....g | 2.720 | | 1 | | 1 | | 0.707 | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 9 | | 1 | | 1 | | 2 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine.....mg | 4 | | 0 | FLC | 4 | | 1 | | |
| Theobromine.....mg | 41 | | 0 | FLC | 4 | | 11 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.006 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 26g: 1 bar

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

**Food Group:** 19 Sweets

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

**NDB No. 19149**

**Candies, NESTLE, RAISINETS Chocolate Covered Raisins**

*Nestle USA, Inc.*

**Refuse:** 0%

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

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 5.940 | | 0 | | 1 | | 2.673 | 0.594 | 2.673 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.080 | | 3 | | 1 | | 0.036 | 0.008 | 0.036 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 5.800 | | 3 | | 1 | | 2.610 | 0.580 | 2.610 |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.900 | | 0 | | 1 | | 0.855 | 0.190 | 0.855 |
| 18:2 undifferentiated.....g | 1.780 | | 3 | | 1 | | 0.801 | 0.178 | 0.801 |
| 18:3 undifferentiated.....g | 0.120 | | 3 | | 1 | | 0.054 | 0.012 | 0.054 |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 4 | | 2 | | 1 | | 2 | 0 | 2 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 25 | | 1 | | 1 | | 11 | 3 | 11 |
| Theobromine.....mg | 127 | | 1 | | 1 | | 57 | 13 | 57 |

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

**Common Measures:**

Measure 1 = 45g: 1 package

Measure 2 = 10.0g: 10 pieces

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

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.65 | | 1 | MC | 9 | | 0.64 | | |
| Energy | kcal | 521 | | 1 | MC | 9 | | 203 | | |
| Energy | kj | 2181 | | 0 | MC | 9 | | 851 | | |
| Protein (N x 6.25) | g | 11.34 | | 1 | MC | 9 | | 4.42 | | |
| Total lipid (fat) | g | 29.85 | | 1 | MC | 9 | | 11.64 | | |
| Ash | g | 1.62 | | 1 | MC | 9 | | 0.63 | | |
| Carbohydrate, by difference | g | 55.18 | | 1 | MC | 9 | | 21.52 | | |
| Fiber, total dietary | g | 3.1 | | 1 | MC | 9 | | 1.2 | | |
| Sugars, total | g | 48.03 | | 1 | MC | 9 | | 18.73 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 112 | | 1 | MC | 9 | | 44 | | |
| Iron, Fe | mg | 0.85 | | 1 | MC | 9 | | 0.33 | | |
| Magnesium, Mg | mg | 63 | | 1 | MC | 9 | | 25 | | |
| Phosphorus, P | mg | 194 | | 1 | MC | 9 | | 76 | | |
| Potassium, K | mg | 382 | | 1 | MC | 9 | | 149 | | |
| Sodium, Na | mg | 179 | | 1 | MC | 9 | | 70 | | |
| Zinc, Zn | mg | 1.06 | | 1 | MC | 9 | | 0.41 | | |
| Copper, Cu | mg | 0.300 | | 1 | MC | 9 | | 0.117 | | |
| Manganese, Mn | mg | 0.650 | | 1 | MC | 9 | | 0.254 | | |
| Selenium, Se | mcg | 1.6 | | 1 | MC | 9 | | 0.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 1 | MC | 9 | | 0.3 | | |
| Thiamin | mg | 0.150 | | 1 | MC | 9 | | 0.059 | | |
| Riboflavin | mg | 0.210 | | 1 | MC | 9 | | 0.082 | | |
| Niacin | mg | 4.330 | | 1 | MC | 9 | | 1.689 | | |
| Pantothenic acid | mg | 0.570 | | 1 | MC | 9 | | 0.222 | | |
| Vitamin B-6 | mg | 0.100 | | 1 | MC | 9 | | 0.039 | | |
| Folate, total | mcg | 42 | | 1 | MC | 9 | | 17 | | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 60 | | 1 | MC | 9 | | 23 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | mcg | | | | | | | | | |
| Vitamin E (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 | 18.000 | | 1 | MC | 9 | | 7.020 | | |
| Fatty acids, total monounsaturated | g | 7.060 | | 1 | MC | 9 | | 2.753 | | |
| Fatty acids, total polyunsaturated | g | 1.820 | | 1 | MC | 9 | | 0.710 | | |
| Fatty acids, total trans | g | 0.050 | | 1 | MC | 9 | | 0.020 | | |
| Cholesterol | mg | 7 | | 1 | MC | 9 | | 3 | | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Caffeine | mg | 0 | | 1 | MC | 9 | | 0 | | |
| Theobromine | mg | | | | | | | | | |

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

**NDB No. 19238**
**Candies, REESE'S BITES**

**Common Measures:**

Measure 1 = 39g: 16 pieces

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.02 | | 1 | MC | 9 | | 0.17 | 0.20 | 0.41 |
| Energy | kcal | 507 | | 1 | MC | 9 | | 86 | 101 | 203 |
| Energy | kj | 2120 | | 0 | MC | 9 | | 360 | 424 | 848 |
| Protein | g | 8.47 | | 1 | MC | 9 | | 1.44 | 1.69 | 3.39 |
| Total lipid (fat) | g | 28.16 | | 1 | MC | 9 | | 4.79 | 5.63 | 11.26 |
| Ash | g | 1.84 | | 1 | MC | 9 | | 0.31 | 0.37 | 0.74 |
| Carbohydrate, by difference | g | 59.60 | | 1 | MC | 9 | | 10.13 | 11.92 | 23.84 |
| Fiber, total dietary | g | 3.2 | | 1 | MC | 9 | | 0.5 | 0.6 | 1.3 |
| Sugars, total | g | 48.73 | | 1 | MC | 9 | | 8.28 | 9.75 | 19.49 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 79 | | 1 | MC | 9 | | 13 | 16 | 32 |
| Iron, Fe | mg | 1.23 | | 1 | MC | 9 | | 0.21 | 0.25 | 0.49 |
| Magnesium, Mg | mg | 41 | | 1 | MC | 9 | | 7 | 8 | 17 |
| Phosphorus, P | mg | 132 | | 1 | MC | 9 | | 22 | 26 | 53 |
| Potassium, K | mg | 339 | | 1 | MC | 9 | | 58 | 68 | 136 |
| Sodium, Na | mg | 262 | | 1 | MC | 9 | | 44 | 52 | 105 |
| Zinc, Zn | mg | 0.70 | | 1 | MC | 9 | | 0.12 | 0.14 | 0.28 |
| Copper, Cu | mg | 0.160 | | 1 | MC | 9 | | 0.027 | 0.032 | 0.064 |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se | mcg | 0.3 | | 1 | MC | 9 | | 0.0 | 0.1 | 0.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | 1 | MC | 9 | | 0.1 | 0.1 | 0.2 |
| Thiamin | mg | 0.140 | | 1 | MC | 9 | | 0.024 | 0.028 | 0.056 |
| Riboflavin | mg | 0.130 | | 1 | MC | 9 | | 0.022 | 0.026 | 0.052 |
| Niacin | mg | 3.090 | | 1 | MC | 9 | | 0.525 | 0.618 | 1.236 |
| Pantothenic acid | mg | 0.300 | | 1 | MC | 9 | | 0.051 | 0.060 | 0.120 |
| Vitamin B-6 | mg | 0.050 | | 1 | MC | 9 | | 0.009 | 0.010 | 0.020 |
| Folate, total | mcg | 38 | | 1 | MC | 9 | | 6 | 8 | 15 |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 71 | | 1 | MC | 9 | | 12 | 14 | 28 |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | mcg | | | | | | | | | |
| Vitamin E (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 | 11.560 | | 1 | MC | 9 | | 1.965 | 2.312 | 4.624 |
| Fatty acids, total monounsaturated | g | 9.730 | | 1 | MC | 9 | | 1.654 | 1.946 | 3.892 |
| Fatty acids, total polyunsaturated | g | 3.990 | | 1 | MC | 9 | | 0.678 | 0.798 | 1.596 |
| Fatty acids, total trans | g | 0.170 | | 1 | MC | 9 | | 0.029 | 0.034 | 0.068 |
| Cholesterol | mg | 7 | | 1 | MC | 9 | | 1 | 1 | 3 |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | 0.0 |
| Caffeine | mg | | | | | | | | | |
| Theobromine | mg | | | | | | | | | |

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

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

**Common Measures:**

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

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.50 | | 1 | MC | 9 | | 0.81 | 0.51 | |
| Energy | kcal | 517 | | 1 | MC | 9 | | 279 | 176 | |
| Energy | kj | 2165 | | 0 | MC | 9 | | 1169 | 736 | |
| Protein | g | 11.28 | | 1 | MC | 9 | | 6.09 | 3.84 | |
| Total lipid (fat) | g | 32.09 | | 1 | MC | 9 | | 17.33 | 10.91 | |
| Ash | g | 2.18 | | 1 | MC | 9 | | 1.18 | 0.74 | |
| Carbohydrate, by difference | g | 52.80 | | 1 | MC | 9 | | 28.51 | 17.95 | |
| Fiber, total dietary | g | 3.9 | | 1 | MC | 9 | | 2.1 | 1.3 | |
| Sugars, total | g | 40.22 | | 1 | MC | 9 | | 21.72 | 13.67 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 68 | | 1 | MC | 9 | | 37 | 23 | |
| Iron, Fe | mg | 1.23 | | 1 | MC | 9 | | 0.66 | 0.42 | |
| Magnesium, Mg | mg | 68 | | 1 | MC | 9 | | 37 | 23 | |
| Phosphorus, P | mg | 175 | | 1 | MC | 9 | | 94 | 59 | |
| Potassium, K | mg | 364 | | 1 | MC | 9 | | 197 | 124 | |
| Sodium, Na | mg | 141 | | 1 | MC | 9 | | 76 | 48 | |
| Zinc, Zn | mg | 1.29 | | 1 | MC | 9 | | 0.70 | 0.44 | |
| Copper, Cu | mg | 0.270 | | 1 | MC | 9 | | 0.146 | 0.092 | |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | |
| Selenium, Se | mcg | 0.2 | | 1 | MC | 9 | | 0.1 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 1 | MC | 9 | | 0.2 | 0.2 | |
| Thiamin | mg | 0.180 | | 1 | MC | 9 | | 0.097 | 0.061 | |
| Riboflavin | mg | 0.100 | | 1 | MC | 9 | | 0.054 | 0.034 | |
| Niacin | mg | 5.250 | | 1 | MC | 9 | | 2.835 | 1.785 | |
| Pantothenic acid | mg | 0.540 | | 1 | MC | 9 | | 0.292 | 0.184 | |
| Vitamin B-6 | mg | 0.100 | | 1 | MC | 9 | | 0.054 | 0.034 | |
| Folate, total | mcg | 56 | | 1 | MC | 9 | | 30 | 19 | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 36 | | 1 | MC | 9 | | 19 | 12 | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | mcg | | | | | | | | | |
| Vitamin E (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 | 8.860 | | 1 | MC | 9 | | 4.784 | 3.012 | |
| Fatty acids, total monounsaturated | g | 12.630 | | 1 | MC | 9 | | 6.820 | 4.294 | |
| Fatty acids, total polyunsaturated | g | 8.090 | | 1 | MC | 9 | | 4.369 | 2.751 | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 3 | | 1 | MC | 9 | | 2 | 1 | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| Caffeine | mg | | | | | | | | | |
| Theobromine | mg | | | | | | | | | |

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

**NDB No. 19239**
**Candies, REESE'S NUTRAGEOUS Candy Bar**

**Common Measures:**

Measure 1 = 54g: 1 bar 1.92 oz

Measure 2 = 34g: 2 bars

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

**Food Group:** 19 Sweets

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

**NDB No. 19151**
**Candies, REESE'S PIECES Candy**

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.00 | | 1 | MC | 9 | | 0.47 | 0.08 | 0.46 |
| Energy | kcal | 497 | | 1 | MC | 9 | | 234 | 40 | 229 |
| Energy | kj | 2080 | | 0 | MC | 9 | | 978 | 166 | 957 |
| Protein | g | 12.46 | | 1 | MC | 9 | | 5.86 | 1.00 | 5.73 |
| Total lipid (fat) | g | 24.77 | | 1 | MC | 9 | | 11.64 | 1.98 | 11.39 |
| Ash | g | 1.81 | | 1 | MC | 9 | | 0.85 | 0.14 | 0.83 |
| Carbohydrate, by difference | g | 59.86 | | 1 | MC | 9 | | 28.13 | 4.79 | 27.54 |
| Fiber, total dietary | g | 3.0 | | 1 | MC | 9 | | 1.4 | 0.2 | 1.4 |
| Sugars, total | g | 53.25 | | 1 | MC | 9 | | 25.03 | 4.26 | 24.50 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 69 | | 1 | MC | 9 | | 32 | 6 | 32 |
| Iron, Fe | mg | 0.49 | | 1 | MC | 9 | | 0.23 | 0.04 | 0.23 |
| Magnesium, Mg | mg | 88 | | 1 | MC | 9 | | 42 | 7 | 41 |
| Phosphorus, P | mg | 207 | | 1 | MC | 9 | | 97 | 17 | 95 |
| Potassium, K | mg | 359 | | 1 | MC | 9 | | 169 | 29 | 165 |
| Sodium, Na | mg | 194 | | 1 | MC | 9 | | 91 | 16 | 89 |
| Zinc, Zn | mg | 1.15 | | 1 | MC | 9 | | 0.54 | 0.09 | 0.53 |
| Copper, Cu | mg | 0.410 | | 1 | MC | 9 | | 0.193 | 0.033 | 0.189 |
| Manganese, Mn | mg | 1.100 | | 1 | MC | 9 | | 0.517 | 0.088 | 0.506 |
| Selenium, Se | mcg | 0.8 | | 1 | MC | 9 | | 0.4 | 0.1 | 0.4 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.180 | | 1 | MC | 9 | | 0.085 | 0.014 | 0.083 |
| Riboflavin | mg | 0.220 | | 1 | MC | 9 | | 0.103 | 0.018 | 0.101 |
| Niacin | mg | 6.060 | | 1 | MC | 9 | | 2.848 | 0.485 | 2.788 |
| Pantothenic acid | mg | 0.610 | | 1 | MC | 9 | | 0.287 | 0.049 | 0.281 |
| Vitamin B-6 | mg | 0.110 | | 1 | MC | 9 | | 0.052 | 0.009 | 0.051 |
| Folate, total | mcg | 55 | | 1 | MC | 9 | | 26 | 4 | 25 |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 55 | | 1 | MC | 9 | | 26 | 4 | 25 |
| Folate, DFE | mcg_DFE | 55 | | 0 | NC | 4 | | 26 | 4 | 25 |
| Vitamin B-12 | mcg | 0.12 | | 0 | FLM | 4 | | 0.05 | 0.01 | 0.05 |
| Vitamin A, IU | IU | 0 | | 1 | MC | 9 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 1.09 | | 0 | FLM | 4 | | 0.51 | 0.09 | 0.50 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 6.0 | | 0 | FLM | 4 | | 2.8 | 0.5 | 2.7 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 16.420 | | 1 | MC | 9 | | 7.717 | 1.314 | 7.553 |
| 4:0 | g | 0.002 | | 0 | FLM | 4 | | 0.001 | 0.000 | 0.001 |
| 6:0 | g | 0.039 | | 0 | FLM | 4 | | 0.018 | 0.003 | 0.018 |
| 8:0 | g | 0.639 | | 0 | FLM | 4 | | 0.301 | 0.051 | 0.294 |
| 10:0 | g | 0.717 | | 0 | FLM | 4 | | 0.337 | 0.057 | 0.330 |
| 12:0 | g | 9.105 | | 0 | FLM | 4 | | 4.279 | 0.728 | 4.188 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 3.184 | | 0 | FLM | 4 | | 1.497 | 0.255 | 1.465 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.984 | | 0 | FLM | 4 | | 0.932 | 0.159 | 0.913 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.747 | | 0 | FLM | 4 | | 0.351 | 0.060 | 0.344 |
| 20:0 | g | | | | | | | | | |

**NDB No. 19151**
**Candies, REESE'S PIECES Candy**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 4.460 | | 1 | MC | 9 | | 2.096 | 0.357 | 2.052 |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.019 | | 0 | FLM | 4 | | 0.009 | 0.002 | 0.009 |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.434 | | 0 | FLM | 4 | | 2.084 | 0.355 | 2.040 |
| 20:1 g | 0.001 | | 0 | FLM | 4 | | 0.001 | 0.000 | 0.001 |
| 22:1 undifferentiated g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.880 | | 1 | MC | 9 | | 0.884 | 0.150 | 0.865 |
| 18:2 undifferentiated g | 1.769 | | 0 | FLM | 4 | | 0.831 | 0.141 | 0.814 |
| 18:3 undifferentiated g | 0.107 | | 0 | FLM | 4 | | 0.050 | 0.009 | 0.049 |
| 18:4 g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 1 | MC | 9 | | 0 | 0 | 0 |
| Phytosterols mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | 0.0 |
| Caffeine mg | 0 | | 1 | MC | 9 | | 0 | 0 | 0 |
| Theobromine mg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin mcg | 0 | | 0 | FLM | 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 = 47g: .25 cup

Measure 2 = 8.0g: 10 pieces

Measure 3 = 46g: 1 package 1.63 oz

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.44 | | 1 | MC | 9 | | 0.10 | 0.24 | 0.65 |
| Energy | kcal | 515 | | 1 | MC | 9 | | 36 | 87 | 232 |
| Energy | kj | 2153 | | 0 | MC | 9 | | 151 | 366 | 969 |
| Protein | g | 10.24 | | 1 | MC | 9 | | 0.72 | 1.74 | 4.61 |
| Total lipid (fat) | g | 30.53 | | 1 | MC | 9 | | 2.14 | 5.19 | 13.74 |
| Ash | g | 2.28 | | 1 | MC | 9 | | 0.16 | 0.39 | 1.03 |
| Carbohydrate, by difference | g | 55.36 | | 1 | MC | 9 | | 3.88 | 9.41 | 24.91 |
| Fiber, total dietary | g | 3.6 | | 1 | MC | 9 | | 0.3 | 0.6 | 1.6 |
| Sugars, total | g | 47.17 | | 1 | MC | 9 | | 3.30 | 8.02 | 21.23 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 78 | | 1 | MC | 9 | | 5 | 13 | 35 |
| Iron, Fe | mg | 1.21 | | 1 | MC | 9 | | 0.08 | 0.21 | 0.54 |
| Magnesium, Mg | mg | 62 | | 1 | MC | 9 | | 4 | 11 | 28 |
| Phosphorus, P | mg | 161 | | 1 | MC | 9 | | 11 | 27 | 73 |
| Potassium, K | mg | 343 | | 1 | MC | 9 | | 24 | 58 | 155 |
| Sodium, Na | mg | 314 | | 1 | MC | 9 | | 22 | 53 | 141 |
| Zinc, Zn | mg | 1.28 | | 1 | MC | 9 | | 0.09 | 0.22 | 0.58 |
| Copper, Cu | mg | 0.240 | | 1 | MC | 9 | | 0.017 | 0.041 | 0.108 |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se | mcg | 1.4 | | 1 | MC | 9 | | 0.1 | 0.2 | 0.6 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 1 | MC | 9 | | 0.0 | 0.1 | 0.1 |
| Thiamin | mg | 0.160 | | 1 | MC | 9 | | 0.011 | 0.027 | 0.072 |
| Riboflavin | mg | 0.110 | | 1 | MC | 9 | | 0.008 | 0.019 | 0.050 |
| Niacin | mg | 4.490 | | 1 | MC | 9 | | 0.314 | 0.763 | 2.021 |
| Pantothenic acid | mg | 0.620 | | 1 | MC | 9 | | 0.043 | 0.105 | 0.279 |
| Vitamin B-6 | mg | 0.100 | | 1 | MC | 9 | | 0.007 | 0.017 | 0.045 |
| Folate, total | mcg | 50 | | 1 | MC | 9 | | 3 | 8 | 22 |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 50 | | 1 | MC | 9 | | 3 | 8 | 22 |
| Folate, DFE | mcg_DFE | 50 | | 0 | NC | 4 | | 3 | 8 | 22 |
| Vitamin B-12 | mcg | 0.56 | | 0 | FLM | 4 | | 0.04 | 0.09 | 0.25 |
| Vitamin A, IU | IU | 56 | | 1 | MC | 9 | | 4 | 10 | 25 |
| Vitamin A, RAE | mcg_RAE | 17 | | 0 | NC | 4 | | 1 | 3 | 8 |
| Retinol | mcg | 17 | | 0 | NR | 4 | | 1 | 3 | 8 |
| Vitamin E (alpha-tocopherol) | mg | 0.15 | | 0 | NR | 4 | | 0.01 | 0.03 | 0.07 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.1 | | 0 | FLM | 4 | | 0.4 | 0.9 | 2.3 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 10.730 | | 1 | MC | 9 | | 0.751 | 1.824 | 4.829 |
| 4:0 | g | 0.363 | | 0 | FLM | 4 | | 0.025 | 0.062 | 0.164 |
| 6:0 | g | 0.131 | | 0 | FLM | 4 | | 0.009 | 0.022 | 0.059 |
| 8:0 | g | 0.075 | | 0 | FLM | 4 | | 0.005 | 0.013 | 0.034 |
| 10:0 | g | 0.143 | | 0 | FLM | 4 | | 0.010 | 0.024 | 0.064 |
| 12:0 | g | 0.156 | | 0 | FLM | 4 | | 0.011 | 0.027 | 0.070 |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 14:0 | g | 0.481 | | 0 | FLM | 4 | | 0.034 | 0.082 | 0.216 |
| 15:0 | g | 0.049 | | 0 | FLM | 4 | | 0.003 | 0.008 | 0.022 |
| 16:0 | g | 4.630 | | 0 | FLM | 4 | | 0.324 | 0.787 | 2.083 |
| 17:0 | g | 0.047 | | 0 | FLM | 4 | | 0.003 | 0.008 | 0.021 |
| 18:0 | g | 4.481 | | 0 | FLM | 4 | | 0.314 | 0.762 | 2.017 |
| 20:0 | g | 0.124 | | 0 | FLM | 4 | | 0.009 | 0.021 | 0.056 |
| 22:0 | g | 0.013 | | 0 | FLM | 4 | | 0.001 | 0.002 | 0.006 |
| 24:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 13.100 | | 1 | MA | 12 | | 0.917 | 2.227 | 5.895 |
| 14:1....g | 0.049 | | 0 | FLM | 4 | | 0.003 | 0.008 | 0.022 |
| 15:1....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated....g | 0.094 | | 0 | FLM | 4 | | 0.007 | 0.016 | 0.042 |
| 17:1....g | 0.014 | | 0 | FLM | 4 | | 0.001 | 0.002 | 0.006 |
| 18:1 undifferentiated....g | 6.502 | | 0 | FLM | 4 | | 0.455 | 1.105 | 2.926 |
| 20:1....g | 0.044 | | 0 | FLM | 4 | | 0.003 | 0.007 | 0.020 |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated....g | 5.600 | | 1 | MA | 12 | | 0.392 | 0.952 | 2.520 |
| 18:2 undifferentiated....g | 5.288 | | 0 | FLM | 4 | | 0.370 | 0.899 | 2.380 |
| 18:3 undifferentiated....g | 0.001 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 6 | | 1 | MC | 9 | | 0 | 1 | 3 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 18 | | 0 | FLM | 4 | | 1 | 3 | 8 |
| Theobromine....mg | 184 | | 0 | FLM | 4 | | 13 | 31 | 83 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin....mcg | 0 | | 0 | FLM | 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 = 7.0g: 1 miniature

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

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19252**

**Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats**

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.10 | | 1 | MC | 9 | | 2.30 | | |
| Energy | kcal | 474 | | 1 | MC | 9 | | 266 | | |
| Energy | kj | 1985 | | 0 | MC | 9 | | 1112 | | |
| Protein (N x 6.25) | g | 8.66 | | 1 | MC | 9 | | 4.85 | | |
| Total lipid (fat) | g | 23.42 | | 1 | MC | 9 | | 13.12 | | |
| Ash | g | 2.01 | | 1 | MC | 9 | | 1.13 | | |
| Carbohydrate, by difference | g | 61.60 | | 1 | MC | 9 | | 34.50 | | |
| Fiber, total dietary | g | 2.9 | | 1 | MC | 9 | | 1.6 | | |
| Sugars, total | g | 53.08 | | 1 | MC | 9 | | 29.72 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 61 | | 1 | MC | 9 | | 34 | | |
| Iron, Fe | mg | 0.96 | | 1 | MC | 9 | | 0.54 | | |
| Magnesium, Mg | mg | 48 | | 1 | MC | 9 | | 27 | | |
| Phosphorus, P | mg | 130 | | 1 | MC | 9 | | 73 | | |
| Potassium, K | mg | 284 | | 1 | MC | 9 | | 159 | | |
| Sodium, Na | mg | 330 | | 1 | MC | 9 | | 185 | | |
| Zinc, Zn | mg | 0.94 | | 1 | MC | 9 | | 0.53 | | |
| Copper, Cu | mg | 0.180 | | 1 | MC | 9 | | 0.101 | | |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Selenium, Se | mcg | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 1 | MC | 9 | | 0.2 | | |
| Thiamin | mg | 0.130 | | 1 | MC | 9 | | 0.073 | | |
| Riboflavin | mg | 0.100 | | 1 | MC | 9 | | 0.056 | | |
| Niacin | mg | 3.570 | | 1 | MC | 9 | | 1.999 | | |
| Pantothenic acid | mg | 0.420 | | 1 | MC | 9 | | 0.235 | | |
| Vitamin B-6 | mg | 0.070 | | 1 | MC | 9 | | 0.039 | | |
| Folate, total | mcg | 39 | | 1 | MC | 9 | | 22 | | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | 39 | | 1 | MC | 9 | | 22 | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 40 | | 1 | MC | 9 | | 23 | | |
| 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 | 8.230 | | 1 | MC | 9 | | 4.609 | | |
| Fatty acids, total monounsaturated | g | 8.940 | | 1 | MC | 9 | | 5.006 | | |
| Fatty acids, total polyunsaturated | g | 4.330 | | 1 | MC | 9 | | 2.425 | | |
| Fatty acids, total trans | g | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Cholesterol | mg | 4 | | 1 | MC | 9 | | 2 | | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Caffeine | mg | 0 | | 1 | MC | 9 | | 0 | | |
| Theobromine | mg | | | | | | | | | |

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

**NDB No. 19252**

**Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats**

**Common Measures:**

Measure 1 = 56g: 2 oz bar

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

**NDB No. 19152**

**Candies, ROLO Caramels in Milk Chocolate**

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.60 | | 1 | MC | 9 | | 2.48 | 1.66 | 1.93 |
| Energy | kcal | 474 | | 1 | MC | 9 | | 256 | 171 | 199 |
| Energy | kj | 1984 | | 0 | MC | 9 | | 1071 | 714 | 833 |
| Protein | g | 5.08 | | 1 | MC | 9 | | 2.74 | 1.83 | 2.13 |
| Total lipid (fat) | g | 20.93 | | 1 | MC | 9 | | 11.30 | 7.53 | 8.79 |
| Ash | g | 1.27 | | 1 | MC | 9 | | 0.69 | 0.46 | 0.53 |
| Carbohydrate, by difference | g | 67.95 | | 1 | MC | 9 | | 36.69 | 24.46 | 28.54 |
| Fiber, total dietary | g | 0.9 | | 1 | MC | 9 | | 0.5 | 0.3 | 0.4 |
| Sugars, total | g | 63.93 | | 1 | MC | 9 | | 34.52 | 23.01 | 26.85 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 145 | | 1 | MC | 9 | | 79 | 52 | 61 |
| Iron, Fe | mg | 0.42 | | 1 | MC | 9 | | 0.23 | 0.15 | 0.18 |
| Magnesium, Mg | mg | 0 | | 1 | MC | 9 | | 0 | 0 | 0 |
| Phosphorus, P | mg | 71 | | 1 | MC | 9 | | 38 | 26 | 30 |
| Potassium, K | mg | 188 | | 1 | MC | 9 | | 101 | 68 | 79 |
| Sodium, Na | mg | 188 | | 1 | MC | 9 | | 101 | 68 | 79 |
| Zinc, Zn | mg | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se | mcg | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 1 | MC | 9 | | 0.5 | 0.3 | 0.4 |
| Thiamin | mg | 0.020 | | 1 | MC | 9 | | 0.011 | 0.007 | 0.008 |
| Riboflavin | mg | 0.120 | | 1 | MC | 9 | | 0.065 | 0.043 | 0.050 |
| Niacin | mg | 0.040 | | 1 | MC | 9 | | 0.022 | 0.014 | 0.017 |
| Pantothenic acid | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6 | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | 0.000 |
| Folate, total | mcg | 0 | | 1 | MC | 9 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | | 1 | MC | 9 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.27 | | 0 | FLM | 4 | | 0.15 | 0.10 | 0.11 |
| Vitamin A, IU | IU | 121 | | 1 | MC | 9 | | 65 | 43 | 51 |
| Vitamin A, RAE | mcg_RAE | 34 | | 0 | FLM | 4 | | 18 | 12 | 14 |
| Retinol | mcg | 33 | | 0 | FLM | 4 | | 18 | 12 | 14 |
| Vitamin E (alpha-tocopherol) | mg | 0.89 | | 0 | FLM | 4 | | 0.48 | 0.32 | 0.37 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 4.4 | | 0 | FLM | 4 | | 2.4 | 1.6 | 1.8 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 14.420 | | 1 | MC | 9 | | 7.787 | 5.191 | 6.056 |
| 4:0 | g | 0.138 | | 0 | FLM | 4 | | 0.075 | 0.050 | 0.058 |
| 6:0 | g | 0.109 | | 0 | FLM | 4 | | 0.059 | 0.039 | 0.046 |
| 8:0 | g | 0.502 | | 0 | FLM | 4 | | 0.271 | 0.181 | 0.211 |
| 10:0 | g | 0.570 | | 0 | FLM | 4 | | 0.308 | 0.205 | 0.239 |
| 12:0 | g | 6.243 | | 0 | FLM | 4 | | 3.371 | 2.247 | 2.622 |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 14:0 | g | 2.467 | | 0 | FLM | 4 | | 1.332 | 0.888 | 1.036 |
| 15:0 | g | 0.012 | | 0 | FLM | 4 | | 0.006 | 0.004 | 0.005 |
| 16:0 | g | 2.662 | | 0 | FLM | 4 | | 1.437 | 0.958 | 1.118 |
| 17:0 | g | 0.011 | | 0 | FLM | 4 | | 0.006 | 0.004 | 0.005 |
| 18:0 | g | 1.673 | | 0 | FLM | 4 | | 0.904 | 0.602 | 0.703 |
| 20:0 | g | 0.030 | | 0 | FLM | 4 | | 0.016 | 0.011 | 0.012 |
| 22:0 | g | 0.003 | | 0 | FLM | 4 | | 0.002 | 0.001 | 0.001 |
| 24:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 3.760 | | 1 | MC | 9 | | 2.030 | 1.354 | 1.579 |
| 14:1.....g | 0.010 | | 0 | FLM | 4 | | 0.005 | 0.004 | 0.004 |
| 15:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.019 | | 0 | FLM | 4 | | 0.010 | 0.007 | 0.008 |
| 17:1.....g | 0.003 | | 0 | FLM | 4 | | 0.001 | 0.001 | 0.001 |
| 18:1 undifferentiated.....g | 2.755 | | 0 | FLM | 4 | | 1.488 | 0.992 | 1.157 |
| 20:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 0.390 | | 1 | MC | 9 | | 0.211 | 0.140 | 0.164 |
| 18:2 undifferentiated.....g | 0.337 | | 0 | FLM | 4 | | 0.182 | 0.121 | 0.141 |
| 18:3 undifferentiated.....g | 0.042 | | 0 | FLM | 4 | | 0.022 | 0.015 | 0.017 |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 12 | | 1 | MC | 9 | | 6 | 4 | 5 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 3 | | 0 | FLM | 4 | | 2 | 1 | 1 |
| Theobromine.....mg | 35 | | 0 | FLM | 4 | | 19 | 13 | 15 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.032 | 0.022 | 0.025 |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLM | 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 = 54g: 1 package 1.91 oz

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

Measure 3 = 42g: 7 pieces

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.57 | | 1 | MC | 9 | | 0.61 | | |
| Energy | kcal | 535 | | 1 | MC | 9 | | 209 | | |
| Energy | kj | 2240 | | 0 | MC | 9 | | 874 | | |
| Protein | g | 3.13 | | 1 | MC | 9 | | 1.22 | | |
| Total lipid (fat) | g | 32.18 | | 1 | MC | 9 | | 12.55 | | |
| Ash | g | 1.20 | | 1 | MC | 9 | | 0.47 | | |
| Carbohydrate, by difference | g | 61.72 | | 1 | MC | 9 | | 24.07 | | |
| Fiber, total dietary | g | 1.3 | | 1 | MC | 9 | | 0.5 | | |
| Sugars, total | g | 59.89 | | 1 | MC | 9 | | 23.36 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | | | | | | | | | |
| Iron, Fe | mg | 0.57 | | 1 | MC | 9 | | 0.22 | | |
| Magnesium, Mg | mg | 10 | | 1 | MC | 9 | | 4 | | |
| Phosphorus, P | mg | 61 | | 1 | MC | 9 | | 24 | | |
| Potassium, K | mg | 153 | | 1 | MC | 9 | | 60 | | |
| Sodium, Na | mg | 317 | | 1 | MC | 9 | | 124 | | |
| Zinc, Zn | mg | 0.17 | | 1 | MC | 9 | | 0.07 | | |
| Copper, Cu | mg | 0.040 | | 1 | MC | 9 | | 0.016 | | |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Selenium, Se | mcg | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 1 | MC | 9 | | 0.2 | | |
| Thiamin | mg | 0.020 | | 1 | MC | 9 | | 0.008 | | |
| Riboflavin | mg | 0.100 | | 1 | MC | 9 | | 0.039 | | |
| Niacin | mg | 0.130 | | 1 | MC | 9 | | 0.051 | | |
| Pantothenic acid | mg | 0.040 | | 1 | MC | 9 | | 0.016 | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | 3 | | 1 | MC | 9 | | 1 | | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 718 | | 1 | MC | 9 | | 280 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | mcg | | | | | | | | | |
| Vitamin E (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 | 18.780 | | 1 | MC | 9 | | 7.324 | | |
| Fatty acids, total monounsaturated | g | 9.290 | | 1 | MC | 9 | | 3.623 | | |
| Fatty acids, total polyunsaturated | g | 1.280 | | 1 | MC | 9 | | 0.499 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 53 | | 1 | MC | 9 | | 21 | | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Caffeine | mg | | | | | | | | | |
| Theobromine | mg | | | | | | | | | |

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

**NDB No. 19136**
**Candies, SKOR Toffee Bar**

**Common Measures:**

Measure 1 = 39g: 1 bar 1.4 oz

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

**Food Group:** 19 Sweets

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

**NDB No. 19164**
**Candies, SPECIAL DARK Chocolate Bar**

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.90 | | 1 | MC | 9 | | 0.37 | 0.66 | 0.38 |
| Energy | kcal | 531 | | 1 | MC | 9 | | 218 | 388 | 223 |
| Energy | kj | 2222 | | 0 | MC | 9 | | 911 | 1622 | 933 |
| Protein | g | 5.54 | | 1 | MC | 9 | | 2.27 | 4.04 | 2.33 |
| Total lipid (fat) | g | 32.40 | | 1 | MC | 9 | | 13.28 | 23.65 | 13.61 |
| Ash | g | 0.67 | | 1 | MC | 9 | | 0.27 | 0.49 | 0.28 |
| Carbohydrate, by difference | g | 59.41 | | 1 | MC | 9 | | 24.36 | 43.37 | 24.95 |
| Fiber, total dietary | g | 6.5 | | 1 | MC | 9 | | 2.7 | 4.8 | 2.7 |
| Sugars, total | g | 47.56 | | 1 | MC | 9 | | 19.50 | 34.72 | 19.98 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 30 | | 1 | MC | 9 | | 12 | 22 | 13 |
| Iron, Fe | mg | 2.13 | | 1 | MC | 9 | | 0.87 | 1.55 | 0.89 |
| Magnesium, Mg | mg | 31 | | 1 | MC | 9 | | 13 | 23 | 13 |
| Phosphorus, P | mg | 51 | | 1 | MC | 9 | | 21 | 37 | 22 |
| Potassium, K | mg | 502 | | 1 | MC | 9 | | 206 | 366 | 211 |
| Sodium, Na | mg | 6 | | 1 | MC | 9 | | 2 | 4 | 2 |
| Zinc, Zn | mg | 0.01 | | 1 | MC | 9 | | 0.00 | 0.01 | 0.00 |
| Copper, Cu | mg | 0.020 | | 1 | MC | 9 | | 0.008 | 0.015 | 0.008 |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se | mcg | 0.3 | | 1 | MC | 9 | | 0.1 | 0.2 | 0.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.010 | | 1 | MC | 9 | | 0.004 | 0.007 | 0.004 |
| Niacin | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6 | mg | 0.000 | | 1 | MC | 9 | | 0.000 | 0.000 | 0.000 |
| Folate, total | mcg | 0 | | 1 | MC | 9 | | 0 | 0 | 0 |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | 0 | | 1 | MC | 9 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| 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 | | | | | | | | | |
| Fatty acids, total monounsaturated | g | 5.140 | | 1 | MC | 9 | | 2.107 | 3.752 | 2.159 |
| Fatty acids, total polyunsaturated | g | 0.440 | | 1 | MC | 9 | | 0.180 | 0.321 | 0.185 |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 5 | | 1 | MC | 9 | | 2 | 4 | 2 |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | 0.0 |
| Caffeine | mg | | | | | | | | | |
| 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.

**NDB No. 19164**
**Candies, SPECIAL DARK Chocolate Bar**

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

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 41g: 1 bar 1.45 oz

Measure 2 = 73g: 1 bar 2.6 oz

Measure 3 = 42g: 3 blocks

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

**Food Group:** 19 Sweets

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

**NDB No. 19282**

**Candies, SWEET ESCAPES Triple Chocolate Wafer Bars**

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.82 | | 0 | FLC | 4 | | 1.30 | | |
| Energy | kcal | 430 | | 0 | NC | 4 | | 82 | | |
| Energy | kj | 1800 | | 0 | NC | 4 | | 342 | | |
| Protein (N x 6.25) | g | 4.66 | | 0 | FLC | 4 | | 0.89 | | |
| Total lipid (fat) | g | 13.16 | | 1 | LC | 8 | | 2.50 | | |
| Ash | g | 2.07 | | 0 | FLC | 4 | | 0.39 | | |
| Carbohydrate, by difference | g | 73.29 | | 0 | NC | 4 | | 13.93 | | |
| Fiber, total dietary | g | 4.1 | | 0 | FLC | 4 | | 0.8 | | |
| Sugars, total | g | 57.89 | | 1 | LC | 8 | | 11.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 526 | | 1 | LC | 8 | | 100 | | |
| Iron, Fe | mg | 2.24 | | 0 | FLC | 4 | | 0.43 | | |
| Magnesium, Mg | mg | 65 | | 0 | FLC | 4 | | 12 | | |
| Phosphorus, P | mg | 133 | | 0 | FLC | 4 | | 25 | | |
| Potassium, K | mg | 355 | | 0 | FLC | 4 | | 67 | | |
| Sodium, Na | mg | 158 | | 1 | LC | 8 | | 30 | | |
| Zinc, Zn | mg | 1.17 | | 0 | FLC | 4 | | 0.22 | | |
| Copper, Cu | mg | 0.520 | | 0 | FLC | 4 | | 0.099 | | |
| Manganese, Mn | mg | 0.576 | | 0 | FLC | 4 | | 0.109 | | |
| Selenium, Se | mcg | 6.2 | | 0 | FLC | 4 | | 1.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Thiamin | mg | 0.048 | | 0 | FLC | 4 | | 0.009 | | |
| Riboflavin | mg | 0.127 | | 0 | FLC | 4 | | 0.024 | | |
| Niacin | mg | 0.462 | | 0 | FLC | 4 | | 0.088 | | |
| Pantothenic acid | mg | 0.184 | | 0 | FLC | 4 | | 0.035 | | |
| Vitamin B-6 | mg | 0.025 | | 0 | FLC | 4 | | 0.005 | | |
| Folate, total | mcg | 9 | | 0 | FLC | 4 | | 2 | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | mcg | 9 | | 0 | FLC | 4 | | 2 | | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 2 | | |
| Vitamin B-12 | mcg | 0.14 | | 0 | FLC | 4 | | 0.03 | | |
| Vitamin A, IU | IU | 36 | | 0 | FLC | 4 | | 7 | | |
| Vitamin A, RAE | mcg_RAE | 10 | | 0 | FLC | 4 | | 2 | | |
| Retinol | mcg | 10 | | 0 | FLC | 4 | | 2 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.88 | | 0 | FLC | 4 | | 0.17 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.8 | | 0 | FLC | 4 | | 0.5 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 7.895 | | 1 | LC | 8 | | 1.500 | | |
| 4:0 | g | 0.126 | | 0 | FLC | 4 | | 0.024 | | |
| 6:0 | g | 0.052 | | 0 | FLC | 4 | | 0.010 | | |
| 8:0 | g | 0.137 | | 0 | FLC | 4 | | 0.026 | | |
| 10:0 | g | 0.173 | | 0 | FLC | 4 | | 0.033 | | |
| 12:0 | g | 1.629 | | 0 | FLC | 4 | | 0.309 | | |
| 13:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0 | g | 0.729 | | 0 | FLC | 4 | | 0.138 | | |
| 15:0 | g | 0.017 | | 0 | FLC | 4 | | 0.003 | | |
| 16:0 | g | 2.695 | | 0 | FLC | 4 | | 0.512 | | |
| 17:0 | g | 0.016 | | 0 | FLC | 4 | | 0.003 | | |
| 18:0 | g | 2.259 | | 0 | FLC | 4 | | 0.429 | | |
| 20:0 | g | 0.043 | | 0 | FLC | 4 | | 0.008 | | |
| 22:0 | g | 0.005 | | 0 | FLC | 4 | | 0.001 | | |
| 24:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |

**NDB No. 19282**
**Candies, SWEET ESCAPES Triple Chocolate Wafer Bars**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 2.312 | | 0 | FLC | 4 | | 0.439 | | |
| 14:1.....g | 0.010 | | 0 | FLC | 4 | | 0.002 | | |
| 15:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.024 | | 0 | FLC | 4 | | 0.005 | | |
| 17:1.....g | 0.003 | | 0 | FLC | 4 | | 0.001 | | |
| 18:1 undifferentiated.....g | 2.274 | | 0 | FLC | 4 | | 0.432 | | |
| 20:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 1.249 | | 0 | FLC | 4 | | 0.237 | | |
| 18:2 undifferentiated.....g | 1.187 | | 0 | FLC | 4 | | 0.226 | | |
| 18:3 undifferentiated.....g | 0.062 | | 0 | FLC | 4 | | 0.012 | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine.....mg | 12 | | 0 | FLC | 4 | | 2 | | |
| Theobromine.....mg | 316 | | 0 | FLC | 4 | | 60 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.004 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.001 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.002 | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 6 | | 0 | FLC | 4 | | 1.102 | | |

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

**Common Measures:**

Measure 1 = 19g: 1 bar

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

**Food Group:** 19 Sweets

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

**NDB No. 19093**
**Candies, SYMPHONY Milk Chocolate Bar**
*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.94 | | 1 | MC | 9 | | 0.39 | 0.64 | |
| Energy | kcal | 531 | | 1 | MC | 9 | | 223 | 361 | |
| Energy | kj | 2222 | | 0 | MC | 9 | | 933 | 1511 | |
| Protein | g | 8.51 | | 1 | MC | 9 | | 3.57 | 5.79 | |
| Total lipid (fat) | g | 30.57 | | 1 | MC | 9 | | 12.84 | 20.79 | |
| Ash | g | 1.61 | | 1 | MC | 9 | | 0.68 | 1.09 | |
| Carbohydrate, by difference | g | 58.01 | | 1 | MC | 9 | | 24.36 | 39.45 | |
| Fiber, total dietary | g | 1.7 | | 1 | MC | 9 | | 0.7 | 1.2 | |
| Sugars, total | g | 53.96 | | 1 | MC | 9 | | 22.66 | 36.69 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 251 | | 1 | MC | 9 | | 105 | 170 | |
| Iron, Fe | mg | 0.91 | | 1 | MC | 9 | | 0.38 | 0.62 | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 206 | | 1 | MC | 9 | | 87 | 140 | |
| Potassium, K | mg | 438 | | 1 | MC | 9 | | 184 | 298 | |
| Sodium, Na | mg | 101 | | 1 | MC | 9 | | 42 | 68 | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.2 | | 1 | MC | 9 | | 0.9 | 1.5 | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 229 | | 1 | MC | 9 | | 96 | 155 | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 18.340 | | 1 | MC | 9 | | 7.703 | 12.471 | |
| Fatty acids, total monounsaturated | g | 7.910 | | 1 | MC | 9 | | 3.322 | 5.379 | |
| Fatty acids, total polyunsaturated | g | 0.690 | | 1 | MC | 9 | | 0.290 | 0.469 | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 24 | | 1 | MC | 9 | | 10 | 16 | |
| 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 = 42g: 1 bar 1.5 oz

Measure 2 = 68g: 1 bar 2.4 oz

**NDB No. 19093**
**Candies, SYMPHONY Milk Chocolate Bar**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

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

**Common Measures:**

Measure 1 = 40g: 18 pieces

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19067**
**Candies, TWIZZLERS CHERRY BITES**

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

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

**Common Measures:**

Measure 1 = 40g: 27 pieces

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

**NDB No. 19092**
**Candies, TWIZZLERS NIBS CHERRY BITS**

**Food Group:** 19 Sweets

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

**NDB No. 19112**

**Candies, TWIZZLERS Strawberry Twists Candy**

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | | | | | | | | | |
| Energy | kcal | 350 | 4.034 | 3 | LC | 8 | | 248 | 133 | 157 |
| Energy | kj | 1464 | | 0 | LC | 8 | | 1039 | 556 | 659 |
| Protein | g | 2.56 | 0.176 | 3 | LC | 8 | | 1.82 | 0.97 | 1.15 |
| Total lipid (fat) | g | 2.32 | 0.158 | 3 | LC | 8 | | 1.65 | 0.88 | 1.04 |
| Ash | g | | | | | | | | | |
| Carbohydrate, by difference | g | 79.74 | 0.406 | 3 | LC | 8 | | 56.62 | 30.30 | 35.88 |
| Fiber, total dietary | g | 0.0 | 0.000 | 3 | LC | 8 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 39.64 | 0.182 | 3 | LC | 8 | | 28.14 | 15.06 | 17.84 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | 0.000 | 3 | LC | 8 | | 0 | 0 | 0 |
| Iron, Fe | mg | 0.51 | | | LC | 8 | | 0.36 | 0.19 | 0.23 |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | | | | | | | | | |
| Sodium, Na | mg | 287 | 2.503 | 3 | LC | 8 | | 204 | 109 | 129 |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.000 | 3 | LC | 8 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | 0.000 | 3 | LC | 8 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 0.000 | 0.000 | 3 | LC | 8 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | 0.000 | 3 | LC | 8 | | 0 | 0 | 0 |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 71g: 2.5 oz 2.5 oz

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

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

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

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.04 | | 1 | MC | 9 | | 1.46 | | |
| Energy | kcal | 494 | | 1 | MC | 9 | | 237 | | |
| Energy | kj | 2067 | | 0 | MC | 9 | | 992 | | |
| Protein | g | 8.04 | | 1 | MC | 9 | | 3.86 | | |
| Total lipid (fat) | g | 23.68 | | 1 | MC | 9 | | 11.37 | | |
| Ash | g | 1.66 | | 1 | MC | 9 | | 0.80 | | |
| Carbohydrate, by difference | g | 63.23 | | 1 | MC | 9 | | 30.35 | | |
| Fiber, total dietary | g | 1.9 | | 1 | MC | 9 | | 0.9 | | |
| Sugars, total | g | 48.86 | | 1 | MC | 9 | | 23.45 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 118 | | 1 | MC | 9 | | 57 | | |
| Iron, Fe | mg | 1.13 | | 1 | MC | 9 | | 0.54 | | |
| Magnesium, Mg | mg | 28 | | 1 | MC | 9 | | 14 | | |
| Phosphorus, P | mg | 138 | | 1 | MC | 9 | | 66 | | |
| Potassium, K | mg | 303 | | 1 | MC | 9 | | 146 | | |
| Sodium, Na | mg | 299 | | 1 | MC | 9 | | 144 | | |
| Zinc, Zn | mg | 0.43 | | 1 | MC | 9 | | 0.21 | | |
| Copper, Cu | mg | 0.120 | | 1 | MC | 9 | | 0.058 | | |
| Manganese, Mn | mg | 0.330 | | 1 | MC | 9 | | 0.158 | | |
| Selenium, Se | mcg | 0.7 | | 1 | MC | 9 | | 0.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 1 | MC | 9 | | 0.4 | | |
| Thiamin | mg | 0.110 | | 1 | MC | 9 | | 0.053 | | |
| Riboflavin | mg | 0.210 | | 1 | MC | 9 | | 0.101 | | |
| Niacin | mg | 2.470 | | 1 | MC | 9 | | 1.186 | | |
| Pantothenic acid | mg | 0.260 | | 1 | MC | 9 | | 0.125 | | |
| Vitamin B-6 | mg | 0.040 | | 1 | MC | 9 | | 0.019 | | |
| Folate, total | mcg | 18 | | 1 | MC | 9 | | 9 | | |
| Folic acid | mcg | 0 | | 0 | O | 4 | | 0 | | |
| Folate, food | mcg | 18 | | 0 | FLM | 4 | | 8 | | |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 8 | | |
| Vitamin B-12 | mcg | 0.37 | | 0 | FLM | 4 | | 0.18 | | |
| Vitamin A, IU | IU | 134 | | 1 | MC | 9 | | 64 | | |
| Vitamin A, RAE | mcg_RAE | 38 | | 0 | FLM | 4 | | 18 | | |
| Retinol | mcg | 37 | | 0 | FLM | 4 | | 18 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.27 | | 0 | FLM | 4 | | 0.61 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 4.3 | | 0 | FLM | 4 | | 2.1 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 17.040 | | 1 | MC | 9 | | 8.179 | | |
| 4:0 | g | 0.403 | | 0 | FLM | 4 | | 0.193 | | |
| 6:0 | g | 0.169 | | 0 | FLM | 4 | | 0.081 | | |
| 8:0 | g | 0.334 | | 0 | FLM | 4 | | 0.160 | | |
| 10:0 | g | 0.449 | | 0 | FLM | 4 | | 0.216 | | |
| 12:0 | g | 3.660 | | 0 | FLM | 4 | | 1.757 | | |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 14:0 | g | 1.801 | | 0 | FLM | 4 | | 0.865 | | |
| 15:0 | g | 0.048 | | 0 | FLM | 4 | | 0.023 | | |
| 16:0 | g | 5.260 | | 0 | FLM | 4 | | 2.525 | | |
| 17:0 | g | 0.053 | | 0 | FLM | 4 | | 0.025 | | |
| 18:0 | g | 4.715 | | 0 | FLM | 4 | | 2.263 | | |
| 20:0 | g | 0.122 | | 0 | FLM | 4 | | 0.059 | | |
| 22:0 | g | 0.013 | | 0 | FLM | 4 | | 0.006 | | |
| 24:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |

**NDB No. 19162**
**Candies, WHATCHAMACALLIT Candy Bar**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 3.780 | | 1 | MC | 9 | | 1.814 | | |
| 14:1.....g | 0.016 | | 0 | FLM | 4 | | 0.008 | | |
| 15:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 16:1 undifferentiated.....g | 0.040 | | 0 | FLM | 4 | | 0.019 | | |
| 17:1.....g | 0.004 | | 0 | FLM | 4 | | 0.002 | | |
| 18:1 undifferentiated.....g | 2.146 | | 0 | FLM | 4 | | 1.030 | | |
| 20:1.....g | 0.001 | | 0 | FLM | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 24:1 c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.830 | | 1 | MC | 9 | | 0.398 | | |
| 18:2 undifferentiated.....g | 0.761 | | 0 | FLM | 4 | | 0.366 | | |
| 18:3 undifferentiated.....g | 0.027 | | 0 | FLM | 4 | | 0.013 | | |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | 0.120 | | 1 | MC | 9 | | 0.058 | | |
| Cholesterol.....mg | 12 | | 1 | MC | 9 | | 6 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Caffeine.....mg | 10 | | 0 | FLM | 4 | | 5 | | |
| Theobromine.....mg | 100 | | 0 | FLM | 4 | | 48 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 1 | | 0 | FLM | 4 | | 0.503 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLM | 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 = 48g: 1 bar 1.7 oz

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

**Food Group:** 19 Sweets

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

**NDB No. 19180**

**Candies, WILLY WONKA'S EVERLASTING GOBSTOPPERS Jawbreakers**

*Nestle USA, Inc.*

**Refuse:** 0%

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

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

**Common Measures:**

Measure 1 = 16g: 6 pieces

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 9.09 | | 1 | MC | 9 | | 3.55 | | |
| Energy | kcal | 394 | | 1 | MC | 9 | | 153 | | |
| Energy | kj | 1647 | | 0 | MC | 9 | | 642 | | |
| Protein (N x 6.25) | g | 1.78 | | 1 | MC | 9 | | 0.69 | | |
| Total lipid (fat) | g | 7.32 | | 1 | MC | 9 | | 2.85 | | |
| Ash | g | 0.10 | | 1 | MC | 9 | | 0.04 | | |
| Carbohydrate, by difference | g | 81.64 | | 1 | MC | 9 | | 31.84 | | |
| Fiber, total dietary | g | 2.0 | | 1 | MC | 9 | | 0.8 | | |
| Sugars, total | g | 75.00 | | 1 | MC | 9 | | 29.25 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 10 | | 1 | MC | 9 | | 4 | | |
| Iron, Fe | mg | 0.94 | | 1 | MC | 9 | | 0.37 | | |
| Magnesium, Mg | mg | 1 | | 1 | MC | 9 | | 1 | | |
| Phosphorus, P | mg | 3 | | 1 | MC | 9 | | 1 | | |
| Potassium, K | mg | 108 | | 1 | MC | 9 | | 42 | | |
| Sodium, Na | mg | 46 | | 1 | MC | 9 | | 18 | | |
| Zinc, Zn | mg | 0.01 | | 1 | MC | 9 | | 0.00 | | |
| Copper, Cu | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Manganese, Mn | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Selenium, Se | mcg | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Thiamin | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Riboflavin | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Niacin | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Pantothenic acid | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Vitamin B-6 | mg | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Folate, total | mcg | 0 | | 1 | MC | 9 | | 0 | | |
| Folic acid | mcg | | | | | | | | | |
| Folate, food | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 7 | | 1 | MC | 9 | | 3 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Retinol | mcg | | | | | | | | | |
| Vitamin E (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 | 4.430 | | 1 | MC | 9 | | 1.728 | | |
| Fatty acids, total monounsaturated | g | 0.480 | | 1 | MC | 9 | | 0.187 | | |
| Fatty acids, total polyunsaturated | g | 0.100 | | 1 | MC | 9 | | 0.039 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 1 | | 1 | MC | 9 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Caffeine | mg | | | | | | | | | |
| Theobromine | mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19181**
**Candies, YORK BITES**

**Common Measures:**

Measure 1 = 39g: 15 pieces

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 9.03 | | 1 | MC | 9 | | 3.88 | | |
| Energy | kcal | 384 | | 1 | MC | 9 | | 165 | | |
| Energy | kj | 1606 | | 0 | MC | 9 | | 691 | | |
| Protein | g | 2.19 | | 1 | MC | 9 | | 0.94 | | |
| Total lipid (fat) | g | 7.17 | | 1 | MC | 9 | | 3.08 | | |
| Ash | g | 0.14 | | 1 | MC | 9 | | 0.06 | | |
| Carbohydrate, by difference | g | 80.99 | | 1 | MC | 9 | | 34.83 | | |
| Fiber, total dietary | g | 2.0 | | 1 | MC | 9 | | 0.9 | | |
| Sugars, total | g | 63.78 | | 1 | MC | 9 | | 27.43 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 11 | | 1 | MC | 9 | | 5 | | |
| Iron, Fe | mg | 0.92 | | 1 | MC | 9 | | 0.40 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 0 | | 1 | MC | 9 | | 0 | | |
| Potassium, K | mg | 111 | | 1 | MC | 9 | | 48 | | |
| Sodium, Na | mg | 28 | | 1 | MC | 9 | | 12 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 7 | | 1 | MC | 9 | | 3 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 4.340 | | 1 | MC | 9 | | 1.866 | | |
| Fatty acids, total monounsaturated | g | 0.410 | | 1 | MC | 9 | | 0.176 | | |
| Fatty acids, total polyunsaturated | g | 0.110 | | 1 | MC | 9 | | 0.047 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 1 | | 1 | MC | 9 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 43g: 1 patty 1.5 oz

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19091**
**Candies, YORK Peppermint Pattie**

**Food Group:** 19 Sweets

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

**NDB No. 19070**
**Candies, butterscotch**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 5.28 | | 0 | FLC | 4 | | 1.50 | 0.85 | |
| Energy | kcal | 391 | | 0 | FLC | 4 | | 111 | 63 | |
| Energy | kj | 1638 | | 0 | FLC | 4 | | 464 | 262 | |
| Protein (N x 0) | g | 0.03 | | 0 | FLC | 4 | | 0.01 | 0.01 | |
| Total lipid (fat) | g | 3.30 | | 0 | FLC | 4 | | 0.94 | 0.53 | |
| Ash | g | 0.98 | | 0 | FLC | 4 | | 0.28 | 0.16 | |
| Carbohydrate, by difference | g | 90.40 | | 0 | FLC | 4 | | 25.63 | 14.46 | |
| Fiber, total dietary | g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 90.35 | | 0 | FLC | 4 | | 25.61 | 14.46 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 2 | | 0 | FLC | 4 | | 1 | 0 | |
| Iron, Fe | mg | 0.02 | | 0 | FLC | 4 | | 0.01 | 0.00 | |
| Magnesium, Mg | mg | 1 | | 0 | FLC | 4 | | 0 | 0 | |
| Phosphorus, P | mg | 1 | | 0 | FLC | 4 | | 0 | 0 | |
| Potassium, K | mg | 4 | | 0 | FLC | 4 | | 1 | 1 | |
| Sodium, Na | mg | 391 | | 0 | FLC | 4 | | 111 | 63 | |
| Zinc, Zn | mg | 0.01 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Copper, Cu | mg | 0.003 | | 0 | FLC | 4 | | 0.001 | 0.001 | |
| Manganese, Mn | mg | 0.021 | | 0 | FLC | 4 | | 0.006 | 0.003 | |
| Selenium, Se | mcg | 0.6 | | 0 | FLC | 4 | | 0.2 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.003 | | 0 | FLC | 4 | | 0.001 | 0.000 | |
| Riboflavin | mg | 0.017 | | 0 | FLC | 4 | | 0.005 | 0.003 | |
| Niacin | mg | 0.006 | | 0 | FLC | 4 | | 0.002 | 0.001 | |
| Pantothenic acid | mg | 0.010 | | 0 | FLC | 4 | | 0.003 | 0.002 | |
| Vitamin B-6 | mg | 0.002 | | 0 | FLC | 4 | | 0.001 | 0.000 | |
| Folate, total | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 101 | | 0 | FLC | 4 | | 29 | 16 | |
| Vitamin A, RAE | mcg_RAE | 28 | | 0 | FLC | 4 | | 8 | 4 | |
| Retinol | mcg | 27 | | 0 | FLC | 4 | | 8 | 4 | |
| Vitamin E (alpha-tocopherol) | mg | 0.09 | | 0 | FLC | 4 | | 0.03 | 0.02 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.3 | | 0 | FLC | 4 | | 0.1 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.076 | | 0 | FLC | 4 | | 0.588 | 0.332 | |
| 4:0 | g | 0.130 | | 0 | FLC | 4 | | 0.037 | 0.021 | |
| 6:0 | g | 0.081 | | 0 | FLC | 4 | | 0.023 | 0.013 | |
| 8:0 | g | 0.048 | | 0 | FLC | 4 | | 0.014 | 0.008 | |
| 10:0 | g | 0.102 | | 0 | FLC | 4 | | 0.029 | 0.016 | |
| 12:0 | g | 0.105 | | 0 | FLC | 4 | | 0.030 | 0.017 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.300 | | 0 | FLC | 4 | | 0.085 | 0.048 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.877 | | 0 | FLC | 4 | | 0.249 | 0.140 | |
| 17:0 | g | 0.023 | | 0 | FLC | 4 | | 0.006 | 0.004 | |
| 18:0 | g | 0.404 | | 0 | FLC | 4 | | 0.115 | 0.065 | |
| 20:0 | g | 0.006 | | 0 | FLC | 4 | | 0.002 | 0.001 | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19070**
**Candies, butterscotch**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.849 | | 0 | FLC | 4 | | 0.241 | 0.136 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.039 | | 0 | FLC | 4 | | 0.011 | 0.006 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.807 | | 0 | FLC | 4 | | 0.229 | 0.129 | |
| 20:1.....g | 0.004 | | 0 | FLC | 4 | | 0.001 | 0.001 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.123 | | 0 | FLC | 4 | | 0.035 | 0.020 | |
| 18:2 undifferentiated.....g | 0.110 | | 0 | FLC | 4 | | 0.031 | 0.018 | |
| 18:3 undifferentiated.....g | 0.013 | | 0 | FLC | 4 | | 0.004 | 0.002 | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 9 | | 0 | FLC | 4 | | 2 | 1 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.002 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.002 | | 0 | FLC | 4 | | 0.001 | 0.000 | |
| Leucine.....g | 0.003 | | 0 | FLC | 4 | | 0.001 | 0.001 | |
| Lysine.....g | 0.003 | | 0 | FLC | 4 | | 0.001 | 0.000 | |
| Methionine.....g | 0.001 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.002 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.002 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.002 | | 0 | FLC | 4 | | 0.001 | 0.000 | |
| Arginine.....g | 0.001 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.001 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.001 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.003 | | 0 | FLC | 4 | | 0.001 | 0.000 | |
| Glutamic acid.....g | 0.007 | | 0 | FLC | 4 | | 0.002 | 0.001 | |
| Glycine.....g | 0.001 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.003 | | 0 | FLC | 4 | | 0.001 | 0.001 | |
| Serine.....g | 0.002 | | 0 | FLC | 4 | | 0.001 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 6 | | 0 | FLC | 4 | | 1.804 | 1.018 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 16g: 3 pieces

**NDB No. 19070**
**Candies, butterscotch**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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**NDB No. 19074**
**Candies, caramels**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 8.50 | 0.343 | 5 | | 1 | | 6.04 | 0.86 | |
| Energy | kcal | 382 | | 0 | NC | 4 | | 271 | 39 | |
| Energy | kj | 1598 | | | | 4 | | 1135 | 161 | |
| Protein (N x 6.4) | g | 4.60 | 0.126 | 3 | | 1 | | 3.27 | 0.46 | |
| Total lipid (fat) | g | 8.10 | | 1 | | 1 | | 5.75 | 0.82 | |
| Ash | g | 1.80 | 0.049 | 3 | | 1 | | 1.28 | 0.18 | |
| Carbohydrate, by difference | g | 77.00 | | 0 | NC | 4 | | 54.67 | 7.78 | |
| Fiber, total dietary | g | 1.2 | | 0 | | 1 | | 0.9 | 0.1 | |
| Sugars, total | g | 65.50 | | 0 | LC | 8 | | 46.51 | 6.62 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 138 | 7.131 | 41 | | 1 | | 98 | 14 | |
| Iron, Fe | mg | 0.14 | 0.048 | 41 | | 1 | | 0.10 | 0.01 | |
| Magnesium, Mg | mg | 17 | 0.874 | 41 | | 1 | | 12 | 2 | |
| Phosphorus, P | mg | 114 | 5.475 | 40 | | 1 | | 81 | 12 | |
| Potassium, K | mg | 214 | 12.300 | 42 | | 1 | | 152 | 22 | |
| Sodium, Na | mg | 245 | 13.433 | 42 | | 1 | | 174 | 25 | |
| Zinc, Zn | mg | 0.44 | 0.029 | 42 | | 1 | | 0.31 | 0.04 | |
| Copper, Cu | mg | 0.018 | 0.002 | 41 | | 1 | | 0.013 | 0.002 | |
| Manganese, Mn | mg | 0.011 | 0.002 | 41 | | 1 | | 0.008 | 0.001 | |
| Selenium, Se | mcg | 1.8 | 0.367 | 12 | A | 1 | | 1.3 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 0 | FLC | 4 | | 0.4 | 0.1 | |
| Thiamin | mg | 0.010 | | 1 | | 1 | | 0.007 | 0.001 | |
| Riboflavin | mg | 0.335 | | 0 | FLC | 4 | | 0.238 | 0.034 | |
| Niacin | mg | 0.250 | | 1 | | 1 | | 0.178 | 0.025 | |
| Pantothenic acid | mg | 0.592 | | 1 | | 1 | | 0.420 | 0.060 | |
| Vitamin B-6 | mg | 0.035 | | 1 | | 1 | | 0.025 | 0.004 | |
| Folate, total | mcg | 5 | | 0 | FLC | 4 | | 3 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 5 | | 0 | FLC | 4 | | 3 | 0 | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 3 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 5 | | 0 | FLC | 4 | | 4 | 1 | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | FLC | 4 | | 1 | 0 | |
| Retinol | mcg | 1 | | 0 | FLC | 4 | | 1 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 2.77 | | 0 | FLC | 4 | | 1.97 | 0.28 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.0 | | 0 | FLC | 4 | | 1.4 | 0.2 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.580 | | 0 | | 1 | | 4.672 | 0.665 | |
| 4:0 | g | 0.050 | | 1 | | 1 | | 0.036 | 0.005 | |
| 6:0 | g | 0.070 | | 1 | | 1 | | 0.050 | 0.007 | |
| 8:0 | g | 0.500 | | 1 | | 1 | | 0.355 | 0.051 | |
| 10:0 | g | 0.430 | | 1 | | 1 | | 0.305 | 0.043 | |
| 12:0 | g | 2.920 | | 1 | | 1 | | 2.073 | 0.295 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 1.250 | | 1 | | 1 | | 0.888 | 0.126 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.980 | | 1 | | 1 | | 0.696 | 0.099 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.380 | | 1 | | 1 | | 0.270 | 0.038 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19074**
**Candies, caramels**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.840 | | 0 | | 1 | | 0.596 | 0.085 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.040 | | 1 | | 1 | | 0.028 | 0.004 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.810 | | 1 | | 1 | | 0.575 | 0.082 | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.180 | | 0 | | 1 | | 0.128 | 0.018 | |
| 18:2 undifferentiated.....g | 0.150 | | 1 | | 1 | | 0.107 | 0.015 | |
| 18:3 undifferentiated.....g | 0.020 | | 1 | | 1 | | 0.014 | 0.002 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 7 | 0.333 | 3 | | 1 | | 5 | 1 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.060 | | 0 | | 1 | | 0.043 | 0.006 | |
| Threonine.....g | 0.192 | | 0 | | 1 | | 0.136 | 0.019 | |
| Isoleucine.....g | 0.258 | | 0 | | 1 | | 0.183 | 0.026 | |
| Leucine.....g | 0.417 | | 0 | | 1 | | 0.296 | 0.042 | |
| Lysine.....g | 0.338 | | 0 | | 1 | | 0.240 | 0.034 | |
| Methionine.....g | 0.107 | | 0 | | 1 | | 0.076 | 0.011 | |
| Cystine.....g | 0.039 | | 0 | | 1 | | 0.028 | 0.004 | |
| Phenylalanine.....g | 0.205 | | 0 | | 1 | | 0.146 | 0.021 | |
| Tyrosine.....g | 0.205 | | 0 | | 1 | | 0.146 | 0.021 | |
| Valine.....g | 0.285 | | 0 | | 1 | | 0.202 | 0.029 | |
| Arginine.....g | 0.155 | | 0 | | 1 | | 0.110 | 0.016 | |
| Histidine.....g | 0.115 | | 0 | | 1 | | 0.082 | 0.012 | |
| Alanine.....g | 0.147 | | 0 | | 1 | | 0.104 | 0.015 | |
| Aspartic acid.....g | 0.323 | | 0 | | 1 | | 0.229 | 0.033 | |
| Glutamic acid.....g | 0.892 | | 0 | | 1 | | 0.633 | 0.090 | |
| Glycine.....g | 0.091 | | 0 | | 1 | | 0.065 | 0.009 | |
| Proline.....g | 0.412 | | 0 | | 1 | | 0.293 | 0.042 | |
| Serine.....g | 0.232 | | 0 | | 1 | | 0.165 | 0.023 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.214 | 0.031 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 71g: 1 package (2.5 oz)

Measure 2 = 10.1g: 1 piece

**NDB No. 19074**
**Candies, caramels**

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

**Food Group:** 19 Sweets

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 7.30 | 0.507 | 4 | | 1 | | 2.34 | 4.67 | 0.51 |
| Energy | kcal | 398 | | 0 | NC | 4 | | 127 | 255 | 28 |
| Energy | kj | 1665 | | 0 | NC | 4 | | 533 | 1066 | 117 |
| Protein (N x 6.25) | g | 3.13 | | 1 | LC | 8 | | 1.00 | 2.00 | 0.22 |
| Total lipid (fat) | g | 6.25 | | 1 | LC | 8 | | 2.00 | 4.00 | 0.44 |
| Ash | g | 1.00 | | 0 | FLC | 4 | | 0.32 | 0.64 | 0.07 |
| Carbohydrate, by difference | g | 82.32 | | 0 | NC | 4 | | 26.34 | 52.69 | 5.76 |
| Fiber, total dietary | g | 1.6 | | 0 | FLC | 4 | | 0.5 | 1.0 | 0.1 |
| Sugars, total | g | 75.00 | | 1 | LC | 8 | | 24.00 | 48.00 | 5.25 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 82 | | 0 | FLC | 4 | | 26 | 53 | 6 |
| Iron, Fe | mg | 0.89 | | 0 | FLC | 4 | | 0.29 | 0.57 | 0.06 |
| Magnesium, Mg | mg | 32 | | 1 | | 1 | | 10 | 20 | 2 |
| Phosphorus, P | mg | 99 | | 0 | FLC | 4 | | 32 | 63 | 7 |
| Potassium, K | mg | 248 | | 0 | FLC | 4 | | 79 | 159 | 17 |
| Sodium, Na | mg | 94 | | 1 | LC | 8 | | 30 | 60 | 7 |
| Zinc, Zn | mg | 0.53 | | 1 | | 1 | | 0.17 | 0.34 | 0.04 |
| Copper, Cu | mg | 0.290 | | 1 | | 1 | | 0.093 | 0.186 | 0.020 |
| Manganese, Mn | mg | 0.247 | | 0 | FLC | 4 | | 0.079 | 0.158 | 0.017 |
| Selenium, Se | mcg | 2.9 | | 0 | FLC | 4 | | 0.9 | 1.9 | 0.2 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 0 | FLC | 4 | | 0.1 | 0.3 | 0.0 |
| Thiamin | mg | 0.037 | | 0 | FLC | 4 | | 0.012 | 0.023 | 0.003 |
| Riboflavin | mg | 0.131 | | 0 | FLC | 4 | | 0.042 | 0.084 | 0.009 |
| Niacin | mg | 0.198 | | 0 | FLC | 4 | | 0.063 | 0.127 | 0.014 |
| Pantothenic acid | mg | 0.244 | | 0 | FLC | 4 | | 0.078 | 0.156 | 0.017 |
| Vitamin B-6 | mg | 0.033 | | 0 | FLC | 4 | | 0.011 | 0.021 | 0.002 |
| Folate, total | mcg | 5 | | 0 | FLC | 4 | | 1 | 3 | 0 |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 5 | | 0 | FLC | 4 | | 1 | 3 | 0 |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 1 | 3 | 0 |
| Vitamin B-12 | mcg | 0.24 | | 0 | FLC | 4 | | 0.08 | 0.15 | 0.02 |
| Vitamin A, IU | IU | 1 | | 0 | FLC | 4 | | 0 | 1 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.67 | | 2 | A | 1 | | 0.21 | 0.43 | 0.05 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 10.9 | | 0 | FLC | 4 | | 3.5 | 7.0 | 0.8 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.218 | | 0 | FLC | 4 | | 0.390 | 0.779 | 0.085 |
| 4:0 | g | 0.002 | | 0 | FLC | 4 | | 0.001 | 0.001 | 0.000 |
| 6:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.001 | | 0 | FLC | 4 | | 0.000 | 0.001 | 0.000 |
| 12:0 | g | 0.001 | | 0 | FLC | 4 | | 0.000 | 0.001 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.012 | | 0 | FLC | 4 | | 0.004 | 0.007 | 0.001 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.768 | | 0 | FLC | 4 | | 0.246 | 0.491 | 0.054 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.434 | | 0 | FLC | 4 | | 0.139 | 0.278 | 0.030 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 1.513 | | 0 | FLC | 4 | | 0.484 | 0.968 | 0.106 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.012 | | 0 | FLC | 4 | | 0.004 | 0.008 | 0.001 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.490 | | 0 | FLC | 4 | | 0.477 | 0.953 | 0.104 |
| 20:1.....g | 0.011 | | 0 | FLC | 4 | | 0.003 | 0.007 | 0.001 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 3.170 | | 0 | FLC | 4 | | 1.014 | 2.029 | 0.222 |
| 18:2 undifferentiated.....g | 2.799 | | 0 | FLC | 4 | | 0.896 | 1.791 | 0.196 |
| 18:3 undifferentiated.....g | 0.371 | | 0 | FLC | 4 | | 0.119 | 0.237 | 0.026 |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 0 | FLC | 4 | | 0 | 1 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 4 | | 0 | FLC | 4 | | 1 | 3 | 0 |
| Theobromine.....mg | 143 | | 0 | FLC | 4 | | 46 | 92 | 10 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.024 | 0.048 | 0.005 |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 2 | | 0 | FLC | 4 | | 0.658 | 1.316 | 0.144 |

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

**Common Measures:**

Measure 1 = 32g: 1 serving 1/2 of 2.25 oz bar

Measure 2 = 64g: 1 bar 2.25 oz

Measure 3 = 7.0g: 1 piece

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

**Food Group:** 19 Sweets

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

**NDB No. 19071**
**Candies, carob**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.54 | | 5 | A | 1 | | 0.44 | 1.34 | |
| Energy | kcal | 540 | | 0 | NC | 4 | | 153 | 470 | |
| Energy | kj | 2259 | | | | 4 | | 641 | 1966 | |
| Protein (N x 6.25) | g | 8.15 | | 3 | A | 1 | | 2.31 | 7.09 | |
| Total lipid (fat) | g | 31.36 | | 5 | A | 1 | | 8.89 | 27.28 | |
| Ash | g | 2.66 | | 3 | A | 1 | | 0.75 | 2.31 | |
| Carbohydrate, by difference | g | 56.29 | | 0 | NC | 4 | | 15.96 | 48.97 | |
| Fiber, total dietary | g | 3.8 | | 2 | A | 1 | | 1.1 | 3.3 | |
| Sugars, total | g | 52.00 | | 0 | NR | 4 | | 14.74 | 45.24 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 303 | | 3 | A | 1 | | 86 | 264 | |
| Iron, Fe | mg | 1.29 | | 2 | A | 1 | | 0.37 | 1.12 | |
| Magnesium, Mg | mg | 36 | | 3 | A | 1 | | 10 | 31 | |
| Phosphorus, P | mg | 126 | | 2 | A | 1 | | 36 | 110 | |
| Potassium, K | mg | 633 | | 3 | A | 1 | | 179 | 551 | |
| Sodium, Na | mg | 107 | | 2 | A | 1 | | 30 | 93 | |
| Zinc, Zn | mg | 3.53 | | 3 | A | 1 | | 1.00 | 3.07 | |
| Copper, Cu | mg | 0.183 | | 2 | A | 1 | | 0.052 | 0.159 | |
| Manganese, Mn | mg | 0.140 | | 1 | A | 1 | | 0.040 | 0.122 | |
| Selenium, Se | mcg | 5.2 | | 0 | FLA | 4 | | 1.5 | 4.5 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 2 | A | 1 | | 0.1 | 0.4 | |
| Thiamin | mg | 0.100 | | 3 | A | 1 | | 0.028 | 0.087 | |
| Riboflavin | mg | 0.178 | | 2 | A | 1 | | 0.050 | 0.155 | |
| Niacin | mg | 1.040 | | 3 | A | 1 | | 0.295 | 0.905 | |
| Pantothenic acid | mg | 0.750 | | 3 | A | 1 | | 0.213 | 0.653 | |
| Vitamin B-6 | mg | 0.130 | | 3 | A | 1 | | 0.037 | 0.113 | |
| Folate, total | mcg | 21 | | 0 | FLA | 4 | | 6 | 19 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 21 | | 0 | FLA | 4 | | 6 | 19 | |
| Folate, DFE | mcg_DFE | 21 | | 0 | NC | 4 | | 6 | 19 | |
| Vitamin B-12 | mcg | 1.00 | | 1 | | 1 | | 0.28 | 0.87 | |
| Vitamin A, IU | IU | 2 | | 0 | NC | 4 | | 0 | 1 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 1.18 | | 0 | FLA | 4 | | 0.33 | 1.02 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 7.7 | | 0 | FLA | 4 | | 2.2 | 6.7 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 29.018 | | 2 | A | 1 | | 8.227 | 25.246 | |
| 4:0 | g | 0.163 | | 2 | A | 1 | | 0.046 | 0.142 | |
| 6:0 | g | 0.130 | | 2 | A | 1 | | 0.037 | 0.113 | |
| 8:0 | g | 1.545 | | 2 | A | 1 | | 0.438 | 1.344 | |
| 10:0 | g | 1.221 | | 2 | A | 1 | | 0.346 | 1.062 | |
| 12:0 | g | 12.958 | | 2 | A | 1 | | 3.674 | 11.273 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 4.322 | | 2 | A | 1 | | 1.225 | 3.760 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.073 | | 2 | A | 1 | | 0.871 | 2.674 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 5.538 | | 2 | A | 1 | | 1.570 | 4.818 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19071**
**Candies, carob**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.483 | | 2 | A | 1 | | 0.137 | 0.420 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.482 | | 2 | A | 1 | | 0.137 | 0.419 | |
| 20:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.295 | | 2 | A | 1 | | 0.084 | 0.257 | |
| 18:2 undifferentiated.....g | 0.259 | | 2 | A | 1 | | 0.073 | 0.225 | |
| 18:3 undifferentiated.....g | 0.034 | | 2 | A | 1 | | 0.010 | 0.030 | |
| 18:4.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 3 | | 2 | A | 1 | | 1 | 3 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.024 | 0.074 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 87g: 1 bar (3 oz)

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

**Food Group:** 19 Sweets

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

**NDB No. 43031**
**Candies, chocolate covered, caramel with nuts**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.10 | | | | 4 | | 0.85 | | |
| Energy | kcal | 470 | | 0 | NC | 4 | | 66 | | |
| Energy | kj | 1965 | | 0 | NC | 4 | | 275 | | |
| Protein | g | 9.50 | | | | 1 | | 1.33 | | |
| Total lipid (fat) | g | 21.00 | | | | 1 | | 2.94 | | |
| Ash | g | 2.73 | | 0 | BFZN | 4 | | 0.38 | | |
| Carbohydrate, by difference | g | 60.67 | | 0 | NC | 4 | | 8.49 | | |
| Fiber, total dietary | g | 4.3 | | | | 4 | | 0.6 | | |
| Sugars, total | g | 49.28 | | 0 | BFZN | 4 | | 6.90 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 78 | | | | 4 | | 11 | | |
| Iron, Fe | mg | 1.70 | | | | 1 | | 0.24 | | |
| Magnesium, Mg | mg | 81 | | | | 4 | | 11 | | |
| Phosphorus, P | mg | 166 | | | | 4 | | 23 | | |
| Potassium, K | mg | 445 | | | | 4 | | 62 | | |
| Sodium, Na | mg | 24 | | | | 4 | | 3 | | |
| Zinc, Zn | mg | 1.87 | | | | 4 | | 0.26 | | |
| Copper, Cu | mg | 0.580 | | | | 4 | | 0.081 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 2.8 | | 0 | BFFN | 4 | | 0.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.4 | | | | 1 | | 0.2 | | |
| Thiamin | mg | 0.040 | | | | 1 | | 0.006 | | |
| Riboflavin | mg | 0.160 | | | | 1 | | 0.022 | | |
| Niacin | mg | 4.760 | | | | 1 | | 0.666 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.160 | | | | 4 | | 0.022 | | |
| Folate, total | mcg | 92 | | | | 4 | | 13 | | |
| Folic acid | mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, food | mcg | 92 | | | | 4 | | 13 | | |
| Folate, DFE | mcg_DFE | 92 | | 0 | NC | 4 | | 13 | | |
| Vitamin B-12 | mcg | 0.00 | | | | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 149 | | 0 | NC | 4 | | 21 | | |
| Vitamin A, RAE | mcg_RAE | 42 | | 0 | NC | 4 | | 6 | | |
| Retinol | mcg | 41 | | 0 | BFZN | 4 | | 6 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.10 | | 0 | BFZN | 4 | | 0.15 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.2 | | 0 | BFZN | 4 | | 0.4 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.657 | | | | 4 | | 0.652 | | |
| 4:0 | g | 0.000 | | | | 4 | | 0.000 | | |
| 6:0 | g | 0.005 | | | | 4 | | 0.001 | | |
| 8:0 | g | 0.080 | | | | 4 | | 0.011 | | |
| 10:0 | g | 0.090 | | | | 4 | | 0.013 | | |
| 12:0 | g | 1.140 | | | | 4 | | 0.160 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.407 | | | | 4 | | 0.057 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.178 | | | | 4 | | 0.305 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.551 | | | | 4 | | 0.077 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 43031**
**Candies, chocolate covered, caramel with nuts**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 9.444 | | | | 4 | | 1.322 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.003 | | | | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 9.194 | | | | 4 | | 1.287 | | |
| 20:1.....g | 0.246 | | | | 4 | | 0.034 | | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 5.834 | | | | 4 | | 0.817 | | |
| 18:2 undifferentiated.....g | 5.833 | | | | 4 | | 0.817 | | |
| 18:3 undifferentiated.....g | 0.001 | | | | 4 | | 0.000 | | |
| 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 | | | | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 7 | | 0.0 | | |
| Caffeine.....mg | 19 | | 0 | BFFN | 4 | | 3 | | |
| Theobromine.....mg | 113 | | 0 | BFFN | 4 | | 16 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 7 | | 0 | BFZN | 4 | | 1.037 | | |
| 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 = 14.0g: 1 piece

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

**Food Group:** 19 Sweets

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

**NDB No. 43059**
**Candies, chocolate covered, dietetic or low calorie**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.00 | | | | 4 | | | | |
| Energy | kcal | 575 | | 0 | NC | 4 | | | | |
| Energy | kj | 2406 | | 0 | NC | 4 | | | | |
| Protein | g | 12.60 | | | | 1 | | | | |
| Total lipid (fat) | g | 39.40 | | | | 1 | | | | |
| Ash | g | 1.50 | | 0 | NR | 4 | | | | |
| Carbohydrate, by difference | g | 42.50 | | 0 | NC | 4 | | | | |
| Fiber, total dietary | g | 3.6 | | 0 | FLC | 4 | | | | |
| Sugars, total | g | 14.57 | | 0 | FLC | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 303 | | | | 1 | | | | |
| Iron, Fe | mg | 1.45 | | | | 1 | | | | |
| Magnesium, Mg | mg | 100 | | 0 | FLC | 4 | | | | |
| Phosphorus, P | mg | 332 | | | | 1 | | | | |
| Potassium, K | mg | 606 | | | | 1 | | | | |
| Sodium, Na | mg | 109 | | | | 1 | | | | |
| Zinc, Zn | mg | 2.70 | | 0 | FLC | 4 | | | | |
| Copper, Cu | mg | 0.629 | | 0 | FLC | 4 | | | | |
| Manganese, Mn | mg | 0.930 | | 0 | FLC | 4 | | | | |
| Selenium, Se | mcg | 7.3 | | 0 | FLC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.4 | | | | 1 | | | | |
| Thiamin | mg | 0.200 | | | | 1 | | | | |
| Riboflavin | mg | 0.480 | | | | 1 | | | | |
| Niacin | mg | 2.260 | | | | 1 | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.126 | | 0 | FLC | 4 | | | | |
| Folate, total | mcg | 26 | | 0 | FLC | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | | | |
| Folate, food | mcg | 26 | | 0 | FLC | 4 | | | | |
| Folate, DFE | mcg_DFE | 26 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.85 | | 0 | FLC | 4 | | | | |
| Vitamin A, IU | IU | 200 | | 0 | FLC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 55 | | 0 | FLC | 4 | | | | |
| Retinol | mcg | 54 | | 0 | FLC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 2.93 | | 0 | FLC | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 7.2 | | 0 | FLC | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 21.910 | | | | 4 | | | | |
| 4:0 | g | 0.005 | | | | 4 | | | | |
| 6:0 | g | 0.049 | | | | 4 | | | | |
| 8:0 | g | 0.786 | | | | 4 | | | | |
| 10:0 | g | 0.883 | | | | 4 | | | | |
| 12:0 | g | 11.179 | | | | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 3.950 | | | | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.589 | | | | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.363 | | | | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 43059**
**Candies, chocolate covered, dietetic or low calorie**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 10.942 | | | | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.035 | | | | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 10.753 | | | | 4 | | | | |
| 20:1.....g | 0.126 | | | | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 4.354 | | | | 4 | | | | |
| 18:2 undifferentiated.....g | 4.303 | | | | 4 | | | | |
| 18:3 undifferentiated.....g | 0.042 | | | | 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 | 21 | | 0 | FLC | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | | | |
| Caffeine.....mg | 9 | | 0 | FLC | 4 | | | | |
| Theobromine.....mg | 150 | | 0 | FLC | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 12 | | 0 | FLC | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 6 | | 0 | FLC | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.75 | | 2 | A | 1 | | 1.28 | 0.21 | |
| Energy | kcal | 539 | | 0 | NC | 4 | | 916 | 153 | |
| Energy | kj | 2255 | | | | 4 | | 3834 | 639 | |
| Protein (N x 6.38) | g | 2.20 | | 2 | A | 1 | | 3.74 | 0.62 | |
| Total lipid (fat) | g | 29.05 | | 2 | A | 1 | | 49.39 | 8.24 | |
| Ash | g | 0.90 | | 2 | A | 1 | | 1.53 | 0.26 | |
| Carbohydrate, by difference | g | 67.10 | | 0 | NC | 4 | | 114.07 | 19.02 | |
| Fiber, total dietary | g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 67.00 | | 0 | NR | 4 | | 113.90 | 18.99 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 34 | | 1 | | 1 | | 58 | 10 | |
| Iron, Fe | mg | 0.08 | | 1 | | 4 | | 0.14 | 0.02 | |
| Magnesium, Mg | mg | 5 | | 0 | FLC | 4 | | 8 | 1 | |
| Phosphorus, P | mg | 31 | | 0 | FLC | 4 | | 52 | 9 | |
| Potassium, K | mg | 187 | | 1 | | 1 | | 318 | 53 | |
| Sodium, Na | mg | 89 | | 2 | A | 1 | | 151 | 25 | |
| Zinc, Zn | mg | 0.10 | | 0 | FLC | 4 | | 0.17 | 0.03 | |
| Copper, Cu | mg | 0.003 | | 0 | FLC | 4 | | 0.005 | 0.001 | |
| Manganese, Mn | mg | 0.002 | | 0 | FLC | 4 | | 0.003 | 0.000 | |
| Selenium, Se | mcg | 1.3 | | 0 | FLC | 4 | | 2.2 | 0.4 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 0 | FLC | 4 | | 0.2 | 0.0 | |
| Thiamin | mg | 0.080 | | 1 | | 1 | | 0.136 | 0.023 | |
| Riboflavin | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Niacin | mg | 0.070 | | 1 | | 1 | | 0.119 | 0.020 | |
| Pantothenic acid | mg | 0.149 | | 0 | FLC | 4 | | 0.254 | 0.042 | |
| Vitamin B-6 | mg | 0.016 | | 0 | FLC | 4 | | 0.027 | 0.005 | |
| Folate, total | mcg | 1 | | 0 | FLC | 4 | | 2 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 1 | | 0 | FLC | 4 | | 2 | 0 | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 0 | |
| Vitamin B-12 | mcg | 0.10 | | 0 | FLC | 4 | | 0.18 | 0.03 | |
| Vitamin A, IU | IU | 1 | | 0 | FLC | 4 | | 1 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.60 | | 0 | FLC | 4 | | 1.02 | 0.17 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 4.5 | | 0 | FLC | 4 | | 7.6 | 1.3 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 24.100 | | 1 | A | 1 | | 40.970 | 6.832 | |
| 4:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.060 | | 1 | | 1 | | 0.102 | 0.017 | |
| 8:0 | g | 1.092 | | 2 | A | 1 | | 1.856 | 0.310 | |
| 10:0 | g | 1.076 | | 2 | A | 1 | | 1.829 | 0.305 | |
| 12:0 | g | 13.790 | | 1 | | 1 | | 23.443 | 3.909 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 4.674 | | 2 | A | 1 | | 7.946 | 1.325 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.344 | | 2 | A | 1 | | 3.985 | 0.665 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.722 | | 2 | A | 1 | | 2.927 | 0.488 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 2.271 | | 0 | | 4 | | 3.861 | 0.644 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.007 | | 2 | A | 1 | | 0.012 | 0.002 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 2.250 | | 2 | A | 1 | | 3.825 | 0.638 | |
| 20:1.....g | 0.014 | | 1 | A | 1 | | 0.024 | 0.004 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.435 | | 0 | | 4 | | 0.740 | 0.123 | |
| 18:2 undifferentiated.....g | 0.407 | | 2 | A | 1 | | 0.692 | 0.115 | |
| 18:3 undifferentiated.....g | 0.014 | | 2 | A | 1 | | 0.024 | 0.004 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.014 | | 1 | A | 1 | | 0.024 | 0.004 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLC | 4 | | 1 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.030 | | 0 | | 1 | | 0.051 | 0.009 | |
| Threonine.....g | 0.096 | | 0 | | 1 | | 0.163 | 0.027 | |
| Isoleucine.....g | 0.129 | | 0 | | 1 | | 0.219 | 0.037 | |
| Leucine.....g | 0.208 | | 0 | | 1 | | 0.354 | 0.059 | |
| Lysine.....g | 0.169 | | 0 | | 1 | | 0.287 | 0.048 | |
| Methionine.....g | 0.053 | | 0 | | 1 | | 0.090 | 0.015 | |
| Cystine.....g | 0.020 | | 0 | | 1 | | 0.034 | 0.006 | |
| Phenylalanine.....g | 0.103 | | 0 | | 1 | | 0.175 | 0.029 | |
| Tyrosine.....g | 0.103 | | 0 | | 1 | | 0.175 | 0.029 | |
| Valine.....g | 0.142 | | 0 | | 1 | | 0.241 | 0.040 | |
| Arginine.....g | 0.077 | | 0 | | 1 | | 0.131 | 0.022 | |
| Histidine.....g | 0.058 | | 0 | | 1 | | 0.099 | 0.016 | |
| Alanine.....g | 0.073 | | 0 | | 1 | | 0.124 | 0.021 | |
| Aspartic acid.....g | 0.161 | | 0 | | 1 | | 0.274 | 0.046 | |
| Glutamic acid.....g | 0.445 | | 0 | | 1 | | 0.757 | 0.126 | |
| Glycine.....g | 0.045 | | 0 | | 1 | | 0.077 | 0.013 | |
| Proline.....g | 0.206 | | 0 | | 1 | | 0.350 | 0.058 | |
| Serine.....g | 0.115 | | 0 | | 1 | | 0.196 | 0.033 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.081 | 0.013 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 170g: 1 cup chips

Measure 2 = 28.35g: 1 oz

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

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.56 | | 0 | FLC | 4 | | 4.30 | 0.73 | |
| Energy | kcal | 530 | | 0 | NC | 4 | | 890 | 150 | |
| Energy | kj | 2216 | | 0 | NC | 4 | | 3723 | 628 | |
| Protein (N x 6.25) | g | 18.30 | | 1 | | 1 | | 30.74 | 5.19 | |
| Total lipid (fat) | g | 29.80 | | 1 | | 1 | | 50.06 | 8.45 | |
| Ash | g | 2.29 | | 0 | FLC | 4 | | 3.84 | 0.65 | |
| Carbohydrate, by difference | g | 47.05 | | 0 | NC | 4 | | 79.05 | 13.34 | |
| Fiber, total dietary | g | 4.8 | | 0 | FLC | 4 | | 8.0 | 1.4 | |
| Sugars, total | g | 37.17 | | 0 | FLC | 4 | | 62.44 | 10.54 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 110 | | 1 | | 1 | | 185 | 31 | |
| Iron, Fe | mg | 1.70 | | 1 | | 1 | | 2.86 | 0.48 | |
| Magnesium, Mg | mg | 110 | | 1 | | 1 | | 185 | 31 | |
| Phosphorus, P | mg | 310 | | 1 | | 1 | | 521 | 88 | |
| Potassium, K | mg | 505 | | 1 | | 1 | | 848 | 143 | |
| Sodium, Na | mg | 250 | | 1 | | 1 | | 420 | 71 | |
| Zinc, Zn | mg | 2.00 | | 1 | | 1 | | 3.36 | 0.57 | |
| Copper, Cu | mg | 0.400 | | 1 | | 1 | | 0.672 | 0.113 | |
| Manganese, Mn | mg | 1.400 | | 1 | | 1 | | 2.352 | 0.397 | |
| Selenium, Se | mcg | 3.8 | | 0 | FLC | 4 | | 6.4 | 1.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 0 | FLC | 4 | | 0.6 | 0.1 | |
| Thiamin | mg | 0.050 | | 1 | | 1 | | 0.084 | 0.014 | |
| Riboflavin | mg | 0.200 | | 1 | | 1 | | 0.336 | 0.057 | |
| Niacin | mg | 8.200 | | 1 | | 1 | | 13.776 | 2.325 | |
| Pantothenic acid | mg | 1.020 | | 0 | FLC | 4 | | 1.713 | 0.289 | |
| Vitamin B-6 | mg | 0.171 | | 0 | FLC | 4 | | 0.288 | 0.049 | |
| Folate, total | mcg | 78 | | 0 | FLC | 4 | | 130 | 22 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 78 | | 0 | FLC | 4 | | 130 | 22 | |
| Folate, DFE | mcg_DFE | 78 | | 0 | NC | 4 | | 130 | 22 | |
| Vitamin B-12 | mcg | 0.22 | | 0 | FLC | 4 | | 0.36 | 0.06 | |
| Vitamin A, IU | IU | 1 | | 0 | FLC | 4 | | 2 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 1 | 0 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 1 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 1.76 | | 0 | FLC | 4 | | 2.96 | 0.50 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 7.3 | | 0 | FLC | 4 | | 12.3 | 2.1 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 13.120 | | 0 | | 1 | | 22.042 | 3.720 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.030 | | 1 | | 1 | | 0.050 | 0.009 | |
| 8:0 | g | 0.450 | | 1 | | 1 | | 0.756 | 0.128 | |
| 10:0 | g | 0.500 | | 1 | | 1 | | 0.840 | 0.142 | |
| 12:0 | g | 6.370 | | 1 | | 1 | | 10.702 | 1.806 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 2.230 | | 1 | | 1 | | 3.746 | 0.632 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.790 | | 1 | | 1 | | 4.687 | 0.791 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.740 | | 1 | | 1 | | 1.243 | 0.210 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 9.590 | | 0 | | 1 | | 16.111 | 2.719 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 9.370 | | 1 | | 1 | | 15.742 | 2.656 | |
| 20:1.....g | 0.220 | | 1 | | 1 | | 0.370 | 0.062 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 5.340 | | 0 | | 1 | | 8.971 | 1.514 | |
| 18:2 undifferentiated.....g | 5.340 | | 1 | | 1 | | 8.971 | 1.514 | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 0 | FLC | 4 | | 2 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.176 | | 0 | | 1 | | 0.296 | 0.050 | |
| Threonine.....g | 0.629 | | 0 | | 1 | | 1.057 | 0.178 | |
| Isoleucine.....g | 0.649 | | 0 | | 1 | | 1.090 | 0.184 | |
| Leucine.....g | 1.191 | | 0 | | 1 | | 2.001 | 0.338 | |
| Lysine.....g | 0.669 | | 0 | | 1 | | 1.124 | 0.190 | |
| Methionine.....g | 0.166 | | 0 | | 1 | | 0.279 | 0.047 | |
| Cystine.....g | 0.233 | | 0 | | 1 | | 0.391 | 0.066 | |
| Phenylalanine.....g | 0.942 | | 0 | | 1 | | 1.583 | 0.267 | |
| Tyrosine.....g | 0.742 | | 0 | | 1 | | 1.247 | 0.210 | |
| Valine.....g | 0.772 | | 0 | | 1 | | 1.297 | 0.219 | |
| Arginine.....g | 2.150 | | 0 | | 1 | | 3.612 | 0.610 | |
| Histidine.....g | 0.463 | | 0 | | 1 | | 0.778 | 0.131 | |
| Alanine.....g | 0.722 | | 0 | | 1 | | 1.213 | 0.205 | |
| Aspartic acid.....g | 2.206 | | 0 | | 1 | | 3.706 | 0.625 | |
| Glutamic acid.....g | 3.807 | | 0 | | 1 | | 6.396 | 1.079 | |
| Glycine.....g | 1.082 | | 0 | | 1 | | 1.818 | 0.307 | |
| Proline.....g | 0.822 | | 0 | | 1 | | 1.381 | 0.233 | |
| Serine.....g | 0.899 | | 0 | | 1 | | 1.510 | 0.255 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.111 | 0.019 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 168g: 1 cup chips

Measure 2 = 28.35g: 1 oz

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

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

**Food Group:** 19 Sweets

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

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

white chocolate
**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.30 | | 5 | A | 1 | | 2.21 | 1.11 | |
| Energy | kcal | 539 | | 0 | NC | 4 | | 916 | 458 | |
| Energy | kj | 2255 | | | | 4 | | 3834 | 1917 | |
| Protein (N x 6.38) | g | 5.87 | | 3 | A | 1 | | 9.98 | 4.99 | |
| Total lipid (fat) | g | 32.09 | | 5 | A | 1 | | 54.55 | 27.28 | |
| Ash | g | 1.50 | | 3 | A | 1 | | 2.55 | 1.28 | |
| Carbohydrate, by difference | g | 59.25 | | 0 | NC | 4 | | 100.73 | 50.36 | |
| Fiber, total dietary | g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 59.08 | | 0 | FLA | 4 | | 100.44 | 50.22 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 199 | | 3 | A | 1 | | 338 | 169 | |
| Iron, Fe | mg | 0.24 | | 3 | A | 1 | | 0.41 | 0.20 | |
| Magnesium, Mg | mg | 12 | | 3 | A | 1 | | 20 | 10 | |
| Phosphorus, P | mg | 176 | | 3 | A | 1 | | 299 | 150 | |
| Potassium, K | mg | 286 | | 3 | A | 1 | | 486 | 243 | |
| Sodium, Na | mg | 90 | | 3 | A | 1 | | 153 | 77 | |
| Zinc, Zn | mg | 0.74 | | 3 | A | 1 | | 1.26 | 0.63 | |
| Copper, Cu | mg | 0.060 | | 3 | A | 1 | | 0.102 | 0.051 | |
| Manganese, Mn | mg | 0.003 | | 0 | FLA | 4 | | 0.005 | 0.003 | |
| Selenium, Se | mcg | 4.7 | | 0 | FLA | 4 | | 7.9 | 4.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 3 | A | 1 | | 0.9 | 0.4 | |
| Thiamin | mg | 0.063 | | 3 | A | 1 | | 0.107 | 0.054 | |
| Riboflavin | mg | 0.282 | | 3 | A | 1 | | 0.479 | 0.240 | |
| Niacin | mg | 0.745 | | 3 | A | 1 | | 1.267 | 0.633 | |
| Pantothenic acid | mg | 0.608 | | 3 | A | 1 | | 1.034 | 0.517 | |
| Vitamin B-6 | mg | 0.056 | | 3 | A | 1 | | 0.095 | 0.048 | |
| Folate, total | mcg | 8 | | 0 | FLA | 4 | | 13 | 6 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 8 | | 0 | FLA | 4 | | 13 | 6 | |
| Folate, DFE | mcg_DFE | 8 | | 0 | NC | 4 | | 13 | 6 | |
| Vitamin B-12 | mcg | 0.63 | | 0 | FLA | 4 | | 1.06 | 0.53 | |
| Vitamin A, IU | IU | 28 | | 0 | FLA | 4 | | 47 | 24 | |
| Vitamin A, RAE | mcg_RAE | 8 | | 0 | FLA | 4 | | 13 | 7 | |
| Retinol | mcg | 8 | | 0 | FLA | 4 | | 13 | 6 | |
| Vitamin E (alpha-tocopherol) | mg | 0.93 | | 0 | FLA | 4 | | 1.59 | 0.79 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 8.2 | | 0 | FLA | 4 | | 13.9 | 7.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 19.412 | | 2 | A | 1 | | 33.000 | 16.500 | |
| 4:0 | g | 0.314 | | 2 | A | 1 | | 0.534 | 0.267 | |
| 6:0 | g | 0.155 | | 2 | A | 1 | | 0.264 | 0.132 | |
| 8:0 | g | 0.115 | | 2 | A | 1 | | 0.196 | 0.098 | |
| 10:0 | g | 0.220 | | 2 | A | 1 | | 0.374 | 0.187 | |
| 12:0 | g | 0.629 | | 2 | A | 1 | | 1.069 | 0.535 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.797 | | 2 | A | 1 | | 1.355 | 0.677 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 7.947 | | 2 | A | 1 | | 13.510 | 6.755 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 9.145 | | 2 | A | 1 | | 15.547 | 7.773 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 9.097 | | 2 | A | 1 | | 15.465 | 7.732 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.062 | | 2 | A | 1 | | 0.105 | 0.053 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 8.990 | | 2 | A | 1 | | 15.283 | 7.642 | |
| 20:1.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.013 | | 2 | A | 1 | | 1.722 | 0.861 | |
| 18:2 undifferentiated.....g | 0.910 | | 2 | A | 1 | | 1.547 | 0.774 | |
| 18:3 undifferentiated.....g | 0.103 | | 2 | A | 1 | | 0.175 | 0.088 | |
| 18:4.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 2 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 5 | | 0 | FLA | 4 | | 9 | 5 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 2 | | 0 | FLA | 4 | | 2.703 | 1.351 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 170g: 1 cup chips

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

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.91 | | 2 | A | 1 | | | | |
| Energy | kcal | 522 | | 0 | FLA | 4 | | | | |
| Energy | kj | 2185 | | 0 | FLA | 4 | | | | |
| Protein | g | 5.87 | | 0 | FLA | 4 | | | | |
| Total lipid (fat) | g | 27.00 | | 0 | FLA | 4 | | | | |
| Ash | g | 1.28 | | 0 | FLA | 4 | | | | |
| Carbohydrate, by difference | g | 63.94 | | 0 | FLA | 4 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | FLA | 4 | | | | |
| Sugars, total | g | 62.33 | | 0 | FLA | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 204 | | 0 | FLA | 4 | | | | |
| Iron, Fe | mg | 0.06 | | 0 | FLA | 4 | | | | |
| Magnesium, Mg | mg | 18 | | 0 | FLA | 4 | | | | |
| Phosphorus, P | mg | 157 | | 0 | FLA | 4 | | | | |
| Potassium, K | mg | 290 | | 0 | FLA | 4 | | | | |
| Sodium, Na | mg | 86 | | 0 | FLA | 4 | | | | |
| Zinc, Zn | mg | 0.70 | | 0 | FLA | 4 | | | | |
| Copper, Cu | mg | 0.008 | | 0 | FLA | 4 | | | | |
| Manganese, Mn | mg | 0.003 | | 0 | FLA | 4 | | | | |
| Selenium, Se | mcg | 4.7 | | 0 | FLA | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | 0 | FLA | 4 | | | | |
| Thiamin | mg | 0.064 | | 0 | FLA | 4 | | | | |
| Riboflavin | mg | 0.261 | | 0 | FLA | 4 | | | | |
| Niacin | mg | 0.154 | | 0 | FLA | 4 | | | | |
| Pantothenic acid | mg | 0.587 | | 0 | FLA | 4 | | | | |
| Vitamin B-6 | mg | 0.056 | | 0 | FLA | 4 | | | | |
| Folate, total | mcg | 8 | | 0 | FLA | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | | | |
| Folate, food | mcg | 8 | | 0 | FLA | 4 | | | | |
| Folate, DFE | mcg_DFE | 8 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.61 | | 0 | FLA | 4 | | | | |
| Vitamin A, IU | IU | 4 | | 0 | FLA | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | FLA | 4 | | | | |
| Retinol | mcg | 1 | | 0 | FLA | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 1.11 | | 0 | FLA | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 9.4 | | 0 | FLA | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 24.108 | | 0 | FLA | 4 | | | | |
| 4:0 | g | 0.005 | | 0 | FLA | 4 | | | | |
| 6:0 | g | 0.060 | | 0 | FLA | 4 | | | | |
| 8:0 | g | 0.963 | | 0 | FLA | 4 | | | | |
| 10:0 | g | 1.082 | | 0 | FLA | 4 | | | | |
| 12:0 | g | 13.695 | | 0 | FLA | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 4.796 | | 0 | FLA | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.622 | | 0 | FLA | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.885 | | 0 | FLA | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.527 | | 0 | FLA | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.002 | | 0 | FLA | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.525 | | 0 | FLA | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.524 | | 0 | FLA | 4 | | | | |
| 18:2 undifferentiated.....g | 0.485 | | 0 | FLA | 4 | | | | |
| 18:3 undifferentiated.....g | 0.039 | | 0 | FLA | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 3 | | 0 | FLA | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

**NDB No. 19268**
**Candies, dark chocolate coated coffee 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 | 1.47 | | 0 | FLC | 4 | | 0.59 | | |
| Energy | kcal | 540 | | 0 | NC | 4 | | 216 | | |
| Energy | kj | 2259 | | 0 | NC | 4 | | 903 | | |
| Protein (N x 6.25) | g | 7.50 | | 1 | LC | 8 | | 3.00 | | |
| Total lipid (fat) | g | 30.00 | | 1 | LC | 8 | | 12.00 | | |
| Ash | g | 1.08 | | 0 | FLC | 4 | | 0.43 | | |
| Carbohydrate, by difference | g | 59.95 | | 0 | NC | 4 | | 23.98 | | |
| Fiber, total dietary | g | 7.5 | | 1 | LC | 8 | | 3.0 | | |
| Sugars, total | g | 42.50 | | 1 | LC | 8 | | 17.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 100 | | 1 | LC | 8 | | 40 | | |
| Iron, Fe | mg | 2.70 | | 1 | LC | 8 | | 1.08 | | |
| Magnesium, Mg | mg | 107 | | 0 | FLC | 4 | | 43 | | |
| Phosphorus, P | mg | 135 | | 0 | FLC | 4 | | 54 | | |
| Potassium, K | mg | 342 | | 0 | FLC | 4 | | 137 | | |
| Sodium, Na | mg | 25 | | 1 | LC | 8 | | 10 | | |
| Zinc, Zn | mg | 1.32 | | 0 | FLC | 4 | | 0.53 | | |
| Copper, Cu | mg | 0.563 | | 0 | FLC | 4 | | 0.225 | | |
| Manganese, Mn | mg | 0.558 | | 0 | FLC | 4 | | 0.223 | | |
| Selenium, Se | mcg | 2.8 | | 0 | FLC | 4 | | 1.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Thiamin | mg | 0.018 | | 0 | FLC | 4 | | 0.007 | | |
| Riboflavin | mg | 0.266 | | 0 | FLC | 4 | | 0.106 | | |
| Niacin | mg | 0.578 | | 0 | FLC | 4 | | 0.231 | | |
| Pantothenic acid | mg | 0.108 | | 0 | FLC | 4 | | 0.043 | | |
| Vitamin B-6 | mg | 0.038 | | 0 | FLC | 4 | | 0.015 | | |
| Folate, total | mcg | 3 | | 0 | FLC | 4 | | 1 | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | mcg | 3 | | 0 | FLC | 4 | | 1 | | |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 1 | | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 0 | | 1 | LC | 8 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.23 | | 0 | FLC | 4 | | 0.09 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.9 | | 0 | FLC | 4 | | 2.4 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 15.000 | | 1 | LC | 8 | | 6.000 | | |
| 4:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 8:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 10:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 12:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.022 | | 0 | FLC | 4 | | 0.009 | | |
| 15:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0 | g | 6.552 | | 0 | FLC | 4 | | 2.621 | | |
| 17:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0 | g | 8.407 | | 0 | FLC | 4 | | 3.363 | | |
| 20:0 | g | 0.012 | | 0 | FLC | 4 | | 0.005 | | |
| 22:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |

**NDB No. 19268**
**Candies, dark chocolate coated coffee 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 | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| 14:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 13 | | 1 | LC | 8 | | 5 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine.....mg | 839 | | 0 | FLC | 4 | | 336 | | |
| Theobromine.....mg | 368 | | 0 | FLC | 4 | | 147 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 16 | | 0 | FLC | 4 | | 6.273 | | |

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

**Common Measures:**

Measure 1 = 40g: 1 serving 28 pieces

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.51 | | 0 | RKI | 6 | | | | |
| Energy | kcal | 374 | | 0 | RKI | 6 | | | | |
| Energy | kj | 1564 | | 0 | RKI | 6 | | | | |
| Protein | g | 0.00 | | 0 | RKI | 6 | | | | |
| Total lipid (fat) | g | 0.01 | | 0 | RKI | 6 | | | | |
| Ash | g | 0.06 | | 0 | RKI | 6 | | | | |
| Carbohydrate, by difference | g | 93.42 | | 0 | RKI | 6 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | RKI | 6 | | | | |
| Sugars, total | g | 93.36 | | 0 | RKI | 6 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 2 | | 0 | RKA | 1 | | | | |
| Iron, Fe | mg | 0.01 | | 0 | RKA | 1 | | | | |
| Magnesium, Mg | mg | 0 | | 0 | RKA | 1 | | | | |
| Phosphorus, P | mg | 0 | | 0 | RKA | 1 | | | | |
| Potassium, K | mg | 4 | | 0 | RKA | 1 | | | | |
| Sodium, Na | mg | 16 | | 0 | RKA | 1 | | | | |
| Zinc, Zn | mg | 0.00 | | 0 | RKA | 1 | | | | |
| Copper, Cu | mg | 0.003 | | 0 | RKA | 1 | | | | |
| Manganese, Mn | mg | 0.008 | | 0 | RKA | 1 | | | | |
| Selenium, Se | mcg | 0.6 | | 0 | RKI | 6 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | RKI | 6 | | | | |
| Thiamin | mg | 0.001 | | 0 | RKI | 6 | | | | |
| Riboflavin | mg | 0.017 | | 0 | RKI | 6 | | | | |
| Niacin | mg | 0.002 | | 0 | RKI | 6 | | | | |
| Pantothenic acid | mg | 0.002 | | 0 | RKI | 6 | | | | |
| Vitamin B-6 | mg | 0.001 | | 0 | RKI | 6 | | | | |
| Folate, total | mcg | 0 | | 0 | RKI | 6 | | | | |
| Folic acid | mcg | 0 | | 0 | RKI | 6 | | | | |
| Folate, food | mcg | 0 | | 0 | RKI | 6 | | | | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.00 | | 0 | RKI | 6 | | | | |
| Vitamin A, IU | IU | 0 | | 0 | RKI | 6 | | | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | RKI | 6 | | | | |
| Retinol | mcg | 0 | | 0 | RKI | 6 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | RKI | 6 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | RKI | 6 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 0 | RKI | 6 | | | | |
| 4:0 | g | 0.000 | | 0 | RKI | 6 | | | | |
| 6:0 | g | 0.000 | | 0 | RKI | 6 | | | | |
| 8:0 | g | 0.000 | | 0 | RKI | 6 | | | | |
| 10:0 | g | 0.000 | | 0 | RKI | 6 | | | | |
| 12:0 | g | 0.000 | | 0 | RKI | 6 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | RKI | 6 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | RKI | 6 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | RKI | 6 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.000 | | 0 | RKI | 6 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | RKI | 6 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | RKI | 6 | | | | |
| 20:1.....g | 0.000 | | 0 | RKI | 6 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RKI | 6 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | RKI | 6 | | | | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | RKI | 6 | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | RKI | 6 | | | | |
| 18:4.....g | 0.000 | | 0 | RKI | 6 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RKI | 6 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RKI | 6 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RKI | 6 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RKI | 6 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | RKI | 6 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | | | | | | | | | |
| Threonine.....g | | | | | | | | | |
| Isoleucine.....g | | | | | | | | | |
| Leucine.....g | | | | | | | | | |
| Lysine.....g | | | | | | | | | |
| Methionine.....g | | | | | | | | | |
| Cystine.....g | | | | | | | | | |
| Phenylalanine.....g | | | | | | | | | |
| Tyrosine.....g | | | | | | | | | |
| Valine.....g | | | | | | | | | |
| Arginine.....g | | | | | | | | | |
| Histidine.....g | | | | | | | | | |
| Alanine.....g | | | | | | | | | |
| Aspartic acid.....g | | | | | | | | | |
| Glutamic acid.....g | | | | | | | | | |
| Glycine.....g | | | | | | | | | |
| Proline.....g | | | | | | | | | |
| Serine.....g | | | | | | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RKI | 6 | | | | |
| Caffeine.....mg | 0 | | 0 | RKI | 6 | | | | |
| Theobromine.....mg | 0 | | 0 | RKI | 6 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | RKI | 6 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | RKI | 6 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | RKI | 6 | | | | |
| Lycopene.....mcg | 0 | | 0 | RKI | 6 | | | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | RKI | 6 | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 5.592 | | 0 | RC | 4 | | | | |
| 14:1.....g | 0.000 | | 0 | RC | 4 | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.207 | | 0 | RC | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 5.375 | | 0 | RC | 4 | | | | |
| 20:1.....g | 0.010 | | 0 | RC | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RC | 4 | | | | |
| 24:1 c.....g | 0.000 | | 0 | RC | 4 | | | | |
| Fatty acids, total polyunsaturated.....g | 4.066 | | 0 | RC | 4 | | | | |
| 18:2 undifferentiated.....g | 3.260 | | 0 | RC | 4 | | | | |
| 18:3 undifferentiated.....g | 0.806 | | 0 | RC | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RC | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RC | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RC | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 23 | | 0 | RC | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.042 | | 0 | RC | 4 | | | | |
| Threonine.....g | 0.133 | | 0 | RC | 4 | | | | |
| Isoleucine.....g | 0.146 | | 0 | RC | 4 | | | | |
| Leucine.....g | 0.249 | | 0 | RC | 4 | | | | |
| Lysine.....g | 0.167 | | 0 | RC | 4 | | | | |
| Methionine.....g | 0.053 | | 0 | RC | 4 | | | | |
| Cystine.....g | 0.038 | | 0 | RC | 4 | | | | |
| Phenylalanine.....g | 0.155 | | 0 | RC | 4 | | | | |
| Tyrosine.....g | 0.116 | | 0 | RC | 4 | | | | |
| Valine.....g | 0.188 | | 0 | RC | 4 | | | | |
| Arginine.....g | 0.284 | | 0 | RC | 4 | | | | |
| Histidine.....g | 0.074 | | 0 | RC | 4 | | | | |
| Alanine.....g | 0.158 | | 0 | RC | 4 | | | | |
| Aspartic acid.....g | 0.330 | | 0 | RC | 4 | | | | |
| Glutamic acid.....g | 0.588 | | 0 | RC | 4 | | | | |
| Glycine.....g | 0.185 | | 0 | RC | 4 | | | | |
| Proline.....g | 0.222 | | 0 | RC | 4 | | | | |
| Serine.....g | 0.173 | | 0 | RC | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | | | |
| Caffeine.....mg | 16 | | 0 | RC | 4 | | | | |
| Theobromine.....mg | 129 | | 0 | RC | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 52 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 9.78 | | 0 | RC | 4 | | 1.66 | | |
| Energy | kcal | 411 | | 0 | RC | 4 | | 70 | | |
| Energy | kj | 1719 | | 0 | RC | 4 | | 292 | | |
| Protein (N x 0) | g | 2.39 | | 0 | RC | 4 | | 0.41 | | |
| Total lipid (fat) | g | 10.41 | | 0 | RC | 4 | | 1.77 | | |
| Ash | g | 0.70 | | 0 | RC | 4 | | 0.12 | | |
| Carbohydrate, by difference | g | 76.48 | | 0 | RC | 4 | | 13.00 | | |
| Fiber, total dietary | g | 1.7 | | 0 | RC | 4 | | 0.3 | | |
| Sugars, total | g | 73.76 | | 0 | RC | 4 | | 12.54 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 45 | | 0 | RC | 4 | | 8 | | |
| Iron, Fe | mg | 1.77 | | 0 | RC | 4 | | 0.30 | | |
| Magnesium, Mg | mg | 36 | | 0 | RC | 4 | | 6 | | |
| Phosphorus, P | mg | 69 | | 0 | RC | 4 | | 12 | | |
| Potassium, K | mg | 131 | | 0 | RC | 4 | | 22 | | |
| Sodium, Na | mg | 47 | | 0 | RC | 4 | | 8 | | |
| Zinc, Zn | mg | 1.10 | | 0 | RC | 4 | | 0.19 | | |
| Copper, Cu | mg | 0.333 | | 0 | RC | 4 | | 0.057 | | |
| Manganese, Mn | mg | 0.423 | | 0 | RC | 4 | | 0.072 | | |
| Selenium, Se | mcg | 2.5 | | 0 | RC | 4 | | 0.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | RC | 4 | | 0.0 | | |
| Thiamin | mg | 0.026 | | 0 | RC | 4 | | 0.004 | | |
| Riboflavin | mg | 0.085 | | 0 | RC | 4 | | 0.015 | | |
| Niacin | mg | 0.177 | | 0 | RC | 4 | | 0.030 | | |
| Pantothenic acid | mg | 0.141 | | 0 | RC | 4 | | 0.024 | | |
| Vitamin B-6 | mg | 0.012 | | 0 | RC | 4 | | 0.002 | | |
| Folate, total | mcg | 4 | | 0 | RC | 4 | | 1 | | |
| Folic acid | mcg | 0 | | 0 | RC | 4 | | 0 | | |
| Folate, food | mcg | 4 | | 0 | RC | 4 | | 1 | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 1 | | |
| Vitamin B-12 | mcg | 0.09 | | 0 | RC | 4 | | 0.01 | | |
| Vitamin A, IU | IU | 159 | | 0 | RC | 4 | | 27 | | |
| Vitamin A, RAE | mcg_RAE | 44 | | 0 | RC | 4 | | 7 | | |
| Retinol | mcg | 43 | | 0 | RC | 4 | | 7 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.18 | | 0 | RC | 4 | | 0.03 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 15.948 | | 0 | RC | 4 | | 2.711 | | |
| Vitamin K (phylloquinone) | mcg | 1.4 | | 0 | RC | 4 | | 0.2 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.918 | | 0 | RC | 4 | | 1.006 | | |
| 4:0 | g | 0.153 | | 0 | RC | 4 | | 0.026 | | |
| 6:0 | g | 0.105 | | 0 | RC | 4 | | 0.018 | | |
| 8:0 | g | 0.072 | | 0 | RC | 4 | | 0.012 | | |
| 10:0 | g | 0.125 | | 0 | RC | 4 | | 0.021 | | |
| 12:0 | g | 0.129 | | 0 | RC | 4 | | 0.022 | | |
| 13:0 | g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| 14:0 | g | 0.398 | | 0 | RC | 4 | | 0.068 | | |
| 15:0 | g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| 16:0 | g | 2.480 | | 0 | RC | 4 | | 0.422 | | |
| 17:0 | g | 0.032 | | 0 | RC | 4 | | 0.006 | | |
| 18:0 | g | 2.357 | | 0 | RC | 4 | | 0.401 | | |
| 20:0 | g | 0.061 | | 0 | RC | 4 | | 0.010 | | |
| 22:0 | g | 0.005 | | 0 | RC | 4 | | 0.001 | | |
| 24:0 | g | 0.000 | | 0 | RC | 4 | | 0.000 | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 2.726 | | 0 | RC | 4 | | 0.463 | | |
| 14:1....g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| 15:1....g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.049 | | 0 | RC | 4 | | 0.008 | | |
| 16:1 c....g | 0.038 | | 0 | RC | 4 | | 0.007 | | |
| 16:1 t....g | | | | | | | | | |
| 17:1....g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| 18:1 undifferentiated....g | 2.673 | | 0 | RC | 4 | | 0.454 | | |
| 18:1 c....g | 2.290 | | 0 | RC | 4 | | 0.389 | | |
| 18:1 t....g | 0.119 | | 0 | RC | 4 | | 0.020 | | |
| 20:1....g | 0.004 | | 0 | RC | 4 | | 0.001 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| 24:1 c....g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| Fatty acids, total polyunsaturated....g | 0.230 | | 0 | RC | 4 | | 0.039 | | |
| 18:2 undifferentiated....g | 0.206 | | 0 | RC | 4 | | 0.035 | | |
| 18:2 n-6 c,c....g | 0.087 | | 0 | RC | 4 | | 0.015 | | |
| 18:2 CLAs....g | 0.011 | | 0 | RC | 4 | | 0.002 | | |
| 18:2 c,t....g | | | | | | | | | |
| 18:2 t,c....g | | | | | | | | | |
| 18:2 t,t....g | | | | | | | | | |
| 18:2 i....g | 0.012 | | 0 | RC | 4 | | 0.002 | | |
| 18:2 t not further defined....g | | | | | | | | | |
| 18:3 undifferentiated....g | 0.024 | | 0 | RC | 4 | | 0.004 | | |
| 18:3 n-6 c,c,c....g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| 18:4....g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| 20:3 undifferentiated....g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3....g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| 22:5 n-3....g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| 22:6 n-3....g | 0.000 | | 0 | RC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 14 | | 0 | RC | 4 | | 2 | | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine....mg | 8 | | 0 | RC | 4 | | 1 | | |
| Theobromine....mg | 130 | | 0 | RC | 4 | | 22 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta....mcg | 10 | | 0 | RC | 4 | | 1.636 | | |
| Carotene, alpha....mcg | 0 | | 0 | RC | 4 | | 0.000 | | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | RC | 4 | | 0.000 | | |
| Lycopene....mcg | 0 | | 0 | RC | 4 | | 0.000 | | |
| Lutein + zeaxanthin....mcg | 4 | | 0 | RC | 4 | | 0.655 | | |

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

**Common Measures:**

Measure 1 = 17g: 1 piece

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

**Food Group:** 19 Sweets

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 7.64 | | 0 | RC | 4 | | | | |
| Energy | kcal | 461 | | 0 | RC | 4 | | | | |
| Energy | kj | 1930 | | 0 | RC | 4 | | | | |
| Protein | g | 4.38 | | 0 | RC | 4 | | | | |
| Total lipid (fat) | g | 18.93 | | 0 | RC | 4 | | | | |
| Ash | g | 0.87 | | 0 | RC | 4 | | | | |
| Carbohydrate, by difference | g | 67.96 | | 0 | RC | 4 | | | | |
| Fiber, total dietary | g | 2.5 | | 0 | RC | 4 | | | | |
| Sugars, total | g | 63.92 | | 0 | RC | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 54 | | 0 | RC | 4 | | | | |
| Iron, Fe | mg | 1.97 | | 0 | RC | 4 | | | | |
| Magnesium, Mg | mg | 55 | | 0 | RC | 4 | | | | |
| Phosphorus, P | mg | 112 | | 0 | RC | 4 | | | | |
| Potassium, K | mg | 180 | | 0 | RC | 4 | | | | |
| Sodium, Na | mg | 41 | | 0 | RC | 4 | | | | |
| Zinc, Zn | mg | 1.42 | | 0 | RC | 4 | | | | |
| Copper, Cu | mg | 0.529 | | 0 | RC | 4 | | | | |
| Manganese, Mn | mg | 0.886 | | 0 | RC | 4 | | | | |
| Selenium, Se | mcg | 2.9 | | 0 | RC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 0 | RC | 4 | | | | |
| Thiamin | mg | 0.067 | | 0 | RC | 4 | | | | |
| Riboflavin | mg | 0.095 | | 0 | RC | 4 | | | | |
| Niacin | mg | 0.316 | | 0 | RC | 4 | | | | |
| Pantothenic acid | mg | 0.208 | | 0 | RC | 4 | | | | |
| Vitamin B-6 | mg | 0.088 | | 0 | RC | 4 | | | | |
| Folate, total | mcg | 16 | | 0 | RC | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RC | 4 | | | | |
| Folate, food | mcg | 16 | | 0 | RC | 4 | | | | |
| Folate, DFE | mcg_DFE | 16 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.07 | | 0 | RC | 4 | | | | |
| Vitamin A, IU | IU | 140 | | 0 | RC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 38 | | 0 | RC | 4 | | | | |
| Retinol | mcg | 37 | | 0 | RC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.26 | | 0 | RC | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 13.735 | | 0 | RC | 4 | | | | |
| Vitamin K (phylloquinone) | mcg | 1.6 | | 0 | RC | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.033 | | 0 | RC | 4 | | | | |
| 4:0 | g | 0.132 | | 0 | RC | 4 | | | | |
| 6:0 | g | 0.090 | | 0 | RC | 4 | | | | |
| 8:0 | g | 0.062 | | 0 | RC | 4 | | | | |
| 10:0 | g | 0.108 | | 0 | RC | 4 | | | | |
| 12:0 | g | 0.111 | | 0 | RC | 4 | | | | |
| 13:0 | g | 0.000 | | 0 | RC | 4 | | | | |
| 14:0 | g | 0.342 | | 0 | RC | 4 | | | | |
| 15:0 | g | 0.000 | | 0 | RC | 4 | | | | |
| 16:0 | g | 2.809 | | 0 | RC | 4 | | | | |
| 17:0 | g | 0.028 | | 0 | RC | 4 | | | | |
| 18:0 | g | 2.284 | | 0 | RC | 4 | | | | |
| 20:0 | g | 0.062 | | 0 | RC | 4 | | | | |
| 22:0 | g | 0.004 | | 0 | RC | 4 | | | | |
| 24:0 | g | 0.000 | | 0 | RC | 4 | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 3.713 | | 0 | RC | 4 | | | | |
| 14:1.....g | 0.000 | | 0 | RC | 4 | | | | |
| 15:1.....g | 0.000 | | 0 | RC | 4 | | | | |
| 16:1 undifferentiated.....g | 0.042 | | 0 | RC | 4 | | | | |
| 16:1 c.....g | 0.033 | | 0 | RC | 4 | | | | |
| 16:1 t.....g | | | | | | | | | |
| 17:1.....g | 0.000 | | 0 | RC | 4 | | | | |
| 18:1 undifferentiated.....g | 3.647 | | 0 | RC | 4 | | | | |
| 20:1.....g | 0.024 | | 0 | RC | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RC | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 7.406 | | 0 | RC | 4 | | | | |
| 18:2 undifferentiated.....g | 5.998 | | 0 | RC | 4 | | | | |
| 18:3 undifferentiated.....g | 1.408 | | 0 | RC | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RC | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | Z | 7 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RC | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 12 | | 0 | RC | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | | | | | | | | | |
| Threonine.....g | | | | | | | | | |
| Isoleucine.....g | | | | | | | | | |
| Leucine.....g | | | | | | | | | |
| Lysine.....g | | | | | | | | | |
| Methionine.....g | | | | | | | | | |
| Cystine.....g | | | | | | | | | |
| Phenylalanine.....g | | | | | | | | | |
| Tyrosine.....g | | | | | | | | | |
| Valine.....g | | | | | | | | | |
| Arginine.....g | | | | | | | | | |
| Histidine.....g | | | | | | | | | |
| Alanine.....g | | | | | | | | | |
| Aspartic acid.....g | | | | | | | | | |
| Glutamic acid.....g | | | | | | | | | |
| Glycine.....g | | | | | | | | | |
| Proline.....g | | | | | | | | | |
| Serine.....g | | | | | | | | | |
| Hydroxyproline.....g | 0.000 | | 0 | RC | 4 | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | | | |
| Caffeine.....mg | 7 | | 0 | RC | 4 | | | | |
| Theobromine.....mg | 112 | | 0 | RC | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 10 | | 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 | 5 | | 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:**

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

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

**NDB No. 19104**
**Candies, fudge, vanilla with nuts for 19104**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 7.86 | | 0 | RC | 4 | | | | |
| Energy | kcal | 435 | | 0 | RC | 4 | | | | |
| Energy | kj | 1821 | | 0 | RC | 4 | | | | |
| Protein | g | 3.00 | | 0 | RC | 4 | | | | |
| Total lipid (fat) | g | 13.68 | | 0 | RC | 4 | | | | |
| Ash | g | 0.54 | | 0 | RC | 4 | | | | |
| Carbohydrate, by difference | g | 74.74 | | 0 | RC | 4 | | | | |
| Fiber, total dietary | g | 0.9 | | 0 | RC | 4 | | | | |
| Sugars, total | g | 73.39 | | 0 | RC | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 43 | | 0 | RC | 4 | | | | |
| Iron, Fe | mg | 0.42 | | 0 | RC | 4 | | | | |
| Magnesium, Mg | mg | 24 | | 0 | RC | 4 | | | | |
| Phosphorus, P | mg | 71 | | 0 | RC | 4 | | | | |
| Potassium, K | mg | 100 | | 0 | RC | 4 | | | | |
| Sodium, Na | mg | 46 | | 0 | RC | 4 | | | | |
| Zinc, Zn | mg | 0.53 | | 0 | RC | 4 | | | | |
| Copper, Cu | mg | 0.223 | | 0 | RC | 4 | | | | |
| Manganese, Mn | mg | 0.470 | | 0 | RC | 4 | | | | |
| Selenium, Se | mcg | 2.2 | | 0 | RC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 0 | RC | 4 | | | | |
| Thiamin | mg | 0.049 | | 0 | RC | 4 | | | | |
| Riboflavin | mg | 0.085 | | 0 | RC | 4 | | | | |
| Niacin | mg | 0.180 | | 0 | RC | 4 | | | | |
| Pantothenic acid | mg | 0.184 | | 0 | RC | 4 | | | | |
| Vitamin B-6 | mg | 0.078 | | 0 | RC | 4 | | | | |
| Folate, total | mcg | 12 | | 0 | RC | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RC | 4 | | | | |
| Folate, food | mcg | 12 | | 0 | RC | 4 | | | | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.07 | | 0 | RC | 4 | | | | |
| Vitamin A, IU | IU | 151 | | 0 | RC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 41 | | 0 | RC | 4 | | | | |
| Retinol | mcg | 40 | | 0 | RC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.22 | | 0 | RC | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 13.879 | | 0 | RC | 4 | | | | |
| Vitamin K (phylloquinone) | mcg | 0.8 | | 0 | RC | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.320 | | 0 | RC | 4 | | | | |
| 4:0 | g | 0.144 | | 0 | RC | 4 | | | | |
| 6:0 | g | 0.098 | | 0 | RC | 4 | | | | |
| 8:0 | g | 0.066 | | 0 | RC | 4 | | | | |
| 10:0 | g | 0.118 | | 0 | RC | 4 | | | | |
| 12:0 | g | 0.120 | | 0 | RC | 4 | | | | |
| 13:0 | g | 0.000 | | 0 | RC | 4 | | | | |
| 14:0 | g | 0.367 | | 0 | RC | 4 | | | | |
| 15:0 | g | 0.000 | | 0 | RC | 4 | | | | |
| 16:0 | g | 1.660 | | 0 | RC | 4 | | | | |
| 17:0 | g | 0.021 | | 0 | RC | 4 | | | | |
| 18:0 | g | 0.710 | | 0 | RC | 4 | | | | |
| 20:0 | g | 0.014 | | 0 | RC | 4 | | | | |
| 22:0 | g | 0.000 | | 0 | RC | 4 | | | | |
| 24:0 | g | 0.000 | | 0 | RC | 4 | | | | |

**NDB No. 19104**
**Candies, fudge, vanilla with nuts for 19104**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 2.246 | | 0 | RC | 4 | | | | |
| 14:1.....g | 0.000 | | 0 | RC | 4 | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.037 | | 0 | RC | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 2.187 | | 0 | RC | 4 | | | | |
| 20:1.....g | 0.022 | | 0 | RC | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RC | 4 | | | | |
| 24:1 c.....g | 0.000 | | 0 | RC | 4 | | | | |
| Fatty acids, total polyunsaturated.....g | 6.489 | | 0 | RC | 4 | | | | |
| 18:2 undifferentiated.....g | 5.234 | | 0 | RC | 4 | | | | |
| 18:3 undifferentiated.....g | 1.255 | | 0 | RC | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RC | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RC | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RC | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 13 | | 0 | RC | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.044 | | 0 | RC | 4 | | | | |
| Threonine.....g | 0.122 | | 0 | RC | 4 | | | | |
| Isoleucine.....g | 0.133 | | 0 | RC | 4 | | | | |
| Leucine.....g | 0.237 | | 0 | RC | 4 | | | | |
| Lysine.....g | 0.100 | | 0 | RC | 4 | | | | |
| Methionine.....g | 0.054 | | 0 | RC | 4 | | | | |
| Cystine.....g | 0.033 | | 0 | RC | 4 | | | | |
| Phenylalanine.....g | 0.139 | | 0 | RC | 4 | | | | |
| Tyrosine.....g | 0.099 | | 0 | RC | 4 | | | | |
| Valine.....g | 0.158 | | 0 | RC | 4 | | | | |
| Arginine.....g | 0.332 | | 0 | RC | 4 | | | | |
| Histidine.....g | 0.075 | | 0 | RC | 4 | | | | |
| Alanine.....g | 0.124 | | 0 | RC | 4 | | | | |
| Aspartic acid.....g | 0.317 | | 0 | RC | 4 | | | | |
| Glutamic acid.....g | 0.571 | | 0 | RC | 4 | | | | |
| Glycine.....g | 0.132 | | 0 | RC | 4 | | | | |
| Proline.....g | 0.194 | | 0 | RC | 4 | | | | |
| Serine.....g | 0.159 | | 0 | RC | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | | | |
| Caffeine.....mg | 0 | | 0 | RC | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | RC | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 11 | | 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. 19104**
**Candies, fudge, vanilla with nuts for 19104**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 10.71 | | 0 | RC | 4 | | | | |
| Energy | kcal | 384 | | 0 | RC | 4 | | | | |
| Energy | kj | 1605 | | 0 | RC | 4 | | | | |
| Protein | g | 1.05 | | 0 | RC | 4 | | | | |
| Total lipid (fat) | g | 5.44 | | 0 | RC | 4 | | | | |
| Ash | g | 0.34 | | 0 | RC | 4 | | | | |
| Carbohydrate, by difference | g | 82.28 | | 0 | RC | 4 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | RC | 4 | | | | |
| Sugars, total | g | 82.28 | | 0 | NR | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 34 | | 0 | RC | 4 | | | | |
| Iron, Fe | mg | 0.02 | | 0 | RC | 4 | | | | |
| Magnesium, Mg | mg | 3 | | 0 | RC | 4 | | | | |
| Phosphorus, P | mg | 28 | | 0 | RC | 4 | | | | |
| Potassium, K | mg | 46 | | 0 | RC | 4 | | | | |
| Sodium, Na | mg | 51 | | 0 | RC | 4 | | | | |
| Zinc, Zn | mg | 0.13 | | 0 | RC | 4 | | | | |
| Copper, Cu | mg | 0.008 | | 0 | RC | 4 | | | | |
| Manganese, Mn | mg | 0.007 | | 0 | RC | 4 | | | | |
| Selenium, Se | mcg | 1.7 | | 0 | RC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | RC | 4 | | | | |
| Thiamin | mg | 0.011 | | 0 | RC | 4 | | | | |
| Riboflavin | mg | 0.074 | | 0 | RC | 4 | | | | |
| Niacin | mg | 0.039 | | 0 | RC | 4 | | | | |
| Pantothenic acid | mg | 0.120 | | 0 | RC | 4 | | | | |
| Vitamin B-6 | mg | 0.009 | | 0 | RC | 4 | | | | |
| Folate, total | mcg | 1 | | 0 | RC | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RC | 4 | | | | |
| Folate, food | mcg | 1 | | 0 | RC | 4 | | | | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.08 | | 0 | RC | 4 | | | | |
| Vitamin A, IU | IU | 168 | | 0 | RC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 46 | | 0 | RC | 4 | | | | |
| Retinol | mcg | 45 | | 0 | RC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.14 | | 0 | RC | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 15.668 | | 0 | RC | 4 | | | | |
| Vitamin K (phylloquinone) | mcg | 0.5 | | 0 | RC | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.807 | | 0 | RC | 4 | | | | |
| 4:0 | g | 0.163 | | 0 | RC | 4 | | | | |
| 6:0 | g | 0.110 | | 0 | RC | 4 | | | | |
| 8:0 | g | 0.075 | | 0 | RC | 4 | | | | |
| 10:0 | g | 0.133 | | 0 | RC | 4 | | | | |
| 12:0 | g | 0.136 | | 0 | RC | 4 | | | | |
| 13:0 | g | 0.000 | | 0 | RC | 4 | | | | |
| 14:0 | g | 0.415 | | 0 | RC | 4 | | | | |
| 15:0 | g | 0.000 | | 0 | RC | 4 | | | | |
| 16:0 | g | 1.199 | | 0 | RC | 4 | | | | |
| 17:0 | g | 0.024 | | 0 | RC | 4 | | | | |
| 18:0 | g | 0.547 | | 0 | RC | 4 | | | | |
| 20:0 | g | 0.006 | | 0 | RC | 4 | | | | |
| 22:0 | g | 0.000 | | 0 | RC | 4 | | | | |
| 24:0 | g | 0.000 | | 0 | RC | 4 | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 1.164 | | 0 | RC | 4 | | | | |
| 14:1....g | 0.000 | | 0 | RC | 4 | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.042 | | 0 | RC | 4 | | | | |
| 16:1 c....g | 0.042 | | 0 | RC | 4 | | | | |
| 16:1 t....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.118 | | 0 | RC | 4 | | | | |
| 18:1 c....g | 0.735 | | 0 | RC | 4 | | | | |
| 18:1 t....g | 0.129 | | 0 | RC | 4 | | | | |
| 20:1....g | 0.004 | | 0 | RC | 4 | | | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | RC | 4 | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.085 | | 0 | RC | 4 | | | | |
| 18:2 undifferentiated....g | 0.062 | | 0 | RC | 4 | | | | |
| 18:2 n-6 c,c....g | 0.094 | | 0 | RC | 4 | | | | |
| 18:2 CLAs....g | 0.012 | | 0 | RC | 4 | | | | |
| 18:2 c,t....g | | | | | | | | | |
| 18:2 t,c....g | | | | | | | | | |
| 18:2 t,t....g | | | | | | | | | |
| 18:2 i....g | 0.013 | | 0 | RC | 4 | | | | |
| 18:2 t not further defined....g | | | | | | | | | |
| 18:3 undifferentiated....g | 0.023 | | 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 | 15 | | 0 | RC | 4 | | | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.024 | | 0 | RC | 4 | | | | |
| Threonine....g | 0.047 | | 0 | RC | 4 | | | | |
| Isoleucine....g | 0.054 | | 0 | RC | 4 | | | | |
| Leucine....g | 0.087 | | 0 | RC | 4 | | | | |
| Lysine....g | 0.047 | | 0 | RC | 4 | | | | |
| Methionine....g | 0.024 | | 0 | RC | 4 | | | | |
| Cystine....g | 0.006 | | 0 | RC | 4 | | | | |
| Phenylalanine....g | 0.048 | | 0 | RC | 4 | | | | |
| Tyrosine....g | 0.050 | | 0 | RC | 4 | | | | |
| Valine....g | 0.063 | | 0 | RC | 4 | | | | |
| Arginine....g | 0.025 | | 0 | RC | 4 | | | | |
| Histidine....g | 0.025 | | 0 | RC | 4 | | | | |
| Alanine....g | 0.034 | | 0 | RC | 4 | | | | |
| Aspartic acid....g | 0.078 | | 0 | RC | 4 | | | | |
| Glutamic acid....g | 0.212 | | 0 | RC | 4 | | | | |
| Glycine....g | 0.024 | | 0 | RC | 4 | | | | |
| Proline....g | 0.111 | | 0 | RC | 4 | | | | |
| Serine....g | 0.036 | | 0 | RC | 4 | | | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | | | |
| Caffeine....mg | 0 | | 0 | RC | 4 | | | | |
| Theobromine....mg | 0 | | 0 | RC | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta....mcg | 10 | | 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 | 0 | | 0 | RC | 4 | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | 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:**

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

**Food Group:** 19 Sweets

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

**NDB No. 43057**
**Candies, gum drops, dietetic or low calorie (sorbitol)**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 11.70 | | | | 4 | | 21.29 | 0.59 | |
| Energy | kcal | 162 | | | | 1 | | 295 | 8 | |
| Energy | kj | 678 | | | | 1 | | 1234 | 34 | |
| Protein | g | 0.00 | | | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.20 | | | | 1 | | 0.36 | 0.01 | |
| Ash | g | 0.00 | | 0 | BFSN | 4 | | 0.00 | 0.00 | |
| Carbohydrate, by difference | g | 88.00 | | | | 4 | | 160.16 | 4.40 | |
| Fiber, total dietary | g | 18.0 | | | | 4 | | 32.8 | 0.9 | |
| Sugars, total | g | 70.00 | | 0 | NR | 4 | | 127.40 | 3.50 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | | | | 1 | | 0 | 0 | |
| Iron, Fe | mg | 0.00 | | | | 1 | | 0.00 | 0.00 | |
| Magnesium, Mg | mg | 0 | | | | 4 | | 0 | 0 | |
| Phosphorus, P | mg | 0 | | | | 4 | | 0 | 0 | |
| Potassium, K | mg | 0 | | | | 7 | | 0 | 0 | |
| Sodium, Na | mg | 7 | | | | 1 | | 13 | 0 | |
| Zinc, Zn | mg | 0.00 | | | | 4 | | 0.00 | 0.00 | |
| Copper, Cu | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 0.5 | | 0 | BFSN | 4 | | 0.9 | 0.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.000 | | | | 1 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.000 | | | | 1 | | 0.000 | 0.000 | |
| Niacin | mg | 0.000 | | | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Folate, food | mcg | 0 | | | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | | | 7 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | | | 1 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | BFSN | 4 | | 0.00 | 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 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.034 | | | | 4 | | 0.062 | 0.002 | |
| 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 | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.019 | | | | 4 | | 0.035 | 0.001 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.004 | | | | 4 | | 0.007 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 43057**
**Candies, gum drops, dietetic or low calorie (sorbitol)**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.092 | | | | 4 | | 0.167 | 0.005 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.090 | | | | 4 | | 0.164 | 0.005 | |
| 20:1.....g | 0.003 | | | | 4 | | 0.005 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.064 | | | | 4 | | 0.116 | 0.003 | |
| 18:2 undifferentiated.....g | 0.064 | | | | 4 | | 0.116 | 0.003 | |
| 18:3 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 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 | | | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFSN | 4 | | 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 = 182g: 1 cup

Measure 2 = 5.0g: 1 piece

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

**Food Group:** 19 Sweets

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

**NDB No. 19106**
**Candies, gumdrops, starch jelly pieces**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.00 | 0.000 | 8 | | 1 | | 1.82 | 0.36 | 0.22 |
| Energy | kcal | 396 | | 0 | NC | 4 | | 720 | 142 | 87 |
| Energy | kj | 1655 | | 0 | NC | 4 | | 3012 | 596 | 364 |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat) | g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | 0.00 |
| Ash | g | 0.10 | | 1 | | 4 | | 0.18 | 0.04 | 0.02 |
| Carbohydrate, by difference | g | 98.90 | | 0 | NC | 4 | | 180.00 | 35.60 | 21.76 |
| Fiber, total dietary | g | 0.1 | | 0 | FLC | 4 | | 0.1 | 0.0 | 0.0 |
| Sugars, total | g | 58.97 | | 1 | LC | 8 | | 107.33 | 21.23 | 12.97 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | 0.936 | 9 | | 1 | | 5 | 1 | 1 |
| Iron, Fe | mg | 0.40 | 0.109 | 8 | | 1 | | 0.73 | 0.14 | 0.09 |
| Magnesium, Mg | mg | 1 | 0.774 | 9 | | 1 | | 2 | 0 | 0 |
| Phosphorus, P | mg | 1 | 0.453 | 8 | | 1 | | 2 | 0 | 0 |
| Potassium, K | mg | 5 | 3.943 | 9 | | 1 | | 9 | 2 | 1 |
| Sodium, Na | mg | 44 | 5.093 | 9 | | 1 | | 80 | 16 | 10 |
| Zinc, Zn | mg | 0.00 | 0.004 | 8 | | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu | mg | 0.012 | 0.008 | 8 | | 1 | | 0.022 | 0.004 | 0.003 |
| Manganese, Mn | mg | 0.010 | 0.017 | 8 | | 1 | | 0.018 | 0.004 | 0.002 |
| Selenium, Se | mcg | 0.8 | | 0 | FLC | 4 | | 1.5 | 0.3 | 0.2 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.006 | | 0 | FLC | 4 | | 0.010 | 0.002 | 0.001 |
| Riboflavin | mg | 0.013 | | 0 | FLC | 4 | | 0.023 | 0.005 | 0.003 |
| Niacin | mg | 0.010 | | 0 | FLC | 4 | | 0.019 | 0.004 | 0.002 |
| Pantothenic acid | mg | 0.012 | | 0 | FLC | 4 | | 0.022 | 0.004 | 0.003 |
| Vitamin B-6 | mg | 0.005 | | 0 | FLC | 4 | | 0.008 | 0.002 | 0.001 |
| Folate, total | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLC | 4 | | 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 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | 0.000 |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19106**
**Candies, gumdrops, starch jelly pieces**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 182g: 1 cup gumdrops

Measure 2 = 36g: 10 gumdrops

Measure 3 = 22g: 10 gummy bears

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

**Food Group:** 19 Sweets

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

**NDB No. 19117**
**Candies, halavah, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.67 | | 2 | A | 1 | | | | |
| Energy | kcal | 469 | | 0 | NC | 4 | | | | |
| Energy | kj | 1962 | | | | 4 | | | | |
| Protein (N x 5.8) | g | 12.49 | | 2 | A | 1 | | | | |
| Total lipid (fat) | g | 21.52 | | 2 | A | 1 | | | | |
| Ash | g | 1.83 | | 2 | A | 1 | | | | |
| Carbohydrate, by difference | g | 60.49 | | 0 | NC | 4 | | | | |
| Fiber, total dietary | g | 4.5 | | 2 | A | 1 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 33 | | 2 | A | 1 | | | | |
| Iron, Fe | mg | 4.53 | | 2 | A | 1 | | | | |
| Magnesium, Mg | mg | 218 | | 2 | A | 1 | | | | |
| Phosphorus, P | mg | 607 | | 2 | A | 1 | | | | |
| Potassium, K | mg | 187 | | 2 | A | 1 | | | | |
| Sodium, Na | mg | 195 | | 2 | A | 1 | | | | |
| Zinc, Zn | mg | 4.32 | | 2 | A | 1 | | | | |
| Copper, Cu | mg | 1.202 | | 2 | A | 1 | | | | |
| Manganese, Mn | mg | 0.873 | | 2 | A | 1 | | | | |
| Selenium, Se | mcg | 11.5 | | 0 | FLA | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 2 | A | 1 | | | | |
| Thiamin | mg | 0.424 | | 2 | A | 1 | | | | |
| Riboflavin | mg | 0.088 | | 2 | A | 1 | | | | |
| Niacin | mg | 2.856 | | 2 | A | 1 | | | | |
| Pantothenic acid | mg | 0.174 | | 2 | A | 1 | | | | |
| Vitamin B-6 | mg | 0.348 | | 2 | A | 1 | | | | |
| Folate, total | mcg | 65 | | 2 | A | 1 | | | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | | | |
| Folate, food | mcg | 65 | | 2 | A | 1 | | | | |
| Folate, DFE | mcg_DFE | 65 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.04 | | 0 | FLA | 4 | | | | |
| Vitamin A, IU | IU | 2 | | 2 | A | 1 | | | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | | | |
| Vitamin E (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 | 4.127 | | 2 | A | 1 | | | | |
| 4:0 | g | 0.000 | | 2 | A | 1 | | | | |
| 6:0 | g | 0.000 | | 2 | A | 1 | | | | |
| 8:0 | g | 0.000 | | 2 | A | 1 | | | | |
| 10:0 | g | 0.000 | | 2 | A | 1 | | | | |
| 12:0 | g | 0.000 | | 2 | A | 1 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 2 | A | 1 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.113 | | 2 | A | 1 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.847 | | 2 | A | 1 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19117**
**Candies, halavah, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 8.194 | | 2 | A | 1 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.025 | | 2 | A | 1 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 8.133 | | 2 | A | 1 | | | | |
| 20:1.....g | 0.036 | | 2 | A | 1 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 2 | A | 1 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 8.481 | | 2 | A | 1 | | | | |
| 18:2 undifferentiated.....g | 8.421 | | 2 | A | 1 | | | | |
| 18:3 undifferentiated.....g | 0.060 | | 2 | A | 1 | | | | |
| 18:4.....g | 0.000 | | 2 | A | 1 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 2 | A | 1 | | | | |
| 20:5 n-3.....g | 0.000 | | 2 | A | 1 | | | | |
| 22:5 n-3.....g | 0.000 | | 2 | A | 1 | | | | |
| 22:6 n-3.....g | 0.000 | | 2 | A | 1 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | Z | 7 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | | | |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | T | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | T | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | T | 4 | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

**NDB No. 19107**
**Candies, hard**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.30 | 0.291 | 6 | | 1 | | 0.37 | 0.08 | 0.04 |
| Energy | kcal | 394 | | 0 | NC | 4 | | 112 | 24 | 12 |
| Energy | kj | 1648 | | | | 4 | | 467 | 99 | 49 |
| Protein (N x 6.25) | g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat) | g | 0.20 | | 1 | A | 1 | | 0.06 | 0.01 | 0.01 |
| Ash | g | 0.50 | 0.407 | 9 | | 1 | | 0.14 | 0.03 | 0.02 |
| Carbohydrate, by difference | g | 98.00 | | 0 | NC | 4 | | 27.78 | 5.88 | 2.94 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 62.90 | | 1 | A | 1 | | 17.83 | 3.77 | 1.89 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | 1.419 | 37 | | 1 | | 1 | 0 | 0 |
| Iron, Fe | mg | 0.30 | 0.050 | 42 | | 1 | | 0.09 | 0.02 | 0.01 |
| Magnesium, Mg | mg | 3 | 0.707 | 37 | | 1 | | 1 | 0 | 0 |
| Phosphorus, P | mg | 3 | 1.533 | 37 | | 1 | | 1 | 0 | 0 |
| Potassium, K | mg | 5 | 1.358 | 37 | | 1 | | 1 | 0 | 0 |
| Sodium, Na | mg | 38 | 7.185 | 33 | | 1 | | 11 | 2 | 1 |
| Zinc, Zn | mg | 0.01 | 0.005 | 42 | | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu | mg | 0.029 | 0.010 | 5 | | 1 | | 0.008 | 0.002 | 0.001 |
| Manganese, Mn | mg | 0.010 | 0.001 | 37 | | 1 | | 0.003 | 0.001 | 0.000 |
| Selenium, Se | mcg | 0.6 | | 0 | BFSN | 4 | | 0.2 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.004 | | 1 | | 4 | | 0.001 | 0.000 | 0.000 |
| Riboflavin | mg | 0.003 | | 1 | | 4 | | 0.001 | 0.000 | 0.000 |
| Niacin | mg | 0.007 | | 1 | | 4 | | 0.002 | 0.000 | 0.000 |
| Pantothenic acid | mg | 0.008 | | 1 | | 4 | | 0.002 | 0.000 | 0.000 |
| Vitamin B-6 | mg | 0.003 | | 1 | | 4 | | 0.001 | 0.000 | 0.000 |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin E (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 | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19107**
**Candies, hard**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| **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 = 28.35g: 1 oz

Measure 2 = 6.0g: 1 piece

Measure 3 = 3.0g: 1 piece, small

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

**Food Group:** 19 Sweets

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

**NDB No. 43058**
**Candies, hard, dietetic or low calorie (sorbitol)**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.40 | | | | 4 | | 0.04 | | |
| Energy | kcal | 375 | | | | 1 | | 11 | | |
| Energy | kj | 1569 | | | | 1 | | 47 | | |
| Protein | g | 0.00 | | | | 1 | | 0.00 | | |
| Total lipid (fat) | g | 0.00 | | | | 4 | | 0.00 | | |
| Ash | g | 0.00 | | 0 | BFSN | 4 | | 0.00 | | |
| Carbohydrate, by difference | g | 93.40 | | | NC | 4 | | 2.80 | | |
| Fiber, total dietary | g | 0.0 | | | | 4 | | 0.0 | | |
| Sugars, total | g | 93.00 | | 0 | NR | 4 | | 2.79 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | | | | 1 | | 0 | | |
| Iron, Fe | mg | 0.00 | | | | 1 | | 0.00 | | |
| Magnesium, Mg | mg | 0 | | | | 4 | | 0 | | |
| Phosphorus, P | mg | 0 | | | | 4 | | 0 | | |
| Potassium, K | mg | 0 | | | | 4 | | 0 | | |
| Sodium, Na | mg | 0 | | | | 4 | | 0 | | |
| Zinc, Zn | mg | 0.00 | | | | 4 | | 0.00 | | |
| Copper, Cu | mg | 0.000 | | | | 4 | | 0.000 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 0.6 | | 0 | BFSN | 4 | | 0.0 | | |
| **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 | BFSN | 4 | | 0 | | |
| Folate, food | mcg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | | |
| Vitamin B-12 | mcg | 0.00 | | | | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 0 | | | | 1 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | BFSN | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | 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 | 0.000 | | | | 7 | | 0.000 | | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 43058**
**Candies, hard, dietetic or low calorie (sorbitol)**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | | | 7 | | 0.000 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | | | 7 | | 0.000 | | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | | | 7 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | BFSN | 4 | | 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 = 3.0g: 1 piece

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

**Food Group:** 19 Sweets

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

**NDB No. 19108**
**Candies, jellybeans**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.30 | | 1 | | 4 | | 0.69 | 1.76 | |
| Energy | kcal | 375 | | 0 | NC | 4 | | 41 | 105 | |
| Energy | kj | 1568 | | 0 | NC | 4 | | 172 | 439 | |
| Protein (N x 6.25) | g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.05 | | 0 | FLC | 4 | | 0.01 | 0.01 | |
| Ash | g | 0.10 | | 0 | FLC | 4 | | 0.01 | 0.03 | |
| Carbohydrate, by difference | g | 93.55 | | 0 | NC | 4 | | 10.29 | 26.19 | |
| Fiber, total dietary | g | 0.2 | | 0 | FLC | 4 | | 0.0 | 0.1 | |
| Sugars, total | g | 70.00 | | 1 | LC | 8 | | 7.70 | 19.60 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | | 1 | | 1 | | 0 | 1 | |
| Iron, Fe | mg | 0.13 | | 0 | FLC | 4 | | 0.01 | 0.04 | |
| Magnesium, Mg | mg | 2 | | 1 | | 1 | | 0 | 1 | |
| Phosphorus, P | mg | 4 | | 0 | FLC | 4 | | 0 | 1 | |
| Potassium, K | mg | 37 | | 1 | | 1 | | 4 | 10 | |
| Sodium, Na | mg | 50 | | 1 | LC | 8 | | 6 | 14 | |
| Zinc, Zn | mg | 0.05 | | 1 | | 1 | | 0.01 | 0.01 | |
| Copper, Cu | mg | 0.028 | | 1 | | 1 | | 0.003 | 0.008 | |
| Manganese, Mn | mg | 0.035 | | 1 | | 1 | | 0.004 | 0.010 | |
| Selenium, Se | mcg | 1.1 | | 0 | FLC | 4 | | 0.1 | 0.3 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.004 | | 0 | FLC | 4 | | 0.000 | 0.001 | |
| Riboflavin | mg | 0.011 | | 0 | FLC | 4 | | 0.001 | 0.003 | |
| Niacin | mg | 0.008 | | 0 | FLC | 4 | | 0.001 | 0.002 | |
| Pantothenic acid | mg | 0.009 | | 0 | FLC | 4 | | 0.001 | 0.003 | |
| Vitamin B-6 | mg | 0.004 | | 0 | FLC | 4 | | 0.000 | 0.001 | |
| Folate, total | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 4:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19108**
**Candies, jellybeans**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 11.0g: 10 small

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19116**
**Candies, marshmallows**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 16.40 | 0.374 | 6 | | 1 | | 8.20 | 1.15 | 1.18 |
| Energy | kcal | 318 | | 0 | NC | 4 | | 159 | 22 | 23 |
| Energy | kj | 1331 | | | | 4 | | 665 | 93 | 96 |
| Protein (N x 5.6) | g | 1.80 | 0.107 | 5 | | 1 | | 0.90 | 0.13 | 0.13 |
| Total lipid (fat) | g | 0.20 | 0.055 | 5 | | 1 | | 0.10 | 0.01 | 0.01 |
| Ash | g | 0.30 | 0.136 | 5 | | 1 | | 0.15 | 0.02 | 0.02 |
| Carbohydrate, by difference | g | 81.30 | | 0 | NC | 4 | | 40.65 | 5.69 | 5.85 |
| Fiber, total dietary | g | 0.1 | | 0 | FLA | 4 | | 0.1 | 0.0 | 0.0 |
| Sugars, total | g | 57.56 | 4.874 | 3 | LC | 8 | | 28.78 | 4.03 | 4.14 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | 0.356 | 10 | | 1 | | 2 | 0 | 0 |
| Iron, Fe | mg | 0.23 | 0.085 | 10 | | 1 | | 0.12 | 0.02 | 0.02 |
| Magnesium, Mg | mg | 2 | 0.503 | 10 | | 1 | | 1 | 0 | 0 |
| Phosphorus, P | mg | 8 | 1.376 | 6 | | 1 | | 4 | 1 | 1 |
| Potassium, K | mg | 5 | 1.162 | 10 | | 1 | | 3 | 0 | 0 |
| Sodium, Na | mg | 80 | 12.963 | 3 | LC | 8 | | 40 | 6 | 6 |
| Zinc, Zn | mg | 0.04 | 0.015 | 10 | | 1 | | 0.02 | 0.00 | 0.00 |
| Copper, Cu | mg | 0.097 | | 2 | | 1 | | 0.049 | 0.007 | 0.007 |
| Manganese, Mn | mg | 0.008 | 0.034 | 5 | | 1 | | 0.004 | 0.001 | 0.001 |
| Selenium, Se | mcg | 1.7 | | 0 | FLA | 4 | | 0.8 | 0.1 | 0.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.000 | 5 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.001 | 0.000 | 5 | | 1 | | 0.001 | 0.000 | 0.000 |
| Riboflavin | mg | 0.001 | 0.000 | 4 | | 1 | | 0.001 | 0.000 | 0.000 |
| Niacin | mg | 0.078 | 0.015 | 5 | | 1 | | 0.039 | 0.005 | 0.006 |
| Pantothenic acid | mg | 0.005 | | 1 | | 1 | | 0.003 | 0.000 | 0.000 |
| Vitamin B-6 | mg | 0.003 | | 0 | FLA | 4 | | 0.002 | 0.000 | 0.000 |
| Folate, total | mcg | 1 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | mcg | 1 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLA | 4 | | 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 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.056 | | 0 | | 4 | | 0.028 | 0.004 | 0.004 |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.001 | | 0 | | 4 | | 0.001 | 0.000 | 0.000 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.040 | | 0 | | 4 | | 0.020 | 0.003 | 0.003 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.015 | | 0 | | 4 | | 0.008 | 0.001 | 0.001 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19116**
**Candies, marshmallows**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.080 | | 0 | | 4 | | 0.040 | 0.006 | 0.006 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.004 | | 0 | | 4 | | 0.002 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.076 | | 0 | | 4 | | 0.038 | 0.005 | 0.005 |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.047 | | 0 | | 4 | | 0.024 | 0.003 | 0.003 |
| 18:2 undifferentiated.....g | 0.045 | | 0 | | 4 | | 0.023 | 0.003 | 0.003 |
| 18:3 undifferentiated.....g | 0.001 | | 0 | | 4 | | 0.001 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.001 | | 0 | | 4 | | 0.001 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | 0.023 | 4 | | 1 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.035 | | 0 | | 1 | | 0.018 | 0.002 | 0.003 |
| Isoleucine.....g | 0.028 | | 0 | | 1 | | 0.014 | 0.002 | 0.002 |
| Leucine.....g | 0.066 | | 0 | | 1 | | 0.033 | 0.005 | 0.005 |
| Lysine.....g | 0.077 | | 0 | | 1 | | 0.039 | 0.005 | 0.006 |
| Methionine.....g | 0.015 | | 0 | | 1 | | 0.008 | 0.001 | 0.001 |
| Cystine.....g | 0.002 | | 0 | | 1 | | 0.001 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.042 | | 0 | | 1 | | 0.021 | 0.003 | 0.003 |
| Tyrosine.....g | 0.010 | | 0 | | 1 | | 0.005 | 0.001 | 0.001 |
| Valine.....g | 0.050 | | 0 | | 1 | | 0.025 | 0.004 | 0.004 |
| Arginine.....g | 0.147 | | 0 | | 1 | | 0.074 | 0.010 | 0.011 |
| Histidine.....g | 0.017 | | 0 | | 1 | | 0.009 | 0.001 | 0.001 |
| Alanine.....g | 0.180 | | 0 | | 1 | | 0.090 | 0.013 | 0.013 |
| Aspartic acid.....g | 0.121 | | 0 | | 1 | | 0.061 | 0.008 | 0.009 |
| Glutamic acid.....g | 0.208 | | 0 | | 1 | | 0.104 | 0.015 | 0.015 |
| Glycine.....g | 0.416 | | 0 | | 1 | | 0.208 | 0.029 | 0.030 |
| Proline.....g | 0.275 | | 0 | | 1 | | 0.138 | 0.019 | 0.020 |
| Serine.....g | 0.061 | | 0 | | 1 | | 0.031 | 0.004 | 0.004 |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 50g: 1 cup of miniature

Measure 2 = 7.0g: 10 miniatures

Measure 3 = 7.2g: 1 regular

**NDB No. 19116**
**Candies, marshmallows**

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

**Food Group:** 19 Sweets

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

**NDB No. 19120**
**Candies, milk chocolate**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.50 | 0.054 | 9 | A | 1 | | 2.53 | 0.11 | 0.66 |
| Energy | kcal | 535 | | 0 | NC | 4 | | 899 | 37 | 235 |
| Energy | kj | 2239 | | 0 | NC | 4 | | 3762 | 157 | 985 |
| Protein (N x 6.25) | g | 7.65 | 0.281 | 9 | A | 1 | | 12.86 | 0.54 | 3.37 |
| Total lipid (fat) | g | 29.66 | 0.230 | 9 | A | 1 | | 49.83 | 2.08 | 13.05 |
| Ash | g | 1.78 | 0.036 | 9 | A | 1 | | 2.99 | 0.12 | 0.78 |
| Carbohydrate, by difference | g | 59.40 | | 0 | NC | 4 | | 99.80 | 4.16 | 26.14 |
| Fiber, total dietary | g | 3.4 | 0.132 | 9 | A | 1 | | 5.7 | 0.2 | 1.5 |
| Sugars, total | g | 51.50 | 0.495 | 9 | A | 1 | | 86.52 | 3.60 | 22.66 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 189 | 0.333 | 27 | A | 1 | | 317 | 13 | 83 |
| Iron, Fe | mg | 2.35 | 1.043 | 27 | A | 1 | | 3.94 | 0.16 | 1.03 |
| Magnesium, Mg | mg | 63 | 3.153 | 27 | A | 1 | | 105 | 4 | 28 |
| Phosphorus, P | mg | 208 | 6.583 | 27 | A | 1 | | 350 | 15 | 92 |
| Potassium, K | mg | 372 | 30.222 | 27 | A | 1 | | 626 | 26 | 164 |
| Sodium, Na | mg | 79 | 8.597 | 27 | A | 1 | | 132 | 6 | 35 |
| Zinc, Zn | mg | 2.01 | | 0 | FLC | 4 | | 3.37 | 0.14 | 0.88 |
| Copper, Cu | mg | 0.491 | 0.083 | 27 | A | 1 | | 0.825 | 0.034 | 0.216 |
| Manganese, Mn | mg | 0.471 | 0.131 | 27 | A | 1 | | 0.791 | 0.033 | 0.207 |
| Selenium, Se | mcg | 4.5 | 0.173 | 22 | A | 1 | | 7.5 | 0.3 | 2.0 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.112 | 0.007 | 5 | A | 1 | | 0.188 | 0.008 | 0.049 |
| Riboflavin | mg | 0.298 | 0.034 | 5 | A | 1 | | 0.501 | 0.021 | 0.131 |
| Niacin | mg | 0.386 | 0.018 | 5 | A | 1 | | 0.648 | 0.027 | 0.170 |
| Pantothenic acid | mg | 0.472 | 0.041 | 5 | A | 1 | | 0.794 | 0.033 | 0.208 |
| Vitamin B-6 | mg | 0.036 | 0.001 | 5 | A | 1 | | 0.060 | 0.002 | 0.016 |
| Folate, total | mcg | 12 | 0.802 | 5 | A | 1 | | 20 | 1 | 5 |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 12 | 0.802 | 5 | A | 1 | | 20 | 1 | 5 |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | 20 | 1 | 5 |
| Vitamin B-12 | mcg | 0.62 | | 0 | FLC | 4 | | 1.04 | 0.04 | 0.27 |
| Vitamin A, IU | IU | 174 | | 0 | FLC | 4 | | 293 | 12 | 77 |
| Vitamin A, RAE | mcg_RAE | 49 | | 0 | FLC | 4 | | 82 | 3 | 22 |
| Retinol | mcg | 48 | | 0 | FLC | 4 | | 81 | 3 | 21 |
| Vitamin E (alpha-tocopherol) | mg | 2.02 | | 1 | A | 1 | | 3.39 | 0.14 | 0.89 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.7 | 0.585 | 4 | A | 1 | | 9.6 | 0.4 | 2.5 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 14.252 | | 0 | NC | 4 | | 23.944 | 0.998 | 6.271 |
| 4:0 | g | 0.503 | 0.481 | 4 | A | 1 | | 0.845 | 0.035 | 0.221 |
| 6:0 | g | 0.182 | 0.172 | 4 | A | 1 | | 0.305 | 0.013 | 0.080 |
| 8:0 | g | 0.104 | 0.093 | 4 | A | 1 | | 0.175 | 0.007 | 0.046 |
| 10:0 | g | 0.197 | 0.160 | 4 | A | 1 | | 0.331 | 0.014 | 0.087 |
| 12:0 | g | 0.217 | 0.180 | 4 | A | 1 | | 0.364 | 0.015 | 0.095 |
| 13:0 | g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 14:0 | g | 0.664 | 0.564 | 4 | A | 1 | | 1.115 | 0.046 | 0.292 |
| 15:0 | g | 0.069 | 0.052 | 4 | A | 1 | | 0.115 | 0.005 | 0.030 |
| 16:0 | g | 5.955 | 4.953 | 4 | A | 1 | | 10.004 | 0.417 | 2.620 |
| 17:0 | g | 0.065 | 0.054 | 4 | A | 1 | | 0.110 | 0.005 | 0.029 |
| 18:0 | g | 6.107 | 4.811 | 4 | A | 1 | | 10.260 | 0.428 | 2.687 |
| 20:0 | g | 0.171 | 0.146 | 4 | A | 1 | | 0.288 | 0.012 | 0.075 |
| 22:0 | g | 0.018 | 0.024 | 4 | A | 1 | | 0.031 | 0.001 | 0.008 |
| 24:0 | g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |

**NDB No. 19120**
**Candies, milk chocolate**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 13.226 | | 0 | NC | 4 | | 22.220 | 0.926 | 5.820 |
| 14:1....g | 0.065 | 0.054 | 4 | A | 1 | | 0.109 | 0.005 | 0.029 |
| 15:1....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated....g | 0.124 | 0.112 | 4 | A | 1 | | 0.208 | 0.009 | 0.055 |
| 17:1....g | 0.018 | 0.021 | 4 | A | 1 | | 0.031 | 0.001 | 0.008 |
| 18:1 undifferentiated....g | 6.509 | | 0 | A | 1 | | 10.936 | 0.456 | 2.864 |
| 18:1 c....g | 6.509 | 5.359 | 4 | A | 1 | | 10.936 | 0.456 | 2.864 |
| 18:1 t....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated....g | 0.813 | | 0 | NC | 4 | | 1.366 | 0.057 | 0.358 |
| 18:2 undifferentiated....g | 0.729 | 0.618 | 4 | A | 1 | | 1.225 | 0.051 | 0.321 |
| 18:3 undifferentiated....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:3 n-6 c,c,c....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3....g | 0.000 | 0.000 | 4 | A | 1 | | 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 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 23 | | 1 | A | 1 | | 38 | 2 | 10 |
| Phytosterols....mg | | | | | | | | | |
| Stigmasterol....mg | 16 | | 1 | A | 1 | | 27 | 1 | 7 |
| Campesterol....mg | 6 | | 1 | A | 1 | | 10 | 0 | 3 |
| Beta-sitosterol....mg | 37 | | 1 | A | 1 | | 62 | 3 | 16 |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.089 | | 0 | FLC | 4 | | 0.150 | 0.006 | 0.039 |
| Threonine....g | 0.279 | | 0 | FLC | 4 | | 0.469 | 0.020 | 0.123 |
| Isoleucine....g | | | | | | | | | |
| Leucine....g | 0.590 | | 0 | FLC | 4 | | 0.991 | 0.041 | 0.260 |
| Lysine....g | 0.464 | | 0 | FLC | 4 | | 0.780 | 0.033 | 0.204 |
| Methionine....g | 0.146 | | 0 | FLC | 4 | | 0.245 | 0.010 | 0.064 |
| Cystine....g | 0.078 | | 0 | FLC | 4 | | 0.132 | 0.005 | 0.034 |
| Phenylalanine....g | 0.317 | | 0 | FLC | 4 | | 0.532 | 0.022 | 0.139 |
| Tyrosine....g | 0.303 | | 0 | FLC | 4 | | 0.508 | 0.021 | 0.133 |
| Valine....g | 0.429 | | 0 | FLC | 4 | | 0.720 | 0.030 | 0.189 |
| Arginine....g | 0.298 | | 0 | FLC | 4 | | 0.500 | 0.021 | 0.131 |
| Histidine....g | 0.167 | | 0 | FLC | 4 | | 0.280 | 0.012 | 0.073 |
| Alanine....g | 0.241 | | 0 | FLC | 4 | | 0.404 | 0.017 | 0.106 |
| Aspartic acid....g | 0.561 | | 0 | FLC | 4 | | 0.943 | 0.039 | 0.247 |
| Glutamic acid....g | 1.316 | | 0 | FLC | 4 | | 2.211 | 0.092 | 0.579 |
| Glycine....g | 0.178 | | 0 | FLC | 4 | | 0.299 | 0.012 | 0.078 |
| Proline....g | 0.611 | | 0 | FLC | 4 | | 1.026 | 0.043 | 0.269 |
| Serine....g | 0.348 | | 0 | FLC | 4 | | 0.585 | 0.024 | 0.153 |
| Hydroxyproline....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 20 | 0.000 | 9 | A | 1 | | 34 | 1 | 9 |
| Theobromine....mg | 205 | 6.891 | 8 | A | 1 | | 345 | 14 | 90 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta....mcg | 0 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha....mcg | 0 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta....mcg | 0 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Lycopene....mcg | 0 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |

**NDB No. 19120**
**Candies, milk chocolate**

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

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

**Common Measures:**

Measure 1 = 168g: 1 cup chips

Measure 2 = 7.0g: 1 bar miniature

Measure 3 = 44g: 1 bar 1.55 oz

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

**Food Group:** 19 Sweets

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

**NDB No. 19279**
**Candies, milk chocolate coated coffee 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 | 2.34 | | 0 | RA | 4 | | | | |
| Energy | kcal | 513 | | 0 | RA | 4 | | | | |
| Energy | kj | 2148 | | 0 | RA | 4 | | | | |
| Protein | g | 7.41 | | 0 | RA | 4 | | | | |
| Total lipid (fat) | g | 26.09 | | 0 | RA | 4 | | | | |
| Ash | g | 1.75 | | 0 | RA | 4 | | | | |
| Carbohydrate, by difference | g | 62.42 | | 0 | RA | 4 | | | | |
| Fiber, total dietary | g | 5.7 | | 0 | RA | 4 | | | | |
| Sugars, total | g | 49.54 | | 0 | RA | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 169 | | 0 | RA | 4 | | | | |
| Iron, Fe | mg | 2.29 | | 0 | RA | 4 | | | | |
| Magnesium, Mg | mg | 64 | | 0 | RA | 4 | | | | |
| Phosphorus, P | mg | 188 | | 0 | RA | 4 | | | | |
| Potassium, K | mg | 413 | | 0 | RA | 4 | | | | |
| Sodium, Na | mg | 71 | | 0 | RA | 4 | | | | |
| Zinc, Zn | mg | 1.76 | | 0 | RA | 4 | | | | |
| Copper, Cu | mg | 0.492 | | 0 | RA | 4 | | | | |
| Manganese, Mn | mg | 0.538 | | 0 | RA | 4 | | | | |
| Selenium, Se | mcg | 4.3 | | 0 | RA | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | RA | 4 | | | | |
| Thiamin | mg | 0.097 | | 0 | RA | 4 | | | | |
| Riboflavin | mg | 0.316 | | 0 | RA | 4 | | | | |
| Niacin | mg | 0.333 | | 0 | RA | 4 | | | | |
| Pantothenic acid | mg | 0.454 | | 0 | RA | 4 | | | | |
| Vitamin B-6 | mg | 0.031 | | 0 | RA | 4 | | | | |
| Folate, total | mcg | 10 | | 0 | RA | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RA | 4 | | | | |
| Folate, food | mcg | 10 | | 0 | RA | 4 | | | | |
| Folate, DFE | mcg_DFE | 10 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.53 | | 0 | RA | 4 | | | | |
| Vitamin A, IU | IU | 150 | | 0 | RA | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 42 | | 0 | RA | 4 | | | | |
| Retinol | mcg | 42 | | 0 | RA | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 1.74 | | 0 | RA | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.4 | | 0 | RA | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 12.490 | | 0 | RA | 4 | | | | |
| 4:0 | g | 0.434 | | 0 | RA | 4 | | | | |
| 6:0 | g | 0.157 | | 0 | RA | 4 | | | | |
| 8:0 | g | 0.090 | | 0 | RA | 4 | | | | |
| 10:0 | g | 0.170 | | 0 | RA | 4 | | | | |
| 12:0 | g | 0.187 | | 0 | RA | 4 | | | | |
| 13:0 | g | 0.000 | | 0 | RA | 4 | | | | |
| 14:0 | g | 0.572 | | 0 | RA | 4 | | | | |
| 15:0 | g | 0.059 | | 0 | RA | 4 | | | | |
| 16:0 | g | 5.293 | | 0 | RA | 4 | | | | |
| 17:0 | g | 0.056 | | 0 | RA | 4 | | | | |
| 18:0 | g | 5.297 | | 0 | RA | 4 | | | | |
| 20:0 | g | 0.161 | | 0 | RA | 4 | | | | |
| 22:0 | g | 0.016 | | 0 | RA | 4 | | | | |
| 24:0 | g | 0.000 | | 0 | RA | 4 | | | | |

**NDB No. 19279**
**Candies, milk chocolate coated coffee 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 | 5.833 | | 0 | RA | 4 | | | | |
| 14:1.....g | 0.056 | | 0 | RA | 4 | | | | |
| 15:1.....g | 0.000 | | 0 | RA | 4 | | | | |
| 16:1 undifferentiated.....g | 0.107 | | 0 | RA | 4 | | | | |
| 17:1.....g | 0.016 | | 0 | RA | 4 | | | | |
| 18:1 undifferentiated.....g | 5.654 | | 0 | RA | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | RA | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RA | 4 | | | | |
| 24:1 c.....g | 0.000 | | 0 | RA | 4 | | | | |
| Fatty acids, total polyunsaturated.....g | 0.854 | | 0 | RA | 4 | | | | |
| 18:2 undifferentiated.....g | 0.847 | | 0 | RA | 4 | | | | |
| 18:3 undifferentiated.....g | 0.007 | | 0 | RA | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RA | 4 | | | | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | RA | 4 | | | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | RA | 4 | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RA | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RA | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RA | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RA | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 20 | | 0 | RA | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| Stigmasterol.....mg | | | | | | | | | |
| Campesterol.....mg | | | | | | | | | |
| Beta-sitosterol.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | | | | | | | | | |
| Threonine.....g | | | | | | | | | |
| Isoleucine.....g | | | | | | | | | |
| Leucine.....g | | | | | | | | | |
| Lysine.....g | | | | | | | | | |
| Methionine.....g | | | | | | | | | |
| Cystine.....g | | | | | | | | | |
| Phenylalanine.....g | | | | | | | | | |
| Tyrosine.....g | | | | | | | | | |
| Valine.....g | | | | | | | | | |
| Arginine.....g | | | | | | | | | |
| Histidine.....g | | | | | | | | | |
| Alanine.....g | | | | | | | | | |
| Aspartic acid.....g | | | | | | | | | |
| Glutamic acid.....g | | | | | | | | | |
| Glycine.....g | | | | | | | | | |
| Proline.....g | | | | | | | | | |
| Serine.....g | | | | | | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RA | 4 | | | | |
| Caffeine.....mg | 800 | | 0 | RA | 4 | | | | |
| Theobromine.....mg | 178 | | 0 | RA | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | RA | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | RA | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | RA | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | RA | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | RA | 4 | | | | |

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

**Common Measures:**

**NDB No. 19279**
**Candies, milk chocolate coated coffee beans**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

**NDB No. 19126**
**Candies, milk chocolate coated peanuts**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.90 | 0.100 | 3 | | 1 | | 2.83 | 0.76 | |
| Energy | kcal | 519 | | 0 | | 4 | | 773 | 208 | |
| Energy | kj | 2171 | | | | 4 | | 3236 | 869 | |
| Protein (N x 5.8) | g | 13.10 | 0.910 | 5 | | 1 | | 19.52 | 5.24 | |
| Total lipid (fat) | g | 33.50 | 0.626 | 5 | | 1 | | 49.92 | 13.40 | |
| Ash | g | 1.80 | 0.076 | 3 | | 1 | | 2.68 | 0.72 | |
| Carbohydrate, by difference | g | 49.40 | | 0 | NC | 4 | | 73.61 | 19.76 | |
| Fiber, total dietary | g | 4.7 | | 0 | FLM | 4 | | 7.1 | 1.9 | |
| Sugars, total | g | 37.59 | | 0 | FLM | 4 | | 56.00 | 15.03 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 104 | 15.972 | 5 | | 1 | | 155 | 42 | |
| Iron, Fe | mg | 1.31 | 0.074 | 5 | | 1 | | 1.95 | 0.52 | |
| Magnesium, Mg | mg | 96 | | 0 | FLM | 4 | | 143 | 38 | |
| Phosphorus, P | mg | 212 | | 2 | | 1 | | 316 | 85 | |
| Potassium, K | mg | 502 | 10.786 | 3 | | 1 | | 748 | 201 | |
| Sodium, Na | mg | 41 | 2.618 | 3 | | 1 | | 61 | 16 | |
| Zinc, Zn | mg | 2.39 | | 0 | FLM | 4 | | 3.56 | 0.96 | |
| Copper, Cu | mg | 0.544 | | 0 | FLM | 4 | | 0.811 | 0.218 | |
| Manganese, Mn | mg | 0.830 | | 1 | | 1 | | 1.237 | 0.332 | |
| Selenium, Se | mcg | 5.4 | | 0 | FLM | 4 | | 8.0 | 2.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.116 | 0.005 | 4 | | 1 | | 0.173 | 0.046 | |
| Riboflavin | mg | 0.174 | 0.025 | 5 | | 1 | | 0.259 | 0.070 | |
| Niacin | mg | 4.249 | 0.644 | 5 | | 1 | | 6.331 | 1.700 | |
| Pantothenic acid | mg | 0.570 | | 1 | | 1 | | 0.849 | 0.228 | |
| Vitamin B-6 | mg | 0.210 | | 1 | | 1 | | 0.313 | 0.084 | |
| Folate, total | mcg | 8 | | 1 | | 1 | | 12 | 3 | |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, food | mcg | 8 | | 1 | | 1 | | 12 | 3 | |
| Folate, DFE | mcg_DFE | 8 | | 0 | NC | 4 | | 12 | 3 | |
| Vitamin B-12 | mcg | 0.44 | | 0 | FLM | 4 | | 0.65 | 0.17 | |
| Vitamin A, IU | IU | 123 | | 0 | FLM | 4 | | 183 | 49 | |
| Vitamin A, RAE | mcg_RAE | 34 | | 0 | FLM | 4 | | 51 | 14 | |
| Retinol | mcg | 34 | | 0 | FLM | 4 | | 51 | 14 | |
| Vitamin E (alpha-tocopherol) | mg | 3.46 | | 0 | FLM | 4 | | 5.16 | 1.39 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 4.0 | | 0 | FLM | 4 | | 6.0 | 1.6 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 14.600 | | 0 | | 1 | | 21.754 | 5.840 | |
| 4:0 | g | 0.130 | | 1 | | 1 | | 0.194 | 0.052 | |
| 6:0 | g | 0.030 | | 1 | | 1 | | 0.045 | 0.012 | |
| 8:0 | g | 0.040 | | 1 | | 1 | | 0.060 | 0.016 | |
| 10:0 | g | 0.090 | | 1 | | 1 | | 0.134 | 0.036 | |
| 12:0 | g | 0.090 | | 1 | | 1 | | 0.134 | 0.036 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.440 | | 1 | | 1 | | 0.656 | 0.176 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 7.000 | | 1 | | 1 | | 10.430 | 2.800 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 6.790 | | 1 | | 1 | | 10.117 | 2.716 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19126**
**Candies, milk chocolate coated peanuts**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 12.920 | | 0 | | 1 | | 19.251 | 5.168 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.210 | | 1 | | 1 | | 0.313 | 0.084 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 12.550 | | 1 | | 1 | | 18.700 | 5.020 | |
| 20:1.....g | 0.160 | | 1 | | 1 | | 0.238 | 0.064 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 4.330 | | 0 | | 1 | | 6.452 | 1.732 | |
| 18:2 undifferentiated.....g | 4.280 | | 1 | | 1 | | 6.377 | 1.712 | |
| 18:3 undifferentiated.....g | 0.050 | | 1 | | 1 | | 0.075 | 0.020 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 9 | | 2 | | 1 | | 13 | 4 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.140 | | 0 | | 1 | | 0.209 | 0.056 | |
| Threonine.....g | 0.492 | | 0 | | 1 | | 0.733 | 0.197 | |
| Isoleucine.....g | 0.561 | | 0 | | 1 | | 0.836 | 0.224 | |
| Leucine.....g | 1.005 | | 0 | | 1 | | 1.497 | 0.402 | |
| Lysine.....g | 0.602 | | 0 | | 1 | | 0.897 | 0.241 | |
| Methionine.....g | 0.211 | | 0 | | 1 | | 0.314 | 0.084 | |
| Cystine.....g | 0.126 | | 0 | | 1 | | 0.188 | 0.050 | |
| Phenylalanine.....g | 0.687 | | 0 | | 1 | | 1.024 | 0.275 | |
| Tyrosine.....g | 0.554 | | 0 | | 1 | | 0.825 | 0.222 | |
| Valine.....g | 0.680 | | 0 | | 1 | | 1.013 | 0.272 | |
| Arginine.....g | 1.001 | | 0 | | 1 | | 1.491 | 0.400 | |
| Histidine.....g | 0.268 | | 0 | | 1 | | 0.399 | 0.107 | |
| Alanine.....g | 0.483 | | 0 | | 1 | | 0.720 | 0.193 | |
| Aspartic acid.....g | 1.347 | | 0 | | 1 | | 2.007 | 0.539 | |
| Glutamic acid.....g | 2.693 | | 0 | | 1 | | 4.013 | 1.077 | |
| Glycine.....g | 0.563 | | 0 | | 1 | | 0.839 | 0.225 | |
| Proline.....g | 0.806 | | 0 | | 1 | | 1.201 | 0.322 | |
| Serine.....g | 0.616 | | 0 | | 1 | | 0.918 | 0.246 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 22 | | 1 | | 1 | | 33 | 9 | |
| Theobromine.....mg | 109 | | 1 | | 1 | | 162 | 44 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLM | 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 = 149g: 1 cup

Measure 2 = 40g: 10 pieces

**NDB No. 19126**
**Candies, milk chocolate coated peanuts**

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

**Food Group:** 19 Sweets

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

**NDB No. 19127**
**Candies, milk chocolate coated raisins**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 11.20 | 2.282 | 7 | | 1 | | 20.16 | 1.12 | |
| Energy | kcal | 390 | | 0 | | 4 | | 702 | 39 | |
| Energy | kj | 1632 | | | | 4 | | 2937 | 163 | |
| Protein (N x 6.2) | g | 4.10 | 0.299 | 8 | | 1 | | 7.38 | 0.41 | |
| Total lipid (fat) | g | 14.80 | 1.152 | 7 | | 1 | | 26.64 | 1.48 | |
| Ash | g | 1.50 | 0.074 | 7 | | 1 | | 2.70 | 0.15 | |
| Carbohydrate, by difference | g | 68.30 | | 0 | NC | 4 | | 122.94 | 6.83 | |
| Fiber, total dietary | g | 4.2 | | 0 | FLA | 4 | | 7.6 | 0.4 | |
| Sugars, total | g | 62.22 | | 0 | LC | 8 | | 112.00 | 6.22 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 86 | 14.400 | 4 | | 1 | | 155 | 9 | |
| Iron, Fe | mg | 1.71 | 0.329 | 4 | | 1 | | 3.08 | 0.17 | |
| Magnesium, Mg | mg | 45 | | 1 | | 1 | | 81 | 5 | |
| Phosphorus, P | mg | 143 | | 2 | | 1 | | 257 | 14 | |
| Potassium, K | mg | 514 | | 2 | | 1 | | 925 | 51 | |
| Sodium, Na | mg | 36 | | 2 | | 1 | | 65 | 4 | |
| Zinc, Zn | mg | 0.81 | | 0 | FLA | 4 | | 1.46 | 0.08 | |
| Copper, Cu | mg | 0.339 | | 0 | FLA | 4 | | 0.610 | 0.034 | |
| Manganese, Mn | mg | 0.283 | | 0 | FLA | 4 | | 0.509 | 0.028 | |
| Selenium, Se | mcg | 2.3 | | 0 | FLA | 4 | | 4.1 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 2 | | 1 | | 0.4 | 0.0 | |
| Thiamin | mg | 0.084 | 0.005 | 4 | | 1 | | 0.151 | 0.008 | |
| Riboflavin | mg | 0.161 | 0.037 | 4 | | 1 | | 0.290 | 0.016 | |
| Niacin | mg | 0.400 | | 2 | | 1 | | 0.720 | 0.040 | |
| Pantothenic acid | mg | 0.217 | | 0 | FLA | 4 | | 0.391 | 0.022 | |
| Vitamin B-6 | mg | 0.080 | | 0 | FLA | 4 | | 0.144 | 0.008 | |
| Folate, total | mcg | 7 | | 0 | FLC | 4 | | 13 | 1 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 7 | | 0 | FLC | 4 | | 13 | 1 | |
| Folate, DFE | mcg_DFE | 7 | | 0 | NC | 4 | | 13 | 1 | |
| Vitamin B-12 | mcg | 0.18 | | 0 | FLA | 4 | | 0.32 | 0.02 | |
| Vitamin A, IU | IU | 85 | | 0 | FLC | 4 | | 153 | 9 | |
| Vitamin A, RAE | mcg_RAE | 24 | | 0 | FLC | 4 | | 43 | 2 | |
| Retinol | mcg | 24 | | 0 | FLC | 4 | | 42 | 2 | |
| Vitamin E (alpha-tocopherol) | mg | 1.02 | | 0 | NR | 4 | | 1.84 | 0.10 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.7 | | 0 | FLC | 4 | | 6.6 | 0.4 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.800 | | 0 | | 1 | | 15.840 | 0.880 | |
| 4:0 | g | 0.080 | | 1 | | 1 | | 0.144 | 0.008 | |
| 6:0 | g | 0.020 | | 1 | | 1 | | 0.036 | 0.002 | |
| 8:0 | g | 0.030 | | 1 | | 1 | | 0.054 | 0.003 | |
| 10:0 | g | 0.060 | | 1 | | 1 | | 0.108 | 0.006 | |
| 12:0 | g | 0.060 | | 1 | | 1 | | 0.108 | 0.006 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.290 | | 1 | | 1 | | 0.522 | 0.029 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.920 | | 1 | | 1 | | 7.056 | 0.392 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 4.350 | | 1 | | 1 | | 7.830 | 0.435 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19127**
**Candies, milk chocolate coated raisins**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 4.740 | | 0 | | 1 | | 8.532 | 0.474 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.140 | | 1 | | 1 | | 0.252 | 0.014 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.600 | | 1 | | 1 | | 8.280 | 0.460 | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.510 | | 0 | | 1 | | 0.918 | 0.051 | |
| 18:2 undifferentiated.....g | 0.450 | | 1 | | 1 | | 0.810 | 0.045 | |
| 18:3 undifferentiated.....g | 0.050 | | 1 | | 1 | | 0.090 | 0.005 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 3 | 1.638 | 3 | | 1 | | 5 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.041 | | 0 | | 1 | | 0.074 | 0.004 | |
| Threonine.....g | 0.158 | | 0 | | 1 | | 0.284 | 0.016 | |
| Isoleucine.....g | 0.167 | | 0 | | 1 | | 0.301 | 0.017 | |
| Leucine.....g | 0.299 | | 0 | | 1 | | 0.538 | 0.030 | |
| Lysine.....g | 0.202 | | 0 | | 1 | | 0.364 | 0.020 | |
| Methionine.....g | 0.102 | | 0 | | 1 | | 0.184 | 0.010 | |
| Cystine.....g | 0.036 | | 0 | | 1 | | 0.065 | 0.004 | |
| Phenylalanine.....g | 0.186 | | 0 | | 1 | | 0.335 | 0.019 | |
| Tyrosine.....g | 0.155 | | 0 | | 1 | | 0.279 | 0.016 | |
| Valine.....g | 0.226 | | 0 | | 1 | | 0.407 | 0.023 | |
| Arginine.....g | 0.172 | | 0 | | 1 | | 0.310 | 0.017 | |
| Histidine.....g | 0.088 | | 0 | | 1 | | 0.158 | 0.009 | |
| Alanine.....g | 0.152 | | 0 | | 1 | | 0.274 | 0.015 | |
| Aspartic acid.....g | 0.390 | | 0 | | 1 | | 0.702 | 0.039 | |
| Glutamic acid.....g | 0.861 | | 0 | | 1 | | 1.550 | 0.086 | |
| Glycine.....g | 0.108 | | 0 | | 1 | | 0.194 | 0.011 | |
| Proline.....g | 0.287 | | 0 | | 1 | | 0.517 | 0.029 | |
| Serine.....g | 0.191 | | 0 | | 1 | | 0.344 | 0.019 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 25 | | 1 | | 1 | | 45 | 3 | |
| Theobromine.....mg | 127 | | 1 | | 1 | | 229 | 13 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 1 | | 0 | FLC | 4 | | 0.937 | 0.052 | |

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

**Common Measures:**

Measure 1 = 180g: 1 cup

Measure 2 = 10.0g: 10 pieces

**NDB No. 19127**
**Candies, milk chocolate coated raisins**

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

**Food Group:** 19 Sweets

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

**NDB No. 19132**
**Candies, milk chocolate, with almonds**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.50 | 0.210 | 9 | | 1 | | 0.62 | 0.66 | |
| Energy | kcal | 526 | | 0 | | 4 | | 216 | 231 | |
| Energy | kj | 2201 | | | | 4 | | 902 | 968 | |
| Protein (N x 5.9) | g | 9.00 | 0.319 | 13 | | 1 | | 3.69 | 3.96 | |
| Total lipid (fat) | g | 34.40 | 0.790 | 14 | | 1 | | 14.10 | 15.14 | |
| Ash | g | 1.70 | 0.017 | 9 | | 1 | | 0.70 | 0.75 | |
| Carbohydrate, by difference | g | 53.20 | | 0 | NC | 4 | | 21.81 | 23.41 | |
| Fiber, total dietary | g | 6.2 | | 1 | | 1 | | 2.5 | 2.7 | |
| Sugars, total | g | 43.90 | | 0 | LC | 8 | | 18.00 | 19.32 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 224 | 13.194 | 12 | | 1 | | 92 | 99 | |
| Iron, Fe | mg | 1.63 | 0.225 | 12 | | 1 | | 0.67 | 0.72 | |
| Magnesium, Mg | mg | 90 | 5.285 | 6 | | 1 | | 37 | 40 | |
| Phosphorus, P | mg | 264 | 14.134 | 6 | | 1 | | 108 | 116 | |
| Potassium, K | mg | 444 | 6.652 | 8 | | 1 | | 182 | 195 | |
| Sodium, Na | mg | 74 | 8.195 | 11 | | 1 | | 30 | 33 | |
| Zinc, Zn | mg | 1.34 | 0.197 | 6 | | 1 | | 0.55 | 0.59 | |
| Copper, Cu | mg | 0.422 | 0.033 | 5 | | 1 | | 0.173 | 0.186 | |
| Manganese, Mn | mg | 0.624 | 0.056 | 5 | | 1 | | 0.256 | 0.275 | |
| Selenium, Se | mcg | 4.0 | | 0 | FLA | 4 | | 1.6 | 1.8 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 2 | | 1 | | 0.1 | 0.1 | |
| Thiamin | mg | 0.060 | 0.007 | 11 | | 1 | | 0.025 | 0.026 | |
| Riboflavin | mg | 0.435 | 0.027 | 12 | | 1 | | 0.178 | 0.191 | |
| Niacin | mg | 0.742 | 0.086 | 8 | | 1 | | 0.304 | 0.326 | |
| Pantothenic acid | mg | 0.430 | | 0 | | 4 | | 0.176 | 0.189 | |
| Vitamin B-6 | mg | 0.051 | | 0 | FLA | 4 | | 0.021 | 0.022 | |
| Folate, total | mcg | 14 | | 0 | FLM | 4 | | 6 | 6 | |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, food | mcg | 14 | | 0 | FLM | 4 | | 6 | 6 | |
| Folate, DFE | mcg_DFE | 14 | | 0 | NC | 4 | | 6 | 6 | |
| Vitamin B-12 | mcg | 0.33 | | 0 | FLA | 4 | | 0.14 | 0.15 | |
| Vitamin A, IU | IU | 156 | | 0 | FLM | 4 | | 64 | 69 | |
| Vitamin A, RAE | mcg_RAE | 44 | | 0 | FLM | 4 | | 18 | 19 | |
| Retinol | mcg | 43 | | 0 | FLM | 4 | | 18 | 19 | |
| Vitamin E (alpha-tocopherol) | mg | 4.49 | | 0 | FLM | 4 | | 1.84 | 1.97 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.1 | | 0 | FLM | 4 | | 2.1 | 2.2 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 16.980 | | 0 | | 1 | | 6.962 | 7.471 | |
| 4:0 | g | 0.160 | | 1 | | 1 | | 0.066 | 0.070 | |
| 6:0 | g | 0.040 | | 1 | | 1 | | 0.016 | 0.018 | |
| 8:0 | g | 0.050 | | 1 | | 1 | | 0.021 | 0.022 | |
| 10:0 | g | 0.110 | | 1 | | 1 | | 0.045 | 0.048 | |
| 12:0 | g | 0.110 | | 1 | | 1 | | 0.045 | 0.048 | |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 14:0 | g | 0.580 | | 1 | | 1 | | 0.238 | 0.255 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 7.660 | | 1 | | 1 | | 3.141 | 3.370 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 8.270 | | 1 | | 1 | | 3.391 | 3.639 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |

**NDB No. 19132**
**Candies, milk chocolate, with almonds**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 13.490 | | 0 | | 1 | | 5.531 | 5.936 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated.....g | 0.310 | | 1 | | 1 | | 0.127 | 0.136 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 13.170 | | 1 | | 1 | | 5.400 | 5.795 | |
| 20:1.....g | 0.010 | | 1 | | 1 | | 0.004 | 0.004 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 2.280 | | 0 | | 1 | | 0.935 | 1.003 | |
| 18:2 undifferentiated.....g | 2.170 | | 1 | | 1 | | 0.890 | 0.955 | |
| 18:3 undifferentiated.....g | 0.110 | | 1 | | 1 | | 0.045 | 0.048 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 19 | 1.933 | 8 | | 1 | | 8 | 8 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.116 | | 0 | | 1 | | 0.048 | 0.051 | |
| Threonine.....g | 0.350 | | 0 | | 1 | | 0.144 | 0.154 | |
| Isoleucine.....g | 0.432 | | 0 | | 1 | | 0.177 | 0.190 | |
| Leucine.....g | 0.759 | | 0 | | 1 | | 0.311 | 0.334 | |
| Lysine.....g | 0.446 | | 0 | | 1 | | 0.183 | 0.196 | |
| Methionine.....g | 0.159 | | 0 | | 1 | | 0.065 | 0.070 | |
| Cystine.....g | 0.079 | | 0 | | 1 | | 0.032 | 0.035 | |
| Phenylalanine.....g | 0.470 | | 0 | | 1 | | 0.193 | 0.207 | |
| Tyrosine.....g | 0.366 | | 0 | | 1 | | 0.150 | 0.161 | |
| Valine.....g | 0.526 | | 0 | | 1 | | 0.216 | 0.231 | |
| Arginine.....g | 0.468 | | 0 | | 1 | | 0.192 | 0.206 | |
| Histidine.....g | 0.159 | | 0 | | 1 | | 0.065 | 0.070 | |
| Alanine.....g | 0.327 | | 0 | | 1 | | 0.134 | 0.144 | |
| Aspartic acid.....g | 0.792 | | 0 | | 1 | | 0.325 | 0.348 | |
| Glutamic acid.....g | 1.984 | | 0 | | 1 | | 0.813 | 0.873 | |
| Glycine.....g | 0.294 | | 0 | | 1 | | 0.121 | 0.129 | |
| Proline.....g | 0.666 | | 0 | | 1 | | 0.273 | 0.293 | |
| Serine.....g | 0.388 | | 0 | | 1 | | 0.159 | 0.171 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 22 | | 1 | | 1 | | 9 | 10 | |
| Theobromine.....mg | 158 | | 1 | | 1 | | 65 | 70 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.174 | 0.187 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLM | 4 | | 0.059 | 0.064 | |

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

**Common Measures:**

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

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

**NDB No. 19132**
**Candies, milk chocolate, with almonds**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.90 | 0.180 | 15 | | 1 | | 0.76 | 0.86 | 0.89 |
| Energy | kcal | 496 | | 0 | | 4 | | 198 | 223 | 233 |
| Energy | kj | 2075 | | | | 4 | | 830 | 934 | 975 |
| Protein (N x 6.2) | g | 6.30 | 0.141 | 18 | | 1 | | 2.52 | 2.84 | 2.96 |
| Total lipid (fat) | g | 26.50 | 0.389 | 20 | | 1 | | 10.60 | 11.93 | 12.46 |
| Ash | g | 1.60 | 0.026 | 15 | | 1 | | 0.64 | 0.72 | 0.75 |
| Carbohydrate, by difference | g | 63.40 | | 0 | NC | 4 | | 25.36 | 28.53 | 29.80 |
| Fiber, total dietary | g | 3.3 | | 0 | FLC | 4 | | 1.3 | 1.5 | 1.6 |
| Sugars, total | g | 55.00 | | 0 | LC | 8 | | 22.00 | 24.75 | 25.85 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 171 | 3.491 | 11 | | 1 | | 68 | 77 | 80 |
| Iron, Fe | mg | 0.75 | 0.076 | 11 | | 1 | | 0.30 | 0.34 | 0.35 |
| Magnesium, Mg | mg | 49 | 2.940 | 11 | | 1 | | 20 | 22 | 23 |
| Phosphorus, P | mg | 193 | 11.628 | 10 | | 1 | | 77 | 87 | 91 |
| Potassium, K | mg | 343 | 13.864 | 11 | | 1 | | 137 | 154 | 161 |
| Sodium, Na | mg | 145 | 8.394 | 11 | | 1 | | 58 | 65 | 68 |
| Zinc, Zn | mg | 1.12 | 0.029 | 10 | | 1 | | 0.45 | 0.50 | 0.53 |
| Copper, Cu | mg | 0.312 | 0.030 | 10 | | 1 | | 0.125 | 0.140 | 0.147 |
| Manganese, Mn | mg | 0.319 | 0.008 | 9 | | 1 | | 0.128 | 0.144 | 0.150 |
| Selenium, Se | mcg | 4.6 | | 0 | FLC | 4 | | 1.8 | 2.1 | 2.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 2 | | 1 | | 0.1 | 0.1 | 0.1 |
| Thiamin | mg | 0.058 | 0.003 | 12 | | 1 | | 0.023 | 0.026 | 0.027 |
| Riboflavin | mg | 0.291 | 0.018 | 12 | | 1 | | 0.116 | 0.131 | 0.137 |
| Niacin | mg | 0.463 | 0.023 | 11 | | 1 | | 0.185 | 0.208 | 0.218 |
| Pantothenic acid | mg | 0.602 | | 2 | | 1 | | 0.241 | 0.271 | 0.283 |
| Vitamin B-6 | mg | 0.058 | | 2 | | 1 | | 0.023 | 0.026 | 0.027 |
| Folate, total | mcg | 15 | | 0 | FLC | 4 | | 6 | 7 | 7 |
| Folic acid | mcg | 3 | | 0 | FLC | 4 | | 1 | 1 | 1 |
| Folate, food | mcg | 12 | | 0 | FLC | 4 | | 5 | 5 | 5 |
| Folate, DFE | mcg_DFE | 17 | | 0 | NC | 4 | | 7 | 8 | 8 |
| Vitamin B-12 | mcg | 0.62 | | 0 | FLC | 4 | | 0.25 | 0.28 | 0.29 |
| Vitamin A, IU | IU | 217 | | 0 | FLC | 4 | | 87 | 97 | 102 |
| Vitamin A, RAE | mcg_RAE | 62 | | 0 | FLC | 4 | | 25 | 28 | 29 |
| Retinol | mcg | 61 | | 0 | FLC | 4 | | 24 | 27 | 29 |
| Vitamin E (alpha-tocopherol) | mg | 2.00 | | 0 | FLC | 4 | | 0.80 | 0.90 | 0.94 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.7 | | 0 | FLC | 4 | | 2.3 | 2.6 | 2.7 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 15.890 | | 0 | | 1 | | 6.356 | 7.151 | 7.468 |
| 4:0 | g | 0.150 | | 1 | | 1 | | 0.060 | 0.068 | 0.071 |
| 6:0 | g | 0.040 | | 1 | | 1 | | 0.016 | 0.018 | 0.019 |
| 8:0 | g | 0.050 | | 1 | | 1 | | 0.020 | 0.023 | 0.024 |
| 10:0 | g | 0.110 | | 1 | | 1 | | 0.044 | 0.050 | 0.052 |
| 12:0 | g | 0.110 | | 1 | | 1 | | 0.044 | 0.050 | 0.052 |
| 13:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 14:0 | g | 0.520 | | 1 | | 1 | | 0.208 | 0.234 | 0.244 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 7.010 | | 1 | | 1 | | 2.804 | 3.155 | 3.295 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 7.910 | | 1 | | 1 | | 3.164 | 3.560 | 3.718 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 8.640 | | 0 | | 1 | | 3.456 | 3.888 | 4.061 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated.....g | 0.260 | | 1 | | 1 | | 0.104 | 0.117 | 0.122 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 8.380 | | 1 | | 1 | | 3.352 | 3.771 | 3.939 |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated.....g | 0.780 | | 0 | | 1 | | 0.312 | 0.351 | 0.367 |
| 18:2 undifferentiated.....g | 0.720 | | 1 | | 1 | | 0.288 | 0.324 | 0.338 |
| 18:3 undifferentiated.....g | 0.060 | | 1 | | 1 | | 0.024 | 0.027 | 0.028 |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 19 | 0.598 | 14 | | 1 | | 8 | 9 | 9 |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.076 | | 0 | | 1 | | 0.030 | 0.034 | 0.036 |
| Threonine.....g | 0.263 | | 0 | | 1 | | 0.105 | 0.118 | 0.124 |
| Isoleucine.....g | 0.328 | | 0 | | 1 | | 0.131 | 0.148 | 0.154 |
| Leucine.....g | 0.577 | | 0 | | 1 | | 0.231 | 0.260 | 0.271 |
| Lysine.....g | 0.355 | | 0 | | 1 | | 0.142 | 0.160 | 0.167 |
| Methionine.....g | 0.136 | | 0 | | 1 | | 0.054 | 0.061 | 0.064 |
| Cystine.....g | 0.049 | | 0 | | 1 | | 0.020 | 0.022 | 0.023 |
| Phenylalanine.....g | 0.344 | | 0 | | 1 | | 0.138 | 0.155 | 0.162 |
| Tyrosine.....g | 0.278 | | 0 | | 1 | | 0.111 | 0.125 | 0.131 |
| Valine.....g | 0.409 | | 0 | | 1 | | 0.164 | 0.184 | 0.192 |
| Arginine.....g | 0.226 | | 0 | | 1 | | 0.090 | 0.102 | 0.106 |
| Histidine.....g | 0.103 | | 0 | | 1 | | 0.041 | 0.046 | 0.048 |
| Alanine.....g | 0.240 | | 0 | | 1 | | 0.096 | 0.108 | 0.113 |
| Aspartic acid.....g | 0.536 | | 0 | | 1 | | 0.214 | 0.241 | 0.252 |
| Glutamic acid.....g | 1.304 | | 0 | | 1 | | 0.522 | 0.587 | 0.613 |
| Glycine.....g | 0.170 | | 0 | | 1 | | 0.068 | 0.077 | 0.080 |
| Proline.....g | 0.498 | | 0 | | 1 | | 0.199 | 0.224 | 0.234 |
| Serine.....g | 0.294 | | 0 | | 1 | | 0.118 | 0.132 | 0.138 |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 23 | | 1 | | 1 | | 9 | 10 | 11 |
| Theobromine.....mg | 155 | | 1 | | 1 | | 62 | 70 | 73 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 40g: 1 bar (1.4 oz)

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

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

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

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

**Food Group:** 19 Sweets

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

**NDB No. 43046**
**Candies, nougat**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.15 | | 0 | FLC | 4 | | 0.30 | | |
| Energy | kcal | 398 | | 0 | NC | 4 | | 56 | | |
| Energy | kj | 1665 | | 0 | NC | 4 | | 233 | | |
| Protein | g | 3.33 | | 1 | LC | 8 | | 0.47 | | |
| Total lipid (fat) | g | 1.67 | | 1 | LC | 8 | | 0.23 | | |
| Ash | g | 0.46 | | 0 | FLC | 4 | | 0.06 | | |
| Carbohydrate, by difference | g | 92.39 | | 0 | NC | 4 | | 12.93 | | |
| Fiber, total dietary | g | 3.3 | | 1 | LC | 8 | | 0.5 | | |
| Sugars, total | g | 83.33 | | 1 | LC | 8 | | 11.67 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 32 | | 0 | FLC | 4 | | 4 | | |
| Iron, Fe | mg | 0.59 | | 0 | FLC | 4 | | 0.08 | | |
| Magnesium, Mg | mg | 32 | | 0 | FLC | 4 | | 4 | | |
| Phosphorus, P | mg | 55 | | 0 | FLC | 4 | | 8 | | |
| Potassium, K | mg | 105 | | 0 | FLC | 4 | | 15 | | |
| Sodium, Na | mg | 33 | | 1 | LC | 8 | | 5 | | |
| Zinc, Zn | mg | 0.42 | | 0 | FLC | 4 | | 0.06 | | |
| Copper, Cu | mg | 0.134 | | 0 | FLC | 4 | | 0.019 | | |
| Manganese, Mn | mg | 0.304 | | 0 | FLC | 4 | | 0.043 | | |
| Selenium, Se | mcg | 2.6 | | 0 | FLC | 4 | | 0.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 0 | FLC | 4 | | 0.0 | | |
| Thiamin | mg | 0.013 | | 0 | FLC | 4 | | 0.002 | | |
| Riboflavin | mg | 0.148 | | 0 | FLC | 4 | | 0.021 | | |
| Niacin | mg | 0.478 | | 0 | FLC | 4 | | 0.067 | | |
| Pantothenic acid | mg | 0.060 | | 0 | FLC | 4 | | 0.008 | | |
| Vitamin B-6 | mg | 0.020 | | 0 | FLC | 4 | | 0.003 | | |
| Folate, total | mcg | 5 | | 0 | FLC | 4 | | 1 | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | mcg | 4 | | 0 | FLC | 4 | | 1 | | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 1 | | |
| Vitamin B-12 | mcg | 0.01 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 1 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 2.77 | | 0 | FLC | 4 | | 0.39 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.667 | | 1 | LC | 8 | | 0.233 | | |
| 4:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 8:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 10:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 12:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 13:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0 | g | 0.002 | | 0 | FLC | 4 | | 0.000 | | |
| 15:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0 | g | 1.340 | | 0 | FLC | 4 | | 0.188 | | |
| 17:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0 | g | 0.324 | | 0 | FLC | 4 | | 0.045 | | |
| 20:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |

**NDB No. 43046**
**Candies, nougat**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 1 | LC | 8 | | 0.000 | | |
| 14:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.047 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.012 | | |
| Cryptoxanthin, beta.....mcg | 1 | | 0 | FLC | 4 | | 0.099 | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 1 | | 0 | FLC | 4 | | 0.158 | | |

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19147**
**Candies, peanut bar**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.60 | 0.150 | 4 | | 1 | | 0.45 | 0.64 | 0.72 |
| Energy | kcal | 522 | | 0 | NC | 4 | | 148 | 209 | 235 |
| Energy | kj | 2184 | | | | 4 | | 619 | 874 | 983 |
| Protein (N x 5.5) | g | 15.50 | 1.151 | 4 | | 1 | | 4.39 | 6.20 | 6.98 |
| Total lipid (fat) | g | 33.70 | 0.229 | 4 | | 1 | | 9.55 | 13.48 | 15.17 |
| Ash | g | 1.90 | 0.089 | 3 | | 1 | | 0.54 | 0.76 | 0.86 |
| Carbohydrate, by difference | g | 47.40 | | 0 | NC | 4 | | 13.44 | 18.96 | 21.33 |
| Fiber, total dietary | g | 4.1 | | 0 | FLM | 4 | | 1.2 | 1.6 | 1.8 |
| Sugars, total | g | 42.22 | | 0 | LC | 8 | | 11.97 | 16.89 | 19.00 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 78 | | 1 | | 1 | | 22 | 31 | 35 |
| Iron, Fe | mg | 0.97 | | 1 | | 1 | | 0.27 | 0.39 | 0.44 |
| Magnesium, Mg | mg | 110 | | 0 | FLM | 4 | | 31 | 44 | 50 |
| Phosphorus, P | mg | 308 | | 0 | FLM | 4 | | 87 | 123 | 138 |
| Potassium, K | mg | 407 | | 2 | | 1 | | 115 | 163 | 183 |
| Sodium, Na | mg | 156 | | 0 | LC | 8 | | 44 | 62 | 70 |
| Zinc, Zn | mg | 3.94 | | 0 | FLM | 4 | | 1.12 | 1.58 | 1.77 |
| Copper, Cu | mg | 0.774 | | 0 | FLM | 4 | | 0.220 | 0.310 | 0.348 |
| Manganese, Mn | mg | 1.243 | | 0 | FLM | 4 | | 0.352 | 0.497 | 0.559 |
| Selenium, Se | mcg | 4.7 | | 0 | FLM | 4 | | 1.3 | 1.9 | 2.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.100 | | 1 | | 1 | | 0.028 | 0.040 | 0.045 |
| Riboflavin | mg | 0.140 | | 1 | | 1 | | 0.040 | 0.056 | 0.063 |
| Niacin | mg | 7.922 | 0.821 | 4 | | 1 | | 2.246 | 3.169 | 3.565 |
| Pantothenic acid | mg | 0.830 | | 0 | FLM | 4 | | 0.235 | 0.332 | 0.374 |
| Vitamin B-6 | mg | 0.153 | | 0 | FLM | 4 | | 0.043 | 0.061 | 0.069 |
| Folate, total | mcg | 75 | | 0 | FLM | 4 | | 21 | 30 | 34 |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 75 | | 0 | FLM | 4 | | 21 | 30 | 34 |
| Folate, DFE | mcg_DFE | 75 | | 0 | NC | 4 | | 21 | 30 | 34 |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLM | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 4.10 | | 0 | FLM | 4 | | 1.16 | 1.64 | 1.85 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.678 | | 0 | FLA | 4 | | 1.326 | 1.871 | 2.105 |
| 4:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.022 | | 0 | FLA | 4 | | 0.006 | 0.009 | 0.010 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.528 | | 0 | FLA | 4 | | 1.000 | 1.411 | 1.588 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.752 | | 0 | FLA | 4 | | 0.213 | 0.301 | 0.338 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19147**
**Candies, peanut bar**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 16.721 | | 0 | FLA | 4 | | 4.740 | 6.688 | 7.524 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.010 | | 0 | FLA | 4 | | 0.003 | 0.004 | 0.005 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 16.260 | | 0 | FLA | 4 | | 4.610 | 6.504 | 7.317 |
| 20:1.....g | 0.495 | | 0 | FLA | 4 | | 0.140 | 0.198 | 0.223 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 10.650 | | 0 | FLA | 4 | | 3.019 | 4.260 | 4.793 |
| 18:2 undifferentiated.....g | 10.647 | | 0 | FLA | 4 | | 3.018 | 4.259 | 4.791 |
| 18:3 undifferentiated.....g | 0.002 | | 0 | FLA | 4 | | 0.001 | 0.001 | 0.001 |
| 18:4.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.149 | | 0 | | 1 | | 0.042 | 0.060 | 0.067 |
| Threonine.....g | 0.520 | | 0 | | 1 | | 0.147 | 0.208 | 0.234 |
| Isoleucine.....g | 0.534 | | 0 | | 1 | | 0.151 | 0.214 | 0.240 |
| Leucine.....g | 0.986 | | 0 | | 1 | | 0.280 | 0.394 | 0.444 |
| Lysine.....g | 0.545 | | 0 | | 1 | | 0.155 | 0.218 | 0.245 |
| Methionine.....g | 0.185 | | 0 | | 1 | | 0.052 | 0.074 | 0.083 |
| Cystine.....g | 0.194 | | 0 | | 1 | | 0.055 | 0.078 | 0.087 |
| Phenylalanine.....g | 0.787 | | 0 | | 1 | | 0.223 | 0.315 | 0.354 |
| Tyrosine.....g | 0.618 | | 0 | | 1 | | 0.175 | 0.247 | 0.278 |
| Valine.....g | 0.638 | | 0 | | 1 | | 0.181 | 0.255 | 0.287 |
| Arginine.....g | 1.818 | | 0 | | 1 | | 0.515 | 0.727 | 0.818 |
| Histidine.....g | 0.385 | | 0 | | 1 | | 0.109 | 0.154 | 0.173 |
| Alanine.....g | 0.604 | | 0 | | 1 | | 0.171 | 0.242 | 0.272 |
| Aspartic acid.....g | 1.855 | | 0 | | 1 | | 0.526 | 0.742 | 0.835 |
| Glutamic acid.....g | 3.178 | | 0 | | 1 | | 0.901 | 1.271 | 1.430 |
| Glycine.....g | 0.916 | | 0 | | 1 | | 0.260 | 0.366 | 0.412 |
| Proline.....g | 0.672 | | 0 | | 1 | | 0.191 | 0.269 | 0.302 |
| Serine.....g | 0.753 | | 0 | | 1 | | 0.213 | 0.301 | 0.339 |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLM | 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 = 28.35g: 1 oz

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

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

**NDB No. 19147**
**Candies, peanut bar**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.70 | | 0 | RC | 4 | | | | |
| Energy | kcal | 484 | | 0 | RC | 4 | | | | |
| Energy | kj | 2024 | | 0 | RC | 4 | | | | |
| Protein | g | 7.57 | | 0 | RC | 4 | | | | |
| Total lipid (fat) | g | 18.98 | | 0 | RC | 4 | | | | |
| Ash | g | 1.51 | | 0 | RC | 4 | | | | |
| Carbohydrate, by difference | g | 70.66 | | 0 | RC | 4 | | | | |
| Fiber, total dietary | g | 2.5 | | 0 | RC | 4 | | | | |
| Sugars, total | g | 67.09 | | 0 | RC | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 27 | | 0 | RC | 4 | | | | |
| Iron, Fe | mg | 1.22 | | 0 | RC | 4 | | | | |
| Magnesium, Mg | mg | 42 | | 0 | RC | 4 | | | | |
| Phosphorus, P | mg | 106 | | 0 | RC | 4 | | | | |
| Potassium, K | mg | 168 | | 0 | RC | 4 | | | | |
| Sodium, Na | mg | 445 | | 0 | RC | 4 | | | | |
| Zinc, Zn | mg | 0.87 | | 0 | RC | 4 | | | | |
| Copper, Cu | mg | 0.254 | | 0 | RC | 4 | | | | |
| Manganese, Mn | mg | 0.593 | | 0 | RC | 4 | | | | |
| Selenium, Se | mcg | 2.6 | | 0 | RC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | RC | 4 | | | | |
| Thiamin | mg | 0.134 | | 0 | RC | 4 | | | | |
| Riboflavin | mg | 0.044 | | 0 | RC | 4 | | | | |
| Niacin | mg | 2.646 | | 0 | RC | 4 | | | | |
| Pantothenic acid | mg | 0.529 | | 0 | RC | 4 | | | | |
| Vitamin B-6 | mg | 0.079 | | 0 | RC | 4 | | | | |
| Folate, total | mcg | 46 | | 0 | RC | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RC | 4 | | | | |
| Folate, food | mcg | 46 | | 0 | RC | 4 | | | | |
| Folate, DFE | mcg_DFE | 46 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.01 | | 0 | RC | 4 | | | | |
| Vitamin A, IU | IU | 142 | | 0 | RC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 39 | | 0 | RC | 4 | | | | |
| Retinol | mcg | 38 | | 0 | RC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 2.56 | | 0 | RC | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.4 | | 0 | RC | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.144 | | 0 | RC | 4 | | | | |
| 4:0 | g | 0.145 | | 0 | RC | 4 | | | | |
| 6:0 | g | 0.090 | | 0 | RC | 4 | | | | |
| 8:0 | g | 0.054 | | 0 | RC | 4 | | | | |
| 10:0 | g | 0.114 | | 0 | RC | 4 | | | | |
| 12:0 | g | 0.117 | | 0 | RC | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.342 | | 0 | RC | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.479 | | 0 | RC | 4 | | | | |
| 17:0 | g | 0.025 | | 0 | RC | 4 | | | | |
| 18:0 | g | 0.771 | | 0 | RC | 4 | | | | |
| 20:0 | g | 0.006 | | 0 | RC | 4 | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 8.064 | | 0 | RC | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.046 | | 0 | RC | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 7.821 | | 0 | RC | 4 | | | | |
| 20:1.....g | 0.197 | | 0 | RC | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RC | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 4.558 | | 0 | RC | 4 | | | | |
| 18:2 undifferentiated.....g | 4.557 | | 0 | RC | 4 | | | | |
| 18:3 undifferentiated.....g | 0.001 | | 0 | RC | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RC | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RC | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RC | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RC | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 12 | | 0 | RC | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **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 | 9 | | 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 | 0 | | 0 | RC | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

**NDB No. 19080**
**Candies, semisweet chocolate**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.70 | 0.062 | 8 | | 1 | | 1.18 | 1.27 | 1.21 |
| Energy | kcal | 479 | | 0 | | 4 | | 805 | 872 | 829 |
| Energy | kj | 2004 | | | | 4 | | 3367 | 3648 | 3467 |
| Protein (N x 5.63) | g | 4.20 | 0.089 | 5 | | 1 | | 7.06 | 7.64 | 7.27 |
| Total lipid (fat) | g | 30.00 | 0.743 | 9 | | 1 | | 50.40 | 54.60 | 51.90 |
| Ash | g | 1.20 | 0.050 | 7 | | 1 | | 2.02 | 2.18 | 2.08 |
| Carbohydrate, by difference | g | 63.10 | | 0 | | 4 | | 106.01 | 114.84 | 109.16 |
| Fiber, total dietary | g | 5.9 | | 2 | | 1 | | 9.9 | 10.7 | 10.2 |
| Sugars, total | g | 54.50 | 1.386 | 4 | JO | 11 | | 91.56 | 99.19 | 94.29 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 32 | 1.430 | 3 | | 1 | | 54 | 58 | 55 |
| Iron, Fe | mg | 3.13 | 0.283 | 5 | | 1 | | 5.26 | 5.70 | 5.41 |
| Magnesium, Mg | mg | 115 | | 2 | | 1 | | 193 | 209 | 199 |
| Phosphorus, P | mg | 132 | | 2 | | 1 | | 222 | 240 | 228 |
| Potassium, K | mg | 365 | 17.035 | 6 | | 1 | | 613 | 664 | 631 |
| Sodium, Na | mg | 11 | 3.440 | 6 | | 1 | | 18 | 20 | 19 |
| Zinc, Zn | mg | 1.62 | 0.057 | 3 | | 1 | | 2.72 | 2.95 | 2.80 |
| Copper, Cu | mg | 0.700 | | 1 | | 1 | | 1.176 | 1.274 | 1.211 |
| Manganese, Mn | mg | 0.800 | | 1 | | 1 | | 1.344 | 1.456 | 1.384 |
| Selenium, Se | mcg | 4.1 | | 0 | FLA | 4 | | 6.9 | 7.5 | 7.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.055 | | 2 | | 1 | | 0.092 | 0.100 | 0.095 |
| Riboflavin | mg | 0.090 | | 2 | | 1 | | 0.151 | 0.164 | 0.156 |
| Niacin | mg | 0.427 | 0.049 | 4 | | 1 | | 0.717 | 0.777 | 0.739 |
| Pantothenic acid | mg | 0.105 | | 1 | | 4 | | 0.176 | 0.191 | 0.182 |
| Vitamin B-6 | mg | 0.035 | | 1 | | 4 | | 0.059 | 0.064 | 0.061 |
| Folate, total | mcg | 3 | | 1 | | 4 | | 5 | 5 | 5 |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 3 | | 1 | | 4 | | 5 | 5 | 5 |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 5 | 5 | 5 |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.23 | | 0 | BFFN | 4 | | 0.39 | 0.42 | 0.40 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.6 | | 0 | BFFN | 4 | | 9.3 | 10.1 | 9.6 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 17.750 | | 0 | | 4 | | 29.820 | 32.305 | 30.708 |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.060 | | 8 | | 1 | | 0.101 | 0.109 | 0.104 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.150 | | 8 | | 1 | | 0.252 | 0.273 | 0.260 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 7.720 | | 8 | | 1 | | 12.970 | 14.050 | 13.356 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 9.470 | | 8 | | 1 | | 15.910 | 17.235 | 16.383 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19080**
**Candies, semisweet chocolate**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 9.970 | | 0 | | 4 | | 16.750 | 18.145 | 17.248 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.090 | | 8 | | 1 | | 0.151 | 0.164 | 0.156 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 9.890 | | 8 | | 1 | | 16.615 | 18.000 | 17.110 |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.970 | | 0 | | 4 | | 1.630 | 1.765 | 1.678 |
| 18:2 undifferentiated.....g | 0.910 | | 8 | | 1 | | 1.529 | 1.656 | 1.574 |
| 18:3 undifferentiated.....g | 0.060 | | 8 | | 1 | | 0.101 | 0.109 | 0.104 |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.063 | | 0 | | 1 | | 0.106 | 0.115 | 0.109 |
| Threonine.....g | 0.168 | | 0 | | 1 | | 0.282 | 0.306 | 0.291 |
| Isoleucine.....g | 0.164 | | 0 | | 1 | | 0.276 | 0.298 | 0.284 |
| Leucine.....g | 0.257 | | 0 | | 1 | | 0.432 | 0.468 | 0.445 |
| Lysine.....g | 0.212 | | 0 | | 1 | | 0.356 | 0.386 | 0.367 |
| Methionine.....g | 0.044 | | 0 | | 1 | | 0.074 | 0.080 | 0.076 |
| Cystine.....g | 0.052 | | 0 | | 1 | | 0.087 | 0.095 | 0.090 |
| Phenylalanine.....g | 0.204 | | 0 | | 1 | | 0.343 | 0.371 | 0.353 |
| Tyrosine.....g | 0.159 | | 0 | | 1 | | 0.267 | 0.289 | 0.275 |
| Valine.....g | 0.254 | | 0 | | 1 | | 0.427 | 0.462 | 0.439 |
| Arginine.....g | 0.240 | | 0 | | 1 | | 0.403 | 0.437 | 0.415 |
| Histidine.....g | 0.073 | | 0 | | 1 | | 0.123 | 0.133 | 0.126 |
| Alanine.....g | 0.196 | | 0 | | 1 | | 0.329 | 0.357 | 0.339 |
| Aspartic acid.....g | 0.422 | | 0 | | 1 | | 0.709 | 0.768 | 0.730 |
| Glutamic acid.....g | 0.637 | | 0 | | 1 | | 1.070 | 1.159 | 1.102 |
| Glycine.....g | 0.190 | | 0 | | 1 | | 0.319 | 0.346 | 0.329 |
| Proline.....g | 0.181 | | 0 | | 1 | | 0.304 | 0.329 | 0.313 |
| Serine.....g | 0.183 | | 0 | | 1 | | 0.307 | 0.333 | 0.317 |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 62 | 3.923 | 6 | | 1 | | 104 | 113 | 107 |
| Theobromine.....mg | 486 | 40.814 | 7 | | 1 | | 816 | 885 | 841 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 18 | | 0 | FLA | 4 | | 30.517 | 33.060 | 31.426 |

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

**Common Measures:**

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

Measure 2 = 182g: 1 cup large chips

Measure 3 = 173g: 1 cup mini chips

**NDB No. 19080**
**Candies, semisweet chocolate**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 9.930 | | 0 | | 1 | | 16.881 | 18.073 | 17.179 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.360 | | 0 | | 4 | | 0.612 | 0.655 | 0.623 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 9.930 | | 6 | | 1 | | 16.881 | 18.073 | 17.179 |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.950 | | 0 | | 1 | | 1.615 | 1.729 | 1.644 |
| 18:2 undifferentiated.....g | 0.950 | | 6 | | 1 | | 1.615 | 1.729 | 1.644 |
| 18:3 undifferentiated.....g | 0.240 | | 0 | | 4 | | 0.408 | 0.437 | 0.415 |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 18 | | 0 | | 1 | | 31 | 33 | 31 |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.063 | | 0 | | 1 | | 0.107 | 0.115 | 0.109 |
| Threonine.....g | 0.168 | | 0 | | 1 | | 0.286 | 0.306 | 0.291 |
| Isoleucine.....g | 0.164 | | 0 | | 1 | | 0.279 | 0.298 | 0.284 |
| Leucine.....g | 0.257 | | 0 | | 1 | | 0.437 | 0.468 | 0.445 |
| Lysine.....g | 0.212 | | 0 | | 1 | | 0.360 | 0.386 | 0.367 |
| Methionine.....g | 0.044 | | 0 | | 1 | | 0.075 | 0.080 | 0.076 |
| Cystine.....g | 0.052 | | 0 | | 1 | | 0.088 | 0.095 | 0.090 |
| Phenylalanine.....g | 0.204 | | 0 | | 1 | | 0.347 | 0.371 | 0.353 |
| Tyrosine.....g | 0.159 | | 0 | | 1 | | 0.270 | 0.289 | 0.275 |
| Valine.....g | 0.254 | | 0 | | 1 | | 0.432 | 0.462 | 0.439 |
| Arginine.....g | 0.240 | | 0 | | 1 | | 0.408 | 0.437 | 0.415 |
| Histidine.....g | 0.073 | | 0 | | 1 | | 0.124 | 0.133 | 0.126 |
| Alanine.....g | 0.196 | | 0 | | 1 | | 0.333 | 0.357 | 0.339 |
| Aspartic acid.....g | 0.422 | | 0 | | 1 | | 0.717 | 0.768 | 0.730 |
| Glutamic acid.....g | 0.637 | | 0 | | 1 | | 1.083 | 1.159 | 1.102 |
| Glycine.....g | 0.190 | | 0 | | 1 | | 0.323 | 0.346 | 0.329 |
| Proline.....g | 0.181 | | 0 | | 1 | | 0.308 | 0.329 | 0.313 |
| Serine.....g | 0.183 | | 0 | | 1 | | 0.311 | 0.333 | 0.317 |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 62 | 3.923 | 6 | | 1 | | 105 | 113 | 107 |
| Theobromine.....mg | 486 | 40.814 | 7 | | 1 | | 826 | 885 | 841 |

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

**Common Measures:**

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

Measure 2 = 182g: 1 cup large chips

Measure 3 = 173g: 1 cup mini chips

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

**Food Group:** 19 Sweets

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

**NDB No. 19154**
**Candies, sesame crunch**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.20 | 0.056 | 3 | | 1 | | 0.62 | 0.04 | 0.77 |
| Energy | kcal | 517 | | 0 | NC | 4 | | 147 | 9 | 181 |
| Energy | kj | 2163 | | | | 4 | | 613 | 39 | 757 |
| Protein (N x 5.3) | g | 11.60 | 0.226 | 3 | | 1 | | 3.29 | 0.21 | 4.06 |
| Total lipid (fat) | g | 33.30 | 1.776 | 3 | | 1 | | 9.44 | 0.60 | 11.66 |
| Ash | g | 2.60 | 0.064 | 3 | | 1 | | 0.74 | 0.05 | 0.91 |
| Carbohydrate, by difference | g | 50.30 | | 0 | NC | 4 | | 14.26 | 0.91 | 17.61 |
| Fiber, total dietary | g | 7.9 | | 0 | FLM | 4 | | 2.2 | 0.1 | 2.8 |
| Sugars, total | g | 31.17 | | 0 | FLM | 4 | | 8.84 | 0.56 | 10.91 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 655 | | 0 | FLA | 4 | | 186 | 12 | 229 |
| Iron, Fe | mg | 4.27 | 0.267 | 3 | | 1 | | 1.21 | 0.08 | 1.49 |
| Magnesium, Mg | mg | 251 | 10.478 | 3 | | 1 | | 71 | 5 | 88 |
| Phosphorus, P | mg | 423 | | 0 | FLA | 4 | | 120 | 8 | 148 |
| Potassium, K | mg | 322 | | 0 | FLA | 4 | | 91 | 6 | 113 |
| Sodium, Na | mg | 167 | | 0 | LC | 8 | | 47 | 3 | 58 |
| Zinc, Zn | mg | 3.76 | | 1 | | 1 | | 1.07 | 0.07 | 1.32 |
| Copper, Cu | mg | 0.950 | | 1 | | 1 | | 0.269 | 0.017 | 0.333 |
| Manganese, Mn | mg | 1.659 | | 0 | FLA | 4 | | 0.470 | 0.030 | 0.581 |
| Selenium, Se | mcg | 4.1 | | 0 | FLA | 4 | | 1.2 | 0.1 | 1.4 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.530 | | 0 | FLA | 4 | | 0.150 | 0.010 | 0.186 |
| Riboflavin | mg | 0.172 | | 0 | FLA | 4 | | 0.049 | 0.003 | 0.060 |
| Niacin | mg | 3.703 | 0.124 | 3 | | 1 | | 1.050 | 0.067 | 1.296 |
| Pantothenic acid | mg | 0.041 | | 0 | FLA | 4 | | 0.012 | 0.001 | 0.014 |
| Vitamin B-6 | mg | 0.532 | | 0 | FLA | 4 | | 0.151 | 0.010 | 0.186 |
| Folate, total | mcg | 52 | | 0 | FLM | 4 | | 15 | 1 | 18 |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 52 | | 0 | FLM | 4 | | 15 | 1 | 18 |
| Folate, DFE | mcg_DFE | 52 | | 0 | NC | 4 | | 15 | 1 | 18 |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 6 | | 0 | FLM | 4 | | 2 | 0 | 2 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.17 | | 0 | FLM | 4 | | 0.05 | 0.00 | 0.06 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.460 | | 0 | | 1 | | 1.264 | 0.080 | 1.561 |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.080 | | 1 | | 1 | | 0.023 | 0.001 | 0.028 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.980 | | 1 | | 1 | | 0.845 | 0.054 | 1.043 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.400 | | 1 | | 1 | | 0.397 | 0.025 | 0.490 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19154**
**Candies, sesame crunch**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 12.570 | | 0 | | 1 | | 3.564 | 0.226 | 4.400 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.100 | | 1 | | 1 | | 0.028 | 0.002 | 0.035 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 12.420 | | 1 | | 1 | | 3.521 | 0.224 | 4.347 |
| 20:1....g | 0.050 | | 1 | | 1 | | 0.014 | 0.001 | 0.018 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 14.580 | | 0 | | 1 | | 4.133 | 0.262 | 5.103 |
| 18:2 undifferentiated....g | 14.330 | | 1 | | 1 | | 4.063 | 0.258 | 5.016 |
| 18:3 undifferentiated....g | 0.250 | | 1 | | 1 | | 0.071 | 0.005 | 0.088 |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.223 | | 0 | | 1 | | 0.063 | 0.004 | 0.078 |
| Threonine....g | 0.424 | | 0 | | 1 | | 0.120 | 0.008 | 0.148 |
| Isoleucine....g | 0.440 | | 0 | | 1 | | 0.125 | 0.008 | 0.154 |
| Leucine....g | 0.783 | | 0 | | 1 | | 0.222 | 0.014 | 0.274 |
| Lysine....g | 0.328 | | 0 | | 1 | | 0.093 | 0.006 | 0.115 |
| Methionine....g | 0.337 | | 0 | | 1 | | 0.096 | 0.006 | 0.118 |
| Cystine....g | 0.206 | | 0 | | 1 | | 0.058 | 0.004 | 0.072 |
| Phenylalanine....g | 0.542 | | 0 | | 1 | | 0.154 | 0.010 | 0.190 |
| Tyrosine....g | 0.429 | | 0 | | 1 | | 0.122 | 0.008 | 0.150 |
| Valine....g | 0.571 | | 0 | | 1 | | 0.162 | 0.010 | 0.200 |
| Arginine....g | 1.513 | | 0 | | 1 | | 0.429 | 0.027 | 0.530 |
| Histidine....g | 0.302 | | 0 | | 1 | | 0.086 | 0.005 | 0.106 |
| Alanine....g | 0.534 | | 0 | | 1 | | 0.151 | 0.010 | 0.187 |
| Aspartic acid....g | 0.951 | | 0 | | 1 | | 0.270 | 0.017 | 0.333 |
| Glutamic acid....g | 2.279 | | 0 | | 1 | | 0.646 | 0.041 | 0.798 |
| Glycine....g | 0.700 | | 0 | | 1 | | 0.198 | 0.013 | 0.245 |
| Proline....g | 0.470 | | 0 | | 1 | | 0.133 | 0.008 | 0.165 |
| Serine....g | 0.558 | | 0 | | 1 | | 0.158 | 0.010 | 0.195 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | FLM | 4 | | 0 | 0 | 0 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta....mcg | 3 | | 0 | FLM | 4 | | 0.975 | 0.062 | 1.203 |
| Carotene, alpha....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin....mcg | 0 | | 0 | FLM | 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 = 28.35g: 1 oz

Measure 2 = 1.8g: 1 piece

Measure 3 = 35g: 20 pieces

**NDB No. 19154**
**Candies, sesame crunch**

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

**Food Group:** 19 Sweets

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

**NDB No. 19866**
**Candies, soft fruit and nut squares**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 13.88 | | 0 | FLC | 4 | | | | |
| Energy | kcal | 390 | | 0 | FLC | 4 | | | | |
| Energy | kj | 1633 | | 0 | FLC | 4 | | | | |
| Protein | g | 2.31 | | 0 | FLC | 4 | | | | |
| Total lipid (fat) | g | 9.52 | | 0 | FLC | 4 | | | | |
| Ash | g | 0.40 | | 0 | FLC | 4 | | | | |
| Carbohydrate, by difference | g | 73.81 | | 0 | FLC | 4 | | | | |
| Fiber, total dietary | g | 2.4 | | 0 | FLC | 4 | | | | |
| Sugars, total | g | 45.71 | | 0 | FLC | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 17 | | 0 | FLC | 4 | | | | |
| Iron, Fe | mg | 0.93 | | 0 | FLC | 4 | | | | |
| Magnesium, Mg | mg | 25 | | 0 | FLC | 4 | | | | |
| Phosphorus, P | mg | 54 | | 0 | FLC | 4 | | | | |
| Potassium, K | mg | 82 | | 0 | FLC | 4 | | | | |
| Sodium, Na | mg | 131 | | 0 | FLC | 4 | | | | |
| Zinc, Zn | mg | 0.53 | | 0 | FLC | 4 | | | | |
| Copper, Cu | mg | 0.303 | | 0 | FLC | 4 | | | | |
| Manganese, Mn | mg | 0.539 | | 0 | FLC | 4 | | | | |
| Selenium, Se | mcg | 1.4 | | 0 | FLC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 0 | FLC | 4 | | | | |
| Thiamin | mg | 0.047 | | 0 | FLC | 4 | | | | |
| Riboflavin | mg | 0.039 | | 0 | FLC | 4 | | | | |
| Niacin | mg | 0.178 | | 0 | FLC | 4 | | | | |
| Pantothenic acid | mg | 0.112 | | 0 | FLC | 4 | | | | |
| Vitamin B-6 | mg | 0.082 | | 0 | FLC | 4 | | | | |
| Folate, total | mcg | 12 | | 0 | FLC | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | | | |
| Folate, food | mcg | 11 | | 0 | FLC | 4 | | | | |
| Folate, DFE | mcg_DFE | 11 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | | | |
| Vitamin A, IU | IU | 3 | | 0 | NC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.10 | | 0 | FLC | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.4 | | 0 | FLC | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.898 | | 0 | FLC | 4 | | | | |
| 4:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 6:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 8:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 10:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 12:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 13:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 14:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 15:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 16:0 | g | 0.647 | | 0 | FLC | 4 | | | | |
| 17:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 18:0 | g | 0.241 | | 0 | FLC | 4 | | | | |
| 20:0 | g | 0.009 | | 0 | FLC | 4 | | | | |
| 22:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 24:0 | g | 0.000 | | 0 | FLC | 4 | | | | |

**NDB No. 19866**
**Candies, soft fruit and nut squares**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 1.297 | | 0 | FLC | 4 | | | | |
| 14:1.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.278 | | 0 | FLC | 4 | | | | |
| 20:1.....g | 0.019 | | 0 | FLC | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 24:1 c.....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total polyunsaturated.....g | 6.840 | | 0 | FLC | 4 | | | | |
| 18:2 undifferentiated.....g | 5.525 | | 0 | FLC | 4 | | | | |
| 18:3 undifferentiated.....g | 1.315 | | 0 | FLC | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLC | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 2 | | 0 | FLC | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 3 | | 0 | FLC | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

**NDB No. 19858**
**Candies, sugar-coated almonds**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.39 | | 0 | FLM | 4 | | 0.08 | | |
| Energy | kcal | 472 | | 0 | NC | 4 | | 17 | | |
| Energy | kj | 1974 | | 0 | NC | 4 | | 69 | | |
| Protein | g | 10.00 | | 1 | LC | 8 | | 0.35 | | |
| Total lipid (fat) | g | 17.50 | | 1 | LC | 8 | | 0.61 | | |
| Ash | g | 1.51 | | 0 | FLM | 4 | | 0.05 | | |
| Carbohydrate, by difference | g | 68.60 | | 0 | NC | 4 | | 2.40 | | |
| Fiber, total dietary | g | 2.5 | | 1 | LC | 8 | | 0.1 | | |
| Sugars, total | g | 62.50 | | 1 | LC | 8 | | 2.19 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 100 | | | | 1 | | 4 | | |
| Iron, Fe | mg | 1.90 | | | | 1 | | 0.07 | | |
| Magnesium, Mg | mg | 137 | | 0 | FLM | 4 | | 5 | | |
| Phosphorus, P | mg | 166 | | | | 1 | | 6 | | |
| Potassium, K | mg | 255 | | | | 1 | | 9 | | |
| Sodium, Na | mg | 13 | | 1 | LC | 8 | | 0 | | |
| Zinc, Zn | mg | 1.56 | | 0 | FLM | 4 | | 0.05 | | |
| Copper, Cu | mg | 0.586 | | 0 | FLM | 4 | | 0.020 | | |
| Manganese, Mn | mg | 1.121 | | 0 | FLM | 4 | | 0.039 | | |
| Selenium, Se | mcg | 1.7 | | 0 | FLM | 4 | | 0.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLM | 4 | | 0.0 | | |
| Thiamin | mg | 0.050 | | | | 1 | | 0.002 | | |
| Riboflavin | mg | 0.270 | | | | 1 | | 0.009 | | |
| Niacin | mg | 1.000 | | | | 1 | | 0.035 | | |
| Pantothenic acid | mg | 0.156 | | 0 | FLM | 4 | | 0.005 | | |
| Vitamin B-6 | mg | 0.060 | | 0 | FLM | 4 | | 0.002 | | |
| Folate, total | mcg | 15 | | 0 | FLM | 4 | | 1 | | |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | | |
| Folate, food | mcg | 15 | | 0 | FLM | 4 | | 1 | | |
| Folate, DFE | mcg_DFE | 15 | | 0 | NC | 4 | | 1 | | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLM | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 3 | | 0 | FLM | 4 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLM | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | FLM | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 12.36 | | 0 | FLM | 4 | | 0.43 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLM | 4 | | 0.0 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.764 | | 0 | FLM | 4 | | 0.062 | | |
| 4:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 8:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 10:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 12:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 14:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 15:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 16:0 | g | 1.476 | | 0 | FLM | 4 | | 0.052 | | |
| 17:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 18:0 | g | 0.287 | | 0 | FLM | 4 | | 0.010 | | |
| 20:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 24:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |

**NDB No. 19858**
**Candies, sugar-coated almonds**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 12.078 | | 0 | FLM | 4 | | 0.423 | | |
| 14:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.090 | | 0 | FLM | 4 | | 0.003 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 11.988 | | 0 | FLM | 4 | | 0.420 | | |
| 20:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 24:1 c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| Fatty acids, total polyunsaturated.....g | 3.904 | | 0 | FLM | 4 | | 0.137 | | |
| 18:2 undifferentiated.....g | 3.904 | | 0 | FLM | 4 | | 0.137 | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLM | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLM | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | FLM | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 2 | | 0 | FLM | 4 | | 0.068 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 1 | | 0 | FLM | 4 | | 0.023 | | |

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

**Common Measures:**

Measure 1 = 3.5g: 1 piece

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

**Food Group:** 19 Sweets

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

**NDB No. 19081**
**Candies, sweet chocolate**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.50 | 0.088 | 3 | | 1 | | 0.14 | 0.21 | |
| Energy | kcal | 505 | | 0 | | 4 | | 143 | 207 | |
| Energy | kj | 2113 | | | | 4 | | 599 | 866 | |
| Protein (N x 5.63) | g | 3.90 | 0.280 | 4 | | 1 | | 1.11 | 1.60 | |
| Total lipid (fat) | g | 34.20 | 1.376 | 4 | | 1 | | 9.70 | 14.02 | |
| Ash | g | 1.00 | 0.000 | 3 | | 1 | | 0.28 | 0.41 | |
| Carbohydrate, by difference | g | 59.60 | | 0 | NC | 4 | | 16.90 | 24.44 | |
| Fiber, total dietary | g | 5.5 | | 0 | | 4 | | 1.6 | 2.3 | |
| Sugars, total | g | 51.48 | | 0 | BFCN | 4 | | 14.59 | 21.11 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 24 | 1.409 | 6 | | 1 | | 7 | 10 | |
| Iron, Fe | mg | 2.76 | 0.369 | 6 | | 1 | | 0.78 | 1.13 | |
| Magnesium, Mg | mg | 113 | 9.699 | 6 | | 1 | | 32 | 46 | |
| Phosphorus, P | mg | 147 | 5.325 | 4 | | 1 | | 42 | 60 | |
| Potassium, K | mg | 290 | 17.076 | 6 | | 1 | | 82 | 119 | |
| Sodium, Na | mg | 16 | 4.933 | 4 | | 1 | | 5 | 7 | |
| Zinc, Zn | mg | 1.50 | 0.051 | 6 | | 1 | | 0.43 | 0.62 | |
| Copper, Cu | mg | 0.574 | 0.073 | 6 | | 1 | | 0.163 | 0.235 | |
| Manganese, Mn | mg | 0.494 | 0.078 | 6 | | 1 | | 0.140 | 0.203 | |
| Selenium, Se | mcg | 2.8 | | 0 | BFPN | 4 | | 0.8 | 1.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.020 | | 1 | | 1 | | 0.006 | 0.008 | |
| Riboflavin | mg | 0.240 | | 1 | | 1 | | 0.068 | 0.098 | |
| Niacin | mg | 0.670 | | 1 | | 1 | | 0.190 | 0.275 | |
| Pantothenic acid | mg | 0.071 | | 1 | | 4 | | 0.020 | 0.029 | |
| Vitamin B-6 | mg | 0.043 | | 1 | | 4 | | 0.012 | 0.018 | |
| Folate, total | mcg | 3 | | 1 | | 4 | | 1 | 1 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 3 | | 1 | | 4 | | 1 | 1 | |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 1 | 1 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.26 | | 0 | BFFN | 4 | | 0.07 | 0.11 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 6.3 | | 0 | BFFN | 4 | | 1.8 | 2.6 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 20.080 | | 0 | | 1 | | 5.693 | 8.233 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.030 | | 1 | | 1 | | 0.009 | 0.012 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 8.690 | | 1 | | 1 | | 2.464 | 3.563 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 11.350 | | 1 | | 1 | | 3.218 | 4.654 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19081**
**Candies, sweet chocolate**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 11.220 | | 0 | | 1 | | 3.181 | 4.600 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.070 | | 1 | | 1 | | 0.020 | 0.029 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 11.150 | | 1 | | 1 | | 3.161 | 4.572 | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.990 | | 0 | | 1 | | 0.281 | 0.406 | |
| 18:2 undifferentiated.....g | 0.960 | | 1 | | 1 | | 0.272 | 0.394 | |
| 18:3 undifferentiated.....g | 0.030 | | 1 | | 1 | | 0.009 | 0.012 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.058 | | 0 | | 1 | | 0.016 | 0.024 | |
| Threonine.....g | 0.154 | | 0 | | 1 | | 0.044 | 0.063 | |
| Isoleucine.....g | 0.151 | | 0 | | 1 | | 0.043 | 0.062 | |
| Leucine.....g | 0.236 | | 0 | | 1 | | 0.067 | 0.097 | |
| Lysine.....g | 0.195 | | 0 | | 1 | | 0.055 | 0.080 | |
| Methionine.....g | 0.040 | | 0 | | 1 | | 0.011 | 0.016 | |
| Cystine.....g | 0.048 | | 0 | | 1 | | 0.014 | 0.020 | |
| Phenylalanine.....g | 0.187 | | 0 | | 1 | | 0.053 | 0.077 | |
| Tyrosine.....g | 0.146 | | 0 | | 1 | | 0.041 | 0.060 | |
| Valine.....g | 0.234 | | 0 | | 1 | | 0.066 | 0.096 | |
| Arginine.....g | 0.221 | | 0 | | 1 | | 0.063 | 0.091 | |
| Histidine.....g | 0.067 | | 0 | | 1 | | 0.019 | 0.027 | |
| Alanine.....g | 0.180 | | 0 | | 1 | | 0.051 | 0.074 | |
| Aspartic acid.....g | 0.388 | | 0 | | 1 | | 0.110 | 0.159 | |
| Glutamic acid.....g | 0.586 | | 0 | | 1 | | 0.166 | 0.240 | |
| Glycine.....g | 0.175 | | 0 | | 1 | | 0.050 | 0.072 | |
| Proline.....g | 0.167 | | 0 | | 1 | | 0.047 | 0.068 | |
| Serine.....g | 0.168 | | 0 | | 1 | | 0.048 | 0.069 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 66 | | 1 | | 1 | | 19 | 27 | |
| Theobromine.....mg | 426 | | 1 | | 1 | | 121 | 175 | |
| **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 | 18 | | 0 | BFSN | 4 | | 5.160 | 7.463 | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 41g: 1 bar (1.45 oz)

**NDB No. 19081**
**Candies, sweet chocolate**

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

**Food Group:** 19 Sweets

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

**NDB No. 19083**
**Candies, sweet chocolate coated fondant**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 7.70 | 0.671 | 6 | | 1 | | 3.31 | 0.85 | |
| Energy | kcal | 366 | | 0 | | 4 | | 157 | 40 | |
| Energy | kj | 1531 | | | | 4 | | 658 | 168 | |
| Protein (N x 5.9) | g | 2.20 | 0.299 | 5 | | 1 | | 0.95 | 0.24 | |
| Total lipid (fat) | g | 9.30 | 1.300 | 5 | | 1 | | 4.00 | 1.02 | |
| Ash | g | 0.40 | 0.026 | 6 | | 1 | | 0.17 | 0.04 | |
| Carbohydrate, by difference | g | 80.20 | | 0 | NC | 4 | | 34.49 | 8.82 | |
| Fiber, total dietary | g | 2.1 | | 0 | FLA | 4 | | 0.9 | 0.2 | |
| Sugars, total | g | 76.68 | | 0 | FLA | 4 | | 32.97 | 8.43 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 17 | 2.291 | 4 | | 1 | | 7 | 2 | |
| Iron, Fe | mg | 1.56 | 0.028 | 4 | | 1 | | 0.67 | 0.17 | |
| Magnesium, Mg | mg | 63 | | 1 | | 1 | | 27 | 7 | |
| Phosphorus, P | mg | 95 | | 1 | | 1 | | 41 | 10 | |
| Potassium, K | mg | 168 | | 1 | | 1 | | 72 | 18 | |
| Sodium, Na | mg | 26 | | 2 | | 1 | | 11 | 3 | |
| Zinc, Zn | mg | 0.45 | 0.166 | 3 | | 1 | | 0.19 | 0.05 | |
| Copper, Cu | mg | 0.430 | | 1 | | 1 | | 0.185 | 0.047 | |
| Manganese, Mn | mg | 0.400 | | 1 | | 1 | | 0.172 | 0.044 | |
| Selenium, Se | mcg | 1.3 | | 0 | FLA | 4 | | 0.6 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.026 | 0.010 | 4 | | 1 | | 0.011 | 0.003 | |
| Riboflavin | mg | 0.058 | 0.014 | 4 | | 1 | | 0.025 | 0.006 | |
| Niacin | mg | 0.575 | | 2 | | 1 | | 0.247 | 0.063 | |
| Pantothenic acid | mg | 0.026 | | 0 | FLA | 4 | | 0.011 | 0.003 | |
| Vitamin B-6 | mg | 0.010 | | 0 | FLA | 4 | | 0.005 | 0.001 | |
| Folate, total | mcg | 2 | | 0 | FLA | 4 | | 1 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 2 | | 0 | FLA | 4 | | 1 | 0 | |
| Folate, DFE | mcg_DFE | 2 | | 0 | NC | 4 | | 1 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.13 | | 0 | FLA | 4 | | 0.06 | 0.01 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.1 | | 0 | FLA | 4 | | 0.9 | 0.2 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.460 | | 0 | | 1 | | 2.348 | 0.601 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.020 | | 6 | | 1 | | 0.009 | 0.002 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.500 | | 6 | | 1 | | 1.075 | 0.275 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 2.870 | | 6 | | 1 | | 1.234 | 0.316 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19083**
**Candies, sweet chocolate coated fondant**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 3.090 | | 0 | | 1 | | 1.329 | 0.340 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 3.090 | | 6 | | 1 | | 1.329 | 0.340 | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.300 | | 0 | | 1 | | 0.129 | 0.033 | |
| 18:2 undifferentiated.....g | 0.300 | | 6 | | 1 | | 0.129 | 0.033 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | 0.000 | 3 | | 1 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.029 | | 0 | | 1 | | 0.012 | 0.003 | |
| Threonine.....g | 0.078 | | 0 | | 1 | | 0.034 | 0.009 | |
| Isoleucine.....g | 0.076 | | 0 | | 1 | | 0.033 | 0.008 | |
| Leucine.....g | 0.119 | | 0 | | 1 | | 0.051 | 0.013 | |
| Lysine.....g | 0.098 | | 0 | | 1 | | 0.042 | 0.011 | |
| Methionine.....g | 0.020 | | 0 | | 1 | | 0.009 | 0.002 | |
| Cystine.....g | 0.024 | | 0 | | 1 | | 0.010 | 0.003 | |
| Phenylalanine.....g | 0.094 | | 0 | | 1 | | 0.040 | 0.010 | |
| Tyrosine.....g | 0.073 | | 0 | | 1 | | 0.031 | 0.008 | |
| Valine.....g | 0.118 | | 0 | | 1 | | 0.051 | 0.013 | |
| Arginine.....g | 0.111 | | 0 | | 1 | | 0.048 | 0.012 | |
| Histidine.....g | 0.034 | | 0 | | 1 | | 0.015 | 0.004 | |
| Alanine.....g | 0.090 | | 0 | | 1 | | 0.039 | 0.010 | |
| Aspartic acid.....g | 0.195 | | 0 | | 1 | | 0.084 | 0.021 | |
| Glutamic acid.....g | 0.294 | | 0 | | 1 | | 0.126 | 0.032 | |
| Glycine.....g | 0.088 | | 0 | | 1 | | 0.038 | 0.010 | |
| Proline.....g | 0.084 | | 0 | | 1 | | 0.036 | 0.009 | |
| Serine.....g | 0.085 | | 0 | | 1 | | 0.037 | 0.009 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 10 | | 0 | FLA | 4 | | 4 | 1 | |
| Theobromine.....mg | 185 | | 0 | FLA | 4 | | 79 | 20 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.007 | 0.002 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 4 | | 0 | FLA | 4 | | 1.618 | 0.414 | |

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

**Common Measures:**

Measure 1 = 43g: 1 patty, large

Measure 2 = 11.0g: 1 patty, small

**NDB No. 19083**
**Candies, sweet chocolate coated fondant**

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

**Food Group:** 19 Sweets

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

**NDB No. 19163**
**Chewing gum**

bubble gum
**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.60 | 0.304 | 3 | | 1 | | 0.08 | 0.42 | 0.21 |
| Energy | kcal | 247 | | 0 | NC | 4 | | 7 | 40 | 20 |
| Energy | kj | 1033 | | 0 | NC | 4 | | 31 | 165 | 83 |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat) | g | 0.30 | | 2 | | 1 | | 0.01 | 0.05 | 0.02 |
| Ash | g | 0.40 | | 1 | | 1 | | 0.01 | 0.06 | 0.03 |
| Carbohydrate, by difference | g | 66.08 | 7.208 | 3 | LC | 8 | | 1.98 | 10.57 | 5.29 |
| Fiber, total dietary | g | 2.4 | | 0 | FLC | 4 | | 0.1 | 0.4 | 0.2 |
| Sugars, total | g | 66.08 | 7.208 | 3 | LC | 8 | | 1.98 | 10.57 | 5.29 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Iron, Fe | mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg | mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Phosphorus, P | mg | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Potassium, K | mg | 2 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Sodium, Na | mg | 1 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Zinc, Zn | mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se | mcg | 0.6 | | 0 | FLC | 4 | | 0.0 | 0.1 | 0.0 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin | mg | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid | mg | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6 | mg | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLC | 4 | | 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 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.042 | | 0 | | 4 | | 0.001 | 0.007 | 0.003 |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.036 | | 0 | | 4 | | 0.001 | 0.006 | 0.003 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.005 | | 0 | | 4 | | 0.000 | 0.001 | 0.000 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19163**
**Chewing gum**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 4 | | 0.002 | 0.013 | 0.006 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.079 | | 0 | | 4 | | 0.002 | 0.013 | 0.006 |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.137 | | 0 | | 4 | | 0.004 | 0.022 | 0.011 |
| 18:2 undifferentiated.....g | 0.133 | | 0 | | 4 | | 0.004 | 0.021 | 0.011 |
| 18:3 undifferentiated.....g | 0.004 | | 0 | | 4 | | 0.000 | 0.001 | 0.000 |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 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 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 3.0g: 1 stick

Measure 2 = 16g: 10 Chiclets

Measure 3 = 8.0g: 1 block

**Calories Factors: Protein** 1.82 **Fat** 8.37 **Carbohydrate** 3.7

**Food Group:** 19 Sweets

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

**NDB No. 43060**
**Chewing gum, sugarless**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.50 | | | | 4 | | 0.07 | | |
| Energy | kcal | 268 | | | | 1 | | 5 | | |
| Energy | kj | 1121 | | | | 1 | | 22 | | |
| Protein | g | 0.00 | | | | 1 | | 0.00 | | |
| Total lipid (fat) | g | 0.40 | | | | 1 | | 0.01 | | |
| Ash | g | 1.30 | | 0 | NR | 4 | | 0.03 | | |
| Carbohydrate, by difference | g | 94.80 | | | NC | 4 | | 1.90 | | |
| Fiber, total dietary | g | 2.4 | | 0 | BFZN | 4 | | 0.0 | | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 20 | | | | 1 | | 0 | | |
| Iron, Fe | mg | 0.00 | | | | 4 | | 0.00 | | |
| Magnesium, Mg | mg | 0 | | | | 4 | | 0 | | |
| Phosphorus, P | mg | 0 | | | | 4 | | 0 | | |
| Potassium, K | mg | 0 | | | | 4 | | 0 | | |
| Sodium, Na | mg | 7 | | | | 4 | | 0 | | |
| Zinc, Zn | mg | 0.00 | | | | 4 | | 0.00 | | |
| Copper, Cu | mg | 0.000 | | | | 4 | | 0.000 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 0.5 | | 0 | BFZN | 4 | | 0.0 | | |
| **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 | BFZN | 4 | | 0 | | |
| Folate, food | mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | | |
| Vitamin B-12 | mcg | 0.00 | | | | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 0 | | | | 1 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | BFZN | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | BFZN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | BFZN | 4 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.058 | | | | 4 | | 0.001 | | |
| 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 | 0.041 | | | | 4 | | 0.001 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.015 | | | | 4 | | 0.000 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

**NDB No. 43060**
**Chewing gum, sugarless**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 0.093 | | | | 4 | | 0.002 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.001 | | | | 4 | | 0.000 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 0.091 | | | | 4 | | 0.002 | | |
| 20:1 g | 0.001 | | | | 4 | | 0.000 | | |
| 22:1 undifferentiated g | 0.000 | | | | 4 | | 0.000 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.232 | | | | 4 | | 0.005 | | |
| 18:2 undifferentiated g | 0.204 | | | | 4 | | 0.004 | | |
| 18:3 undifferentiated g | 0.027 | | | | 4 | | 0.001 | | |
| 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 | BFZN | 4 | | 0 | | |
| Theobromine mg | 0 | | 0 | BFZN | 4 | | 0 | | |
| **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 = 2.0g: 1 piece

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

**Food Group:** 19 Sweets

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

**NDB No. 19125**
**Chocolate-flavored hazelnut spread**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.07 | | 0 | FLC | 4 | | | | |
| Energy | kcal | 541 | | 1 | LC | 8 | | | | |
| Energy | kj | 2262 | | 0 | LC | 8 | | | | |
| Protein | g | 5.41 | | 1 | LC | 8 | | | | |
| Total lipid (fat) | g | 29.73 | | 1 | LC | 8 | | | | |
| Ash | g | 1.44 | | 0 | FLC | 4 | | | | |
| Carbohydrate, by difference | g | 62.16 | | 1 | LC | 8 | | | | |
| Fiber, total dietary | g | 5.4 | | 1 | LC | 8 | | | | |
| Sugars, total | g | 54.84 | | 0 | LC | 8 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 108 | | 1 | LC | 8 | | | | |
| Iron, Fe | mg | 4.38 | | 1 | LC | 8 | | | | |
| Magnesium, Mg | mg | 64 | | 0 | FLC | 4 | | | | |
| Phosphorus, P | mg | 152 | | 0 | FLC | 4 | | | | |
| Potassium, K | mg | 407 | | 0 | FLC | 4 | | | | |
| Sodium, Na | mg | 41 | | 1 | LC | 8 | | | | |
| Zinc, Zn | mg | 1.06 | | 0 | FLC | 4 | | | | |
| Copper, Cu | mg | 0.469 | | 0 | FLC | 4 | | | | |
| Manganese, Mn | mg | 0.868 | | 0 | FLC | 4 | | | | |
| Selenium, Se | mcg | 3.6 | | 0 | FLC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | LC | 8 | | | | |
| Thiamin | mg | 0.120 | | 0 | FLC | 4 | | | | |
| Riboflavin | mg | 0.170 | | 0 | FLC | 4 | | | | |
| Niacin | mg | 0.427 | | 0 | FLC | 4 | | | | |
| Pantothenic acid | mg | 0.357 | | 0 | FLC | 4 | | | | |
| Vitamin B-6 | mg | 0.083 | | 0 | FLC | 4 | | | | |
| Folate, total | mcg | 14 | | 0 | FLC | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | | | |
| Folate, food | mcg | 14 | | 0 | FLC | 4 | | | | |
| Folate, DFE | mcg_DFE | 14 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.28 | | 0 | FLC | 4 | | | | |
| Vitamin A, IU | IU | 3 | | 0 | FLC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | FLC | 4 | | | | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 4.96 | | 0 | FLC | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.9 | | 0 | FLC | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.393 | | 0 | FLC | 4 | | | | |
| 4:0 | g | 0.002 | | 0 | FLC | 4 | | | | |
| 6:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 8:0 | g | 0.001 | | 0 | FLC | 4 | | | | |
| 10:0 | g | 0.001 | | 0 | FLC | 4 | | | | |
| 12:0 | g | 0.001 | | 0 | FLC | 4 | | | | |
| 13:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 14:0 | g | 0.033 | | 0 | FLC | 4 | | | | |
| 15:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 16:0 | g | 3.020 | | 0 | FLC | 4 | | | | |
| 17:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 18:0 | g | 1.060 | | 0 | FLC | 4 | | | | |
| 20:0 | g | 0.357 | | 0 | FLC | 4 | | | | |
| 22:0 | g | 0.695 | | 0 | FLC | 4 | | | | |
| 24:0 | g | 0.223 | | 0 | FLC | 4 | | | | |

**NDB No. 19125**
**Chocolate-flavored hazelnut spread**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 16.281 | | 0 | FLC | 4 | | | | |
| 14:1.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.059 | | 0 | FLC | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 15.971 | | 0 | FLC | 4 | | | | |
| 20:1.....g | 0.225 | | 0 | FLC | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 6.770 | | 0 | FLC | 4 | | | | |
| 18:2 undifferentiated.....g | 6.673 | | 0 | FLC | 4 | | | | |
| 18:3 undifferentiated.....g | 0.094 | | 0 | FLC | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | | | |
| Caffeine.....mg | 7 | | 0 | FLC | 4 | | | | |
| Theobromine.....mg | 230 | | 0 | FLC | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 1 | | 0 | FLC | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 10 | | 0 | FLC | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

**NDB No. 19859**
**Cocoa, dry powder, hi-fat or breakfast, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.00 | | | | 1 | | 0.16 | | |
| Energy | kcal | 299 | | | | 1 | | 16 | | |
| Energy | kj | 1251 | | | | 1 | | 68 | | |
| Protein | g | 16.80 | | | | 1 | | 0.91 | | |
| Total lipid (fat) | g | 23.71 | | | | 1 | | 1.28 | | |
| Ash | g | 5.10 | | 0 | BFNN | 4 | | 0.28 | | |
| Carbohydrate, by difference | g | 48.30 | | | NC | 4 | | 2.61 | | |
| Fiber, total dietary | g | 29.8 | | | | 1 | | 1.6 | | |
| Sugars, total | g | 1.55 | | 0 | BFCN | 4 | | 0.08 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 122 | | | | 4 | | 7 | | |
| Iron, Fe | mg | 14.50 | | | | 4 | | 0.78 | | |
| Magnesium, Mg | mg | 519 | | | | 4 | | 28 | | |
| Phosphorus, P | mg | 758 | | | | 4 | | 41 | | |
| Potassium, K | mg | 1574 | | | | 4 | | 85 | | |
| Sodium, Na | mg | 20 | | | | 4 | | 1 | | |
| Zinc, Zn | mg | 6.70 | | | | 4 | | 0.36 | | |
| Copper, Cu | mg | 3.610 | | | | 4 | | 0.195 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 12.3 | | 0 | BFPN | 4 | | 0.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 1 | | 0.0 | | |
| Thiamin | mg | 0.080 | | | | 4 | | 0.004 | | |
| Riboflavin | mg | 0.370 | | | | 4 | | 0.020 | | |
| Niacin | mg | 1.800 | | | | 4 | | 0.097 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.190 | | | | 4 | | 0.010 | | |
| Folate, total | mcg | 38 | | | | 1 | | 2 | | |
| Folic acid | mcg | 0 | | 0 | BFCN | 4 | | 0 | | |
| Folate, food | mcg | 38 | | | | 1 | | 2 | | |
| Folate, DFE | mcg_DFE | 38 | | 0 | NC | 4 | | 2 | | |
| 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 | BFCN | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | BFCN | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.09 | | 0 | BFCN | 4 | | 0.01 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.3 | | 0 | BFCN | 4 | | 0.1 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 12.640 | | | | 4 | | 0.683 | | |
| 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 | 0.028 | | | | 4 | | 0.002 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 5.787 | | | | 4 | | 0.312 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 6.700 | | | | 4 | | 0.362 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19859**
**Cocoa, dry powder, hi-fat or breakfast, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 7.380 | | | | 4 | | 0.399 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 7.380 | | | | 4 | | 0.399 | | |
| 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 | 0.769 | | | | 4 | | 0.042 | | |
| 18:2 undifferentiated.....g | 0.769 | | | | 4 | | 0.042 | | |
| 18:3 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | | |
| 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 | 197 | | 0 | BFPN | 4 | | 11 | | |
| Theobromine.....mg | 1763 | | 0 | BFPN | 4 | | 95 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | BFCN | 4 | | 0.000 | | |
| Carotene, alpha.....mcg | 0 | | 0 | BFCN | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFCN | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | BFCN | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 34 | | 0 | BFCN | 4 | | 1.810 | | |

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

**Common Measures:**

Measure 1 = 5.4g: 1 tbsp

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

**Food Group:** 19 Sweets

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

**NDB No. 19860**
**Cocoa, dry powder, hi-fat or breakfast, processed with alkali**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.00 | | | | 1 | | | | |
| Energy | kcal | 295 | | | | 1 | | | | |
| Energy | kj | 1234 | | | | 1 | | | | |
| Protein | g | 16.80 | | | | 1 | | | | |
| Total lipid (fat) | g | 23.71 | | | | 1 | | | | |
| Ash | g | 6.79 | | 0 | BFNN | 4 | | | | |
| Carbohydrate, by difference | g | 45.40 | | | NC | 4 | | | | |
| Fiber, total dietary | g | 33.9 | | | | 4 | | | | |
| Sugars, total | g | 1.53 | | 0 | BFNN | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 122 | | | | 1 | | | | |
| Iron, Fe | mg | 14.50 | | | | 1 | | | | |
| Magnesium, Mg | mg | 476 | | | | 1 | | | | |
| Phosphorus, P | mg | 758 | | | | 1 | | | | |
| Potassium, K | mg | 2509 | | | | 1 | | | | |
| Sodium, Na | mg | 20 | | | | 1 | | | | |
| Zinc, Zn | mg | 6.70 | | | | 1 | | | | |
| Copper, Cu | mg | 3.610 | | | | 1 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 12.3 | | 0 | BFPN | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 1 | | | | |
| Thiamin | mg | 0.080 | | | | 4 | | | | |
| Riboflavin | mg | 0.370 | | | | 4 | | | | |
| Niacin | mg | 1.800 | | | | 4 | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.190 | | | | 4 | | | | |
| Folate, total | mcg | 38 | | | | 1 | | | | |
| Folic acid | mcg | 0 | | 0 | BFNN | 4 | | | | |
| Folate, food | mcg | 38 | | | | 1 | | | | |
| Folate, DFE | mcg_DFE | 38 | | 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 | BFNN | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.18 | | 0 | BFFN | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 4.4 | | 0 | BFFN | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 12.640 | | | | 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 | 0.028 | | | | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 5.787 | | | | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 6.700 | | | | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19860**
**Cocoa, dry powder, hi-fat or breakfast, processed with alkali**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 7.380 | | | | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 7.380 | | | | 4 | | | | |
| 20:1.....g | 0.000 | | | | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.769 | | | | 4 | | | | |
| 18:2 undifferentiated.....g | 0.769 | | | | 4 | | | | |
| 18:3 undifferentiated.....g | 0.000 | | | | 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 | | | | 1 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 7 | | | | |
| Caffeine.....mg | 72 | | 0 | BFPN | 4 | | | | |
| Theobromine.....mg | 2445 | | 0 | BFPN | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | BFNN | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | BFNN | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFNN | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | BFNN | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 33 | | 0 | BFNN | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

**NDB No. 19165**
**Cocoa, dry powder, unsweetened**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.00 | 0.305 | 8 | | 1 | | 2.58 | 0.16 | |
| Energy | kcal | 229 | | 0 | | 4 | | 197 | 12 | |
| Energy | kj | 958 | | | | 4 | | 824 | 52 | |
| Protein (N x 5.63) | g | 19.60 | 0.520 | 8 | | 1 | | 16.86 | 1.06 | |
| Total lipid (fat) | g | 13.70 | 0.495 | 8 | | 1 | | 11.78 | 0.74 | |
| Ash | g | 5.80 | 0.558 | 7 | | 1 | | 4.99 | 0.31 | |
| Carbohydrate, by difference | g | 54.30 | | 0 | NC | 4 | | 46.70 | 2.93 | |
| Fiber, total dietary | g | 33.2 | | 0 | | 1 | | 28.6 | 1.8 | |
| Sugars, total | g | 1.75 | | 0 | BFCN | 4 | | 1.50 | 0.09 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 128 | 8.030 | 9 | | 1 | | 110 | 7 | |
| Iron, Fe | mg | 13.86 | 1.608 | 9 | | 1 | | 11.92 | 0.75 | |
| Magnesium, Mg | mg | 499 | 11.115 | 9 | | 1 | | 429 | 27 | |
| Phosphorus, P | mg | 734 | 19.765 | 9 | | 1 | | 631 | 40 | |
| Potassium, K | mg | 1524 | 74.068 | 6 | | 1 | | 1311 | 82 | |
| Sodium, Na | mg | 21 | 3.184 | 8 | | 1 | | 18 | 1 | |
| Zinc, Zn | mg | 6.81 | 0.256 | 9 | | 1 | | 5.86 | 0.37 | |
| Copper, Cu | mg | 3.788 | 0.146 | 9 | | 1 | | 3.258 | 0.205 | |
| Manganese, Mn | mg | 3.837 | 0.104 | 9 | | 1 | | 3.300 | 0.207 | |
| Selenium, Se | mcg | 14.3 | 3.095 | 3 | A | 1 | | 12.3 | 0.8 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.078 | 0.020 | 6 | | 1 | | 0.067 | 0.004 | |
| Riboflavin | mg | 0.241 | 0.061 | 6 | | 1 | | 0.207 | 0.013 | |
| Niacin | mg | 2.185 | 0.455 | 6 | | 1 | | 1.879 | 0.118 | |
| Pantothenic acid | mg | 0.254 | 0.064 | 5 | | 1 | | 0.218 | 0.014 | |
| Vitamin B-6 | mg | 0.118 | 0.035 | 6 | | 1 | | 0.101 | 0.006 | |
| Folate, total | mcg | 32 | | 2 | | 1 | | 28 | 2 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 32 | | 2 | | 1 | | 28 | 2 | |
| Folate, DFE | mcg_DFE | 32 | | 0 | NC | 4 | | 28 | 2 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.10 | | 0 | BFFN | 4 | | 0.09 | 0.01 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.5 | | 0 | BFFN | 4 | | 2.2 | 0.1 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.070 | | 0 | | 1 | | 6.940 | 0.436 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.020 | | 6 | | 1 | | 0.017 | 0.001 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.690 | | 6 | | 1 | | 3.173 | 0.199 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 4.250 | | 6 | | 1 | | 3.655 | 0.230 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19165**
**Cocoa, dry powder, unsweetened**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 4.570 | | 0 | | 1 | | 3.930 | 0.247 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.570 | | 6 | | 1 | | 3.930 | 0.247 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.440 | | 0 | | 1 | | 0.378 | 0.024 | |
| 18:2 undifferentiated....g | 0.440 | | 6 | | 1 | | 0.378 | 0.024 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.293 | | 0 | | 1 | | 0.252 | 0.016 | |
| Threonine....g | 0.776 | | 0 | | 1 | | 0.667 | 0.042 | |
| Isoleucine....g | 0.760 | | 0 | | 1 | | 0.654 | 0.041 | |
| Leucine....g | 1.189 | | 0 | | 1 | | 1.023 | 0.064 | |
| Lysine....g | 0.983 | | 0 | | 1 | | 0.845 | 0.053 | |
| Methionine....g | 0.202 | | 0 | | 1 | | 0.174 | 0.011 | |
| Cystine....g | 0.239 | | 0 | | 1 | | 0.206 | 0.013 | |
| Phenylalanine....g | 0.941 | | 0 | | 1 | | 0.809 | 0.051 | |
| Tyrosine....g | 0.735 | | 0 | | 1 | | 0.632 | 0.040 | |
| Valine....g | 1.177 | | 0 | | 1 | | 1.012 | 0.064 | |
| Arginine....g | 1.111 | | 0 | | 1 | | 0.955 | 0.060 | |
| Histidine....g | 0.339 | | 0 | | 1 | | 0.292 | 0.018 | |
| Alanine....g | 0.904 | | 0 | | 1 | | 0.777 | 0.049 | |
| Aspartic acid....g | 1.953 | | 0 | | 1 | | 1.680 | 0.105 | |
| Glutamic acid....g | 2.948 | | 0 | | 1 | | 2.535 | 0.159 | |
| Glycine....g | 0.879 | | 0 | | 1 | | 0.756 | 0.047 | |
| Proline....g | 0.838 | | 0 | | 1 | | 0.721 | 0.045 | |
| Serine....g | 0.846 | | 0 | | 1 | | 0.728 | 0.046 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 230 | | 1 | | 1 | | 198 | 12 | |
| Theobromine....mg | 2057 | | 1 | | 1 | | 1769 | 111 | |
| **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 | 38 | | 0 | BFSN | 4 | | 32.405 | 2.035 | |

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

**Common Measures:**

Measure 1 = 86g: 1 cup

Measure 2 = 5.4g: 1 tbsp

**NDB No. 19165**
**Cocoa, dry powder, unsweetened**

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

**Food Group:** 19 Sweets

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

**NDB No. 19171**

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

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | | | | | | | | | |
| Energy | kcal | 400 | | 1 | MC | 9 | | 20 | | |
| Energy | kj | 1674 | | 0 | MC | 9 | | 84 | | |
| Protein | g | 20.00 | | 1 | MC | 9 | | 1.00 | | |
| Total lipid (fat) | g | 10.00 | | 1 | MC | 9 | | 0.50 | | |
| Ash | g | | | | | | | | | |
| Carbohydrate, by difference | g | 60.00 | | 1 | MC | 9 | | 3.00 | | |
| Fiber, total dietary | g | 20.0 | | 1 | MC | 9 | | 1.0 | | |
| Sugars, total | g | 0.00 | | 1 | MC | 9 | | 0.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | | 1 | MC | 9 | | 0 | | |
| Iron, Fe | mg | 36.00 | | 1 | MC | 9 | | 1.80 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | | | | | | | | | |
| Sodium, Na | mg | 0 | | 1 | MC | 9 | | 0 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 1 | MC | 9 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 0.000 | | 1 | MC | 9 | | 0.000 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | MC | 9 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 5.0g: 1 tbsp

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19171**
**Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa**

**Food Group:** 19 Sweets

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

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

Dutch cocoa
**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.70 | | 2 | | 1 | | 2.32 | 0.15 | |
| Energy | kcal | 222 | | 0 | | 4 | | 191 | 12 | |
| Energy | kj | 929 | | | | 4 | | 799 | 50 | |
| Protein (N x 5.63) | g | 18.10 | | 2 | | 1 | | 15.57 | 0.98 | |
| Total lipid (fat) | g | 13.10 | | 2 | | 1 | | 11.27 | 0.71 | |
| Ash | g | 7.80 | | 2 | | 1 | | 6.71 | 0.42 | |
| Carbohydrate, by difference | g | 54.80 | | 0 | NC | 4 | | 47.13 | 2.96 | |
| Fiber, total dietary | g | 29.8 | | 0 | | 1 | | 25.6 | 1.6 | |
| Sugars, total | g | 1.76 | | 0 | BFCN | 4 | | 1.52 | 0.10 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 111 | 1.204 | 3 | | 1 | | 95 | 6 | |
| Iron, Fe | mg | 15.52 | 4.219 | 3 | | 1 | | 13.35 | 0.84 | |
| Magnesium, Mg | mg | 476 | 14.971 | 3 | | 1 | | 409 | 26 | |
| Phosphorus, P | mg | 728 | 10.406 | 3 | | 1 | | 626 | 39 | |
| Potassium, K | mg | 2509 | 585.368 | 3 | | 1 | | 2158 | 135 | |
| Sodium, Na | mg | 19 | | 2 | | 1 | | 16 | 1 | |
| Zinc, Zn | mg | 6.37 | 0.254 | 3 | | 1 | | 5.48 | 0.34 | |
| Copper, Cu | mg | 3.607 | 0.148 | 3 | | 1 | | 3.102 | 0.195 | |
| Manganese, Mn | mg | 3.737 | 0.182 | 3 | | 1 | | 3.214 | 0.202 | |
| Selenium, Se | mcg | 13.2 | | 0 | BFPN | 4 | | 11.4 | 0.7 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 1 | | 4 | | 0.095 | 0.006 | |
| Riboflavin | mg | 0.460 | | 1 | | 4 | | 0.396 | 0.025 | |
| Niacin | mg | 2.400 | | 1 | | 4 | | 2.064 | 0.130 | |
| Pantothenic acid | mg | 0.254 | | 1 | | 4 | | 0.218 | 0.014 | |
| Vitamin B-6 | mg | 0.118 | | 1 | | 4 | | 0.101 | 0.006 | |
| Folate, total | mcg | 32 | | 1 | | 4 | | 28 | 2 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 32 | | 1 | | 4 | | 28 | 2 | |
| Folate, DFE | mcg_DFE | 32 | | 0 | NC | 4 | | 28 | 2 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.10 | | 0 | BFFN | 4 | | 0.09 | 0.01 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.4 | | 0 | BFFN | 4 | | 2.1 | 0.1 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 7.760 | | 0 | | 1 | | 6.674 | 0.419 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.020 | | 6 | | 1 | | 0.017 | 0.001 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.550 | | 6 | | 1 | | 3.053 | 0.192 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 4.080 | | 6 | | 1 | | 3.509 | 0.220 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 4.390 | | 0 | | 1 | | 3.775 | 0.237 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.390 | | 6 | | 1 | | 3.775 | 0.237 | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.420 | | 0 | | 1 | | 0.361 | 0.023 | |
| 18:2 undifferentiated.....g | 0.420 | | 6 | | 1 | | 0.361 | 0.023 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.271 | | 0 | | 1 | | 0.233 | 0.015 | |
| Threonine.....g | 0.716 | | 0 | | 1 | | 0.616 | 0.039 | |
| Isoleucine.....g | 0.701 | | 0 | | 1 | | 0.603 | 0.038 | |
| Leucine.....g | 1.097 | | 0 | | 1 | | 0.943 | 0.059 | |
| Lysine.....g | 0.907 | | 0 | | 1 | | 0.780 | 0.049 | |
| Methionine.....g | 0.187 | | 0 | | 1 | | 0.161 | 0.010 | |
| Cystine.....g | 0.221 | | 0 | | 1 | | 0.190 | 0.012 | |
| Phenylalanine.....g | 0.869 | | 0 | | 1 | | 0.747 | 0.047 | |
| Tyrosine.....g | 0.678 | | 0 | | 1 | | 0.583 | 0.037 | |
| Valine.....g | 1.086 | | 0 | | 1 | | 0.934 | 0.059 | |
| Arginine.....g | 1.025 | | 0 | | 1 | | 0.882 | 0.055 | |
| Histidine.....g | 0.312 | | 0 | | 1 | | 0.268 | 0.017 | |
| Alanine.....g | 0.834 | | 0 | | 1 | | 0.717 | 0.045 | |
| Aspartic acid.....g | 1.802 | | 0 | | 1 | | 1.550 | 0.097 | |
| Glutamic acid.....g | 2.720 | | 0 | | 1 | | 2.339 | 0.147 | |
| Glycine.....g | 0.812 | | 0 | | 1 | | 0.698 | 0.044 | |
| Proline.....g | 0.773 | | 0 | | 1 | | 0.665 | 0.042 | |
| Serine.....g | 0.781 | | 0 | | 1 | | 0.672 | 0.042 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 78 | | 1 | | 1 | | 67 | 4 | |
| Theobromine.....mg | 2634 | | 1 | | 1 | | 2265 | 142 | |
| **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 | 38 | | 0 | BFSN | 4 | | 32.505 | 2.041 | |

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

**Common Measures:**

Measure 1 = 86g: 1 cup

Measure 2 = 5.4g: 1 tbsp

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19197**

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

*CPC Food Service*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.74 | | 3 | A | 1 | | 0.37 | | |
| Energy | kcal | 501 | | 0 | MC | 9 | | 105 | | |
| Energy | kj | 2096 | | | | 9 | | 440 | | |
| Protein | g | 9.43 | | 3 | A | 1 | | 1.98 | | |
| Total lipid (fat) | g | 24.26 | | 3 | A | 1 | | 5.09 | | |
| Ash | g | 3.22 | | 3 | A | 1 | | 0.68 | | |
| Carbohydrate, by difference | g | 61.33 | | 0 | MC | 9 | | 12.88 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | 36.33 | | 2 | A | 1 | | 7.63 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | | | | | | | | | |
| Iron, Fe | mg | | | | | | | | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | | | | | | | | | |
| Sodium, Na | mg | 396 | | 3 | A | 1 | | 83 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 17.160 | | 2 | A | 1 | | 3.604 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | | | | | | | | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 21g: 2.5 tbsp

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.00 | | 1 | | 4 | | 0.09 | 0.57 | |
| Energy | kcal | 363 | | 0 | NC | 4 | | 33 | 207 | |
| Energy | kj | 1519 | | | | 4 | | 137 | 866 | |
| Protein (N x 5.6) | g | 2.40 | | 1 | | 4 | | 0.22 | 1.37 | |
| Total lipid (fat) | g | 3.30 | | 1 | | 4 | | 0.30 | 1.88 | |
| Ash | g | 1.40 | | 1 | | 4 | | 0.13 | 0.80 | |
| Carbohydrate, by difference | g | 91.50 | | 0 | NC | 4 | | 8.24 | 52.16 | |
| Fiber, total dietary | g | 5.1 | | 0 | FLM | 4 | | 0.5 | 2.9 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 166 | | 1 | | 4 | | 15 | 95 | |
| Iron, Fe | mg | 2.55 | | 1 | | 4 | | 0.23 | 1.45 | |
| Magnesium, Mg | mg | 81 | | 1 | | 4 | | 7 | 46 | |
| Phosphorus, P | mg | 129 | | 1 | | 4 | | 12 | 74 | |
| Potassium, K | mg | 430 | | 1 | | 4 | | 39 | 245 | |
| Sodium, Na | mg | 70 | | 1 | | 4 | | 6 | 40 | |
| Zinc, Zn | mg | 1.58 | | 1 | | 4 | | 0.14 | 0.90 | |
| Copper, Cu | mg | 0.735 | | 1 | | 4 | | 0.066 | 0.419 | |
| Manganese, Mn | mg | 0.643 | | 1 | | 4 | | 0.058 | 0.367 | |
| Selenium, Se | mcg | 2.9 | | 0 | FLM | 4 | | 0.3 | 1.7 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.014 | | 1 | | 4 | | 0.001 | 0.008 | |
| Riboflavin | mg | 0.063 | | 1 | | 4 | | 0.006 | 0.036 | |
| Niacin | mg | 0.306 | | 1 | | 4 | | 0.028 | 0.174 | |
| Pantothenic acid | mg | 0.044 | | 1 | | 4 | | 0.004 | 0.025 | |
| Vitamin B-6 | mg | 0.032 | | 1 | | 4 | | 0.003 | 0.018 | |
| Folate, total | mcg | 6 | | 1 | | 4 | | 1 | 3 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 6 | | 1 | | 4 | | 1 | 3 | |
| Folate, DFE | mcg_DFE | 6 | | 0 | NC | 4 | | 1 | 3 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 3 | | 1 | | 4 | | 0 | 2 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 1.940 | | 0 | | 1 | | 0.175 | 1.106 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.840 | | 1 | | 1 | | 0.076 | 0.479 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.090 | | 1 | | 1 | | 0.098 | 0.621 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 1.080 | | 0 | | 1 | | 0.097 | 0.616 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.010 | | 1 | | 1 | | 0.001 | 0.006 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.070 | | 1 | | 1 | | 0.096 | 0.610 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.100 | | 0 | | 1 | | 0.009 | 0.057 | |
| 18:2 undifferentiated.....g | 0.090 | | 1 | | 1 | | 0.008 | 0.051 | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.030 | | 0 | | 1 | | 0.003 | 0.017 | |
| Threonine.....g | 0.088 | | 0 | | 1 | | 0.008 | 0.050 | |
| Isoleucine.....g | 0.085 | | 0 | | 1 | | 0.008 | 0.048 | |
| Leucine.....g | 0.136 | | 0 | | 1 | | 0.012 | 0.078 | |
| Lysine.....g | 0.120 | | 0 | | 1 | | 0.011 | 0.068 | |
| Methionine.....g | 0.024 | | 0 | | 1 | | 0.002 | 0.014 | |
| Cystine.....g | 0.025 | | 0 | | 1 | | 0.002 | 0.014 | |
| Phenylalanine.....g | 0.107 | | 0 | | 1 | | 0.010 | 0.061 | |
| Tyrosine.....g | 0.078 | | 0 | | 1 | | 0.007 | 0.044 | |
| Valine.....g | 0.133 | | 0 | | 1 | | 0.012 | 0.076 | |
| Arginine.....g | 0.148 | | 0 | | 1 | | 0.013 | 0.084 | |
| Histidine.....g | 0.038 | | 0 | | 1 | | 0.003 | 0.022 | |
| Alanine.....g | 0.134 | | 0 | | 1 | | 0.012 | 0.076 | |
| Aspartic acid.....g | 0.230 | | 0 | | 1 | | 0.021 | 0.131 | |
| Glutamic acid.....g | 0.351 | | 0 | | 1 | | 0.032 | 0.200 | |
| Glycine.....g | 0.186 | | 0 | | 1 | | 0.017 | 0.106 | |
| Proline.....g | 0.148 | | 0 | | 1 | | 0.013 | 0.084 | |
| Serine.....g | 0.101 | | 0 | | 1 | | 0.009 | 0.058 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 13 | | 0 | FLM | 4 | | 1 | 7 | |
| Theobromine.....mg | 424 | | 0 | FLM | 4 | | 38 | 242 | |

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

**Common Measures:**

Measure 1 = 9.0g: 1 tbsp

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19225**
**Desserts, rennin, tablets, unsweetened**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.50 | | 2 | | 1 | | 0.64 | | |
| Energy | kcal | 84 | | 0 | NC | 4 | | 8 | | |
| Energy | kj | 351 | | | | 4 | | 35 | | |
| Protein (N x 6.25) | g | 1.00 | | 2 | | 1 | | 0.10 | | |
| Total lipid (fat) | g | 0.10 | | 2 | | 1 | | 0.01 | | |
| Ash | g | 72.50 | | 2 | | 1 | | 7.18 | | |
| Carbohydrate, by difference | g | 19.80 | | 0 | NC | 4 | | 1.96 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3733 | | 2 | | 1 | | 370 | | |
| Iron, Fe | mg | 7.07 | | 2 | | 1 | | 0.70 | | |
| Magnesium, Mg | mg | 18 | 10.199 | 3 | | 1 | | 2 | | |
| Phosphorus, P | mg | 340 | | 2 | | 1 | | 34 | | |
| Potassium, K | mg | 292 | | 2 | | 1 | | 29 | | |
| Sodium, Na | mg | 26050 | | 2 | | 1 | | 2579 | | |
| Zinc, Zn | mg | 6.36 | | 2 | | 1 | | 0.63 | | |
| Copper, Cu | mg | 0.200 | | 2 | | 1 | | 0.020 | | |
| Manganese, Mn | mg | 0.895 | | 2 | | 1 | | 0.089 | | |
| Selenium, Se | mcg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.000 | | 1 | | 4 | | 0.000 | | |
| Riboflavin | mg | 0.000 | | 1 | | 4 | | 0.000 | | |
| Niacin | mg | 0.000 | | 1 | | 4 | | 0.000 | | |
| Pantothenic acid | mg | 0.000 | | 1 | | 4 | | 0.000 | | |
| Vitamin B-6 | mg | 0.000 | | 1 | | 4 | | 0.000 | | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (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 | 0.041 | | 0 | | 4 | | 0.004 | | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.004 | | 0 | | 4 | | 0.000 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.021 | | 0 | | 4 | | 0.002 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.014 | | 0 | | 4 | | 0.001 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19225**
**Desserts, rennin, tablets, unsweetened**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.038 | | 0 | | 4 | | 0.004 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.004 | | 0 | | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.033 | | 0 | | 4 | | 0.003 | | |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.007 | | 0 | | 4 | | 0.001 | | |
| 18:2 undifferentiated.....g | 0.005 | | 0 | | 4 | | 0.000 | | |
| 18:3 undifferentiated.....g | 0.001 | | 0 | | 4 | | 0.000 | | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.001 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |

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

**Common Measures:**

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

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

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

**Common Measures:**

Measure 1 = 10.8g: 1 tbsp

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

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19169**
**Egg custards, dry mix**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.70 | 0.043 | 6 | | 1 | | 1.45 | 0.36 | |
| Energy | kcal | 410 | | 0 | NC | 4 | | 349 | 86 | |
| Energy | kj | 1715 | | | | 4 | | 1458 | 360 | |
| Protein (N x 6.3) | g | 6.90 | 0.286 | 6 | | 1 | | 5.87 | 1.45 | |
| Total lipid (fat) | g | 6.40 | 0.161 | 6 | | 1 | | 5.44 | 1.34 | |
| Ash | g | 2.20 | 0.060 | 6 | | 1 | | 1.87 | 0.46 | |
| Carbohydrate, by difference | g | 82.80 | | 0 | NC | 4 | | 70.38 | 17.39 | |
| Fiber, total dietary | g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 228 | 4.423 | 6 | | 1 | | 194 | 48 | |
| Iron, Fe | mg | 1.93 | 0.088 | 6 | | 1 | | 1.64 | 0.41 | |
| Magnesium, Mg | mg | 45 | | 0 | FLA | 4 | | 38 | 9 | |
| Phosphorus, P | mg | 332 | | 0 | FLA | 4 | | 282 | 70 | |
| Potassium, K | mg | 540 | | 0 | FLA | 4 | | 459 | 113 | |
| Sodium, Na | mg | 281 | | 0 | FLA | 4 | | 239 | 59 | |
| Zinc, Zn | mg | 1.05 | | 0 | FLA | 4 | | 0.89 | 0.22 | |
| Copper, Cu | mg | 0.046 | | 0 | FLA | 4 | | 0.039 | 0.010 | |
| Manganese, Mn | mg | 0.020 | | 0 | FLA | 4 | | 0.017 | 0.004 | |
| Selenium, Se | mcg | 16.6 | | 0 | FLA | 4 | | 14.1 | 3.5 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 0 | FLA | 4 | | 0.3 | 0.1 | |
| Thiamin | mg | 0.145 | 0.001 | 6 | | 1 | | 0.123 | 0.030 | |
| Riboflavin | mg | 0.412 | 0.011 | 6 | | 1 | | 0.350 | 0.087 | |
| Niacin | mg | 0.320 | | 0 | FLA | 4 | | 0.272 | 0.067 | |
| Pantothenic acid | mg | 2.238 | | 0 | FLA | 4 | | 1.903 | 0.470 | |
| Vitamin B-6 | mg | 0.216 | | 0 | FLA | 4 | | 0.184 | 0.045 | |
| Folate, total | mcg | 30 | | 0 | FLA | 4 | | 25 | 6 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 30 | | 0 | FLA | 4 | | 25 | 6 | |
| Folate, DFE | mcg_DFE | 30 | | 0 | NC | 4 | | 25 | 6 | |
| Vitamin B-12 | mcg | 1.17 | | 0 | FLA | 4 | | 0.99 | 0.25 | |
| Vitamin A, IU | IU | 217 | 13.661 | 6 | | 1 | | 184 | 46 | |
| Vitamin A, RAE | mcg_RAE | 63 | | 0 | NC | 4 | | 54 | 13 | |
| Retinol | mcg | 63 | | 0 | O | 4 | | 54 | 13 | |
| Vitamin E (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 | 2.030 | | 0 | | 1 | | 1.726 | 0.426 | |
| 4:0 | g | 0.010 | | 1 | | 1 | | 0.009 | 0.002 | |
| 6:0 | g | 0.010 | | 1 | | 1 | | 0.009 | 0.002 | |
| 8:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 1 | | 1 | | 0.009 | 0.002 | |
| 12:0 | g | 0.010 | | 1 | | 1 | | 0.009 | 0.002 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.050 | | 1 | | 1 | | 0.043 | 0.011 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.430 | | 1 | | 1 | | 1.216 | 0.300 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.510 | | 1 | | 1 | | 0.434 | 0.107 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19169**
**Egg custards, dry mix**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 2.400 | | 0 | | 1 | | 2.040 | 0.504 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.190 | | 1 | | 1 | | 0.162 | 0.040 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 2.190 | | 1 | | 1 | | 1.862 | 0.460 | |
| 20:1.....g | 0.020 | | 1 | | 1 | | 0.017 | 0.004 | |
| 22:1 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.850 | | 0 | | 1 | | 0.723 | 0.179 | |
| 18:2 undifferentiated.....g | 0.710 | | 1 | | 1 | | 0.604 | 0.149 | |
| 18:3 undifferentiated.....g | 0.020 | | 1 | | 1 | | 0.017 | 0.004 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.090 | | 1 | | 1 | | 0.077 | 0.019 | |
| 20:5 n-3.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.020 | | 1 | | 1 | | 0.017 | 0.004 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 258 | | 0 | FLA | 4 | | 220 | 54 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.094 | | 0 | FLA | 4 | | 0.080 | 0.020 | |
| Threonine.....g | 0.401 | | 0 | FLA | 4 | | 0.341 | 0.084 | |
| Isoleucine.....g | 0.368 | | 0 | FLA | 4 | | 0.312 | 0.077 | |
| Leucine.....g | 0.623 | | 0 | FLA | 4 | | 0.530 | 0.131 | |
| Lysine.....g | 0.553 | | 0 | FLA | 4 | | 0.470 | 0.116 | |
| Methionine.....g | 0.153 | | 0 | FLA | 4 | | 0.130 | 0.032 | |
| Cystine.....g | 0.130 | | 0 | FLA | 4 | | 0.110 | 0.027 | |
| Phenylalanine.....g | 0.261 | | 0 | FLA | 4 | | 0.222 | 0.055 | |
| Tyrosine.....g | 0.257 | | 0 | FLA | 4 | | 0.218 | 0.054 | |
| Valine.....g | 0.381 | | 0 | FLA | 4 | | 0.324 | 0.080 | |
| Arginine.....g | 0.361 | | 0 | FLA | 4 | | 0.307 | 0.076 | |
| Histidine.....g | 0.156 | | 0 | FLA | 4 | | 0.133 | 0.033 | |
| Alanine.....g | 0.341 | | 0 | FLA | 4 | | 0.290 | 0.072 | |
| Aspartic acid.....g | 0.681 | | 0 | FLA | 4 | | 0.579 | 0.143 | |
| Glutamic acid.....g | 1.031 | | 0 | FLA | 4 | | 0.876 | 0.217 | |
| Glycine.....g | 0.185 | | 0 | FLA | 4 | | 0.158 | 0.039 | |
| Proline.....g | 0.351 | | 0 | FLA | 4 | | 0.298 | 0.074 | |
| Serine.....g | 0.475 | | 0 | FLA | 4 | | 0.404 | 0.100 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |

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

**Common Measures:**

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

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

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

**Food Group:** 19 Sweets

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

**Refuse:** 0%

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

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.852 | | 0 | RP | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.069 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.780 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.003 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.197 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 0.151 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.028 | | 0 | RP | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.014 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.003 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 48 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.057 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.198 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.239 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.391 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.325 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.100 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.048 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.186 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.185 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.261 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.166 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.106 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.157 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.335 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.789 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.092 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.346 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.238 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | RP | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | RP | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 11 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 1.201 | | 0 | RP | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.097 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.100 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.003 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.244 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 0.180 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.047 | | 0 | RP | 4 | | | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.014 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.003 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 53 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.056 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.197 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.237 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.387 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.322 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.099 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.047 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.184 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.183 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.258 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.164 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.105 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.155 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.332 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.781 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.092 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.342 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.236 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | RP | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | RP | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 17 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

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

**Food Group:** 19 Sweets

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

**NDB No. 19187**
**Flan, caramel custard, dry mix**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 7.80 | | 1 | | 4 | | 6.63 | 1.64 | |
| Energy | kcal | 348 | | 0 | NC | 4 | | 296 | 73 | |
| Energy | kj | 1456 | | | | 4 | | 1238 | 306 | |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Ash | g | 0.61 | | 0 | BFAN | 4 | | 0.52 | 0.13 | |
| Carbohydrate, by difference | g | 91.60 | | 0 | NC | 4 | | 77.86 | 19.24 | |
| Fiber, total dietary | g | 0.0 | | 0 | LC | 8 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 24 | | 1 | | 4 | | 20 | 5 | |
| Iron, Fe | mg | 0.08 | | 1 | | 4 | | 0.07 | 0.02 | |
| Magnesium, Mg | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phosphorus, P | mg | 1 | | 1 | | 4 | | 1 | 0 | |
| Potassium, K | mg | 153 | 8.625 | 5 | | 1 | | 130 | 32 | |
| Sodium, Na | mg | 432 | 13.189 | 5 | | 1 | | 367 | 91 | |
| Zinc, Zn | mg | 0.04 | | 1 | | 4 | | 0.03 | 0.01 | |
| Copper, Cu | mg | 0.015 | | 1 | | 4 | | 0.013 | 0.003 | |
| Manganese, Mn | mg | 0.007 | | 1 | | 4 | | 0.006 | 0.001 | |
| Selenium, Se | mcg | 21.3 | | 0 | BFZN | 4 | | 18.1 | 4.5 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Niacin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6 | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | | | | | | | | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | | | | | | | | | |
| Caffeine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**NDB No. 19187**
**Flan, caramel custard, dry mix**

**Common Measures:**

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

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

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.472 | | 0 | RP | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.039 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.434 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.064 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 0.039 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.025 | | 0 | RP | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 7 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.042 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.135 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.180 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.293 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.237 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.075 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.028 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.145 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.145 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.200 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.109 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.081 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.103 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.227 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.626 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.063 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.290 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.162 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | RP | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | RP | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 11 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

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

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

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.60 | | 1 | | 1 | | 2.33 | | |
| Energy | kcal | 389 | | 0 | | 4 | | 1509 | | |
| Energy | kj | 1628 | | | | 4 | | 6315 | | |
| Protein (N x 5.6) | g | 1.30 | | 1 | | 1 | | 5.04 | | |
| Total lipid (fat) | g | 5.20 | | 1 | | 1 | | 20.18 | | |
| Ash | g | 0.60 | | 1 | | 1 | | 2.33 | | |
| Carbohydrate, by difference | g | 92.00 | | 0 | NC | 4 | | 356.96 | | |
| Fiber, total dietary | g | 2.4 | | 0 | FLM | 4 | | 9.3 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 11 | | 1 | | 4 | | 43 | | |
| Iron, Fe | mg | 1.19 | | 1 | | 1 | | 4.62 | | |
| Magnesium, Mg | mg | 38 | | 1 | | 4 | | 147 | | |
| Phosphorus, P | mg | 62 | | 1 | | 4 | | 241 | | |
| Potassium, K | mg | 180 | | 1 | | 1 | | 698 | | |
| Sodium, Na | mg | 76 | | 1 | | 1 | | 295 | | |
| Zinc, Zn | mg | 0.81 | | 1 | | 4 | | 3.14 | | |
| Copper, Cu | mg | 0.294 | | 1 | | 4 | | 1.141 | | |
| Manganese, Mn | mg | 0.333 | | 1 | | 4 | | 1.292 | | |
| Selenium, Se | mcg | 1.6 | | 0 | FLM | 4 | | 6.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.006 | | 1 | | 4 | | 0.023 | | |
| Riboflavin | mg | 0.029 | | 1 | | 4 | | 0.113 | | |
| Niacin | mg | 0.142 | | 1 | | 4 | | 0.551 | | |
| Pantothenic acid | mg | 0.029 | | 1 | | 4 | | 0.113 | | |
| Vitamin B-6 | mg | 0.080 | | 1 | | 4 | | 0.310 | | |
| Folate, total | mcg | 3 | | 1 | | 4 | | 12 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 3 | | 1 | | 4 | | 12 | | |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 12 | | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 0 | | 1 | | 1 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (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 | | | | | | | | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 4 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.020 | | 0 | | 1 | | 0.078 | | |
| Threonine | g | 0.053 | | 0 | | 1 | | 0.206 | | |
| Isoleucine | g | 0.052 | | 0 | | 1 | | 0.202 | | |
| Leucine | g | 0.082 | | 0 | | 1 | | 0.318 | | |
| Lysine | g | 0.067 | | 0 | | 1 | | 0.260 | | |
| Methionine | g | 0.014 | | 0 | | 1 | | 0.054 | | |
| Cystine | g | 0.016 | | 0 | | 1 | | 0.062 | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.064 | | 0 | | 1 | | 0.248 | | |
| Tyrosine....g | 0.050 | | 0 | | 1 | | 0.194 | | |
| Valine....g | 0.080 | | 0 | | 1 | | 0.310 | | |
| Arginine....g | 0.076 | | 0 | | 1 | | 0.295 | | |
| Histidine....g | 0.023 | | 0 | | 1 | | 0.089 | | |
| Alanine....g | 0.062 | | 0 | | 1 | | 0.241 | | |
| Aspartic acid....g | 0.133 | | 0 | | 1 | | 0.516 | | |
| Glutamic acid....g | 0.202 | | 0 | | 1 | | 0.784 | | |
| Glycine....g | 0.060 | | 0 | | 1 | | 0.233 | | |
| Proline....g | 0.058 | | 0 | | 1 | | 0.225 | | |
| Serine....g | 0.058 | | 0 | | 1 | | 0.225 | | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 6 | | 0 | FLM | 4 | | 23 | | |
| Theobromine....mg | 188 | | 0 | FLM | 4 | | 729 | | |

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

**Common Measures:**

Measure 1 = 388g: 1 package

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 2.444 | | 0 | RPA | 1 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.200 | | 0 | RPA | 1 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 2.245 | | 0 | RPA | 1 | | | | |
| 20:1.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.331 | | 0 | RPA | 1 | | | | |
| 18:2 undifferentiated.....g | 0.202 | | 0 | RPA | 1 | | | | |
| 18:3 undifferentiated.....g | 0.130 | | 0 | RPA | 1 | | | | |
| 18:4.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 24 | | 0 | RPI | 6 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.017 | | 0 | RPA | 1 | | | | |
| Threonine.....g | 0.045 | | 0 | RPA | 1 | | | | |
| Isoleucine.....g | 0.046 | | 0 | RPA | 1 | | | | |
| Leucine.....g | 0.072 | | 0 | RPA | 1 | | | | |
| Lysine.....g | 0.059 | | 0 | RPA | 1 | | | | |
| Methionine.....g | 0.013 | | 0 | RPA | 1 | | | | |
| Cystine.....g | 0.013 | | 0 | RPA | 1 | | | | |
| Phenylalanine.....g | 0.054 | | 0 | RPA | 1 | | | | |
| Tyrosine.....g | 0.043 | | 0 | RPA | 1 | | | | |
| Valine.....g | 0.068 | | 0 | RPA | 1 | | | | |
| Arginine.....g | 0.062 | | 0 | RPA | 1 | | | | |
| Histidine.....g | 0.020 | | 0 | RPA | 1 | | | | |
| Alanine.....g | 0.051 | | 0 | RPA | 1 | | | | |
| Aspartic acid.....g | 0.109 | | 0 | RPA | 1 | | | | |
| Glutamic acid.....g | 0.175 | | 0 | RPA | 1 | | | | |
| Glycine.....g | 0.048 | | 0 | RPA | 1 | | | | |
| Proline.....g | 0.054 | | 0 | RPA | 1 | | | | |
| Serine.....g | 0.050 | | 0 | RPA | 1 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RPI | 6 | | | | |
| Caffeine.....mg | 5 | | 0 | RPI | 6 | | | | |
| Theobromine.....mg | 145 | | 0 | RPI | 6 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 55 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 14.07 | | 0 | RP | 4 | | | | |
| Energy | kcal | 404 | | 0 | RP | 4 | | | | |
| Energy | kj | 1692 | | 0 | RP | 4 | | | | |
| Protein | g | 1.10 | | 0 | RP | 4 | | | | |
| Total lipid (fat) | g | 12.87 | | 0 | RP | 4 | | | | |
| Ash | g | 0.69 | | 0 | RP | 4 | | | | |
| Carbohydrate, by difference | g | 71.02 | | 0 | RP | 4 | | | | |
| Fiber, total dietary | g | 1.9 | | 0 | RP | 4 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 12 | | 0 | RP | 4 | | | | |
| Iron, Fe | mg | 0.93 | | 0 | RP | 4 | | | | |
| Magnesium, Mg | mg | 30 | | 0 | RP | 4 | | | | |
| Phosphorus, P | mg | 50 | | 0 | RP | 4 | | | | |
| Potassium, K | mg | 143 | | 0 | RP | 4 | | | | |
| Sodium, Na | mg | 163 | | 0 | RP | 4 | | | | |
| Zinc, Zn | mg | 0.63 | | 0 | RP | 4 | | | | |
| Copper, Cu | mg | 0.227 | | 0 | RP | 4 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 1.2 | | 0 | RP | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | RP | 4 | | | | |
| Thiamin | mg | 0.006 | | 0 | RP | 4 | | | | |
| Riboflavin | mg | 0.026 | | 0 | RP | 4 | | | | |
| Niacin | mg | 0.112 | | 0 | RP | 4 | | | | |
| Pantothenic acid | mg | 0.032 | | 0 | RP | 4 | | | | |
| Vitamin B-6 | mg | 0.063 | | 0 | RP | 4 | | | | |
| Folate, total | mcg | 2 | | 0 | RP | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RP | 4 | | | | |
| Folate, food | mcg | 2 | | 0 | RP | 4 | | | | |
| Folate, DFE | mcg_DFE | 2 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.01 | | 0 | RP | 4 | | | | |
| Vitamin A, IU | IU | 393 | | 0 | RP | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 80 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 73 | | 0 | RP | 4 | | | | |
| Vitamin E (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 | 1.740 | | 0 | RP | 4 | | | | |
| 4:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 6:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 8:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 10:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 12:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.022 | | 0 | RP | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.068 | | 0 | RP | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.650 | | 0 | RP | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 3.943 | | 0 | RP | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 3.943 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 2.797 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 2.676 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.121 | | 0 | RP | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | 29 | | 0 | RP | 4 | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.017 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.045 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.046 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.072 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.059 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.013 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.013 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.054 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.043 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.068 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.062 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.020 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.051 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.110 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.175 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.048 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.054 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.050 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | 5 | | 0 | RP | 4 | | | | |
| Theobromine.....mg | 145 | | 0 | RP | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 91 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

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

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

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

**Common Measures:**

Measure 1 = 41g: 2 tbsp creamy

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 21.00 | 0.064 | 9 | | 1 | | 97.02 | 7.98 | |
| Energy | kcal | 412 | | 0 | NC | 4 | | 1903 | 157 | |
| Energy | kj | 1724 | | | | 4 | | 7964 | 655 | |
| Protein (N x 5.3) | g | 1.50 | 0.066 | 9 | | 1 | | 6.93 | 0.57 | |
| Total lipid (fat) | g | 24.00 | 0.063 | 9 | | 1 | | 110.88 | 9.12 | |
| Ash | g | 0.80 | 0.008 | 9 | | 1 | | 3.70 | 0.30 | |
| Carbohydrate, by difference | g | 52.80 | | 0 | NC | 4 | | 243.94 | 20.06 | |
| Fiber, total dietary | g | 2.5 | | 0 | FLA | 4 | | 11.5 | 0.9 | |
| Sugars, total | g | 40.00 | | 0 | LC | 8 | | 184.80 | 15.20 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 13 | 0.958 | 9 | | 1 | | 60 | 5 | |
| Iron, Fe | mg | 0.54 | 0.035 | 8 | | 1 | | 2.49 | 0.21 | |
| Magnesium, Mg | mg | 19 | 0.787 | 9 | | 1 | | 88 | 7 | |
| Phosphorus, P | mg | 63 | | 1 | | 1 | | 291 | 24 | |
| Potassium, K | mg | 186 | 2.451 | 9 | | 1 | | 859 | 71 | |
| Sodium, Na | mg | 195 | 0.959 | 9 | | 1 | | 901 | 74 | |
| Zinc, Zn | mg | 0.41 | 0.014 | 8 | | 1 | | 1.89 | 0.16 | |
| Copper, Cu | mg | 0.125 | 0.007 | 8 | | 1 | | 0.578 | 0.048 | |
| Manganese, Mn | mg | 0.604 | | 0 | FLA | 4 | | 2.791 | 0.230 | |
| Selenium, Se | mcg | 2.7 | | 0 | FLA | 4 | | 12.7 | 1.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 0 | FLA | 4 | | 0.9 | 0.1 | |
| Thiamin | mg | 0.035 | 0.001 | 9 | | 1 | | 0.162 | 0.013 | |
| Riboflavin | mg | 0.019 | 0.004 | 9 | | 1 | | 0.088 | 0.007 | |
| Niacin | mg | 0.212 | 0.031 | 9 | | 1 | | 0.979 | 0.081 | |
| Pantothenic acid | mg | 0.144 | | 0 | FLA | 4 | | 0.667 | 0.055 | |
| Vitamin B-6 | mg | 0.046 | | 0 | FLA | 4 | | 0.213 | 0.018 | |
| Folate, total | mcg | 2 | | 0 | FLA | 4 | | 10 | 1 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 2 | | 0 | FLA | 4 | | 10 | 1 | |
| Folate, DFE | mcg_DFE | 2 | | 0 | NC | 4 | | 10 | 1 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 10 | | 0 | FLA | 4 | | 44 | 4 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 2 | 0 | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 1.61 | | 0 | FLA | 4 | | 7.45 | 0.61 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.5 | | 0 | FLA | 4 | | 16.1 | 1.3 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 7.030 | | 0 | | 1 | | 32.479 | 2.671 | |
| 4:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.020 | | 1 | | 1 | | 0.092 | 0.008 | |
| 8:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.300 | | 1 | | 1 | | 1.386 | 0.114 | |
| 12:0 | g | 1.880 | | 1 | | 1 | | 8.686 | 0.714 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.740 | | 1 | | 1 | | 3.419 | 0.281 | |
| 15:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 16:0 | g | 2.510 | | 1 | | 1 | | 11.596 | 0.954 | |
| 17:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 18:0 | g | 1.580 | | 1 | | 1 | | 7.300 | 0.600 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 12.210 | | 0 | | 1 | | 56.410 | 4.640 | |
| 14:1.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.040 | | 1 | | 1 | | 0.185 | 0.015 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 12.120 | | 1 | | 1 | | 55.994 | 4.606 | |
| 20:1.....g | 0.060 | | 1 | | 1 | | 0.277 | 0.023 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated.....g | 3.410 | | 0 | | 1 | | 15.754 | 1.296 | |
| 18:2 undifferentiated.....g | 3.250 | | 1 | | 1 | | 15.015 | 1.235 | |
| 18:3 undifferentiated.....g | 0.160 | | 1 | | 1 | | 0.739 | 0.061 | |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.031 | | 0 | | 1 | | 0.143 | 0.012 | |
| Threonine.....g | 0.047 | | 0 | | 1 | | 0.217 | 0.018 | |
| Isoleucine.....g | 0.057 | | 0 | | 1 | | 0.263 | 0.022 | |
| Leucine.....g | 0.096 | | 0 | | 1 | | 0.444 | 0.036 | |
| Lysine.....g | 0.054 | | 0 | | 1 | | 0.249 | 0.021 | |
| Methionine.....g | 0.031 | | 0 | | 1 | | 0.143 | 0.012 | |
| Cystine.....g | 0.035 | | 0 | | 1 | | 0.162 | 0.013 | |
| Phenylalanine.....g | 0.072 | | 0 | | 1 | | 0.333 | 0.027 | |
| Tyrosine.....g | 0.049 | | 0 | | 1 | | 0.226 | 0.019 | |
| Valine.....g | 0.073 | | 0 | | 1 | | 0.337 | 0.028 | |
| Arginine.....g | 0.205 | | 0 | | 1 | | 0.947 | 0.078 | |
| Histidine.....g | 0.039 | | 0 | | 1 | | 0.180 | 0.015 | |
| Alanine.....g | 0.063 | | 0 | | 1 | | 0.291 | 0.024 | |
| Aspartic acid.....g | 0.129 | | 0 | | 1 | | 0.596 | 0.049 | |
| Glutamic acid.....g | 0.287 | | 0 | | 1 | | 1.326 | 0.109 | |
| Glycine.....g | 0.067 | | 0 | | 1 | | 0.310 | 0.025 | |
| Proline.....g | 0.062 | | 0 | | 1 | | 0.286 | 0.024 | |
| Serine.....g | 0.068 | | 0 | | 1 | | 0.314 | 0.026 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 6 | | 0 | FLA | 4 | | 26.343 | 2.167 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 462g: 1 package (16 oz)

Measure 2 = 38g: .083 package

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

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 3.755 | | 0 | FLC | 4 | | 1.239 | 0.901 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.026 | | 0 | FLC | 4 | | 0.009 | 0.006 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 3.729 | | 0 | FLC | 4 | | 1.230 | 0.895 | |
| 20:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 6.153 | | 0 | FLC | 4 | | 2.030 | 1.477 | |
| 18:2 undifferentiated.....g | 5.792 | | 0 | FLC | 4 | | 1.911 | 1.390 | |
| 18:3 undifferentiated.....g | 0.361 | | 0 | FLC | 4 | | 0.119 | 0.087 | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 1 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 33g: 2 tbsp creamy

Measure 2 = 24g: 2 tbsp whipped

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 3.370 | | 0 | | 1 | | 11.020 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.010 | | 0 | | 1 | | 0.033 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 3.360 | | 0 | | 1 | | 10.987 | | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 2.310 | | 0 | | 1 | | 7.554 | | |
| 18:2 undifferentiated.....g | 2.200 | | 0 | | 1 | | 7.194 | | |
| 18:3 undifferentiated.....g | 0.110 | | 0 | | 1 | | 0.360 | | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 2 | | 0 | | 1 | | 7 | | |
| Phytosterols.....mg | 24 | | 0 | | 1 | | 78 | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.008 | | 0 | | 1 | | 0.026 | | |
| Threonine.....g | 0.026 | | 0 | | 1 | | 0.085 | | |
| Isoleucine.....g | 0.035 | | 0 | | 1 | | 0.114 | | |
| Leucine.....g | 0.057 | | 0 | | 1 | | 0.186 | | |
| Lysine.....g | 0.046 | | 0 | | 1 | | 0.150 | | |
| Methionine.....g | 0.014 | | 0 | | 1 | | 0.046 | | |
| Cystine.....g | 0.005 | | 0 | | 1 | | 0.016 | | |
| Phenylalanine.....g | 0.028 | | 0 | | 1 | | 0.092 | | |
| Tyrosine.....g | 0.028 | | 0 | | 1 | | 0.092 | | |
| Valine.....g | 0.039 | | 0 | | 1 | | 0.128 | | |
| Arginine.....g | 0.021 | | 0 | | 1 | | 0.069 | | |
| Histidine.....g | 0.016 | | 0 | | 1 | | 0.052 | | |
| Alanine.....g | 0.020 | | 0 | | 1 | | 0.065 | | |
| Aspartic acid.....g | 0.044 | | 0 | | 1 | | 0.144 | | |
| Glutamic acid.....g | 0.121 | | 0 | | 1 | | 0.396 | | |
| Glycine.....g | 0.012 | | 0 | | 1 | | 0.039 | | |
| Proline.....g | 0.056 | | 0 | | 1 | | 0.183 | | |
| Serine.....g | 0.031 | | 0 | | 1 | | 0.101 | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 87 | | 0 | O | 4 | | 284.686 | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 327g: 1 recipe yield

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

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.70 | 0.095 | 4 | | 1 | | 2.88 | 0.24 | |
| Energy | kcal | 410 | | 0 | NC | 4 | | 1685 | 139 | |
| Energy | kj | 1715 | | | | 4 | | 7050 | 583 | |
| Protein (N x 6.25) | g | 0.30 | 0.022 | 4 | | 1 | | 1.23 | 0.10 | |
| Total lipid (fat) | g | 4.90 | 0.377 | 3 | | 1 | | 20.14 | 1.67 | |
| Ash | g | 0.30 | | 1 | | 1 | | 1.23 | 0.10 | |
| Carbohydrate, by difference | g | 93.80 | | 0 | NC | 4 | | 385.52 | 31.89 | |
| Fiber, total dietary | g | 0.1 | | 0 | FLM | 4 | | 0.4 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | | 1 | | 1 | | 12 | 1 | |
| Iron, Fe | mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Magnesium, Mg | mg | 2 | | 1 | | 1 | | 8 | 1 | |
| Phosphorus, P | mg | 4 | | 1 | | 1 | | 16 | 1 | |
| Potassium, K | mg | 7 | | 2 | | 1 | | 29 | 2 | |
| Sodium, Na | mg | 13 | | 2 | | 1 | | 53 | 4 | |
| Zinc, Zn | mg | 0.01 | | 1 | | 4 | | 0.04 | 0.00 | |
| Copper, Cu | mg | 0.035 | | 1 | | 4 | | 0.144 | 0.012 | |
| Manganese, Mn | mg | 0.012 | | 1 | | 4 | | 0.049 | 0.004 | |
| Selenium, Se | mcg | 0.8 | | 0 | FLM | 4 | | 3.3 | 0.3 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.002 | | 1 | | 4 | | 0.008 | 0.001 | |
| Niacin | mg | 0.001 | | 1 | | 4 | | 0.004 | 0.000 | |
| Pantothenic acid | mg | 0.007 | | 1 | | 4 | | 0.029 | 0.002 | |
| Vitamin B-6 | mg | 0.001 | | 1 | | 4 | | 0.004 | 0.000 | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 1 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | | | | | | | | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.001 | | 0 | | 1 | | 0.004 | 0.000 | |
| Threonine | g | 0.009 | | 0 | | 1 | | 0.037 | 0.003 | |
| Isoleucine | g | 0.010 | | 0 | | 1 | | 0.041 | 0.003 | |
| Leucine | g | 0.035 | | 0 | | 1 | | 0.144 | 0.012 | |
| Lysine | g | 0.006 | | 0 | | 1 | | 0.025 | 0.002 | |
| Methionine | g | 0.005 | | 0 | | 1 | | 0.021 | 0.002 | |
| Cystine | g | 0.006 | | 0 | | 1 | | 0.025 | 0.002 | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Phenylalanine.....g | 0.013 | | 0 | | 1 | | 0.053 | 0.004 | |
| Tyrosine.....g | 0.010 | | 0 | | 1 | | 0.041 | 0.003 | |
| Valine.....g | 0.013 | | 0 | | 1 | | 0.053 | 0.004 | |
| Arginine.....g | 0.012 | | 0 | | 1 | | 0.049 | 0.004 | |
| Histidine.....g | 0.008 | | 0 | | 1 | | 0.033 | 0.003 | |
| Alanine.....g | 0.019 | | 0 | | 1 | | 0.078 | 0.006 | |
| Aspartic acid.....g | 0.020 | | 0 | | 1 | | 0.082 | 0.007 | |
| Glutamic acid.....g | 0.052 | | 0 | | 1 | | 0.214 | 0.018 | |
| Glycine.....g | 0.009 | | 0 | | 1 | | 0.037 | 0.003 | |
| Proline.....g | 0.024 | | 0 | | 1 | | 0.099 | 0.008 | |
| Serine.....g | 0.011 | | 0 | | 1 | | 0.045 | 0.004 | |
| Hydroxyproline.....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 411g: 1 package

Measure 2 = 34g: .083 package

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 12.18 | | 0 | RP | 4 | | | | |
| Energy | kcal | 413 | | 0 | RP | 4 | | | | |
| Energy | kj | 1728 | | 0 | RP | 4 | | | | |
| Protein | g | 0.34 | | 0 | RP | 4 | | | | |
| Total lipid (fat) | g | 12.74 | | 0 | RP | 4 | | | | |
| Ash | g | 0.47 | | 0 | RP | 4 | | | | |
| Carbohydrate, by difference | g | 74.28 | | 0 | RP | 4 | | | | |
| Fiber, total dietary | g | 0.1 | | 0 | RP | 4 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 6 | | 0 | RP | 4 | | | | |
| Iron, Fe | mg | 0.01 | | 0 | RP | 4 | | | | |
| Magnesium, Mg | mg | 2 | | 0 | RP | 4 | | | | |
| Phosphorus, P | mg | 6 | | 0 | RP | 4 | | | | |
| Potassium, K | mg | 10 | | 0 | RP | 4 | | | | |
| Sodium, Na | mg | 114 | | 0 | RP | 4 | | | | |
| Zinc, Zn | mg | 0.01 | | 0 | RP | 4 | | | | |
| Copper, Cu | mg | 0.028 | | 0 | RP | 4 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 0.6 | | 0 | RP | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | RP | 4 | | | | |
| Thiamin | mg | 0.001 | | 0 | RP | 4 | | | | |
| Riboflavin | mg | 0.006 | | 0 | RP | 4 | | | | |
| Niacin | mg | 0.003 | | 0 | RP | 4 | | | | |
| Pantothenic acid | mg | 0.015 | | 0 | RP | 4 | | | | |
| Vitamin B-6 | mg | 0.002 | | 0 | RP | 4 | | | | |
| Folate, total | mcg | 0 | | 0 | RP | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RP | 4 | | | | |
| Folate, food | mcg | 0 | | 0 | RP | 4 | | | | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.01 | | 0 | RP | 4 | | | | |
| Vitamin A, IU | IU | 393 | | 0 | RP | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 80 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 73 | | 0 | RP | 4 | | | | |
| Vitamin E (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 | 1.740 | | 0 | RP | 4 | | | | |
| 4:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 6:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 8:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 10:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 12:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.022 | | 0 | RP | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.068 | | 0 | RP | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.650 | | 0 | RP | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 3.942 | | 0 | RP | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 3.942 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 2.797 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 2.676 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.121 | | 0 | RP | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.002 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.011 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.014 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.037 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.012 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.006 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.006 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.015 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.012 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.017 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.013 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.009 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.018 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.023 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.061 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.009 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.028 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.014 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 91 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 15.07 | 0.347 | 6 | A | 1 | | 69.62 | 5.73 | |
| Energy | kcal | 420 | | 0 | NC | 4 | | 1938 | 159 | |
| Energy | kj | 1756 | | 0 | NC | 4 | | 8110 | 667 | |
| Protein (N x 6.25) | g | 0.00 | 0.000 | 6 | A | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 16.61 | 0.382 | 9 | A | 1 | | 76.76 | 6.31 | |
| Ash | g | 0.81 | 0.030 | 6 | A | 1 | | 3.73 | 0.31 | |
| Carbohydrate, by difference | g | 67.51 | | 0 | NC | 4 | | 311.90 | 25.65 | |
| Fiber, total dietary | g | 0.1 | | 0 | FLA | 4 | | 0.3 | 0.0 | |
| Sugars, total | g | 63.10 | 1.906 | 4 | LC | 8 | | 291.51 | 23.98 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | 0.233 | 6 | A | 1 | | 13 | 1 | |
| Iron, Fe | mg | 0.16 | 0.009 | 6 | A | 1 | | 0.73 | 0.06 | |
| Magnesium, Mg | mg | 1 | 0.150 | 6 | A | 1 | | 3 | 0 | |
| Phosphorus, P | mg | 18 | 5.109 | 6 | A | 1 | | 83 | 7 | |
| Potassium, K | mg | 34 | 2.068 | 6 | A | 1 | | 158 | 13 | |
| Sodium, Na | mg | 184 | 2.798 | 6 | A | 1 | | 851 | 70 | |
| Zinc, Zn | mg | 0.07 | 0.010 | 6 | A | 1 | | 0.32 | 0.03 | |
| Copper, Cu | mg | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| Manganese, Mn | mg | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| Selenium, Se | mcg | 0.1 | 0.029 | 3 | A | 1 | | 0.5 | 0.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.010 | 0.001 | 6 | A | 1 | | 0.047 | 0.004 | |
| Riboflavin | mg | 0.302 | 0.025 | 6 | A | 1 | | 1.396 | 0.115 | |
| Niacin | mg | 0.220 | 0.000 | 6 | A | 1 | | 1.016 | 0.084 | |
| Pantothenic acid | mg | 0.055 | 0.000 | 6 | A | 1 | | 0.255 | 0.021 | |
| Vitamin B-6 | mg | 0.000 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | |
| Folate, total | mcg | 8 | 0.000 | 6 | A | 1 | | 38 | 3 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 8 | 0.000 | 6 | A | 1 | | 38 | 3 | |
| Folate, DFE | mcg_DFE | 8 | | 0 | NC | 4 | | 38 | 3 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | 0.000 | 4 | LC | 8 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 2.10 | 0.818 | 9 | A | 1 | | 9.71 | 0.80 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 13.0 | 0.612 | 3 | A | 1 | | 59.9 | 4.9 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.974 | | | NC | 4 | | 13.738 | 1.130 | |
| 4:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.049 | | 0 | FLA | 4 | | 0.228 | 0.019 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.313 | | 0 | FLA | 4 | | 10.687 | 0.879 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.611 | | 0 | FLA | 4 | | 2.823 | 0.232 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 4.860 | | 0 | NC | 4 | | 22.452 | 1.847 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.033 | | 0 | FLA | 4 | | 0.154 | 0.013 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.827 | | 0 | FLA | 4 | | 22.299 | 1.834 | |
| 20:1.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 7.951 | | 0 | NC | 4 | | 36.733 | 3.021 | |
| 18:2 undifferentiated.....g | 7.486 | | 0 | FLA | 4 | | 34.584 | 2.845 | |
| 18:3 undifferentiated.....g | 0.465 | | 0 | FLA | 4 | | 2.149 | 0.177 | |
| 18:4.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 462g: 1 package (16 oz)

Measure 2 = 38g: .083 package

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.90 | | 1 | | 1 | | 3.93 | 0.32 | |
| Energy | kcal | 371 | | 0 | NC | 4 | | 768 | 63 | |
| Energy | kj | 1552 | | | | 4 | | 3213 | 264 | |
| Protein (N x 6.1) | g | 2.30 | | 1 | | 1 | | 4.76 | 0.39 | |
| Total lipid (fat) | g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Ash | g | 0.90 | | 1 | | 1 | | 1.86 | 0.15 | |
| Carbohydrate, by difference | g | 94.90 | | 0 | NC | 4 | | 196.44 | 16.13 | |
| Fiber, total dietary | g | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 4 | | 1 | | 1 | | 8 | 1 | |
| Iron, Fe | mg | 0.09 | | 1 | | 4 | | 0.19 | 0.02 | |
| Magnesium, Mg | mg | 3 | | 1 | | 1 | | 6 | 1 | |
| Phosphorus, P | mg | 7 | | 1 | | 1 | | 14 | 1 | |
| Potassium, K | mg | 117 | | 1 | | 1 | | 242 | 20 | |
| Sodium, Na | mg | 234 | | 1 | | 1 | | 484 | 40 | |
| Zinc, Zn | mg | 0.01 | | 1 | | 4 | | 0.02 | 0.00 | |
| Copper, Cu | mg | 0.037 | | 1 | | 4 | | 0.077 | 0.006 | |
| Manganese, Mn | mg | 0.007 | | 1 | | 4 | | 0.014 | 0.001 | |
| Selenium, Se | mcg | 4.1 | | 0 | FLM | 4 | | 8.5 | 0.7 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.001 | | 1 | | 4 | | 0.002 | 0.000 | |
| Riboflavin | mg | 0.058 | | 0 | | 1 | | 0.120 | 0.010 | |
| Niacin | mg | 1.000 | | 1 | | 1 | | 2.070 | 0.170 | |
| Pantothenic acid | mg | 0.052 | | 1 | | 4 | | 0.108 | 0.009 | |
| Vitamin B-6 | mg | 0.001 | | 1 | | 4 | | 0.002 | 0.000 | |
| Folate, total | mcg | 3 | | 1 | | 4 | | 6 | 1 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 3 | | 1 | | 4 | | 6 | 1 | |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 6 | 1 | |
| Vitamin B-12 | mcg | 0.01 | | 1 | | 4 | | 0.02 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | | | | | | | | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.025 | | 0 | | 1 | | 0.052 | 0.004 | |
| Threonine | g | 0.099 | | 0 | | 1 | | 0.205 | 0.017 | |
| Isoleucine | g | 0.119 | | 0 | | 1 | | 0.246 | 0.020 | |
| Leucine | g | 0.182 | | 0 | | 1 | | 0.377 | 0.031 | |
| Lysine | g | 0.152 | | 0 | | 1 | | 0.315 | 0.026 | |
| Methionine | g | 0.072 | | 0 | | 1 | | 0.149 | 0.012 | |
| Cystine | g | 0.052 | | 0 | | 1 | | 0.108 | 0.009 | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Phenylalanine.....g | 0.126 | | 0 | | 1 | | 0.261 | 0.021 | |
| Tyrosine.....g | 0.080 | | 0 | | 1 | | 0.166 | 0.014 | |
| Valine.....g | 0.138 | | 0 | | 1 | | 0.286 | 0.023 | |
| Arginine.....g | 0.139 | | 0 | | 1 | | 0.288 | 0.024 | |
| Histidine.....g | 0.048 | | 0 | | 1 | | 0.099 | 0.008 | |
| Alanine.....g | 0.152 | | 0 | | 1 | | 0.315 | 0.026 | |
| Aspartic acid.....g | 0.228 | | 0 | | 1 | | 0.472 | 0.039 | |
| Glutamic acid.....g | 0.308 | | 0 | | 1 | | 0.638 | 0.052 | |
| Glycine.....g | 0.154 | | 0 | | 1 | | 0.319 | 0.026 | |
| Proline.....g | 0.133 | | 0 | | 1 | | 0.275 | 0.023 | |
| Serine.....g | 0.151 | | 0 | | 1 | | 0.313 | 0.026 | |
| Hydroxyproline.....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 207g: 1 package

Measure 2 = 17g: .083 package

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 35.20 | | 0 | | 1 | | 110.88 | 9.15 | |
| Energy | kcal | 244 | | 0 | NC | 4 | | 769 | 63 | |
| Energy | kj | 1021 | | | | 4 | | 3216 | 265 | |
| Protein (N x 0) | g | 1.50 | | 0 | | 1 | | 4.73 | 0.39 | |
| Total lipid (fat) | g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Ash | g | 0.60 | | 0 | | 1 | | 1.89 | 0.16 | |
| Carbohydrate, by difference | g | 62.60 | | 0 | NC | 4 | | 197.19 | 16.28 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 4 | | 0 | | 1 | | 13 | 1 | |
| Iron, Fe | mg | 0.06 | | 0 | | 1 | | 0.19 | 0.02 | |
| Magnesium, Mg | mg | 2 | | 0 | | 1 | | 6 | 1 | |
| Phosphorus, P | mg | 5 | | 0 | | 1 | | 16 | 1 | |
| Potassium, K | mg | 77 | | 0 | | 1 | | 243 | 20 | |
| Sodium, Na | mg | 156 | | 0 | | 1 | | 491 | 41 | |
| Zinc, Zn | mg | 0.02 | | 0 | | 1 | | 0.06 | 0.01 | |
| Copper, Cu | mg | 0.027 | | 0 | | 1 | | 0.085 | 0.007 | |
| Manganese, Mn | mg | 0.005 | | 0 | | 1 | | 0.016 | 0.001 | |
| Selenium, Se | mcg | 2.6 | | 0 | RP | 4 | | 8.2 | 0.7 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | |
| Riboflavin | mg | 0.026 | | 0 | | 1 | | 0.082 | 0.007 | |
| Niacin | mg | 0.660 | | 0 | | 1 | | 2.079 | 0.172 | |
| Pantothenic acid | mg | 0.034 | | 0 | | 1 | | 0.107 | 0.009 | |
| Vitamin B-6 | mg | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | |
| Folate, total | mcg | 2 | | 0 | | 1 | | 6 | 1 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 2 | | 0 | | 1 | | 6 | 1 | |
| Folate, DFE | mcg_DFE | 2 | | 0 | NC | 4 | | 6 | 1 | |
| Vitamin B-12 | mcg | 0.01 | | 0 | | 1 | | 0.03 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | | 1 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | | 1 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.016 | | 0 | | 1 | | 0.050 | 0.004 | |
| Threonine | g | 0.065 | | 0 | | 1 | | 0.205 | 0.017 | |
| Isoleucine | g | 0.079 | | 0 | | 1 | | 0.249 | 0.021 | |
| Leucine | g | 0.120 | | 0 | | 1 | | 0.378 | 0.031 | |
| Lysine | g | 0.100 | | 0 | | 1 | | 0.315 | 0.026 | |
| Methionine | g | 0.048 | | 0 | | 1 | | 0.151 | 0.012 | |
| Cystine | g | 0.034 | | 0 | | 1 | | 0.107 | 0.009 | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Phenylalanine.....g | 0.083 | | 0 | | 1 | | 0.261 | 0.022 | |
| Tyrosine.....g | 0.053 | | 0 | | 1 | | 0.167 | 0.014 | |
| Valine.....g | 0.091 | | 0 | | 1 | | 0.287 | 0.024 | |
| Arginine.....g | 0.092 | | 0 | | 1 | | 0.290 | 0.024 | |
| Histidine.....g | 0.032 | | 0 | | 1 | | 0.101 | 0.008 | |
| Alanine.....g | 0.100 | | 0 | | 1 | | 0.315 | 0.026 | |
| Aspartic acid.....g | 0.151 | | 0 | | 1 | | 0.476 | 0.039 | |
| Glutamic acid.....g | 0.203 | | 0 | | 1 | | 0.639 | 0.053 | |
| Glycine.....g | 0.102 | | 0 | | 1 | | 0.321 | 0.027 | |
| Proline.....g | 0.088 | | 0 | | 1 | | 0.277 | 0.023 | |
| Serine.....g | 0.100 | | 0 | | 1 | | 0.315 | 0.026 | |
| Hydroxyproline.....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 315g: 1 package yields

Measure 2 = 26g: .083 package

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 93.20 | | 0 | | 4 | | 47.53 | | |
| Energy | kcal | 24 | | 0 | | 4 | | 12 | | |
| Energy | kj | 100 | | | | 4 | | 51 | | |
| Protein (N x 5.6) | g | 0.50 | | 0 | | 4 | | 0.26 | | |
| Total lipid (fat) | g | 0.10 | | 0 | | 4 | | 0.05 | | |
| Ash | g | 0.10 | | 0 | | 4 | | 0.05 | | |
| Carbohydrate, by difference | g | 6.20 | | 0 | NC | 4 | | 3.16 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 2 | | 0 | | 4 | | 1 | | |
| Iron, Fe | mg | 0.13 | | 0 | | 4 | | 0.07 | | |
| Magnesium, Mg | mg | 2 | | 1 | | 4 | | 1 | | |
| Phosphorus, P | mg | 0 | | 0 | | 4 | | 0 | | |
| Potassium, K | mg | 26 | | 0 | | 4 | | 13 | | |
| Sodium, Na | mg | 5 | | 0 | | 4 | | 3 | | |
| Zinc, Zn | mg | 0.04 | | 1 | | 4 | | 0.02 | | |
| Copper, Cu | mg | 0.017 | | 1 | | 4 | | 0.009 | | |
| Manganese, Mn | mg | 0.021 | | 1 | | 4 | | 0.011 | | |
| Selenium, Se | mcg | 0.2 | | 0 | FLA | 4 | | 0.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Riboflavin | mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Niacin | mg | 0.150 | | 0 | | 4 | | 0.077 | | |
| Pantothenic acid | mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Vitamin B-6 | mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Folate, total | mcg | 0 | | 0 | | 4 | | 0 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 0 | | 0 | | 4 | | 0 | | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | | |
| Vitamin B-12 | mcg | 0.00 | | 0 | | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 1 | | 0 | | 4 | | 1 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (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 | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | | 4 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 51g: 1 bar

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

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

**Food Group:** 19 Sweets

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

**NDB No. 43450**
**Frozen juice novelites, juice with cream**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 75.12 | | 0 | FLC | 4 | | | | |
| Energy | kcal | 105 | | 0 | NC | 4 | | | | |
| Energy | kj | 439 | | 0 | NC | 4 | | | | |
| Protein | g | 1.41 | | 1 | LC | 8 | | | | |
| Total lipid (fat) | g | 1.41 | | 1 | LC | 8 | | | | |
| Ash | g | 0.41 | | 0 | FLC | 4 | | | | |
| Carbohydrate, by difference | g | 21.66 | | 0 | NC | 4 | | | | |
| Fiber, total dietary | g | 0.5 | | 0 | FLC | 4 | | | | |
| Sugars, total | g | 19.22 | | 0 | FLC | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 141 | | 1 | LC | 8 | | | | |
| Iron, Fe | mg | 0.24 | | 0 | FLC | 4 | | | | |
| Magnesium, Mg | mg | 9 | | 0 | FLC | 4 | | | | |
| Phosphorus, P | mg | 42 | | 0 | FLC | 4 | | | | |
| Potassium, K | mg | 122 | | 0 | FLC | 4 | | | | |
| Sodium, Na | mg | 42 | | 1 | LC | 8 | | | | |
| Zinc, Zn | mg | 0.28 | | 0 | FLC | 4 | | | | |
| Copper, Cu | mg | 0.014 | | 0 | FLC | 4 | | | | |
| Manganese, Mn | mg | 0.053 | | 0 | FLC | 4 | | | | |
| Selenium, Se | mcg | 0.8 | | 0 | FLC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 21.2 | | 1 | LC | 8 | | | | |
| Thiamin | mg | 0.019 | | 0 | FLC | 4 | | | | |
| Riboflavin | mg | 0.075 | | 0 | FLC | 4 | | | | |
| Niacin | mg | 0.137 | | 0 | FLC | 4 | | | | |
| Pantothenic acid | mg | 0.138 | | 0 | FLC | 4 | | | | |
| Vitamin B-6 | mg | 0.026 | | 0 | FLC | 4 | | | | |
| Folate, total | mcg | 11 | | 0 | FLC | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | | | |
| Folate, food | mcg | 11 | | 0 | FLC | 4 | | | | |
| Folate, DFE | mcg_DFE | 11 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.11 | | 0 | FLC | 4 | | | | |
| Vitamin A, IU | IU | 183 | | 0 | FLC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 48 | | 0 | FLC | 4 | | | | |
| Retinol | mcg | 47 | | 0 | FLC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.06 | | 0 | FLM | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.2 | | 0 | FLM | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.705 | | 1 | LC | 8 | | | | |
| 4:0 | g | 0.033 | | 0 | FLC | 4 | | | | |
| 6:0 | g | 0.025 | | 0 | FLC | 4 | | | | |
| 8:0 | g | 0.020 | | 0 | FLC | 4 | | | | |
| 10:0 | g | 0.028 | | 0 | FLC | 4 | | | | |
| 12:0 | g | 0.030 | | 0 | FLC | 4 | | | | |
| 13:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 14:0 | g | 0.113 | | 0 | FLC | 4 | | | | |
| 15:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 16:0 | g | 0.313 | | 0 | FLC | 4 | | | | |
| 17:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 18:0 | g | 0.138 | | 0 | FLC | 4 | | | | |
| 20:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 24:0 | g | 0.000 | | 0 | FLC | 4 | | | | |

**NDB No. 43450**
**Frozen juice novelites, juice with cream**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.000 | | 1 | LC | 8 | | | | |
| 14:1.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 1 | LC | 8 | | | | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 7 | | 1 | LC | 8 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 15 | | 0 | FLC | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 1 | | 0 | FLC | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 12 | | 0 | FLC | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 78.30 | | 0 | | 4 | | 60.29 | 72.04 | |
| Energy | kcal | 82 | | 0 | | 4 | | 63 | 75 | |
| Energy | kj | 343 | | | | 4 | | 264 | 316 | |
| Protein (N x 6.25) | g | 1.20 | | 0 | | 4 | | 0.92 | 1.10 | |
| Total lipid (fat) | g | 0.10 | | 0 | | 4 | | 0.08 | 0.09 | |
| Ash | g | 0.20 | | 0 | | 4 | | 0.15 | 0.18 | |
| Carbohydrate, by difference | g | 20.20 | | 0 | NC | 4 | | 15.55 | 18.58 | |
| Fiber, total dietary | g | 1.0 | | 0 | FLA | 4 | | 0.8 | 0.9 | |
| Sugars, total | g | 17.48 | | 0 | FLA | 4 | | 13.46 | 16.08 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 5 | | 0 | | 4 | | 4 | 5 | |
| Iron, Fe | mg | 0.19 | | 0 | | 4 | | 0.15 | 0.17 | |
| Magnesium, Mg | mg | 4 | | 0 | | 4 | | 3 | 4 | |
| Phosphorus, P | mg | 6 | | 0 | | 4 | | 5 | 6 | |
| Potassium, K | mg | 53 | | 0 | | 1 | | 41 | 49 | |
| Sodium, Na | mg | 4 | | 0 | | 1 | | 3 | 4 | |
| Zinc, Zn | mg | 0.05 | | 0 | | 4 | | 0.04 | 0.05 | |
| Copper, Cu | mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn | mg | 0.165 | | 0 | | 4 | | 0.127 | 0.152 | |
| Selenium, Se | mcg | 0.2 | | 0 | BFSN | 4 | | 0.2 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 9.5 | | 0 | | 4 | | 7.3 | 8.7 | |
| Thiamin | mg | 0.011 | | 0 | | 4 | | 0.008 | 0.010 | |
| Riboflavin | mg | 0.018 | | 0 | | 4 | | 0.014 | 0.017 | |
| Niacin | mg | 0.159 | | 0 | | 4 | | 0.122 | 0.146 | |
| Pantothenic acid | mg | 0.040 | | 0 | | 4 | | 0.031 | 0.037 | |
| Vitamin B-6 | mg | 0.025 | | 0 | | 4 | | 0.019 | 0.023 | |
| Folate, total | mcg | 7 | | 0 | FLA | 4 | | 6 | 7 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 7 | | 0 | FLA | 4 | | 6 | 7 | |
| Folate, DFE | mcg_DFE | 7 | | 0 | NC | 4 | | 6 | 7 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 18 | | 0 | FLA | 4 | | 14 | 17 | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | FLA | 4 | | 1 | 1 | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.13 | | 0 | FLA | 4 | | 0.10 | 0.12 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.9 | | 0 | FLA | 4 | | 0.7 | 0.8 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.030 | | 0 | | 4 | | 0.023 | 0.028 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.030 | | 0 | | 4 | | 0.023 | 0.028 | |
| 18:2 undifferentiated.....g | 0.020 | | 0 | | 4 | | 0.015 | 0.018 | |
| 18:3 undifferentiated.....g | 0.010 | | 0 | | 4 | | 0.008 | 0.009 | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 11 | | 0 | FLA | 4 | | 8.377 | 10.009 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 34 | | 0 | FLA | 4 | | 25.987 | 31.049 | |

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

**Common Measures:**

Measure 1 = 77g: 1 bar (2.5 fl oz)

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

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

**Food Group:** 19 Sweets

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

**NDB No. 43346**
**Frozen juice novelties, orange**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 76.10 | | | | 1 | | 22.68 | | |
| Energy | kcal | 92 | | | | 4 | | 27 | | |
| Energy | kj | 385 | | | | 4 | | 115 | | |
| Protein | g | 0.50 | | | | 1 | | 0.15 | | |
| Total lipid (fat) | g | 0.00 | | | | 1 | | 0.00 | | |
| Ash | g | 0.23 | | 0 | FLC | 4 | | 0.07 | | |
| Carbohydrate, by difference | g | 23.10 | | | NC | 4 | | 6.88 | | |
| Fiber, total dietary | g | 0.1 | | | | 4 | | 0.0 | | |
| Sugars, total | g | 21.60 | | 0 | BFSN | 4 | | 6.44 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 9 | | | | 1 | | 3 | | |
| Iron, Fe | mg | 0.47 | | | | 1 | | 0.14 | | |
| Magnesium, Mg | mg | 8 | | | | 1 | | 2 | | |
| Phosphorus, P | mg | 13 | | | | 1 | | 4 | | |
| Potassium, K | mg | 100 | | | | 1 | | 30 | | |
| Sodium, Na | mg | 8 | | | | 1 | | 2 | | |
| Zinc, Zn | mg | 0.02 | | | | 4 | | 0.01 | | |
| Copper, Cu | mg | 0.022 | | | | 4 | | 0.007 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 0.1 | | 0 | BFPN | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 25.7 | | | | 1 | | 7.7 | | |
| Thiamin | mg | 0.010 | | | | 1 | | 0.003 | | |
| Riboflavin | mg | 0.030 | | | | 1 | | 0.009 | | |
| Niacin | mg | 0.160 | | | | 1 | | 0.048 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.020 | | | | 4 | | 0.006 | | |
| Folate, total | mcg | 22 | | | | 4 | | 7 | | |
| Folic acid | mcg | 0 | | 0 | O | 4 | | 0 | | |
| Folate, food | mcg | 22 | | | | 4 | | 7 | | |
| Folate, DFE | mcg_DFE | 22 | | 0 | NC | 4 | | 7 | | |
| Vitamin B-12 | mcg | 0.00 | | | | 7 | | 0.00 | | |
| Vitamin A, IU | IU | 34 | | 0 | NC | 4 | | 10 | | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 1 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.04 | | 0 | BFSN | 4 | | 0.01 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.1 | | 0 | BFSN | 4 | | 0.0 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | | | 4 | | 0.000 | | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 43346**
**Frozen juice novelties, orange**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.000 | | | | 4 | | 0.000 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | | | 4 | | 0.000 | | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | | | 7 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 19 | | 0 | O | 4 | | 5.786 | | |
| Carotene, alpha.....mcg | 1 | | 0 | BFSN | 4 | | 0.202 | | |
| Cryptoxanthin, beta.....mcg | 2 | | 0 | BFSN | 4 | | 0.505 | | |
| Lycopene.....mcg | 0 | | 0 | BFSN | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 4 | | 0 | BFSN | 4 | | 1.078 | | |

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

**Common Measures:**

Measure 1 = 29.8g: 1 fl oz

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

**Food Group:** 19 Sweets

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

**NDB No. 42186**
**Frozen yogurts, chocolate**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 71.20 | | | | 4 | | 123.89 | | |
| Energy | kcal | 127 | | | | 4 | | 221 | | |
| Energy | kj | 531 | | | | 4 | | 925 | | |
| Protein | g | 3.00 | | | | 4 | | 5.22 | | |
| Total lipid (fat) | g | 3.60 | | | | 4 | | 6.26 | | |
| Ash | g | 0.60 | | 0 | NR | 4 | | 1.04 | | |
| Carbohydrate, by difference | g | 21.60 | | | | 4 | | 37.58 | | |
| Fiber, total dietary | g | 2.3 | | | | 4 | | 4.0 | | |
| Sugars, total | g | 19.24 | | 0 | BFSN | 4 | | 33.47 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 100 | | | | 4 | | 174 | | |
| Iron, Fe | mg | 0.46 | | | | 4 | | 0.80 | | |
| Magnesium, Mg | mg | 25 | | | | 4 | | 44 | | |
| Phosphorus, P | mg | 89 | | | | 4 | | 155 | | |
| Potassium, K | mg | 234 | | | | 4 | | 407 | | |
| Sodium, Na | mg | 63 | | | | 4 | | 110 | | |
| Zinc, Zn | mg | 0.28 | | | | 4 | | 0.49 | | |
| Copper, Cu | mg | 0.054 | | | | 4 | | 0.094 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 1.9 | | 0 | BFPN | 4 | | 3.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 6.7 | | | | 4 | | 11.7 | | |
| Thiamin | mg | 0.040 | | | | 4 | | 0.070 | | |
| Riboflavin | mg | 0.180 | | | | 4 | | 0.313 | | |
| Niacin | mg | 0.140 | | | | 4 | | 0.244 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.040 | | | | 4 | | 0.070 | | |
| Folate, total | mcg | 12 | | | | 4 | | 21 | | |
| Folic acid | mcg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Folate, food | mcg | 12 | | | | 4 | | 21 | | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | 21 | | |
| Vitamin B-12 | mcg | 0.07 | | | | 4 | | 0.12 | | |
| Vitamin A, IU | IU | 136 | | 0 | BFFN | 4 | | 237 | | |
| Vitamin A, RAE | mcg_RAE | 39 | | 0 | BFFN | 4 | | 67 | | |
| Retinol | mcg | 38 | | 0 | BFFN | 4 | | 66 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.09 | | 0 | BFSN | 4 | | 0.16 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.3 | | 0 | BFSN | 4 | | 0.5 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.272 | | | | 4 | | 3.953 | | |
| 4:0 | g | 0.096 | | | | 4 | | 0.167 | | |
| 6:0 | g | 0.067 | | | | 4 | | 0.117 | | |
| 8:0 | g | 0.038 | | | | 4 | | 0.066 | | |
| 10:0 | g | 0.086 | | | | 4 | | 0.150 | | |
| 12:0 | g | 0.106 | | | | 4 | | 0.184 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.327 | | | | 4 | | 0.569 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.971 | | | | 4 | | 1.690 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.443 | | | | 4 | | 0.771 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 42186**
**Frozen yogurts, chocolate**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.961 | | | | 4 | | 1.672 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.067 | | | | 4 | | 0.117 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.817 | | | | 4 | | 1.422 | | |
| 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 | 0.102 | | | | 4 | | 0.177 | | |
| 18:2 undifferentiated.....g | 0.073 | | | | 4 | | 0.127 | | |
| 18:3 undifferentiated.....g | 0.029 | | | | 4 | | 0.050 | | |
| 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 | 13 | | | | 4 | | 23 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 4 | | 0.0 | | |
| Caffeine.....mg | 3 | | 0 | BFZN | 4 | | 5 | | |
| Theobromine.....mg | 106 | | 0 | BFZN | 4 | | 184 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 9 | | 0 | BFSN | 4 | | 15.203 | | |
| Carotene, alpha.....mcg | 0 | | 0 | BFSN | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFSN | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | BFFN | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFFN | 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 = 174g: 1 cup

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 73.50 | | | | 4 | | 136.71 | | |
| Energy | kcal | 107 | | | | 4 | | 199 | | |
| Energy | kj | 448 | | | | 4 | | 833 | | |
| Protein | g | 4.40 | | | | 4 | | 8.18 | | |
| Total lipid (fat) | g | 0.80 | | | | 4 | | 1.49 | | |
| Ash | g | 1.60 | | 0 | O | 4 | | 2.98 | | |
| Carbohydrate, by difference | g | 19.70 | | | | 4 | | 36.64 | | |
| Fiber, total dietary | g | 2.0 | | | | 4 | | 3.7 | | |
| Sugars, total | g | 17.70 | | 0 | NR | 4 | | 32.92 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 159 | | | | 4 | | 296 | | |
| Iron, Fe | mg | 0.04 | | | | 4 | | 0.07 | | |
| Magnesium, Mg | mg | 40 | | | | 4 | | 74 | | |
| Phosphorus, P | mg | 129 | | | | 4 | | 240 | | |
| Potassium, K | mg | 339 | | | | 4 | | 631 | | |
| Sodium, Na | mg | 81 | | | | 4 | | 151 | | |
| Zinc, Zn | mg | 0.49 | | | | 4 | | 0.91 | | |
| Copper, Cu | mg | 0.203 | | | | 4 | | 0.378 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 2.8 | | 0 | BFPN | 4 | | 5.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | | | 4 | | 1.3 | | |
| Thiamin | mg | 0.040 | | | | 4 | | 0.074 | | |
| Riboflavin | mg | 0.180 | | | | 4 | | 0.335 | | |
| Niacin | mg | 0.200 | | | | 4 | | 0.372 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.040 | | | | 4 | | 0.074 | | |
| Folate, total | mcg | 12 | | | | 4 | | 22 | | |
| Folic acid | mcg | 0 | | 0 | O | 4 | | 0 | | |
| Folate, food | mcg | 12 | | | | 4 | | 22 | | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | 22 | | |
| Vitamin B-12 | mcg | 0.49 | | | | 4 | | 0.91 | | |
| Vitamin A, IU | IU | 17 | | 0 | NC | 4 | | 31 | | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 3 | | |
| Retinol | mcg | 1 | | 0 | O | 4 | | 2 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.08 | | 0 | BFSN | 4 | | 0.16 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.3 | | 0 | BFSN | 4 | | 0.5 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.505 | | | | 4 | | 0.939 | | |
| 4:0 | g | 0.027 | | | | 4 | | 0.050 | | |
| 6:0 | g | 0.009 | | | | 4 | | 0.017 | | |
| 8:0 | g | 0.009 | | | | 4 | | 0.017 | | |
| 10:0 | g | 0.018 | | | | 4 | | 0.033 | | |
| 12:0 | g | 0.009 | | | | 4 | | 0.017 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.071 | | | | 4 | | 0.132 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.241 | | | | 4 | | 0.448 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.104 | | | | 4 | | 0.193 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.214 | | | | 4 | | 0.398 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.018 | | | | 4 | | 0.033 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.187 | | | | 4 | | 0.348 | | |
| 20:1.....g | 0.000 | | | | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.030 | | | | 4 | | 0.056 | | |
| 18:2 undifferentiated.....g | 0.021 | | | | 4 | | 0.039 | | |
| 18:3 undifferentiated.....g | 0.009 | | | | 4 | | 0.017 | | |
| 18:4.....g | 0.000 | | | | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | | | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | | | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | | | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 4 | | | | 4 | | 7 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 7 | | 0.0 | | |
| Caffeine.....mg | 3 | | 0 | BFZN | 4 | | 6 | | |
| Theobromine.....mg | 106 | | 0 | BFZN | 4 | | 197 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 8 | | 0 | BFSN | 4 | | 14.953 | | |
| 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 = 186g: 1 cup

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

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

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 1.750 | | 0 | | 1 | | 1.260 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.110 | | 1 | | 1 | | 0.079 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.640 | | 1 | | 1 | | 1.181 | | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.220 | | 0 | | 1 | | 0.158 | | |
| 18:2 undifferentiated.....g | 0.140 | | 1 | | 1 | | 0.101 | | |
| 18:3 undifferentiated.....g | 0.070 | | 1 | | 1 | | 0.050 | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 5 | | 2 | | 1 | | 4 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.056 | | 0 | | 1 | | 0.040 | | |
| Threonine.....g | 0.171 | | 0 | | 1 | | 0.123 | | |
| Isoleucine.....g | 0.214 | | 0 | | 1 | | 0.154 | | |
| Leucine.....g | 0.344 | | 0 | | 1 | | 0.248 | | |
| Lysine.....g | 0.279 | | 0 | | 1 | | 0.201 | | |
| Methionine.....g | 0.083 | | 0 | | 1 | | 0.060 | | |
| Cystine.....g | 0.040 | | 0 | | 1 | | 0.029 | | |
| Phenylalanine.....g | 0.189 | | 0 | | 1 | | 0.136 | | |
| Tyrosine.....g | 0.178 | | 0 | | 1 | | 0.128 | | |
| Valine.....g | 0.256 | | 0 | | 1 | | 0.184 | | |
| Arginine.....g | 0.164 | | 0 | | 1 | | 0.118 | | |
| Histidine.....g | 0.096 | | 0 | | 1 | | 0.069 | | |
| Alanine.....g | 0.147 | | 0 | | 1 | | 0.106 | | |
| Aspartic acid.....g | 0.323 | | 0 | | 1 | | 0.233 | | |
| Glutamic acid.....g | 0.758 | | 0 | | 1 | | 0.546 | | |
| Glycine.....g | 0.108 | | 0 | | 1 | | 0.078 | | |
| Proline.....g | 0.321 | | 0 | | 1 | | 0.231 | | |
| Serine.....g | 0.201 | | 0 | | 1 | | 0.145 | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 3 | | 0 | FLA | 4 | | 2 | | |
| Theobromine.....mg | 106 | | 0 | FLA | 4 | | 76 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 12 | | 0 | O | 4 | | 8.640 | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

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

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

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

**Food Group:** 19 Sweets

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

**NDB No. 42187**
**Frozen yogurts, flavors other than chocolate**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 71.20 | | | | 4 | | 123.89 | | |
| Energy | kcal | 127 | | | | 4 | | 221 | | |
| Energy | kj | 531 | | | | 4 | | 925 | | |
| Protein | g | 3.00 | | | | 4 | | 5.22 | | |
| Total lipid (fat) | g | 3.60 | | | | 4 | | 6.26 | | |
| Ash | g | 0.60 | | 0 | NR | 4 | | 1.04 | | |
| Carbohydrate, by difference | g | 21.60 | | | | 4 | | 37.58 | | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | 0.0 | | |
| Sugars, total | g | 19.92 | | 0 | BFSN | 4 | | 34.66 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 100 | | | | 4 | | 174 | | |
| Iron, Fe | mg | 0.46 | | | | 4 | | 0.80 | | |
| Magnesium, Mg | mg | 10 | | | | 4 | | 17 | | |
| Phosphorus, P | mg | 89 | | | | 4 | | 155 | | |
| Potassium, K | mg | 156 | | | | 4 | | 271 | | |
| Sodium, Na | mg | 63 | | | | 4 | | 110 | | |
| Zinc, Zn | mg | 0.28 | | | | 4 | | 0.49 | | |
| Copper, Cu | mg | 0.009 | | | | 4 | | 0.016 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 1.9 | | 0 | BFPN | 4 | | 3.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | | | 4 | | 1.2 | | |
| Thiamin | mg | 0.040 | | | | 4 | | 0.070 | | |
| Riboflavin | mg | 0.180 | | | | 4 | | 0.313 | | |
| Niacin | mg | 0.070 | | | | 4 | | 0.122 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.040 | | | | 4 | | 0.070 | | |
| Folate, total | mcg | 4 | | | | 4 | | 7 | | |
| Folic acid | mcg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Folate, food | mcg | 4 | | | | 4 | | 7 | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 7 | | |
| Vitamin B-12 | mcg | 0.07 | | | | 4 | | 0.12 | | |
| Vitamin A, IU | IU | 176 | | 0 | NC | 4 | | 306 | | |
| Vitamin A, RAE | mcg_RAE | 49 | | 0 | NC | 4 | | 86 | | |
| Retinol | mcg | 48 | | 0 | BFSN | 4 | | 84 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.09 | | 0 | BFSN | 4 | | 0.16 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.3 | | 0 | BFSN | 4 | | 0.5 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.326 | | | | 4 | | 4.047 | | |
| 4:0 | g | 0.111 | | | | 4 | | 0.193 | | |
| 6:0 | g | 0.078 | | | | 4 | | 0.136 | | |
| 8:0 | g | 0.044 | | | | 4 | | 0.077 | | |
| 10:0 | g | 0.100 | | | | 4 | | 0.174 | | |
| 12:0 | g | 0.122 | | | | 4 | | 0.212 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.377 | | | | 4 | | 0.656 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.986 | | | | 4 | | 1.716 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.355 | | | | 4 | | 0.618 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 42187**
**Frozen yogurts, flavors other than chocolate**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.986 | | | | 4 | | 1.716 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.078 | | | | 4 | | 0.136 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.820 | | | | 4 | | 1.427 | | |
| 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 | 0.100 | | | | 4 | | 0.174 | | |
| 18:2 undifferentiated.....g | 0.067 | | | | 4 | | 0.117 | | |
| 18:3 undifferentiated.....g | 0.033 | | | | 4 | | 0.057 | | |
| 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 | 13 | | | | 4 | | 23 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | BFSN | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 9 | | 0 | BFSN | 4 | | 15.203 | | |
| 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 = 174g: 1 cup

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 65.30 | 0.386 | 8 | | 1 | | 47.02 | | |
| Energy | kcal | 163 | | 0 | NC | 4 | | 118 | | |
| Energy | kj | 683 | | 0 | NC | 4 | | 492 | | |
| Protein (N x 6.25) | g | 4.00 | 0.119 | 8 | | 1 | | 2.88 | | |
| Total lipid (fat) | g | 5.60 | 0.120 | 8 | | 1 | | 4.03 | | |
| Ash | g | 0.90 | 0.017 | 8 | | 1 | | 0.65 | | |
| Carbohydrate, by difference | g | 24.20 | | 0 | NC | 4 | | 17.42 | | |
| Fiber, total dietary | g | 0.0 | | 0 | FLM | 4 | | 0.0 | | |
| Sugars, total | g | 24.00 | | 0 | FLM | 4 | | 17.28 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 143 | 4.303 | 8 | | 1 | | 103 | | |
| Iron, Fe | mg | 0.30 | | 1 | | 1 | | 0.22 | | |
| Magnesium, Mg | mg | 14 | 0.273 | 3 | | 1 | | 10 | | |
| Phosphorus, P | mg | 129 | 3.055 | 3 | | 1 | | 93 | | |
| Potassium, K | mg | 211 | 10.899 | 3 | | 1 | | 152 | | |
| Sodium, Na | mg | 87 | 4.037 | 8 | | 1 | | 63 | | |
| Zinc, Zn | mg | 0.42 | | 2 | | 1 | | 0.30 | | |
| Copper, Cu | mg | 0.040 | | 2 | | 1 | | 0.029 | | |
| Manganese, Mn | mg | 0.012 | | 0 | FLM | 4 | | 0.009 | | |
| Selenium, Se | mcg | 3.3 | | 0 | FLM | 4 | | 2.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 2 | | 1 | | 0.6 | | |
| Thiamin | mg | 0.037 | 0.007 | 3 | | 1 | | 0.027 | | |
| Riboflavin | mg | 0.224 | 0.007 | 8 | | 1 | | 0.161 | | |
| Niacin | mg | 0.287 | 0.003 | 3 | | 1 | | 0.207 | | |
| Pantothenic acid | mg | 0.645 | | 1 | | 1 | | 0.464 | | |
| Vitamin B-6 | mg | 0.080 | | 2 | | 1 | | 0.058 | | |
| Folate, total | mcg | 6 | | 2 | | 1 | | 4 | | |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | | |
| Folate, food | mcg | 6 | | 2 | | 1 | | 4 | | |
| Folate, DFE | mcg_DFE | 6 | | 0 | NC | 4 | | 4 | | |
| Vitamin B-12 | mcg | 0.29 | | 2 | | 1 | | 0.21 | | |
| Vitamin A, IU | IU | 212 | 8.609 | 3 | | 1 | | 153 | | |
| Vitamin A, RAE | mcg_RAE | 59 | | 0 | FLA | 4 | | 43 | | |
| Retinol | mcg | 58 | | 0 | FLA | 4 | | 42 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.11 | | 0 | FLM | 4 | | 0.08 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.3 | | 0 | FLM | 4 | | 0.2 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.420 | | 0 | | 1 | | 2.462 | | |
| 4:0 | g | 0.180 | | 1 | | 1 | | 0.130 | | |
| 6:0 | g | 0.100 | | 1 | | 1 | | 0.072 | | |
| 8:0 | g | 0.060 | | 1 | | 1 | | 0.043 | | |
| 10:0 | g | 0.140 | | 1 | | 1 | | 0.101 | | |
| 12:0 | g | 0.160 | | 1 | | 1 | | 0.115 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.570 | | 1 | | 1 | | 0.410 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.520 | | 1 | | 1 | | 1.094 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.680 | | 1 | | 1 | | 0.490 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 1.590 | | 0 | | 1 | | 1.145 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.130 | | 1 | | 1 | | 0.094 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.460 | | 1 | | 1 | | 1.051 | | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.210 | | 0 | | 1 | | 0.151 | | |
| 18:2 undifferentiated.....g | 0.130 | | 1 | | 1 | | 0.094 | | |
| 18:3 undifferentiated.....g | 0.080 | | 1 | | 1 | | 0.058 | | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 2 | | 2 | | 1 | | 1 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.053 | | 0 | | 1 | | 0.038 | | |
| Threonine.....g | 0.169 | | 0 | | 1 | | 0.122 | | |
| Isoleucine.....g | 0.228 | | 0 | | 1 | | 0.164 | | |
| Leucine.....g | 0.368 | | 0 | | 1 | | 0.265 | | |
| Lysine.....g | 0.298 | | 0 | | 1 | | 0.215 | | |
| Methionine.....g | 0.094 | | 0 | | 1 | | 0.068 | | |
| Cystine.....g | 0.035 | | 0 | | 1 | | 0.025 | | |
| Phenylalanine.....g | 0.181 | | 0 | | 1 | | 0.130 | | |
| Tyrosine.....g | 0.181 | | 0 | | 1 | | 0.130 | | |
| Valine.....g | 0.252 | | 0 | | 1 | | 0.181 | | |
| Arginine.....g | 0.136 | | 0 | | 1 | | 0.098 | | |
| Histidine.....g | 0.102 | | 0 | | 1 | | 0.073 | | |
| Alanine.....g | 0.129 | | 0 | | 1 | | 0.093 | | |
| Aspartic acid.....g | 0.285 | | 0 | | 1 | | 0.205 | | |
| Glutamic acid.....g | 0.786 | | 0 | | 1 | | 0.566 | | |
| Glycine.....g | 0.080 | | 0 | | 1 | | 0.058 | | |
| Proline.....g | 0.364 | | 0 | | 1 | | 0.262 | | |
| Serine.....g | 0.204 | | 0 | | 1 | | 0.147 | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLM | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | FLM | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 11 | | 0 | FLA | 4 | | 7.579 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 72g: .5 cup

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19294**
**Fruit butters, apple**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 56.45 | | 1 | MA | 12 | | 159.19 | 9.60 | |
| Energy | kcal | 173 | | 0 | NC | 4 | | 487 | 29 | |
| Energy | kj | 722 | | 0 | NC | 4 | | 2037 | 123 | |
| Protein (N x 6.25) | g | 0.39 | | 1 | MA | 12 | | 1.10 | 0.07 | |
| Total lipid (fat) | g | 0.00 | | 0 | MC | 9 | | 0.00 | 0.00 | |
| Ash | g | 0.39 | | 1 | MA | 12 | | 1.10 | 0.07 | |
| Carbohydrate, by difference | g | 42.77 | | 0 | NC | 4 | | 120.61 | 7.27 | |
| Fiber, total dietary | g | 1.5 | | 1 | MA | 12 | | 4.2 | 0.3 | |
| Sugars, total | g | 35.30 | | 1 | MA | 12 | | 99.55 | 6.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 14 | | 1 | MA | 12 | | 39 | 2 | |
| Iron, Fe | mg | 0.31 | | 1 | MA | 12 | | 0.87 | 0.05 | |
| Magnesium, Mg | mg | 5 | | 0 | FLA | 4 | | 15 | 1 | |
| Phosphorus, P | mg | 7 | | 0 | FLA | 4 | | 20 | 1 | |
| Potassium, K | mg | 91 | | 0 | FLA | 4 | | 257 | 15 | |
| Sodium, Na | mg | 15 | | 1 | LC | 8 | | 42 | 3 | |
| Zinc, Zn | mg | 0.06 | | 1 | | 1 | | 0.17 | 0.01 | |
| Copper, Cu | mg | 0.080 | | 1 | | 1 | | 0.226 | 0.014 | |
| Manganese, Mn | mg | 0.419 | | 0 | FLA | 4 | | 1.182 | 0.071 | |
| Selenium, Se | mcg | 0.6 | | 0 | FLA | 4 | | 1.6 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | 0 | FLA | 4 | | 2.8 | 0.2 | |
| Thiamin | mg | 0.006 | | 0 | FLA | 4 | | 0.018 | 0.001 | |
| Riboflavin | mg | 0.023 | | 0 | FLA | 4 | | 0.066 | 0.004 | |
| Niacin | mg | 0.062 | | 0 | FLA | 4 | | 0.175 | 0.011 | |
| Pantothenic acid | mg | 0.048 | | 0 | FLA | 4 | | 0.134 | 0.008 | |
| Vitamin B-6 | mg | 0.036 | | 0 | FLA | 4 | | 0.102 | 0.006 | |
| Folate, total | mcg | 1 | | 0 | FLA | 4 | | 3 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 1 | | 0 | FLA | 4 | | 3 | 0 | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 3 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 9 | | 0 | NC | 4 | | 26 | 2 | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | FLA | 4 | | 3 | 0 | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.02 | | 0 | FLA | 4 | | 0.05 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.2 | | 0 | FLA | 4 | | 0.5 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 4:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19294**
**Fruit butters, apple**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 4 | | 0 | FLA | 4 | | 11.419 | 0.688 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 3 | | 0 | FLA | 4 | | 8.564 | 0.516 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 10 | | 0 | FLA | 4 | | 28.699 | 1.730 | |

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

**Common Measures:**

Measure 1 = 282g: 1 cup

Measure 2 = 17g: 1 tbsp

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

**Food Group:** 19 Sweets

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

**NDB No. 19291**

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

*Kraft Foods, Inc.*

**Refuse:** 0%

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

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

**Common Measures:**

Measure 1 = 92g: 1 NLEA Serving

**NDB No. 19291**

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

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

**NDB No. 19172**
**Gelatin desserts, dry mix**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.00 | 0.029 | 84 | | 1 | | 0.85 | 0.21 | |
| Energy | kcal | 381 | | 0 | | 4 | | 324 | 80 | |
| Energy | kj | 1594 | | | | 4 | | 1355 | 335 | |
| Protein (N x 5.55) | g | 7.80 | 0.031 | 84 | | 1 | | 6.63 | 1.64 | |
| Total lipid (fat) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Ash | g | 0.70 | 0.016 | 84 | | 1 | | 0.60 | 0.15 | |
| Carbohydrate, by difference | g | 90.50 | | 0 | NC | 4 | | 76.93 | 19.01 | |
| Fiber, total dietary | g | 0.0 | | 2 | LC | 8 | | 0.0 | 0.0 | |
| Sugars, total | g | 90.50 | | 0 | NR | 4 | | 76.93 | 19.01 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | 0.102 | 9 | | 1 | | 3 | 1 | |
| Iron, Fe | mg | 0.13 | | 0 | FLC | 4 | | 0.11 | 0.03 | |
| Magnesium, Mg | mg | 2 | | 0 | FLC | 4 | | 2 | 1 | |
| Phosphorus, P | mg | 141 | | 0 | FLA | 4 | | 120 | 30 | |
| Potassium, K | mg | 7 | 0.966 | 17 | | 1 | | 6 | 1 | |
| Sodium, Na | mg | 466 | 54.339 | 4 | LC | 8 | | 396 | 98 | |
| Zinc, Zn | mg | 0.01 | | 2 | | 1 | | 0.01 | 0.00 | |
| Copper, Cu | mg | 0.118 | | 1 | | 1 | | 0.100 | 0.025 | |
| Manganese, Mn | mg | 0.011 | | 0 | FLC | 4 | | 0.010 | 0.002 | |
| Selenium, Se | mcg | 6.7 | | 1 | A | 1 | | 5.7 | 1.4 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.003 | | 0 | FLC | 4 | | 0.002 | 0.001 | |
| Riboflavin | mg | 0.041 | | 0 | FLC | 4 | | 0.035 | 0.009 | |
| Niacin | mg | 0.009 | | 0 | FLC | 4 | | 0.008 | 0.002 | |
| Pantothenic acid | mg | 0.014 | | 0 | FLC | 4 | | 0.012 | 0.003 | |
| Vitamin B-6 | mg | 0.001 | | 0 | FLC | 4 | | 0.001 | 0.000 | |
| Folate, total | mcg | 3 | | 0 | FLC | 4 | | 3 | 1 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 3 | | 0 | FLC | 4 | | 3 | 1 | |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 3 | 1 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 2 | LC | 8 | | 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. 19172**
**Gelatin desserts, dry mix**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.000 | | 2 | LC | 8 | | 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 | | 2 | LC | 8 | | 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 | | 2 | LC | 8 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine.....g | 0.151 | | 0 | | 1 | | 0.128 | 0.032 | |
| Isoleucine.....g | 0.118 | | 0 | | 1 | | 0.100 | 0.025 | |
| Leucine.....g | 0.251 | | 0 | | 1 | | 0.213 | 0.053 | |
| Lysine.....g | 0.354 | | 0 | | 1 | | 0.301 | 0.074 | |
| Methionine.....g | 0.062 | | 0 | | 1 | | 0.053 | 0.013 | |
| Cystine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.177 | | 0 | | 1 | | 0.150 | 0.037 | |
| Tyrosine.....g | 0.031 | | 0 | | 1 | | 0.026 | 0.007 | |
| Valine.....g | 0.213 | | 0 | | 1 | | 0.181 | 0.045 | |
| Arginine.....g | 0.676 | | 0 | | 1 | | 0.575 | 0.142 | |
| Histidine.....g | 0.068 | | 0 | | 1 | | 0.058 | 0.014 | |
| Alanine.....g | 0.818 | | 0 | | 1 | | 0.695 | 0.172 | |
| Aspartic acid.....g | 0.538 | | 0 | | 1 | | 0.457 | 0.113 | |
| Glutamic acid.....g | 0.894 | | 0 | | 1 | | 0.760 | 0.188 | |
| Glycine.....g | 1.947 | | 0 | | 1 | | 1.655 | 0.409 | |
| Proline.....g | 1.256 | | 0 | | 1 | | 1.068 | 0.264 | |
| Serine.....g | 0.266 | | 0 | | 1 | | 0.226 | 0.056 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 85g: 1 package (3 oz)

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

**NDB No. 19172**
**Gelatin desserts, dry mix**

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

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 84.39 | | 0 | RPI | 6 | | 455.68 | 113.92 | 455.68 |
| Energy | kcal | 62 | | 0 | RPI | 6 | | 333 | 83 | 333 |
| Energy | kj | 258 | | 0 | RPI | 6 | | 1393 | 348 | 1393 |
| Protein | g | 1.22 | | 0 | RPI | 6 | | 6.61 | 1.65 | 6.61 |
| Total lipid (fat) | g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | 0.00 |
| Ash | g | 0.20 | | 0 | RPI | 6 | | 1.06 | 0.27 | 1.06 |
| Carbohydrate, by difference | g | 14.19 | | 0 | RPI | 6 | | 76.65 | 19.16 | 76.65 |
| Fiber, total dietary | g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 14.19 | | 0 | RPI | 6 | | 76.65 | 19.16 | 76.65 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | | 0 | RPA | 1 | | 14 | 4 | 14 |
| Iron, Fe | mg | 0.02 | | 0 | RPI | 6 | | 0.13 | 0.03 | 0.13 |
| Magnesium, Mg | mg | 1 | | 0 | RPI | 6 | | 5 | 1 | 5 |
| Phosphorus, P | mg | 22 | | 0 | RPI | 6 | | 119 | 30 | 119 |
| Potassium, K | mg | 1 | | 0 | RPA | 1 | | 7 | 2 | 7 |
| Sodium, Na | mg | 75 | | 0 | RPI | 6 | | 405 | 101 | 405 |
| Zinc, Zn | mg | 0.01 | | 0 | RPA | 1 | | 0.03 | 0.01 | 0.03 |
| Copper, Cu | mg | 0.024 | | 0 | RPA | 1 | | 0.132 | 0.033 | 0.132 |
| Manganese, Mn | mg | 0.002 | | 0 | RPI | 6 | | 0.012 | 0.003 | 0.012 |
| Selenium, Se | mcg | 1.1 | | 0 | RPI | 6 | | 5.7 | 1.4 | 5.7 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.000 | | 0 | RPI | 6 | | 0.002 | 0.001 | 0.002 |
| Riboflavin | mg | 0.006 | | 0 | RPI | 6 | | 0.035 | 0.009 | 0.035 |
| Niacin | mg | 0.001 | | 0 | RPI | 6 | | 0.008 | 0.002 | 0.008 |
| Pantothenic acid | mg | 0.002 | | 0 | RPI | 6 | | 0.012 | 0.003 | 0.012 |
| Vitamin B-6 | mg | 0.000 | | 0 | RPI | 6 | | 0.001 | 0.000 | 0.001 |
| Folate, total | mcg | 1 | | 0 | RPI | 6 | | 3 | 1 | 3 |
| Folic acid | mcg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Folate, food | mcg | 1 | | 0 | RPI | 6 | | 3 | 1 | 3 |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 3 | 1 | 3 |
| Vitamin B-12 | mcg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | RPI | 6 | | 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 | RPI | 6 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 4:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 20:1.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine.....g | 0.024 | | 0 | RPA | 1 | | 0.128 | 0.032 | 0.128 |
| Isoleucine.....g | 0.019 | | 0 | RPA | 1 | | 0.100 | 0.025 | 0.100 |
| Leucine.....g | 0.039 | | 0 | RPA | 1 | | 0.213 | 0.053 | 0.213 |
| Lysine.....g | 0.056 | | 0 | RPA | 1 | | 0.300 | 0.075 | 0.300 |
| Methionine.....g | 0.010 | | 0 | RPA | 1 | | 0.053 | 0.013 | 0.053 |
| Cystine.....g | 0.000 | | 0 | RPA | 1 | | 0.000 | 0.000 | 0.000 |
| Phenylalanine.....g | 0.028 | | 0 | RPA | 1 | | 0.150 | 0.037 | 0.150 |
| Tyrosine.....g | 0.005 | | 0 | RPA | 1 | | 0.026 | 0.007 | 0.026 |
| Valine.....g | 0.033 | | 0 | RPA | 1 | | 0.180 | 0.045 | 0.180 |
| Arginine.....g | 0.106 | | 0 | RPA | 1 | | 0.573 | 0.143 | 0.573 |
| Histidine.....g | 0.011 | | 0 | RPA | 1 | | 0.058 | 0.014 | 0.058 |
| Alanine.....g | 0.128 | | 0 | RPA | 1 | | 0.693 | 0.173 | 0.693 |
| Aspartic acid.....g | 0.084 | | 0 | RPA | 1 | | 0.456 | 0.114 | 0.456 |
| Glutamic acid.....g | 0.140 | | 0 | RPA | 1 | | 0.757 | 0.189 | 0.757 |
| Glycine.....g | 0.305 | | 0 | RPA | 1 | | 1.649 | 0.412 | 1.649 |
| Proline.....g | 0.197 | | 0 | RPA | 1 | | 1.064 | 0.266 | 1.064 |
| Serine.....g | 0.042 | | 0 | RPA | 1 | | 0.225 | 0.056 | 0.225 |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | 0 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha.....mcg | 0 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | RPI | 6 | | 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 = 540g: 1 package (3 oz) yields

Measure 2 = 135g: .5 cup

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

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

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.93 | | 0 | FLC | 4 | | 0.12 | | |
| Energy | kcal | 198 | | 0 | NC | 4 | | 13 | | |
| Energy | kj | 829 | | 0 | NC | 4 | | 53 | | |
| Protein (N x 5.55) | g | 15.67 | | 1 | LC | 8 | | 1.00 | | |
| Total lipid (fat) | g | 0.00 | | 1 | LC | 8 | | 0.00 | | |
| Ash | g | 2.18 | | 0 | NR | 4 | | 0.14 | | |
| Carbohydrate, by difference | g | 80.21 | | 0 | NC | 4 | | 5.13 | | |
| Fiber, total dietary | g | 0.1 | | 0 | FLC | 4 | | 0.0 | | |
| Sugars, total | g | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 8 | | 0 | FLC | 4 | | 1 | | |
| Iron, Fe | mg | 0.06 | | 0 | FLC | 4 | | 0.00 | | |
| Magnesium, Mg | mg | 2 | | 0 | FLC | 4 | | 0 | | |
| Phosphorus, P | mg | 1293 | | 0 | | 4 | | 83 | | |
| Potassium, K | mg | 14 | 1.459 | 7 | | 1 | | 1 | | |
| Sodium, Na | mg | 862 | | 1 | LC | 8 | | 55 | | |
| Zinc, Zn | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Copper, Cu | mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Manganese, Mn | mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Selenium, Se | mcg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Thiamin | mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Riboflavin | mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Niacin | mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Pantothenic acid | mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Vitamin B-6 | mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Folate, total | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| 4:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 8:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 10:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 12:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 0 | FLC | 4 | | 0.000 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 6.4g: 1 serving

**Calories Factors: Protein** 0 **Fat** 0 **Carbohydrate** 2.47

**Food Group:** 19 Sweets

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

**NDB No. 19703**

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.70 | | 0 | | 4 | | 0.60 | 0.67 | 0.17 |
| Energy | kcal | 345 | | 0 | | 4 | | 31 | 35 | 9 |
| Energy | kj | 1443 | | | | 4 | | 130 | 144 | 36 |
| Protein (N x 5.55) | g | 55.30 | | 0 | | 4 | | 4.98 | 5.53 | 1.38 |
| Total lipid (fat) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Ash | g | 4.70 | | 0 | | 4 | | 0.42 | 0.47 | 0.12 |
| Carbohydrate, by difference | g | 33.30 | | 0 | NC | 4 | | 3.00 | 3.33 | 0.83 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 2 | | 0 | | 4 | | 0 | 0 | 0 |
| Iron, Fe | mg | 0.02 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg | mg | 1 | | 0 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P | mg | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| Potassium, K | mg | 1985 | | 0 | | 1 | | 179 | 199 | 50 |
| Sodium, Na | mg | 2751 | | 0 | | 1 | | 248 | 275 | 69 |
| Zinc, Zn | mg | 0.07 | | 1 | | 4 | | 0.01 | 0.01 | 0.00 |
| Copper, Cu | mg | 1.016 | | 1 | | 4 | | 0.091 | 0.102 | 0.025 |
| Manganese, Mn | mg | 0.049 | | 1 | | 4 | | 0.004 | 0.005 | 0.001 |
| Selenium, Se | mcg | 25.5 | | 0 | BFPN | 4 | | 2.3 | 2.6 | 0.6 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 490.0 | | 0 | | 1 | | 44.1 | 49.0 | 12.3 |
| Thiamin | mg | 0.012 | | 1 | | 4 | | 0.001 | 0.001 | 0.000 |
| Riboflavin | mg | 0.108 | | 1 | | 4 | | 0.010 | 0.011 | 0.003 |
| Niacin | mg | 0.040 | | 1 | | 4 | | 0.004 | 0.004 | 0.001 |
| Pantothenic acid | mg | 0.059 | | 1 | | 4 | | 0.005 | 0.006 | 0.001 |
| Vitamin B-6 | mg | 0.049 | | 1 | | 4 | | 0.004 | 0.005 | 0.001 |
| Folate, total | mcg | 14 | | 1 | | 4 | | 1 | 1 | 0 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | mcg | 14 | | 1 | | 4 | | 1 | 1 | 0 |
| Folate, DFE | mcg_DFE | 14 | | 0 | NC | 4 | | 1 | 1 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin E (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 | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | | 4 | | 0 | 0 | 0 |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Threonine | g | 1.066 | | 0 | | 1 | | 0.096 | 0.107 | 0.027 |
| Isoleucine | g | 0.837 | | 0 | | 1 | | 0.075 | 0.084 | 0.021 |
| Leucine | g | 1.774 | | 0 | | 1 | | 0.160 | 0.177 | 0.044 |
| Lysine | g | 2.501 | | 0 | | 1 | | 0.225 | 0.250 | 0.063 |
| Methionine | g | 0.439 | | 0 | | 1 | | 0.040 | 0.044 | 0.011 |
| Cystine | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |

**NDB No. 19703**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Phenylalanine....g | 1.256 | | 0 | | 1 | | 0.113 | 0.126 | 0.031 |
| Tyrosine....g | 0.219 | | 0 | | 1 | | 0.020 | 0.022 | 0.005 |
| Valine....g | 1.505 | | 0 | | 1 | | 0.135 | 0.151 | 0.038 |
| Arginine....g | 4.784 | | 0 | | 1 | | 0.431 | 0.478 | 0.120 |
| Histidine....g | 0.478 | | 0 | | 1 | | 0.043 | 0.048 | 0.012 |
| Alanine....g | 5.790 | | 0 | | 1 | | 0.521 | 0.579 | 0.145 |
| Aspartic acid....g | 3.807 | | 0 | | 1 | | 0.343 | 0.381 | 0.095 |
| Glutamic acid....g | 6.328 | | 0 | | 1 | | 0.570 | 0.633 | 0.158 |
| Glycine....g | 13.773 | | 0 | | 1 | | 1.240 | 1.377 | 0.344 |
| Proline....g | 8.890 | | 0 | | 1 | | 0.800 | 0.889 | 0.222 |
| Serine....g | 1.884 | | 0 | | 1 | | 0.170 | 0.188 | 0.047 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 9.0g: 1 tbsp

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

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19704**

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

**Refuse:** 0%

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

**NDB No. 19704**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Phenylalanine....g | 1.256 | | 0 | | 1 | | 0.113 | 0.126 | 0.031 |
| Tyrosine....g | 0.219 | | 0 | | 1 | | 0.020 | 0.022 | 0.005 |
| Valine....g | 1.505 | | 0 | | 1 | | 0.135 | 0.151 | 0.038 |
| Arginine....g | 4.784 | | 0 | | 1 | | 0.431 | 0.478 | 0.120 |
| Histidine....g | 0.478 | | 0 | | 1 | | 0.043 | 0.048 | 0.012 |
| Alanine....g | 5.790 | | 0 | | 1 | | 0.521 | 0.579 | 0.145 |
| Aspartic acid....g | 3.807 | | 0 | | 1 | | 0.343 | 0.381 | 0.095 |
| Glutamic acid....g | 6.328 | | 0 | | 1 | | 0.570 | 0.633 | 0.158 |
| Glycine....g | 13.773 | | 0 | | 1 | | 1.240 | 1.377 | 0.344 |
| Proline....g | 8.890 | | 0 | | 1 | | 0.800 | 0.889 | 0.222 |
| Serine....g | 1.884 | | 0 | | 1 | | 0.170 | 0.188 | 0.047 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 |

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

**Common Measures:**

Measure 1 = 9.0g: 1 tbsp

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

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19176**

**Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 94.74 | | 0 | RPI | 6 | | 110.84 | 444.32 | |
| Energy | kcal | 20 | | 0 | RPI | 6 | | 24 | 95 | |
| Energy | kj | 85 | | 0 | RPI | 6 | | 99 | 396 | |
| Protein | g | 0.83 | | 0 | RPI | 6 | | 0.97 | 3.87 | |
| Total lipid (fat) | g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Ash | g | 0.21 | | 0 | RPI | 6 | | 0.25 | 1.00 | |
| Carbohydrate, by difference | g | 4.22 | | 0 | RPI | 6 | | 4.94 | 19.81 | |
| Fiber, total dietary | g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | | 0 | RPI | 6 | | 3 | 13 | |
| Iron, Fe | mg | 0.01 | | 0 | RPI | 6 | | 0.01 | 0.03 | |
| Magnesium, Mg | mg | 1 | | 0 | RPI | 6 | | 1 | 3 | |
| Phosphorus, P | mg | 68 | | 0 | RPI | 6 | | 80 | 319 | |
| Potassium, K | mg | 1 | | 0 | RPA | 1 | | 1 | 4 | |
| Sodium, Na | mg | 48 | | 0 | RPI | 6 | | 56 | 223 | |
| Zinc, Zn | mg | 0.00 | | 0 | RPI | 6 | | 0.01 | 0.02 | |
| Copper, Cu | mg | 0.007 | | 0 | RPI | 6 | | 0.008 | 0.031 | |
| Manganese, Mn | mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.002 | |
| Selenium, Se | mcg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Niacin | mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Vitamin B-6 | mg | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | RPI | 6 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 4:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19176**

**Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:1.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | RPI | 6 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | RPI | 6 | | 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 = 117g: .5 cup

Measure 2 = 469g: 1 package yield (2 cups)

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

**Food Group:** 19 Sweets

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

**NDB No. 19702**

**Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.00 | 0.029 | 84 | | 1 | | 0.85 | 0.21 | |
| Energy | kcal | 381 | | 0 | | 4 | | 324 | 80 | |
| Energy | kj | 1594 | | | | 4 | | 1355 | 335 | |
| Protein (N x 5.55) | g | 7.80 | 0.031 | 84 | | 1 | | 6.63 | 1.64 | |
| Total lipid (fat) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Ash | g | 0.70 | 0.016 | 84 | | 1 | | 0.60 | 0.15 | |
| Carbohydrate, by difference | g | 90.50 | | 0 | NC | 4 | | 76.93 | 19.01 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | 0.102 | 9 | | 1 | | 3 | 1 | |
| Iron, Fe | mg | 0.15 | | 1 | | 4 | | 0.13 | 0.03 | |
| Magnesium, Mg | mg | 2 | | 1 | | 4 | | 2 | 0 | |
| Phosphorus, P | mg | 142 | | 1 | | 4 | | 121 | 30 | |
| Potassium, K | mg | 7 | 0.966 | 17 | | 1 | | 6 | 1 | |
| Sodium, Na | mg | 491 | | 0 | | 1 | | 417 | 103 | |
| Zinc, Zn | mg | 0.01 | | 2 | | 1 | | 0.01 | 0.00 | |
| Copper, Cu | mg | 0.118 | | 1 | | 1 | | 0.100 | 0.025 | |
| Manganese, Mn | mg | 0.016 | | 1 | | 4 | | 0.014 | 0.003 | |
| Selenium, Se | mcg | 3.6 | | 0 | BFPN | 4 | | 3.1 | 0.8 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 62.8 | | 0 | | 1 | | 53.4 | 13.2 | |
| Thiamin | mg | 0.002 | | 1 | | 4 | | 0.002 | 0.000 | |
| Riboflavin | mg | 0.021 | | 1 | | 4 | | 0.018 | 0.004 | |
| Niacin | mg | 0.008 | | 1 | | 4 | | 0.007 | 0.002 | |
| Pantothenic acid | mg | 0.011 | | 1 | | 4 | | 0.009 | 0.002 | |
| Vitamin B-6 | mg | 0.010 | | 1 | | 4 | | 0.009 | 0.002 | |
| Folate, total | mcg | 3 | | 1 | | 4 | | 3 | 1 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 3 | | 1 | | 4 | | 3 | 1 | |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 3 | 1 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine | g | 0.151 | | 0 | | 1 | | 0.128 | 0.032 | |
| Isoleucine | g | 0.118 | | 0 | | 1 | | 0.100 | 0.025 | |
| Leucine | g | 0.251 | | 0 | | 1 | | 0.213 | 0.053 | |
| Lysine | g | 0.354 | | 0 | | 1 | | 0.301 | 0.074 | |
| Methionine | g | 0.062 | | 0 | | 1 | | 0.053 | 0.013 | |
| Cystine | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

**NDB No. 19702**

**Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Phenylalanine....g | 0.177 | | 0 | | 1 | | 0.150 | 0.037 | |
| Tyrosine....g | 0.031 | | 0 | | 1 | | 0.026 | 0.007 | |
| Valine....g | 0.213 | | 0 | | 1 | | 0.181 | 0.045 | |
| Arginine....g | 0.676 | | 0 | | 1 | | 0.575 | 0.142 | |
| Histidine....g | 0.068 | | 0 | | 1 | | 0.058 | 0.014 | |
| Alanine....g | 0.818 | | 0 | | 1 | | 0.695 | 0.172 | |
| Aspartic acid....g | 0.538 | | 0 | | 1 | | 0.457 | 0.113 | |
| Glutamic acid....g | 0.894 | | 0 | | 1 | | 0.760 | 0.188 | |
| Glycine....g | 1.947 | | 0 | | 1 | | 1.655 | 0.409 | |
| Proline....g | 1.256 | | 0 | | 1 | | 1.068 | 0.264 | |
| Serine....g | 0.266 | | 0 | | 1 | | 0.226 | 0.056 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | z | 7 | | 0 | 0 | |

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

**Common Measures:**

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

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

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

**Food Group:** 19 Sweets

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

**NDB No. 19290**

**Gelatin desserts,, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Dessert Strawberry, with aspartame and acesulfame potassium sweetener, powder**

*Kraft Foods, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 6.60 | | 0 | MC | 9 | | 0.17 | | |
| Energy | kcal | 333 | | 0 | MC | 9 | | 8 | | |
| Energy | kj | 1393 | | | | 9 | | 35 | | |
| Protein | g | 56.80 | | 0 | MC | 9 | | 1.42 | | |
| Total lipid (fat) | g | 0.10 | | 0 | NR | 4 | | 0.00 | | |
| Ash | g | 7.10 | | 0 | MC | 9 | | 0.18 | | |
| Carbohydrate, by difference (1) | g | 4.90 | | 0 | MC | 9 | | 0.12 | | |
| Fiber, total dietary | g | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total | g | 0.10 | | 0 | MC | 9 | | 0.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 21 | | 0 | MC | 9 | | 1 | | |
| Iron, Fe | mg | 1.17 | | 0 | MC | 9 | | 0.03 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 1361 | | 0 | MC | 9 | | 34 | | |
| Potassium, K | mg | 18 | | 0 | MC | 9 | | 0 | | |
| Sodium, Na | mg | 2282 | | 0 | MC | 9 | | 57 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | MC | 9 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 0.000 | | 0 | MC | 9 | | 0.000 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 1 | | 0 | MC | 9 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 2.5g: 1 NLEA Serving

**Footnotes**

1 Contains other proximate components such as acids.

**NDB No. 19290**

**Gelatin desserts,, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Dessert Strawberry, with aspartame and acesulfame potassium sweetener, powder**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

**NDB No. 19177**
**Gelatins, dry powder, unsweetened**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 13.00 | | 1 | | 4 | | 0.91 | 3.64 | |
| Energy | kcal | 335 | | 0 | | 4 | | 23 | 94 | |
| Energy | kj | 1402 | | | | 4 | | 98 | 392 | |
| Protein (N x 5.55) | g | 85.60 | | 1 | | 4 | | 5.99 | 23.97 | |
| Total lipid (fat) | g | 0.10 | | 1 | | 4 | | 0.01 | 0.03 | |
| Ash | g | 1.30 | | 1 | | 4 | | 0.09 | 0.36 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 55 | | 2 | | 1 | | 4 | 15 | |
| Iron, Fe | mg | 1.11 | | 2 | | 1 | | 0.08 | 0.31 | |
| Magnesium, Mg | mg | 22 | | 2 | | 1 | | 2 | 6 | |
| Phosphorus, P | mg | 39 | | 2 | | 1 | | 3 | 11 | |
| Potassium, K | mg | 16 | | 2 | | 1 | | 1 | 4 | |
| Sodium, Na | mg | 196 | | 2 | | 1 | | 14 | 55 | |
| Zinc, Zn | mg | 0.14 | | 2 | | 1 | | 0.01 | 0.04 | |
| Copper, Cu | mg | 2.161 | | 2 | | 1 | | 0.151 | 0.605 | |
| Manganese, Mn | mg | 0.105 | | 2 | | 1 | | 0.007 | 0.029 | |
| Selenium, Se | mcg | 39.5 | | 1 | A | 1 | | 2.8 | 11.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 2 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.025 | | 2 | | 1 | | 0.002 | 0.007 | |
| Riboflavin | mg | 0.230 | | 2 | | 1 | | 0.016 | 0.064 | |
| Niacin | mg | 0.085 | | 2 | | 1 | | 0.006 | 0.024 | |
| Pantothenic acid | mg | 0.125 | | 2 | | 1 | | 0.009 | 0.035 | |
| Vitamin B-6 | mg | 0.007 | | 1 | | 4 | | 0.000 | 0.002 | |
| Folate, total | mcg | 30 | | 2 | | 1 | | 2 | 8 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 30 | | 2 | | 1 | | 2 | 8 | |
| Folate, DFE | mcg_DFE | 30 | | 0 | NC | 4 | | 2 | 8 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 2 | | 1 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.070 | | 0 | | 1 | | 0.005 | 0.020 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.010 | | 1 | | 1 | | 0.001 | 0.003 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.040 | | 1 | | 1 | | 0.003 | 0.011 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.030 | | 1 | | 1 | | 0.002 | 0.008 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19177**
**Gelatins, dry powder, unsweetened**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.060 | | 0 | | 1 | | 0.004 | 0.017 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.010 | | 1 | | 1 | | 0.001 | 0.003 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.050 | | 1 | | 1 | | 0.004 | 0.014 | |
| 20:1.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.010 | | 0 | | 1 | | 0.001 | 0.003 | |
| 18:2 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine.....g | 1.475 | | 0 | | 1 | | 0.103 | 0.413 | |
| Isoleucine.....g | 1.158 | | 0 | | 1 | | 0.081 | 0.324 | |
| Leucine.....g | 2.454 | | 0 | | 1 | | 0.172 | 0.687 | |
| Lysine.....g | 3.460 | | 0 | | 1 | | 0.242 | 0.969 | |
| Methionine.....g | 0.606 | | 0 | | 1 | | 0.042 | 0.170 | |
| Cystine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 1.737 | | 0 | | 1 | | 0.122 | 0.486 | |
| Tyrosine.....g | 0.303 | | 0 | | 1 | | 0.021 | 0.085 | |
| Valine.....g | 2.081 | | 0 | | 1 | | 0.146 | 0.583 | |
| Arginine.....g | 6.616 | | 0 | | 1 | | 0.463 | 1.852 | |
| Histidine.....g | 0.662 | | 0 | | 1 | | 0.046 | 0.185 | |
| Alanine.....g | 8.009 | | 0 | | 1 | | 0.561 | 2.243 | |
| Aspartic acid.....g | 5.265 | | 0 | | 1 | | 0.369 | 1.474 | |
| Glutamic acid.....g | 8.753 | | 0 | | 1 | | 0.613 | 2.451 | |
| Glycine.....g | 19.049 | | 0 | | 1 | | 1.333 | 5.334 | |
| Proline.....g | 12.295 | | 0 | | 1 | | 0.861 | 3.443 | |
| Serine.....g | 2.605 | | 0 | | 1 | | 0.182 | 0.729 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | NR | 4 | | 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 = 7.0g: 1 envelope (1 tbsp)

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

**NDB No. 19177**
**Gelatins, dry powder, unsweetened**

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

**Food Group:** 19 Sweets

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

**NDB No. 19296**
**Honey**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 17.10 | 0.071 | 509 | | 1 | | 57.97 | 3.59 | 2.39 |
| Energy | kcal | 304 | | 0 | NC | 4 | | 1031 | 64 | 43 |
| Energy | kj | 1272 | | | | 4 | | 4312 | 267 | 178 |
| Protein (N x 6.25) | g | 0.30 | 0.007 | 508 | | 1 | | 1.02 | 0.06 | 0.04 |
| Total lipid (fat) | g | 0.00 | 0.002 | 3 | | 1 | | 0.00 | 0.00 | 0.00 |
| Ash | g | 0.20 | 0.009 | 508 | | 1 | | 0.68 | 0.04 | 0.03 |
| Carbohydrate, by difference | g | 82.40 | | 0 | NC | 4 | | 279.34 | 17.30 | 11.54 |
| Fiber, total dietary | g | 0.2 | | 0 | | 4 | | 0.7 | 0.0 | 0.0 |
| Sugars, total | g | 82.12 | | 0 | NR | 4 | | 278.39 | 17.25 | 11.50 |
| Sucrose | g | 0.89 | 0.245 | 9 | AI | 13 | | 3.00 | 0.19 | 0.12 |
| Glucose (dextrose) | g | 35.75 | | 1 | AI | 13 | | 121.20 | 7.51 | 5.01 |
| Fructose | g | 40.94 | | 1 | AI | 13 | | 138.80 | 8.60 | 5.73 |
| Lactose | g | | | | | | | | | |
| Maltose | g | 1.44 | 0.307 | 9 | AI | 13 | | 4.88 | 0.30 | 0.20 |
| Galactose | g | 3.10 | | 1 | AI | 13 | | 10.51 | 0.65 | 0.43 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 6 | 0.396 | 13 | | 1 | | 20 | 1 | 1 |
| Iron, Fe | mg | 0.42 | 0.110 | 14 | | 1 | | 1.42 | 0.09 | 0.06 |
| Magnesium, Mg | mg | 2 | 0.159 | 14 | | 1 | | 7 | 0 | 0 |
| Phosphorus, P | mg | 4 | 0.348 | 13 | | 1 | | 14 | 1 | 1 |
| Potassium, K | mg | 52 | 9.923 | 14 | | 1 | | 176 | 11 | 7 |
| Sodium, Na | mg | 4 | 0.560 | 14 | | 1 | | 14 | 1 | 1 |
| Zinc, Zn | mg | 0.22 | 0.042 | 12 | | 1 | | 0.75 | 0.05 | 0.03 |
| Copper, Cu | mg | 0.036 | 0.008 | 14 | | 1 | | 0.122 | 0.008 | 0.005 |
| Manganese, Mn | mg | 0.080 | 0.026 | 14 | | 1 | | 0.271 | 0.017 | 0.011 |
| Selenium, Se | mcg | 0.8 | | 2 | A | 1 | | 2.7 | 0.2 | 0.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | 0.141 | 4 | | 1 | | 1.7 | 0.1 | 0.1 |
| Thiamin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.038 | 0.012 | 4 | | 1 | | 0.129 | 0.008 | 0.005 |
| Niacin | mg | 0.121 | 0.025 | 4 | | 1 | | 0.410 | 0.025 | 0.017 |
| Pantothenic acid | mg | 0.068 | 0.009 | 4 | | 1 | | 0.231 | 0.014 | 0.010 |
| Vitamin B-6 | mg | 0.024 | 0.005 | 4 | | 1 | | 0.081 | 0.005 | 0.003 |
| Folate, total | mcg | 2 | | 1 | | 1 | | 7 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | mcg | 2 | | 1 | | 1 | | 7 | 0 | 0 |
| Folate, DFE | mcg_DFE | 2 | | 0 | NC | 4 | | 7 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | 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 | | 2 | JA | 6 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0 | g | | | | | | | | | |

**NDB No. 19296**
**Honey**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.004 | | 0 | | 1 | | 0.014 | 0.001 | 0.001 |
| Threonine....g | 0.004 | | 0 | | 1 | | 0.014 | 0.001 | 0.001 |
| Isoleucine....g | 0.008 | | 0 | | 1 | | 0.027 | 0.002 | 0.001 |
| Leucine....g | 0.010 | | 0 | | 1 | | 0.034 | 0.002 | 0.001 |
| Lysine....g | 0.008 | | 0 | | 1 | | 0.027 | 0.002 | 0.001 |
| Methionine....g | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | 0.000 |
| Cystine....g | 0.003 | | 0 | | 1 | | 0.010 | 0.001 | 0.000 |
| Phenylalanine....g | 0.011 | | 0 | | 1 | | 0.037 | 0.002 | 0.002 |
| Tyrosine....g | 0.008 | | 0 | | 1 | | 0.027 | 0.002 | 0.001 |
| Valine....g | 0.009 | | 0 | | 1 | | 0.031 | 0.002 | 0.001 |
| Arginine....g | 0.005 | | 0 | | 1 | | 0.017 | 0.001 | 0.001 |
| Histidine....g | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | 0.000 |
| Alanine....g | 0.006 | | 0 | | 1 | | 0.020 | 0.001 | 0.001 |
| Aspartic acid....g | 0.027 | | 0 | | 1 | | 0.092 | 0.006 | 0.004 |
| Glutamic acid....g | 0.018 | | 0 | | 1 | | 0.061 | 0.004 | 0.003 |
| Glycine....g | 0.007 | | 0 | | 1 | | 0.024 | 0.001 | 0.001 |
| Proline....g | 0.090 | | 0 | | 1 | | 0.305 | 0.019 | 0.013 |
| Serine....g | 0.006 | | 0 | | 1 | | 0.020 | 0.001 | 0.001 |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 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.

**NDB No. 19296**
**Honey**

**Common Measures:**

Measure 1 = 339g: 1 cup
Measure 2 = 21g: 1 tbsp
Measure 3 = 14.0g: 1 packet (0.5 oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.68

**Food Group:** 19 Sweets

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

**NDB No. 19259**

**Ice Creams, HEALTHY CHOICE Praline and Caramel**

*Conagra, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 57.23 | | 1 | MA | 12 | | 40.63 | | |
| Energy | kcal | 181 | | 0 | MC | 9 | | 129 | | |
| Energy | kj | 757 | | | | 9 | | 538 | | |
| Protein | g | 3.79 | | 1 | MA | 12 | | 2.69 | | |
| Total lipid (fat) | g | 2.82 | | 1 | MA | 12 | | 2.00 | | |
| Ash | g | 0.95 | | 1 | MA | 12 | | 0.67 | | |
| Carbohydrate, by difference | g | 35.21 | | 0 | MC | 9 | | 25.00 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | 33.80 | | 1 | MA | 12 | | 24.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 140 | | 1 | MA | 12 | | 99 | | |
| Iron, Fe | mg | 0.11 | | 1 | MA | 12 | | 0.08 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | | | | | | | | | |
| Sodium, Na | mg | 98 | | 1 | MA | 12 | | 70 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | MA | 12 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 280 | | 1 | MA | 12 | | 199 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 0.700 | | 1 | MA | 12 | | 0.497 | | |
| Fatty acids, total monounsaturated | g | 1.370 | | 1 | MA | 12 | | 0.973 | | |
| Fatty acids, total polyunsaturated | g | 0.750 | | 1 | MA | 12 | | 0.533 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 6 | | 1 | MA | 12 | | 4 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 71g: .5 cup (4 fl oz)

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

**NDB No. 19259**
**Ice Creams, HEALTHY CHOICE Praline and Caramel**

**Food Group:** 19 Sweets

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

**NDB No. 19264**

**Ice cream novelties, ESKIMO PIE BAR, Vanilla Ice Cream, with dark chocolate coating**

*Eskimo Pie Corp.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 46.30 | | 1 | A | 1 | | 23.15 | | |
| Energy....kcal | 331 | | 0 | NC | 4 | | 166 | | |
| Energy....kj | 1386 | | | | 4 | | 693 | | |
| Protein....g | 4.10 | | 1 | A | 1 | | 2.05 | | |
| Total lipid (fat)....g | 24.10 | | 1 | A | 1 | | 12.05 | | |
| Ash....g | 1.00 | | 1 | A | 1 | | 0.50 | | |
| Carbohydrate, by difference....g | 24.50 | | 0 | NC | 4 | | 12.25 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 18.30 | | 1 | A | 1 | | 9.15 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 119 | | 1 | A | 1 | | 60 | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | | | | | | | | | |
| Sodium, Na....mg | 68 | | 1 | A | 1 | | 34 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 14.500 | | 1 | A | 1 | | 7.250 | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 28 | | 1 | A | 1 | | 14 | | |
| Phytosterols....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 50g: 1 bar

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

**Food Group:** 19 Sweets

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

**NDB No. 19262**

**Ice cream novelties, KLONDIKE BAR Vanilla Ice Cream, with chocolate coating**

*Islay Klondike*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 46.70 | | 1 | A | 1 | | 69.12 | | |
| Energy....kcal | 330 | | 0 | NC | 4 | | 489 | | |
| Energy....kj | 1381 | | | | 4 | | 2044 | | |
| Protein....g | 4.20 | | 1 | A | 1 | | 6.22 | | |
| Total lipid (fat)....g | 24.10 | | 1 | A | 1 | | 35.67 | | |
| Ash....g | 0.90 | | 1 | A | 1 | | 1.33 | | |
| Carbohydrate, by difference....g | 24.10 | | 0 | NC | 4 | | 35.67 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | 20.70 | | 1 | A | 1 | | 30.64 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 143 | | 1 | A | 1 | | 212 | | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | | | | | | | | | |
| Sodium, Na....mg | 73 | | 1 | A | 1 | | 108 | | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 13.100 | | 1 | A | 1 | | 19.388 | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 27 | | 1 | A | 1 | | 40 | | |
| Phytosterols....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 148g: 1 bar (5 fl oz)

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

**Food Group:** 19 Sweets

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

**NDB No. 43269**
**Ice cream novelties, sundae, prepackaged**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 59.30 | | | | 1 | | | | |
| Energy | kcal | 185 | | | | 1 | | | | |
| Energy | kj | 774 | | | | 1 | | | | |
| Protein | g | 4.30 | | | | 1 | | | | |
| Total lipid (fat) | g | 6.00 | | | | 1 | | | | |
| Ash | g | 0.76 | | 0 | FLC | 4 | | | | |
| Carbohydrate, by difference | g | 29.40 | | | NC | 4 | | | | |
| Fiber, total dietary | g | 0.3 | | 0 | FLC | 4 | | | | |
| Sugars, total | g | 20.74 | | 0 | FLC | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 120 | | | | 1 | | | | |
| Iron, Fe | mg | 0.25 | | | | 1 | | | | |
| Magnesium, Mg | mg | 19 | | | | 1 | | | | |
| Phosphorus, P | mg | 131 | | | | 1 | | | | |
| Potassium, K | mg | 211 | | | | 1 | | | | |
| Sodium, Na | mg | 95 | | | | 1 | | | | |
| Zinc, Zn | mg | 0.54 | | | | 1 | | | | |
| Copper, Cu | mg | 0.060 | | | | 1 | | | | |
| Manganese, Mn | mg | 0.011 | | 0 | FLC | 4 | | | | |
| Selenium, Se | mcg | 2.0 | | 0 | FLC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.8 | | | | 1 | | | | |
| Thiamin | mg | 0.040 | | | | 1 | | | | |
| Riboflavin | mg | 0.190 | | | | 1 | | | | |
| Niacin | mg | 0.640 | | | | 1 | | | | |
| Pantothenic acid | mg | 0.348 | | 0 | FLC | 4 | | | | |
| Vitamin B-6 | mg | 0.050 | | | | 1 | | | | |
| Folate, total | mcg | 5 | | 0 | FLC | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | | | |
| Folate, food | mcg | 5 | | 0 | FLC | 4 | | | | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.39 | | | | 1 | | | | |
| Vitamin A, IU | IU | 458 | | 0 | NC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 131 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 130 | | 0 | FLC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.12 | | 0 | FLC | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.3 | | 0 | FLC | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.090 | | | | 4 | | | | |
| 4:0 | g | 0.000 | | | | 4 | | | | |
| 6:0 | g | 0.092 | | | | 4 | | | | |
| 8:0 | g | 0.057 | | | | 4 | | | | |
| 10:0 | g | 0.113 | | | | 4 | | | | |
| 12:0 | g | 0.338 | | | | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.451 | | | | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.267 | | | | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.654 | | | | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 43269**
**Ice cream novelties, sundae, prepackaged**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 1.872 | | | | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.110 | | | | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.690 | | | | 4 | | | | |
| 20:1.....g | 0.011 | | | | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.663 | | | | 4 | | | | |
| 18:2 undifferentiated.....g | 0.576 | | | | 4 | | | | |
| 18:3 undifferentiated.....g | 0.063 | | | | 4 | | | | |
| 18:4.....g | 0.000 | | | | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.024 | | | | 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 | 13 | | | | 1 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | | | |
| Theobromine.....mg | 2 | | 0 | FLC | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 16 | | 0 | FLC | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

**NDB No. 42074**
**Ice cream novelties, vanilla, light, no sugar added, chocolate-coated**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 56.20 | | | | 1 | | | | |
| Energy | kcal | 222 | | 0 | NC | 4 | | | | |
| Energy | kj | 928 | | 0 | NC | 4 | | | | |
| Protein | g | 6.40 | | | | 1 | | | | |
| Total lipid (fat) | g | 10.10 | | | | 1 | | | | |
| Ash | g | 0.97 | | 0 | FLC | 4 | | | | |
| Carbohydrate, by difference | g | 26.33 | | 0 | NC | 4 | | | | |
| Fiber, total dietary | g | 0.9 | | 0 | FLC | 4 | | | | |
| Sugars, total | g | 24.58 | | 0 | FLC | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 222 | | | | 1 | | | | |
| Iron, Fe | mg | 0.29 | | | | 1 | | | | |
| Magnesium, Mg | mg | 28 | | | | 1 | | | | |
| Phosphorus, P | mg | 173 | | | | 1 | | | | |
| Potassium, K | mg | 305 | | | | 1 | | | | |
| Sodium, Na | mg | 104 | | | | 1 | | | | |
| Zinc, Zn | mg | 0.82 | | | | 1 | | | | |
| Copper, Cu | mg | 0.076 | | | | 1 | | | | |
| Manganese, Mn | mg | 0.088 | | 0 | FLC | 4 | | | | |
| Selenium, Se | mcg | 2.5 | | 0 | FLC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 0 | FLC | 4 | | | | |
| Thiamin | mg | 0.050 | | 0 | FLC | 4 | | | | |
| Riboflavin | mg | 0.198 | | 0 | FLC | 4 | | | | |
| Niacin | mg | 0.152 | | 0 | FLC | 4 | | | | |
| Pantothenic acid | mg | 0.384 | | 0 | FLC | 4 | | | | |
| Vitamin B-6 | mg | 0.034 | | 0 | FLC | 4 | | | | |
| Folate, total | mcg | 4 | | | | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | | | |
| Folate, food | mcg | 4 | | | | 4 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.38 | | 0 | FLC | 4 | | | | |
| Vitamin A, IU | IU | 89 | | 0 | NC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 25 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 25 | | 0 | O | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.46 | | 0 | FLC | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.4 | | 0 | FLC | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.528 | | | | 4 | | | | |
| 4:0 | g | 0.075 | | | | 4 | | | | |
| 6:0 | g | 0.063 | | | | 4 | | | | |
| 8:0 | g | 0.259 | | | | 4 | | | | |
| 10:0 | g | 0.245 | | | | 4 | | | | |
| 12:0 | g | 1.453 | | | | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.761 | | | | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.567 | | | | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.042 | | | | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 42074**
**Ice cream novelties, vanilla, light, no sugar added, chocolate-coated**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 2.700 | | | | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.067 | | | | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 2.594 | | | | 4 | | | | |
| 20:1.....g | 0.000 | | | | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.359 | | | | 4 | | | | |
| 18:2 undifferentiated.....g | 1.239 | | | | 4 | | | | |
| 18:3 undifferentiated.....g | 0.118 | | | | 4 | | | | |
| 18:4.....g | 0.000 | | | | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | | | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | | | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | | | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 25 | | 0 | FLC | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | | | |
| Caffeine.....mg | 4 | | 0 | FLC | 4 | | | | |
| Theobromine.....mg | 38 | | 0 | FLC | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 3 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

**NDB No. 19270**
**Ice creams, chocolate**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 55.70 | 0.813 | 11 | | 1 | | 32.31 | 36.76 | |
| Energy | kcal | 216 | | 0 | NC | 4 | | 125 | 143 | |
| Energy | kj | 904 | | | | 4 | | 524 | 596 | |
| Protein (N x 6.1) | g | 3.80 | 0.082 | 6 | | 1 | | 2.20 | 2.51 | |
| Total lipid (fat) | g | 11.00 | 0.427 | 6 | | 1 | | 6.38 | 7.26 | |
| Ash | g | 1.00 | 0.050 | 6 | | 1 | | 0.58 | 0.66 | |
| Carbohydrate, by difference | g | 28.20 | | 0 | NC | 4 | | 16.36 | 18.61 | |
| Fiber, total dietary | g | 1.2 | | 0 | | 4 | | 0.7 | 0.8 | |
| Sugars, total | g | 25.36 | | 0 | BFCN | 4 | | 14.71 | 16.74 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 109 | 2.964 | 34 | | 1 | | 63 | 72 | |
| Iron, Fe | mg | 0.93 | 0.061 | 35 | | 1 | | 0.54 | 0.61 | |
| Magnesium, Mg | mg | 29 | 0.755 | 36 | | 1 | | 17 | 19 | |
| Phosphorus, P | mg | 107 | 1.632 | 28 | | 1 | | 62 | 71 | |
| Potassium, K | mg | 249 | 4.882 | 35 | | 1 | | 144 | 164 | |
| Sodium, Na | mg | 76 | 2.707 | 36 | | 1 | | 44 | 50 | |
| Zinc, Zn | mg | 0.58 | 0.021 | 35 | | 1 | | 0.34 | 0.38 | |
| Copper, Cu | mg | 0.135 | 0.011 | 35 | | 1 | | 0.078 | 0.089 | |
| Manganese, Mn | mg | 0.140 | 0.008 | 35 | | 1 | | 0.081 | 0.092 | |
| Selenium, Se | mcg | 2.5 | 0.301 | 17 | A | 1 | | 1.5 | 1.7 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | | 4 | | 0.4 | 0.5 | |
| Thiamin | mg | 0.042 | 0.004 | 5 | | 1 | | 0.024 | 0.028 | |
| Riboflavin | mg | 0.194 | 0.009 | 5 | | 1 | | 0.113 | 0.128 | |
| Niacin | mg | 0.226 | 0.015 | 5 | | 1 | | 0.131 | 0.149 | |
| Pantothenic acid | mg | 0.554 | 0.063 | 5 | | 1 | | 0.321 | 0.366 | |
| Vitamin B-6 | mg | 0.055 | 0.003 | 5 | | 1 | | 0.032 | 0.036 | |
| Folate, total | mcg | 16 | 1.147 | 5 | | 1 | | 9 | 11 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 16 | 1.147 | 5 | | 1 | | 9 | 11 | |
| Folate, DFE | mcg_DFE | 16 | | 0 | NC | 4 | | 9 | 11 | |
| Vitamin B-12 | mcg | 0.29 | 0.055 | 5 | | 1 | | 0.17 | 0.19 | |
| Vitamin A, IU | IU | 416 | 30.100 | 5 | | 1 | | 241 | 275 | |
| Vitamin A, RAE | mcg_RAE | 118 | | 0 | BFFN | 4 | | 68 | 78 | |
| Retinol | mcg | 116 | | 0 | BFFN | 4 | | 67 | 77 | |
| Vitamin E (alpha-tocopherol) | mg | 0.30 | | 0 | BFFN | 4 | | 0.17 | 0.20 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.3 | | 0 | BFFN | 4 | | 0.2 | 0.2 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.800 | | 0 | | 1 | | 3.944 | 4.488 | |
| 4:0 | g | 0.340 | | 1 | | 1 | | 0.197 | 0.224 | |
| 6:0 | g | 0.200 | | 1 | | 1 | | 0.116 | 0.132 | |
| 8:0 | g | 0.120 | | 1 | | 1 | | 0.070 | 0.079 | |
| 10:0 | g | 0.260 | | 1 | | 1 | | 0.151 | 0.172 | |
| 12:0 | g | 0.290 | | 1 | | 1 | | 0.168 | 0.191 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 1.070 | | 1 | | 1 | | 0.621 | 0.706 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.060 | | 1 | | 1 | | 1.775 | 2.020 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.460 | | 1 | | 1 | | 0.847 | 0.964 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19270**
**Ice creams, chocolate**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 3.210 | | 0 | | 1 | | 1.862 | 2.119 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.240 | | 1 | | 1 | | 0.139 | 0.158 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 2.970 | | 1 | | 1 | | 1.723 | 1.960 | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.410 | | 0 | | 1 | | 0.238 | 0.271 | |
| 18:2 undifferentiated.....g | 0.250 | | 1 | | 1 | | 0.145 | 0.165 | |
| 18:3 undifferentiated.....g | 0.150 | | 1 | | 1 | | 0.087 | 0.099 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 34 | | 1 | | 1 | | 20 | 22 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 3 | | 1 | | 1 | | 2 | 2 | |
| Theobromine.....mg | 62 | | 1 | | 1 | | 36 | 41 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 19 | | 0 | BFFN | 4 | | 10.875 | 12.375 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFFN | 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 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

**Calories Factors: Protein** 3.6 **Fat** 8.8 **Carbohydrate** 3.7

**Food Group:** 19 Sweets

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

**NDB No. 19114**
**Ice creams, chocolate, light**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 60.64 | | 0 | FLC | 4 | | | | |
| Energy | kcal | 167 | | 0 | FLC | 4 | | | | |
| Energy | kj | 698 | | 0 | FLC | 4 | | | | |
| Protein | g | 4.37 | | 0 | FLC | 4 | | | | |
| Total lipid (fat) | g | 2.80 | | 0 | FLC | 4 | | | | |
| Ash | g | 1.06 | | 0 | FLC | 4 | | | | |
| Carbohydrate, by difference | g | 31.00 | | 0 | FLC | 4 | | | | |
| Fiber, total dietary | g | 1.0 | | 0 | FLC | 4 | | | | |
| Sugars, total | g | 28.20 | | 0 | LC | 8 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 142 | | 0 | FLC | 4 | | | | |
| Iron, Fe | mg | 0.61 | | 0 | FLC | 4 | | | | |
| Magnesium, Mg | mg | 28 | | 0 | FLC | 4 | | | | |
| Phosphorus, P | mg | 122 | | 0 | FLC | 4 | | | | |
| Potassium, K | mg | 244 | | 0 | FLC | 4 | | | | |
| Sodium, Na | mg | 71 | | 0 | FLC | 4 | | | | |
| Zinc, Zn | mg | 0.66 | | 0 | FLC | 4 | | | | |
| Copper, Cu | mg | 0.130 | | 0 | FLC | 4 | | | | |
| Manganese, Mn | mg | 0.126 | | 0 | FLC | 4 | | | | |
| Selenium, Se | mcg | 2.7 | | 0 | FLC | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 0 | FLC | 4 | | | | |
| Thiamin | mg | 0.035 | | 0 | FLC | 4 | | | | |
| Riboflavin | mg | 0.193 | | 0 | FLC | 4 | | | | |
| Niacin | mg | 0.176 | | 0 | FLC | 4 | | | | |
| Pantothenic acid | mg | 0.397 | | 0 | FLC | 4 | | | | |
| Vitamin B-6 | mg | 0.036 | | 0 | FLC | 4 | | | | |
| Folate, total | mcg | 6 | | 0 | FLC | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | | | |
| Folate, food | mcg | 6 | | 0 | FLC | 4 | | | | |
| Folate, DFE | mcg_DFE | 6 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.24 | | 0 | FLC | 4 | | | | |
| Vitamin A, IU | IU | 218 | | 0 | FLC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 64 | | 0 | FLC | 4 | | | | |
| Retinol | mcg | 63 | | 0 | FLC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.06 | | 0 | FLC | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 43.242 | | 0 | FLC | 4 | | | | |
| Vitamin K (phylloquinone) | mcg | 0.3 | | 0 | FLC | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.373 | | 0 | FLC | 4 | | | | |
| 4:0 | g | 0.055 | | 0 | FLC | 4 | | | | |
| 6:0 | g | 0.042 | | 0 | FLC | 4 | | | | |
| 8:0 | g | 0.033 | | 0 | FLC | 4 | | | | |
| 10:0 | g | 0.047 | | 0 | FLC | 4 | | | | |
| 12:0 | g | 0.051 | | 0 | FLC | 4 | | | | |
| 13:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 14:0 | g | 0.192 | | 0 | FLC | 4 | | | | |
| 15:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 16:0 | g | 0.611 | | 0 | FLC | 4 | | | | |
| 17:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 18:0 | g | 0.342 | | 0 | FLC | 4 | | | | |
| 20:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:0 | g | 0.000 | | 0 | FLC | 4 | | | | |
| 24:0 | g | 0.000 | | 0 | FLC | 4 | | | | |

**NDB No. 19114**
**Ice creams, chocolate, light**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 14:1.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.400 | | 0 | FLC | 4 | | | | |
| 18:2 undifferentiated.....g | 0.918 | | 0 | FLC | 4 | | | | |
| 18:3 undifferentiated.....g | 0.482 | | 0 | FLC | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 9 | | 0 | FLC | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | FLC | 4 | | | | |
| Caffeine.....mg | 3 | | 0 | FLC | 4 | | | | |
| Theobromine.....mg | 85 | | 0 | FLC | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 4 | | 0 | FLC | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 1 | | 0 | FLC | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

**NDB No. 19265**
**Ice creams, chocolate, light, no sugar added**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 66.82 | | 0 | FLA | 4 | | | | |
| Energy | kcal | 159 | | 0 | FLA | 4 | | | | |
| Energy | kj | 665 | | 0 | FLA | 4 | | | | |
| Protein | g | 6.20 | | 0 | FLA | 4 | | | | |
| Total lipid (fat) | g | 6.50 | | 0 | FLA | 4 | | | | |
| Ash | g | 1.49 | | 0 | FLA | 4 | | | | |
| Carbohydrate, by difference | g | 18.90 | | 0 | FLA | 4 | | | | |
| Fiber, total dietary | g | 0.8 | | 0 | FLA | 4 | | | | |
| Sugars, total | g | 8.70 | | 0 | FLA | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 196 | | 0 | FLA | 4 | | | | |
| Iron, Fe | mg | 0.49 | | 0 | FLA | 4 | | | | |
| Magnesium, Mg | mg | 32 | | 0 | FLA | 4 | | | | |
| Phosphorus, P | mg | 176 | | 0 | FLA | 4 | | | | |
| Potassium, K | mg | 339 | | 0 | FLA | 4 | | | | |
| Sodium, Na | mg | 89 | | 0 | FLA | 4 | | | | |
| Zinc, Zn | mg | 0.83 | | 0 | FLA | 4 | | | | |
| Copper, Cu | mg | 0.119 | | 0 | FLA | 4 | | | | |
| Manganese, Mn | mg | 0.106 | | 0 | FLA | 4 | | | | |
| Selenium, Se | mcg | 5.5 | | 0 | FLA | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | FLA | 4 | | | | |
| Thiamin | mg | 0.072 | | 0 | FLA | 4 | | | | |
| Riboflavin | mg | 0.298 | | 0 | FLA | 4 | | | | |
| Niacin | mg | 0.234 | | 0 | FLA | 4 | | | | |
| Pantothenic acid | mg | 0.626 | | 0 | FLA | 4 | | | | |
| Vitamin B-6 | mg | 0.063 | | 0 | FLA | 4 | | | | |
| Folate, total | mcg | 9 | | 0 | FLA | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | | | |
| Folate, food | mcg | 9 | | 0 | FLA | 4 | | | | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.63 | | 0 | FLA | 4 | | | | |
| Vitamin A, IU | IU | 203 | | 0 | FLA | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 57 | | 0 | FLA | 4 | | | | |
| Retinol | mcg | 56 | | 0 | FLA | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.19 | | 0 | FLA | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.6 | | 0 | FLA | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.602 | | 0 | FLA | 4 | | | | |
| 4:0 | g | 0.161 | | 0 | FLA | 4 | | | | |
| 6:0 | g | 0.115 | | 0 | FLA | 4 | | | | |
| 8:0 | g | 0.089 | | 0 | FLA | 4 | | | | |
| 10:0 | g | 0.136 | | 0 | FLA | 4 | | | | |
| 12:0 | g | 0.147 | | 0 | FLA | 4 | | | | |
| 13:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 14:0 | g | 0.545 | | 0 | FLA | 4 | | | | |
| 15:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 16:0 | g | 1.622 | | 0 | FLA | 4 | | | | |
| 17:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 18:0 | g | 0.787 | | 0 | FLA | 4 | | | | |
| 20:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 24:0 | g | 0.000 | | 0 | FLA | 4 | | | | |

**NDB No. 19265**
**Ice creams, chocolate, light, no sugar 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 | 1.448 | | 0 | FLA | 4 | | | | |
| 14:1.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.068 | | 0 | FLA | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.380 | | 0 | FLA | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.214 | | 0 | FLA | 4 | | | | |
| 18:2 undifferentiated.....g | 0.161 | | 0 | FLA | 4 | | | | |
| 18:3 undifferentiated.....g | 0.053 | | 0 | FLA | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 21 | | 0 | FLA | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | | | |
| Caffeine.....mg | 2 | | 0 | FLA | 4 | | | | |
| Theobromine.....mg | 72 | | 0 | FLA | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 10 | | 0 | FLA | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 1 | | 0 | FLA | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

**NDB No. 43541**
**Ice creams, chocolate, rich**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 56.55 | | 0 | NR | 4 | | 83.69 | 5.77 | |
| Energy | kcal | 255 | | 0 | NC | 4 | | 377 | 26 | |
| Energy | kj | 1066 | | 0 | NC | 4 | | 1577 | 109 | |
| Protein | g | 4.72 | | 1 | LC | 8 | | 6.98 | 0.48 | |
| Total lipid (fat) | g | 16.98 | | 1 | LC | 8 | | 25.13 | 1.73 | |
| Ash | g | 1.00 | | 0 | FLM | 4 | | 1.48 | 0.10 | |
| Carbohydrate, by difference | g | 20.75 | | 1 | LC | 8 | | 30.72 | 2.12 | |
| Fiber, total dietary | g | 0.9 | | 1 | LC | 8 | | 1.4 | 0.1 | |
| Sugars, total | g | 19.81 | | 1 | LC | 8 | | 29.32 | 2.02 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 142 | | 1 | LC | 8 | | 209 | 14 | |
| Iron, Fe | mg | 1.02 | | 1 | LC | 8 | | 1.51 | 0.10 | |
| Magnesium, Mg | mg | 32 | | 0 | FLM | 4 | | 47 | 3 | |
| Phosphorus, P | mg | 115 | | 0 | FLM | 4 | | 170 | 12 | |
| Potassium, K | mg | 238 | | 0 | FLM | 4 | | 353 | 24 | |
| Sodium, Na | mg | 57 | | 1 | LC | 8 | | 84 | 6 | |
| Zinc, Zn | mg | 0.64 | | 0 | FLM | 4 | | 0.95 | 0.07 | |
| Copper, Cu | mg | 0.175 | | 0 | FLM | 4 | | 0.258 | 0.018 | |
| Manganese, Mn | mg | 0.173 | | 0 | FLM | 4 | | 0.255 | 0.018 | |
| Selenium, Se | mcg | 2.1 | | 0 | FLM | 4 | | 3.1 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 0 | FLM | 4 | | 0.7 | 0.0 | |
| Thiamin | mg | 0.030 | | 0 | FLM | 4 | | 0.044 | 0.003 | |
| Riboflavin | mg | 0.167 | | 0 | FLM | 4 | | 0.247 | 0.017 | |
| Niacin | mg | 0.182 | | 0 | FLM | 4 | | 0.269 | 0.019 | |
| Pantothenic acid | mg | 0.336 | | 0 | FLM | 4 | | 0.498 | 0.034 | |
| Vitamin B-6 | mg | 0.033 | | 0 | FLM | 4 | | 0.048 | 0.003 | |
| Folate, total | mcg | 5 | | 0 | FLM | 4 | | 8 | 1 | |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, food | mcg | 5 | | 0 | FLM | 4 | | 8 | 1 | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 8 | 1 | |
| Vitamin B-12 | mcg | 0.18 | | 0 | FLM | 4 | | 0.26 | 0.02 | |
| Vitamin A, IU | IU | 713 | | 0 | NC | 4 | | 1055 | 73 | |
| Vitamin A, RAE | mcg_RAE | 201 | | 0 | NC | 4 | | 297 | 20 | |
| Retinol | mcg | 198 | | 0 | FLM | 4 | | 293 | 20 | |
| Vitamin E (alpha-tocopherol) | mg | 0.46 | | 0 | FLM | 4 | | 0.68 | 0.05 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.5 | | 0 | FLM | 4 | | 2.2 | 0.2 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 10.377 | | 1 | LC | 8 | | 15.358 | 1.058 | |
| 4:0 | g | 0.517 | | 0 | FLM | 4 | | 0.766 | 0.053 | |
| 6:0 | g | 0.312 | | 0 | FLM | 4 | | 0.462 | 0.032 | |
| 8:0 | g | 0.188 | | 0 | FLM | 4 | | 0.278 | 0.019 | |
| 10:0 | g | 0.403 | | 0 | FLM | 4 | | 0.597 | 0.041 | |
| 12:0 | g | 0.450 | | 0 | FLM | 4 | | 0.667 | 0.046 | |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 14:0 | g | 1.619 | | 0 | FLM | 4 | | 2.397 | 0.165 | |
| 15:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 16:0 | g | 4.406 | | 0 | FLM | 4 | | 6.520 | 0.449 | |
| 17:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 18:0 | g | 2.138 | | 0 | FLM | 4 | | 3.164 | 0.218 | |
| 20:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 24:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |

**NDB No. 43541**
**Ice creams, chocolate, rich**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 4.794 | | 0 | FLM | 4 | | 7.095 | 0.489 | |
| 14:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.361 | | 0 | FLM | 4 | | 0.535 | 0.037 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.433 | | 0 | FLM | 4 | | 6.561 | 0.452 | |
| 20:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.658 | | 0 | FLM | 4 | | 0.975 | 0.067 | |
| 18:2 undifferentiated.....g | 0.409 | | 0 | FLM | 4 | | 0.605 | 0.042 | |
| 18:3 undifferentiated.....g | 0.250 | | 0 | FLM | 4 | | 0.369 | 0.025 | |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 60 | | 0 | FLM | 4 | | 89 | 6 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 4 | | 0 | FLM | 4 | | 5 | 0 | |
| Theobromine.....mg | 120 | | 0 | FLM | 4 | | 178 | 12 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 31 | | 0 | FLM | 4 | | 46.077 | 3.176 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 2 | | 0 | FLM | 4 | | 2.550 | 0.176 | |

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

**Common Measures:**

Measure 1 = 148g: 1 cup

Measure 2 = 10.2g: 1 cubic inch

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

**Food Group:** 19 Sweets

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

**NDB No. 19090**
**Ice creams, french vanilla, soft-serve**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 59.80 | 0.361 | 11 | | 1 | | 51.43 | | |
| Energy | kcal | 222 | | 0 | NC | 4 | | 191 | | |
| Energy | kj | 930 | | 0 | NC | 4 | | 800 | | |
| Protein (N x 6.25) | g | 4.10 | | 1 | | 1 | | 3.53 | | |
| Total lipid (fat) | g | 13.00 | 0.508 | 11 | | 1 | | 11.18 | | |
| Ash | g | 0.90 | | 1 | | 4 | | 0.77 | | |
| Carbohydrate, by difference | g | 22.20 | | 0 | NC | 4 | | 19.09 | | |
| Fiber, total dietary | g | 0.7 | | 0 | FLA | 4 | | 0.6 | | |
| Sugars, total | g | 21.16 | | 0 | FLA | 4 | | 18.20 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 131 | | 1 | | 4 | | 113 | | |
| Iron, Fe | mg | 0.21 | | 1 | | 4 | | 0.18 | | |
| Magnesium, Mg | mg | 12 | | 1 | | 4 | | 10 | | |
| Phosphorus, P | mg | 116 | | 1 | | 4 | | 100 | | |
| Potassium, K | mg | 177 | | 1 | | 4 | | 152 | | |
| Sodium, Na | mg | 61 | | 1 | | 4 | | 52 | | |
| Zinc, Zn | mg | 0.52 | | 1 | | 4 | | 0.45 | | |
| Copper, Cu | mg | 0.030 | | 1 | | 4 | | 0.026 | | |
| Manganese, Mn | mg | 0.005 | | 1 | | 4 | | 0.004 | | |
| Selenium, Se | mcg | 3.0 | | 0 | BFPN | 4 | | 2.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 1 | | 4 | | 0.7 | | |
| Thiamin | mg | 0.049 | | 1 | | 4 | | 0.042 | | |
| Riboflavin | mg | 0.182 | | 1 | | 4 | | 0.157 | | |
| Niacin | mg | 0.095 | | 1 | | 4 | | 0.082 | | |
| Pantothenic acid | mg | 0.506 | | 1 | | 4 | | 0.435 | | |
| Vitamin B-6 | mg | 0.048 | | 1 | | 4 | | 0.041 | | |
| Folate, total | mcg | 9 | | 1 | | 4 | | 8 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 9 | | 1 | | 4 | | 8 | | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 8 | | |
| Vitamin B-12 | mcg | 0.50 | | 1 | | 4 | | 0.43 | | |
| Vitamin A, IU | IU | 589 | | 0 | FLA | 4 | | 506 | | |
| Vitamin A, RAE | mcg_RAE | 162 | | 0 | FLA | 4 | | 139 | | |
| Retinol | mcg | 159 | | 0 | FLA | 4 | | 137 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.61 | | 0 | FLA | 4 | | 0.52 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.9 | | 0 | FLA | 4 | | 0.8 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 7.480 | | 0 | | 1 | | 6.433 | | |
| 4:0 | g | 0.390 | | 1 | | 1 | | 0.335 | | |
| 6:0 | g | 0.230 | | 1 | | 1 | | 0.198 | | |
| 8:0 | g | 0.130 | | 1 | | 1 | | 0.112 | | |
| 10:0 | g | 0.300 | | 1 | | 1 | | 0.258 | | |
| 12:0 | g | 0.340 | | 1 | | 1 | | 0.292 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 1.240 | | 1 | | 1 | | 1.066 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.360 | | 1 | | 1 | | 2.890 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.470 | | 1 | | 1 | | 1.264 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19090**
**Ice creams, french vanilla, soft-serve**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 3.490 | | 0 | | 1 | | 3.001 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.270 | | 1 | | 1 | | 0.232 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 3.220 | | 1 | | 1 | | 2.769 | | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.450 | | 0 | | 1 | | 0.387 | | |
| 18:2 undifferentiated.....g | 0.280 | | 1 | | 1 | | 0.241 | | |
| 18:3 undifferentiated.....g | 0.180 | | 1 | | 1 | | 0.155 | | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 91 | | 1 | | 4 | | 78 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.048 | | 0 | | 1 | | 0.041 | | |
| Threonine.....g | 0.169 | | 0 | | 1 | | 0.145 | | |
| Isoleucine.....g | 0.215 | | 0 | | 1 | | 0.185 | | |
| Leucine.....g | 0.353 | | 0 | | 1 | | 0.304 | | |
| Lysine.....g | 0.296 | | 0 | | 1 | | 0.255 | | |
| Methionine.....g | 0.091 | | 0 | | 1 | | 0.078 | | |
| Cystine.....g | 0.036 | | 0 | | 1 | | 0.031 | | |
| Phenylalanine.....g | 0.176 | | 0 | | 1 | | 0.151 | | |
| Tyrosine.....g | 0.170 | | 0 | | 1 | | 0.146 | | |
| Valine.....g | 0.241 | | 0 | | 1 | | 0.207 | | |
| Arginine.....g | 0.172 | | 0 | | 1 | | 0.148 | | |
| Histidine.....g | 0.099 | | 0 | | 1 | | 0.085 | | |
| Alanine.....g | 0.164 | | 0 | | 1 | | 0.141 | | |
| Aspartic acid.....g | 0.300 | | 0 | | 1 | | 0.258 | | |
| Glutamic acid.....g | 0.745 | | 0 | | 1 | | 0.641 | | |
| Glycine.....g | 0.163 | | 0 | | 1 | | 0.140 | | |
| Proline.....g | 0.374 | | 0 | | 1 | | 0.322 | | |
| Serine.....g | 0.216 | | 0 | | 1 | | 0.186 | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 30 | | 0 | FLA | 4 | | 25.634 | | |
| Carotene, alpha.....mcg | 5 | | 0 | FLA | 4 | | 4.476 | | |
| Cryptoxanthin, beta.....mcg | 5 | | 0 | FLA | 4 | | 3.957 | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 151 | | 0 | FLA | 4 | | 129.663 | | |

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

**Common Measures:**

Measure 1 = 86g: .5 cup (4 fl oz)

**NDB No. 19090**
**Ice creams, french vanilla, soft-serve**

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

**Food Group:** 19 Sweets

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

**NDB No. 19271**
**Ice creams, strawberry**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 60.00 | 1.302 | 7 | | 1 | | 34.80 | 39.60 | |
| Energy | kcal | 192 | | 0 | NC | 4 | | 111 | 127 | |
| Energy | kj | 803 | | | | 4 | | 466 | 530 | |
| Protein (N x 6.4) | g | 3.20 | | 2 | | 1 | | 1.86 | 2.11 | |
| Total lipid (fat) | g | 8.40 | | 2 | | 1 | | 4.87 | 5.54 | |
| Ash | g | 0.70 | | 2 | | 1 | | 0.41 | 0.46 | |
| Carbohydrate, by difference | g | 27.60 | | 0 | NC | 4 | | 16.01 | 18.22 | |
| Fiber, total dietary | g | 0.9 | | 0 | FLA | 4 | | 0.5 | 0.6 | |
| Sugars, total | g | | | | | | | | | |
| Sucrose | g | | | | | | | | | |
| Glucose (dextrose) | g | | | | | | | | | |
| Fructose | g | | | | | | | | | |
| Lactose | g | 4.43 | | 0 | FLA | 4 | | 2.57 | 2.92 | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 120 | 4.974 | 4 | | 1 | | 70 | 79 | |
| Iron, Fe | mg | 0.21 | 0.037 | 4 | | 1 | | 0.12 | 0.14 | |
| Magnesium, Mg | mg | 14 | 0.421 | 4 | | 1 | | 8 | 9 | |
| Phosphorus, P | mg | 100 | | 2 | | 1 | | 58 | 66 | |
| Potassium, K | mg | 188 | 8.003 | 4 | | 1 | | 109 | 124 | |
| Sodium, Na | mg | 60 | 10.493 | 4 | | 1 | | 35 | 40 | |
| Zinc, Zn | mg | 0.34 | 0.020 | 4 | | 1 | | 0.20 | 0.22 | |
| Copper, Cu | mg | 0.037 | | 2 | | 1 | | 0.021 | 0.024 | |
| Manganese, Mn | mg | 0.078 | 0.035 | 4 | | 1 | | 0.045 | 0.051 | |
| Selenium, Se | mcg | 1.9 | | 0 | FLA | 4 | | 1.1 | 1.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 7.7 | | 2 | | 1 | | 4.5 | 5.1 | |
| Thiamin | mg | 0.045 | | 2 | | 1 | | 0.026 | 0.030 | |
| Riboflavin | mg | 0.255 | | 2 | | 1 | | 0.148 | 0.168 | |
| Niacin | mg | 0.170 | | 2 | | 1 | | 0.099 | 0.112 | |
| Pantothenic acid | mg | 0.720 | | 2 | | 1 | | 0.418 | 0.475 | |
| Vitamin B-6 | mg | 0.050 | | 2 | | 1 | | 0.029 | 0.033 | |
| Folate, total | mcg | 12 | | 2 | | 1 | | 7 | 8 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 12 | | 2 | | 1 | | 7 | 8 | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | 7 | 8 | |
| Vitamin B-12 | mcg | 0.30 | | 2 | | 1 | | 0.17 | 0.20 | |
| Vitamin A, IU | IU | 320 | | 2 | | 1 | | 186 | 211 | |
| Vitamin A, RAE | mcg_RAE | 96 | | 0 | NC | 4 | | 56 | 64 | |
| Retinol | mcg | 96 | | 0 | FLA | 4 | | 56 | 64 | |
| Vitamin E (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 | 5.190 | | 0 | | 4 | | 3.010 | 3.425 | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 29 | | 2 | | 1 | | 17 | 19 | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |

**NDB No. 19271**
**Ice creams, strawberry**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

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

**Food Group:** 19 Sweets

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

**NDB No. 19095**
**Ice creams, vanilla**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 61.00 | 0.360 | 50 | | 1 | | 43.92 | | |
| Energy | kcal | 201 | | 0 | NC | 4 | | 145 | | |
| Energy | kj | 841 | | | | 4 | | 606 | | |
| Protein (N x 6.25) | g | 3.50 | 0.199 | 152 | | 1 | | 2.52 | | |
| Total lipid (fat) | g | 11.00 | 0.080 | 291 | | 1 | | 7.92 | | |
| Ash | g | 0.90 | 0.045 | 6 | | 1 | | 0.65 | | |
| Carbohydrate, by difference | g | 23.60 | | 0 | NC | 4 | | 16.99 | | |
| Fiber, total dietary | g | 0.7 | | 0 | FLC | 4 | | 0.5 | | |
| Sugars, total | g | 21.22 | 0.317 | 3 | JO | 11 | | 15.28 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 128 | 5.483 | 17 | | 1 | | 92 | | |
| Iron, Fe | mg | 0.09 | 0.007 | 35 | | 1 | | 0.06 | | |
| Magnesium, Mg | mg | 14 | 0.361 | 12 | | 1 | | 10 | | |
| Phosphorus, P | mg | 105 | 4.119 | 12 | | 1 | | 76 | | |
| Potassium, K | mg | 199 | 6.120 | 12 | | 1 | | 143 | | |
| Sodium, Na | mg | 80 | 6.528 | 19 | | 1 | | 58 | | |
| Zinc, Zn | mg | 0.69 | 0.160 | 14 | | 1 | | 0.50 | | |
| Copper, Cu | mg | 0.023 | 0.002 | 7 | | 1 | | 0.017 | | |
| Manganese, Mn | mg | 0.008 | 0.001 | 6 | | 1 | | 0.006 | | |
| Selenium, Se | mcg | 1.8 | | 1 | A | 1 | | 1.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | 0.067 | 21 | | 1 | | 0.4 | | |
| Thiamin | mg | 0.041 | 0.003 | 13 | | 1 | | 0.030 | | |
| Riboflavin | mg | 0.240 | 0.013 | 14 | | 1 | | 0.173 | | |
| Niacin | mg | 0.116 | 0.011 | 6 | | 1 | | 0.084 | | |
| Pantothenic acid | mg | 0.581 | 0.170 | 3 | | 1 | | 0.418 | | |
| Vitamin B-6 | mg | 0.048 | 0.001 | 10 | | 1 | | 0.035 | | |
| Folate, total | mcg | 5 | 1.830 | 4 | | 1 | | 4 | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | mcg | 5 | 1.830 | 4 | | 1 | | 4 | | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 4 | | |
| Vitamin B-12 | mcg | 0.39 | 0.043 | 3 | | 1 | | 0.28 | | |
| Vitamin A, IU | IU | 422 | | 0 | FLC | 4 | | 304 | | |
| Vitamin A, RAE | mcg_RAE | 118 | | 0 | FLC | 4 | | 85 | | |
| Retinol | mcg | 116 | | 0 | FLC | 4 | | 84 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.30 | | 0 | FLC | 4 | | 0.21 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 34.738 | | 0 | FLC | 4 | | 25.012 | | |
| Vitamin K (phylloquinone) | mcg | 0.3 | | 1 | A | 1 | | 0.2 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.790 | | 0 | | 1 | | 4.889 | | |
| 4:0 | g | 0.360 | | 1 | | 1 | | 0.259 | | |
| 6:0 | g | 0.210 | | 1 | | 1 | | 0.151 | | |
| 8:0 | g | 0.120 | | 1 | | 1 | | 0.086 | | |
| 10:0 | g | 0.280 | | 1 | | 1 | | 0.202 | | |
| 12:0 | g | 0.310 | | 1 | | 1 | | 0.223 | | |
| 13:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0 | g | 1.130 | | 1 | | 1 | | 0.814 | | |
| 15:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0 | g | 3.060 | | 1 | | 1 | | 2.203 | | |
| 17:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0 | g | 1.316 | | 0 | FLC | 4 | | 0.948 | | |
| 20:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |

**NDB No. 19095**
**Ice creams, vanilla**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 2.970 | | 0 | FLC | 4 | | 2.139 | | |
| 14:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.207 | | 0 | FLC | 4 | | 0.149 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 2.763 | | 0 | FLC | 4 | | 1.989 | | |
| 20:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.451 | | 0 | FLC | 4 | | 0.325 | | |
| 18:2 undifferentiated.....g | 0.274 | | 0 | FLC | 4 | | 0.197 | | |
| 18:3 undifferentiated.....g | 0.174 | | 0 | FLC | 4 | | 0.126 | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.003 | | 0 | FLC | 4 | | 0.002 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 44 | 1.924 | 10 | | 1 | | 32 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.045 | | 0 | | 1 | | 0.032 | | |
| Threonine.....g | 0.146 | | 0 | | 1 | | 0.105 | | |
| Isoleucine.....g | 0.195 | | 0 | | 1 | | 0.140 | | |
| Leucine.....g | 0.316 | | 0 | | 1 | | 0.228 | | |
| Lysine.....g | 0.258 | | 0 | | 1 | | 0.186 | | |
| Methionine.....g | 0.081 | | 0 | | 1 | | 0.058 | | |
| Cystine.....g | 0.029 | | 0 | | 1 | | 0.021 | | |
| Phenylalanine.....g | 0.157 | | 0 | | 1 | | 0.113 | | |
| Tyrosine.....g | 0.155 | | 0 | | 1 | | 0.112 | | |
| Valine.....g | 0.217 | | 0 | | 1 | | 0.156 | | |
| Arginine.....g | 0.125 | | 0 | | 1 | | 0.090 | | |
| Histidine.....g | 0.088 | | 0 | | 1 | | 0.063 | | |
| Alanine.....g | 0.121 | | 0 | | 1 | | 0.087 | | |
| Aspartic acid.....g | 0.250 | | 0 | | 1 | | 0.180 | | |
| Glutamic acid.....g | 0.681 | | 0 | | 1 | | 0.490 | | |
| Glycine.....g | 0.093 | | 0 | | 1 | | 0.067 | | |
| Proline.....g | 0.326 | | 0 | | 1 | | 0.235 | | |
| Serine.....g | 0.177 | | 0 | | 1 | | 0.127 | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 19 | | 2 | A | 1 | | 13.500 | | |
| Carotene, alpha.....mcg | 0 | | 2 | A | 1 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 2 | A | 1 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 2 | A | 1 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 2 | 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 = 72g: .5 cup

**NDB No. 19095**
**Ice creams, vanilla**

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

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

**NDB No. 19867**
**Ice creams, vanilla, fat free**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 64.35 | 1.666 | 4 | | 1 | | | | |
| Energy | kcal | 138 | | 0 | NC | 4 | | | | |
| Energy | kj | 578 | | 0 | NC | 4 | | | | |
| Protein | g | 4.48 | | 1 | LC | 8 | | | | |
| Total lipid (fat) | g | 0.00 | | 1 | LC | 8 | | | | |
| Ash | g | 1.11 | | 0 | BFNN | 4 | | | | |
| Carbohydrate, by difference | g | 30.06 | | 0 | NC | 4 | | | | |
| Fiber, total dietary | g | 1.0 | 0.407 | 4 | | 1 | | | | |
| Sugars, total | g | 23.88 | | 1 | LC | 8 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 149 | | 1 | LC | 8 | | | | |
| Iron, Fe | mg | 0.00 | | 1 | LC | 8 | | | | |
| Magnesium, Mg | mg | 21 | | 0 | BFNN | 4 | | | | |
| Phosphorus, P | mg | 150 | | 0 | BFNN | 4 | | | | |
| Potassium, K | mg | 302 | | 0 | BFNN | 4 | | | | |
| Sodium, Na | mg | 97 | | 1 | LC | 8 | | | | |
| Zinc, Zn | mg | 1.06 | | 0 | BFNN | 4 | | | | |
| Copper, Cu | mg | 0.028 | | 0 | BFNN | 4 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 2.9 | | 0 | BFNN | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | LC | 8 | | | | |
| Thiamin | mg | 0.051 | | 0 | BFNN | 4 | | | | |
| Riboflavin | mg | 0.248 | | 0 | BFNN | 4 | | | | |
| Niacin | mg | 0.140 | | 0 | BFNN | 4 | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.047 | | 0 | BFNN | 4 | | | | |
| Folate, total | mcg | 7 | | 0 | BFNN | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | BFNN | 4 | | | | |
| Folate, food | mcg | 7 | | 0 | BFNN | 4 | | | | |
| Folate, DFE | mcg_DFE | 7 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.45 | | 0 | BFNN | 4 | | | | |
| Vitamin A, IU | IU | 698 | | 0 | NC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 200 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 198 | | 0 | BFNN | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | BFFN | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | BFFN | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 1 | LC | 8 | | | | |
| 4:0 | g | 0.000 | | 0 | BFFN | 4 | | | | |
| 6:0 | g | 0.000 | | 0 | BFFN | 4 | | | | |
| 8:0 | g | 0.000 | | 0 | BFFN | 4 | | | | |
| 10:0 | g | 0.000 | | 0 | BFFN | 4 | | | | |
| 12:0 | g | 0.000 | | 0 | BFFN | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | BFFN | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | BFFN | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | BFFN | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19867**
**Ice creams, vanilla, fat free**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 0 | BFFN | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | BFFN | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | BFFN | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | BFFN | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | BFFN | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | BFFN | 4 | | | | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | BFFN | 4 | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | BFFN | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | BFFN | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | BFFN | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | BFFN | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | BFFN | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | BFFN | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | BFNN | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | BFNN | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | BFNN | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 23 | | 0 | BFNN | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | BFNN | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFNN | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | BFNN | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | BFNN | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

**NDB No. 19088**
**Ice creams, vanilla, light**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 63.20 | | 0 | NR | 4 | | 46.13 | | |
| Energy | kcal | 165 | 9.103 | 6 | LC | 8 | | 121 | | |
| Energy | kj | 692 | | 0 | LC | 8 | | 505 | | |
| Protein (N x 6.25) | g | 5.35 | 0.826 | 5 | LC | 8 | | 3.90 | | |
| Total lipid (fat) | g | 3.96 | 0.654 | 6 | LC | 8 | | 2.89 | | |
| Ash | g | 0.77 | | 0 | FLC | 4 | | 0.56 | | |
| Carbohydrate, by difference | g | 26.73 | 1.350 | 5 | LC | 8 | | 19.51 | | |
| Fiber, total dietary | g | 0.3 | 0.253 | 5 | LC | 8 | | 0.2 | | |
| Sugars, total | g | 18.47 | | 0 | NR | 4 | | 13.49 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 116 | 8.447 | 18 | A | 1 | | 85 | | |
| Iron, Fe | mg | 0.08 | 0.027 | 18 | A | 1 | | 0.06 | | |
| Magnesium, Mg | mg | 14 | 0.419 | 18 | A | 1 | | 10 | | |
| Phosphorus, P | mg | 103 | 3.694 | 18 | A | 1 | | 75 | | |
| Potassium, K | mg | 208 | 6.828 | 18 | A | 1 | | 152 | | |
| Sodium, Na | mg | 74 | 2.417 | 18 | A | 1 | | 54 | | |
| Zinc, Zn | mg | 0.73 | 0.353 | 18 | A | 1 | | 0.54 | | |
| Copper, Cu | mg | 0.019 | | 0 | FLC | 4 | | 0.014 | | |
| Manganese, Mn | mg | 0.000 | 0.000 | 18 | A | 1 | | 0.000 | | |
| Selenium, Se | mcg | 2.0 | 0.714 | 16 | A | 1 | | 1.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 0 | FLC | 4 | | 0.2 | | |
| Thiamin | mg | 0.035 | | 0 | FLC | 4 | | 0.025 | | |
| Riboflavin | mg | 0.171 | | 0 | FLC | 4 | | 0.125 | | |
| Niacin | mg | 0.096 | | 0 | FLC | 4 | | 0.070 | | |
| Pantothenic acid | mg | 0.357 | | 0 | FLC | 4 | | 0.261 | | |
| Vitamin B-6 | mg | 0.032 | | 0 | FLC | 4 | | 0.024 | | |
| Folate, total | mcg | 5 | | 0 | FLC | 4 | | 3 | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | mcg | 5 | | 0 | FLC | 4 | | 3 | | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 3 | | |
| Vitamin B-12 | mcg | 0.31 | | 0 | FLC | 4 | | 0.23 | | |
| * Vitamin A, IU | IU | 482 | 179.434 | 5 | LC | 8 | | 352 | | |
| Vitamin A, RAE | mcg_RAE | 138 | | 0 | FLA | 4 | | 101 | | |
| Retinol | mcg | 137 | | 0 | FLA | 4 | | 100 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.09 | | 0 | FLC | 4 | | 0.07 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.3 | | 0 | FLC | 4 | | 0.2 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.590 | 0.711 | 5 | LC | 8 | | 1.891 | | |
| 4:0 | g | 0.120 | | 0 | FLC | 4 | | 0.088 | | |
| 6:0 | g | 0.091 | | 0 | FLC | 4 | | 0.066 | | |
| 8:0 | g | 0.073 | | 0 | FLC | 4 | | 0.053 | | |
| 10:0 | g | 0.104 | | 0 | FLC | 4 | | 0.076 | | |
| 12:0 | g | 0.112 | | 0 | FLC | 4 | | 0.082 | | |
| 13:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 14:0 | g | 0.415 | | 0 | FLC | 4 | | 0.303 | | |
| 15:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 16:0 | g | 1.121 | | 0 | FLC | 4 | | 0.819 | | |
| 17:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:0 | g | 0.505 | | 0 | FLC | 4 | | 0.369 | | |
| 20:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |

**NDB No. 19088**
**Ice creams, vanilla, light**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.858 | | 0 | FLC | 4 | | 0.626 | | |
| 14:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.037 | | 0 | FLC | 4 | | 0.027 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.821 | | 0 | FLC | 4 | | 0.599 | | |
| 20:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.157 | | 0 | FLC | 4 | | 0.115 | | |
| 18:2 undifferentiated.....g | 0.097 | | 0 | FLC | 4 | | 0.071 | | |
| 18:3 undifferentiated.....g | 0.061 | | 0 | FLC | 4 | | 0.044 | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 25 | 7.541 | 6 | LC | 8 | | 18 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 16 | | 0 | FLA | 4 | | 11.662 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 73g: .5 cup

*Vitamin or mineral added for enrichment or fortification

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

**Food Group:** 19 Sweets

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

**NDB No. 19260**
**Ice creams, vanilla, light, no sugar added**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 68.90 | | 1 | A | 1 | | 44.79 | | |
| Energy | kcal | 152 | | 0 | NC | 4 | | 99 | | |
| Energy | kj | 636 | | 0 | NC | 4 | | 414 | | |
| Protein | g | 4.50 | | 1 | A | 1 | | 2.93 | | |
| Total lipid (fat) | g | 6.50 | | 1 | A | 1 | | 4.23 | | |
| Ash | g | 1.20 | | 1 | A | 1 | | 0.78 | | |
| Carbohydrate, by difference | g | 18.90 | | 0 | NC | 4 | | 12.29 | | |
| Fiber, total dietary | g | 1.6 | | 0 | FLA | 4 | | 1.0 | | |
| Sugars, total | g | 8.70 | | 1 | A | 1 | | 5.66 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 196 | | 1 | A | 1 | | 127 | | |
| Iron, Fe | mg | 0.00 | | 2 | LC | 8 | | 0.00 | | |
| Magnesium, Mg | mg | 18 | | 0 | FLA | 4 | | 12 | | |
| Phosphorus, P | mg | 0 | | | LC | 8 | | 0 | | |
| Potassium, K | mg | 196 | | | LC | 8 | | 127 | | |
| Sodium, Na | mg | 89 | | 1 | A | 1 | | 58 | | |
| Zinc, Zn | mg | 0.59 | | 0 | FLA | 4 | | 0.39 | | |
| Copper, Cu | mg | 0.025 | | 0 | FLA | 4 | | 0.017 | | |
| Manganese, Mn | mg | 0.004 | | 0 | FLA | 4 | | 0.002 | | |
| Selenium, Se | mcg | 4.0 | | 0 | FLA | 4 | | 2.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Thiamin | mg | 0.061 | | 0 | FLA | 4 | | 0.039 | | |
| Riboflavin | mg | 0.197 | | | LC | 8 | | 0.128 | | |
| Niacin | mg | 0.142 | | 0 | FLA | 4 | | 0.092 | | |
| Pantothenic acid | mg | 0.545 | | 0 | FLA | 4 | | 0.354 | | |
| Vitamin B-6 | mg | 0.054 | | 0 | FLA | 4 | | 0.035 | | |
| Folate, total | mcg | 7 | | 0 | FLA | 4 | | 5 | | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food | mcg | 7 | | 0 | FLA | 4 | | 5 | | |
| Folate, DFE | mcg_DFE | 7 | | 0 | NC | 4 | | 5 | | |
| Vitamin B-12 | mcg | 0.52 | | | LC | 8 | | 0.34 | | |
| Vitamin A, IU | IU | 224 | | 0 | FLA | 4 | | 146 | | |
| Vitamin A, RAE | mcg_RAE | 63 | | 0 | FLA | 4 | | 41 | | |
| Retinol | mcg | 62 | | 0 | FLA | 4 | | 40 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.22 | | 0 | FLA | 4 | | 0.14 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.9 | | 0 | FLA | 4 | | 1.2 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.680 | | 1 | A | 1 | | 2.392 | | |
| 4:0 | g | 0.213 | | 1 | A | 1 | | 0.138 | | |
| 6:0 | g | 0.116 | | 1 | A | 1 | | 0.075 | | |
| 8:0 | g | 0.067 | | 1 | A | 1 | | 0.044 | | |
| 10:0 | g | 0.149 | | 1 | A | 1 | | 0.097 | | |
| 12:0 | g | 0.153 | | 1 | A | 1 | | 0.099 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.495 | | 1 | A | 1 | | 0.322 | | |
| 15:0 | g | 0.053 | | 1 | A | 1 | | 0.034 | | |
| 16:0 | g | 1.439 | | 1 | A | 1 | | 0.935 | | |
| 17:0 | g | 0.032 | | 1 | A | 1 | | 0.021 | | |
| 18:0 | g | 0.956 | | 1 | A | 1 | | 0.621 | | |
| 20:0 | g | 0.012 | | 1 | A | 1 | | 0.008 | | |
| 22:0 | g | 0.006 | | 1 | A | 1 | | 0.004 | | |
| 24:0 | g | 0.005 | | 1 | A | 1 | | 0.003 | | |

**NDB No. 19260**
**Ice creams, vanilla, light, no sugar 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 | 1.493 | | 0 | | 4 | | 0.970 | | |
| 14:1.....g | 0.048 | | 1 | A | 1 | | 0.031 | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.088 | | 1 | A | 1 | | 0.057 | | |
| 17:1.....g | 0.016 | | 1 | A | 1 | | 0.010 | | |
| 18:1 undifferentiated.....g | 1.388 | | 1 | A | 1 | | 0.902 | | |
| 20:1.....g | 0.012 | | 1 | A | 1 | | 0.008 | | |
| 22:1 undifferentiated.....g | 0.005 | | 1 | A | 1 | | 0.003 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.215 | | 0 | | 4 | | 0.140 | | |
| 18:2 undifferentiated.....g | 0.165 | | 1 | A | 1 | | 0.107 | | |
| 18:3 undifferentiated.....g | 0.032 | | 1 | A | 1 | | 0.021 | | |
| 18:4.....g | 0.005 | | 1 | A | 1 | | 0.003 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | 0.002 | | 1 | A | 1 | | 0.002 | | |
| 20:4 undifferentiated.....g | 0.011 | | 1 | A | 1 | | 0.007 | | |
| 20:5 n-3.....g | 0.002 | | 1 | A | 1 | | 0.001 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 17 | | 1 | A | 1 | | 11 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 11 | | 0 | FLA | 4 | | 7.153 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 65g: .5 cup (4 fl oz)

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

**Food Group:** 19 Sweets

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

**NDB No. 19096**
**Ice creams, vanilla, light, soft-serve**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 69.60 | 0.153 | 45 | | 1 | | 61.25 | | |
| Energy | kcal | 126 | | 0 | | 4 | | 111 | | |
| Energy | kj | 527 | | | | 4 | | 464 | | |
| Protein (N x 6.4) | g | 4.90 | | 1 | | 4 | | 4.31 | | |
| Total lipid (fat) | g | 2.60 | 0.116 | 67 | | 1 | | 2.29 | | |
| Ash | g | 1.10 | | 1 | | 4 | | 0.97 | | |
| Carbohydrate, by difference | g | 21.80 | | 0 | NC | 4 | | 19.18 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total | g | 21.80 | | 0 | BFCN | 4 | | 19.18 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 157 | | 1 | | 4 | | 138 | | |
| Iron, Fe | mg | 0.06 | | 1 | | 4 | | 0.05 | | |
| Magnesium, Mg | mg | 14 | | 1 | | 4 | | 12 | | |
| Phosphorus, P | mg | 121 | | 1 | | 4 | | 106 | | |
| Potassium, K | mg | 221 | | 1 | | 4 | | 194 | | |
| Sodium, Na | mg | 70 | | 1 | | 4 | | 62 | | |
| Zinc, Zn | mg | 0.53 | | 1 | | 4 | | 0.47 | | |
| Copper, Cu | mg | 0.027 | | 1 | | 4 | | 0.024 | | |
| Manganese, Mn | mg | 0.008 | | 1 | | 4 | | 0.007 | | |
| Selenium, Se | mcg | 3.6 | | 0 | BFPN | 4 | | 3.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 1 | | 4 | | 0.8 | | |
| Thiamin | mg | 0.052 | | 1 | | 4 | | 0.046 | | |
| Riboflavin | mg | 0.198 | | 1 | | 4 | | 0.174 | | |
| Niacin | mg | 0.118 | | 1 | | 4 | | 0.104 | | |
| Pantothenic acid | mg | 0.447 | | 1 | | 4 | | 0.393 | | |
| Vitamin B-6 | mg | 0.046 | | 1 | | 4 | | 0.040 | | |
| Folate, total | mcg | 6 | | 1 | | 4 | | 5 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 6 | | 1 | | 4 | | 5 | | |
| Folate, DFE | mcg_DFE | 6 | | 0 | NC | 4 | | 5 | | |
| Vitamin B-12 | mcg | 0.50 | | 1 | | 4 | | 0.44 | | |
| Vitamin A, IU | IU | 103 | | 1 | | 4 | | 91 | | |
| Vitamin A, RAE | mcg_RAE | 29 | | 0 | FLA | 4 | | 25 | | |
| Retinol | mcg | 28 | | 0 | FLA | 4 | | 25 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.06 | | 0 | BFFN | 4 | | 0.05 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.2 | | 0 | BFFN | 4 | | 0.2 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.630 | | 0 | | 1 | | 1.434 | | |
| 4:0 | g | 0.090 | | 2 | | 1 | | 0.079 | | |
| 6:0 | g | 0.050 | | 2 | | 1 | | 0.044 | | |
| 8:0 | g | 0.030 | | 2 | | 1 | | 0.026 | | |
| 10:0 | g | 0.070 | | 2 | | 1 | | 0.062 | | |
| 12:0 | g | 0.070 | | 2 | | 1 | | 0.062 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.270 | | 2 | | 1 | | 0.238 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.730 | | 2 | | 1 | | 0.642 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.320 | | 2 | | 1 | | 0.282 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19096**
**Ice creams, vanilla, light, soft-serve**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.760 | | 0 | | 1 | | 0.669 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.060 | | 2 | | 1 | | 0.053 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.700 | | 2 | | 1 | | 0.616 | | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.100 | | 0 | | 1 | | 0.088 | | |
| 18:2 undifferentiated.....g | 0.060 | | 2 | | 1 | | 0.053 | | |
| 18:3 undifferentiated.....g | 0.040 | | 2 | | 1 | | 0.035 | | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 12 | | 1 | | 4 | | 11 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.059 | | 0 | | 1 | | 0.052 | | |
| Threonine.....g | 0.197 | | 0 | | 1 | | 0.173 | | |
| Isoleucine.....g | 0.260 | | 0 | | 1 | | 0.229 | | |
| Leucine.....g | 0.424 | | 0 | | 1 | | 0.373 | | |
| Lysine.....g | 0.351 | | 0 | | 1 | | 0.309 | | |
| Methionine.....g | 0.109 | | 0 | | 1 | | 0.096 | | |
| Cystine.....g | 0.039 | | 0 | | 1 | | 0.034 | | |
| Phenylalanine.....g | 0.211 | | 0 | | 1 | | 0.186 | | |
| Tyrosine.....g | 0.204 | | 0 | | 1 | | 0.180 | | |
| Valine.....g | 0.292 | | 0 | | 1 | | 0.257 | | |
| Arginine.....g | 0.185 | | 0 | | 1 | | 0.163 | | |
| Histidine.....g | 0.117 | | 0 | | 1 | | 0.103 | | |
| Alanine.....g | 0.184 | | 0 | | 1 | | 0.162 | | |
| Aspartic acid.....g | 0.345 | | 0 | | 1 | | 0.304 | | |
| Glutamic acid.....g | 0.923 | | 0 | | 1 | | 0.812 | | |
| Glycine.....g | 0.182 | | 0 | | 1 | | 0.160 | | |
| Proline.....g | 0.466 | | 0 | | 1 | | 0.410 | | |
| Serine.....g | 0.241 | | 0 | | 1 | | 0.212 | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 5 | | 0 | FLA | 4 | | 4.617 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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: .5 cup (4 fl oz)

**NDB No. 19096**
**Ice creams, vanilla, light, soft-serve**

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

**Food Group:** 19 Sweets

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

**NDB No. 19089**
**Ice creams, vanilla, rich**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 57.20 | 0.555 | 7 | | 1 | | 61.20 | | |
| Energy | kcal | 249 | | 0 | NC | 4 | | 266 | | |
| Energy | kj | 1042 | | 0 | NC | 4 | | 1115 | | |
| Protein (N x 6.25) | g | 3.50 | 0.416 | 4 | | 1 | | 3.75 | | |
| Total lipid (fat) | g | 16.20 | 0.212 | 11 | | 1 | | 17.33 | | |
| Ash | g | 0.81 | | 0 | FLA | 4 | | 0.86 | | |
| Carbohydrate, by difference | g | 22.29 | | 0 | NC | 4 | | 23.86 | | |
| Fiber, total dietary | g | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Sugars, total | g | 20.65 | | 2 | LC | 8 | | 22.10 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 117 | | 2 | LC | 8 | | 126 | | |
| Iron, Fe | mg | 0.34 | | 1 | LC | 8 | | 0.36 | | |
| Magnesium, Mg | mg | 11 | | 0 | FLA | 4 | | 12 | | |
| Phosphorus, P | mg | 105 | | 0 | FLA | 4 | | 112 | | |
| Potassium, K | mg | 157 | | 0 | FLA | 4 | | 168 | | |
| Sodium, Na | mg | 61 | | 2 | LC | 8 | | 65 | | |
| Zinc, Zn | mg | 0.47 | | 0 | FLA | 4 | | 0.50 | | |
| Copper, Cu | mg | 0.008 | | 0 | FLA | 4 | | 0.009 | | |
| Manganese, Mn | mg | 0.004 | | 0 | FLA | 4 | | 0.004 | | |
| Selenium, Se | mcg | 3.5 | | 0 | FLA | 4 | | 3.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | LC | 8 | | 0.0 | | |
| Thiamin | mg | 0.041 | | 0 | FLA | 4 | | 0.044 | | |
| Riboflavin | mg | 0.167 | | 0 | FLA | 4 | | 0.179 | | |
| Niacin | mg | 0.082 | | 0 | FLA | 4 | | 0.087 | | |
| Pantothenic acid | mg | 0.460 | | 0 | FLA | 4 | | 0.492 | | |
| Vitamin B-6 | mg | 0.045 | | 0 | FLA | 4 | | 0.048 | | |
| Folate, total | mcg | 8 | | 0 | FLA | 4 | | 8 | | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | | |
| Folate, food | mcg | 8 | | 0 | FLA | 4 | | 8 | | |
| Folate, DFE | mcg_DFE | 8 | | 0 | NC | 4 | | 8 | | |
| Vitamin B-12 | mcg | 0.39 | | 0 | FLA | 4 | | 0.42 | | |
| Vitamin A, IU | IU | 653 | | 0 | FLA | 4 | | 699 | | |
| Vitamin A, RAE | mcg_RAE | 182 | | 0 | FLA | 4 | | 195 | | |
| Retinol | mcg | 179 | | 0 | FLA | 4 | | 192 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.51 | | 0 | FLA | 4 | | 0.55 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 43.720 | | 0 | FLA | 4 | | 46.780 | | |
| Vitamin K (phylloquinone) | mcg | 1.3 | | 0 | FLA | 4 | | 1.4 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 10.329 | | 2 | LC | 8 | | 11.052 | | |
| 4:0 | g | 0.491 | | 0 | FLA | 4 | | 0.526 | | |
| 6:0 | g | 0.290 | | 0 | FLA | 4 | | 0.310 | | |
| 8:0 | g | 0.169 | | 0 | FLA | 4 | | 0.181 | | |
| 10:0 | g | 0.380 | | 0 | FLA | 4 | | 0.406 | | |
| 12:0 | g | 0.425 | | 0 | FLA | 4 | | 0.454 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 1.526 | | 0 | FLA | 4 | | 1.632 | | |
| 15:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 16:0 | g | 4.168 | | 0 | FLA | 4 | | 4.460 | | |
| 17:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 18:0 | g | 1.899 | | 0 | FLA | 4 | | 2.032 | | |
| 20:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 24:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |

**NDB No. 19089**
**Ice creams, vanilla, rich**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 4.460 | | 0 | FLA | 4 | | 4.772 | | |
| 14:1.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.360 | | 0 | FLA | 4 | | 0.385 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.098 | | 0 | FLA | 4 | | 4.385 | | |
| 20:1.....g | 0.002 | | 0 | FLA | 4 | | 0.002 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.680 | | 0 | FLA | 4 | | 0.727 | | |
| 18:2 undifferentiated.....g | 0.437 | | 0 | FLA | 4 | | 0.468 | | |
| 18:3 undifferentiated.....g | 0.222 | | 0 | FLA | 4 | | 0.238 | | |
| 18:4.....g | 0.001 | | 0 | FLA | 4 | | 0.001 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.014 | | 0 | FLA | 4 | | 0.015 | | |
| 20:5 n-3.....g | 0.001 | | 0 | FLA | 4 | | 0.001 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.004 | | 0 | FLA | 4 | | 0.004 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 92 | | 2 | LC | 8 | | 98 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.041 | | 0 | | 1 | | 0.044 | | |
| Threonine.....g | 0.138 | | 0 | | 1 | | 0.148 | | |
| Isoleucine.....g | 0.182 | | 0 | | 1 | | 0.195 | | |
| Leucine.....g | 0.298 | | 0 | | 1 | | 0.319 | | |
| Lysine.....g | 0.248 | | 0 | | 1 | | 0.265 | | |
| Methionine.....g | 0.076 | | 0 | | 1 | | 0.081 | | |
| Cystine.....g | 0.027 | | 0 | | 1 | | 0.029 | | |
| Phenylalanine.....g | 0.149 | | 0 | | 1 | | 0.159 | | |
| Tyrosine.....g | 0.142 | | 0 | | 1 | | 0.152 | | |
| Valine.....g | 0.205 | | 0 | | 1 | | 0.219 | | |
| Arginine.....g | 0.135 | | 0 | | 1 | | 0.144 | | |
| Histidine.....g | 0.083 | | 0 | | 1 | | 0.089 | | |
| Alanine.....g | 0.136 | | 0 | | 1 | | 0.146 | | |
| Aspartic acid.....g | | | | | | | | | |
| Glutamic acid.....g | 0.652 | | 0 | | 1 | | 0.698 | | |
| Glycine.....g | 0.147 | | 0 | | 1 | | 0.157 | | |
| Proline.....g | 0.338 | | 0 | | 1 | | 0.362 | | |
| Serine.....g | 0.171 | | 0 | | 1 | | 0.183 | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 32 | | 0 | FLA | 4 | | 34.385 | | |
| Carotene, alpha.....mcg | 1 | | 0 | FLA | 4 | | 1.260 | | |
| Cryptoxanthin, beta.....mcg | 1 | | 0 | FLA | 4 | | 1.114 | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 34 | | 0 | FLA | 4 | | 36.500 | | |

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

**Common Measures:**

Measure 1 = 107g: .5 cup

**NDB No. 19089**
**Ice creams, vanilla, rich**

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

**Food Group:** 19 Sweets

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

**NDB No. 19281**
**Ice novelties, italian, restaurant-prepared**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 86.40 | | 2 | A | 1 | | 25.06 | 100.22 | |
| Energy | kcal | 53 | | 0 | NC | 4 | | 15 | 61 | |
| Energy | kj | 222 | | | | 4 | | 64 | 257 | |
| Protein (N x 6.25) | g | 0.03 | | 2 | A | 1 | | 0.01 | 0.03 | |
| Total lipid (fat) | g | 0.02 | | 2 | A | 1 | | 0.01 | 0.02 | |
| Ash | g | 0.05 | | 2 | A | 1 | | 0.01 | 0.06 | |
| Carbohydrate, by difference | g | 13.50 | | 0 | NC | 4 | | 3.92 | 15.66 | |
| Fiber, total dietary | g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 1 | | 2 | A | 1 | | 0 | 1 | |
| Iron, Fe | mg | 0.09 | | 2 | A | 1 | | 0.03 | 0.10 | |
| Magnesium, Mg | mg | 0 | | 2 | A | 1 | | 0 | 0 | |
| Phosphorus, P | mg | 0 | | 2 | A | 1 | | 0 | 0 | |
| Potassium, K | mg | 6 | | 2 | A | 1 | | 2 | 7 | |
| Sodium, Na | mg | 4 | | 2 | A | 1 | | 1 | 5 | |
| Zinc, Zn | mg | 0.03 | | 2 | A | 1 | | 0.01 | 0.03 | |
| Copper, Cu | mg | 0.010 | | 0 | BFZN | 4 | | 0.003 | 0.012 | |
| Manganese, Mn | mg | 0.020 | | 0 | BFZN | 4 | | 0.006 | 0.023 | |
| Selenium, Se | mcg | 0.1 | | 0 | BFZN | 4 | | 0.0 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 2 | A | 1 | | 0.1 | 0.6 | |
| Thiamin | mg | 0.005 | | 2 | A | 1 | | 0.001 | 0.006 | |
| Riboflavin | mg | 0.010 | | 2 | A | 1 | | 0.003 | 0.012 | |
| Niacin | mg | 0.715 | | 2 | A | 1 | | 0.207 | 0.829 | |
| Pantothenic acid | mg | 0.005 | | 2 | A | 1 | | 0.001 | 0.006 | |
| Vitamin B-6 | mg | 0.002 | | 2 | A | 1 | | 0.001 | 0.002 | |
| Folate, total | mcg | 5 | | 2 | A | 1 | | 1 | 6 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 5 | | 2 | A | 1 | | 1 | 6 | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 1 | 6 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 167 | | 0 | NC | 4 | | 48 | 194 | |
| Vitamin A, RAE | mcg_RAE | 8 | | 0 | NC | 4 | | 2 | 10 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 4:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19281**
**Ice novelties, italian, restaurant-prepared**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:1.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 29.0g: 1 fl oz

Measure 2 = 116g: .5 cup

**Calories Factors: Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 19 Sweets

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

**NDB No. 19280**
**Ice novelties, lime**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 66.90 | | 1 | | 4 | | 66.23 | | |
| Energy | kcal | 128 | | 0 | NC | 4 | | 127 | | |
| Energy | kj | 536 | | | | 4 | | 530 | | |
| Protein (N x 6.25) | g | 0.40 | | 1 | | 4 | | 0.40 | | |
| Total lipid (fat) | g | 0.00 | | 1 | | 4 | | 0.00 | | |
| Ash | g | 0.00 | | 1 | | 4 | | 0.00 | | |
| Carbohydrate, by difference | g | 32.60 | | 0 | NC | 4 | | 32.27 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total | g | 32.60 | | 0 | NR | 4 | | 32.27 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 2 | | 1 | | 4 | | 2 | | |
| Iron, Fe | mg | 0.16 | | 1 | | 4 | | 0.16 | | |
| Magnesium, Mg | mg | 1 | | 1 | | 4 | | 1 | | |
| Phosphorus, P | mg | 1 | | 1 | | 4 | | 1 | | |
| Potassium, K | mg | 3 | | 1 | | 4 | | 3 | | |
| Sodium, Na | mg | 22 | | 1 | | 4 | | 22 | | |
| Zinc, Zn | mg | 0.02 | | 1 | | 4 | | 0.02 | | |
| Copper, Cu | mg | 0.013 | | 1 | | 4 | | 0.013 | | |
| Manganese, Mn | mg | 0.020 | | 1 | | 4 | | 0.020 | | |
| Selenium, Se | mcg | 0.1 | | 0 | BFPN | 4 | | 0.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | 1 | | 4 | | 1.0 | | |
| Thiamin | mg | 0.001 | | 1 | | 4 | | 0.001 | | |
| Riboflavin | mg | 0.000 | | 1 | | 4 | | 0.000 | | |
| Niacin | mg | 0.007 | | 1 | | 4 | | 0.007 | | |
| Pantothenic acid | mg | 0.003 | | 1 | | 4 | | 0.003 | | |
| Vitamin B-6 | mg | 0.001 | | 1 | | 4 | | 0.001 | | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (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 | 0.000 | | 0 | | 7 | | 0.000 | | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19280**
**Ice novelties, lime**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | | 7 | | 0.000 | | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | | |
| **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 = 99g: .5 cup (4 fl oz)

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.9

**Food Group:** 19 Sweets

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

**NDB No. 19387**
**Ice novelties, pineapple-coconut**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 73.30 | | 1 | | 1 | | 72.57 | | |
| Energy | kcal | 113 | | 0 | | 4 | | 112 | | |
| Energy | kj | 473 | | | | 4 | | 468 | | |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 1 | | 0.00 | | |
| Total lipid (fat) | g | 2.60 | | 1 | | 1 | | 2.57 | | |
| Ash | g | 0.20 | | 1 | | 1 | | 0.20 | | |
| Carbohydrate, by difference | g | 23.90 | | 0 | | 4 | | 23.66 | | |
| Fiber, total dietary | g | 0.7 | | 0 | RC | 4 | | 0.7 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | | 1 | | 1 | | 0 | | |
| Iron, Fe | mg | 3.53 | | 1 | | 1 | | 3.49 | | |
| Magnesium, Mg | mg | 5 | | 0 | | 4 | | 5 | | |
| Phosphorus, P | mg | 9 | | 0 | | 4 | | 9 | | |
| Potassium, K | mg | 17 | | 0 | | 4 | | 17 | | |
| Sodium, Na | mg | 35 | | 1 | | 1 | | 35 | | |
| Zinc, Zn | mg | 0.11 | | 0 | | 4 | | 0.11 | | |
| Copper, Cu | mg | 0.044 | | 0 | | 4 | | 0.044 | | |
| Manganese, Mn | mg | 0.161 | | 0 | | 4 | | 0.159 | | |
| Selenium, Se | mcg | 0.9 | | 0 | FLA | 4 | | 0.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 13.2 | | 1 | | 1 | | 13.1 | | |
| Thiamin | mg | 0.006 | | 0 | | 4 | | 0.006 | | |
| Riboflavin | mg | 0.005 | | 0 | | 4 | | 0.005 | | |
| Niacin | mg | 0.034 | | 0 | | 4 | | 0.034 | | |
| Pantothenic acid | mg | 0.039 | | 0 | | 4 | | 0.039 | | |
| Vitamin B-6 | mg | 0.016 | | 0 | | 4 | | 0.016 | | |
| Folate, total | mcg | 1 | | 0 | | 4 | | 1 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 1 | | 0 | | 4 | | 1 | | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 1 | | |
| Vitamin B-12 | mcg | 0.00 | | 0 | | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 0 | | 1 | | 1 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (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 | 2.304 | | 0 | FLA | 4 | | 2.281 | | |
| Fatty acids, total monounsaturated | g | 0.111 | | 0 | FLA | 4 | | 0.110 | | |
| Fatty acids, total polyunsaturated | g | 0.029 | | 0 | FLA | 4 | | 0.029 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 1 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 99g: .5 cup (4 fl oz)

**NDB No. 19387**
**Ice novelties, pineapple-coconut**

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

**Food Group:** 19 Sweets

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

**NDB No. 19283**
**Ice novelties, pop**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 80.00 | | 1 | | 4 | | 41.60 | 102.40 | 70.40 |
| Energy | kcal | 72 | | 0 | | 4 | | 37 | 92 | 63 |
| Energy | kj | 301 | | | | 4 | | 157 | 386 | 265 |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Ash | g | 1.10 | | 1 | | 4 | | 0.57 | 1.41 | 0.97 |
| Carbohydrate, by difference | g | 18.90 | | 0 | NC | 4 | | 9.83 | 24.19 | 16.63 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 18.90 | | 0 | NR | 4 | | 9.83 | 24.19 | 16.63 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Iron, Fe | mg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg | mg | 1 | | 1 | | 4 | | 1 | 1 | 1 |
| Phosphorus, P | mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Potassium, K | mg | 4 | 1.888 | 3 | | 1 | | 2 | 5 | 4 |
| Sodium, Na | mg | 12 | 0.628 | 3 | | 1 | | 6 | 15 | 11 |
| Zinc, Zn | mg | 0.02 | | 1 | | 4 | | 0.01 | 0.03 | 0.02 |
| Copper, Cu | mg | 0.009 | | 1 | | 4 | | 0.005 | 0.012 | 0.008 |
| Manganese, Mn | mg | 0.006 | | 1 | | 4 | | 0.003 | 0.008 | 0.005 |
| Selenium, Se | mcg | 0.0 | | 0 | BFSN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid | mg | 0.001 | | 1 | | 4 | | 0.001 | 0.001 | 0.001 |
| Vitamin B-6 | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin E (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 | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19283**
**Ice novelties, pop**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| **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 = 52g: 1 bar (1.75 fl oz)

Measure 2 = 128g: 1 double stick

Measure 3 = 88g: 1 single stick

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

**Food Group:** 19 Sweets

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

**NDB No. 19717**
**Ice novelties, pop, with added ascorbic acid**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 80.00 | | 1 | | 4 | | 41.60 | 102.40 | 70.40 |
| Energy | kcal | 72 | | 0 | | 4 | | 37 | 92 | 63 |
| Energy | kj | 301 | | | | 4 | | 157 | 386 | 265 |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Ash | g | 1.10 | | 1 | | 4 | | 0.57 | 1.41 | 0.97 |
| Carbohydrate, by difference | g | 18.90 | | 0 | NC | 4 | | 9.83 | 24.19 | 16.63 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Iron, Fe | mg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Magnesium, Mg | mg | 1 | | 1 | | 4 | | 1 | 1 | 1 |
| Phosphorus, P | mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Potassium, K | mg | 4 | 1.888 | 3 | | 1 | | 2 | 5 | 4 |
| Sodium, Na | mg | 12 | 0.628 | 3 | | 1 | | 6 | 15 | 11 |
| Zinc, Zn | mg | 0.02 | | 1 | | 4 | | 0.01 | 0.03 | 0.02 |
| Copper, Cu | mg | 0.009 | | 1 | | 4 | | 0.005 | 0.012 | 0.008 |
| Manganese, Mn | mg | 0.006 | | 1 | | 4 | | 0.003 | 0.008 | 0.005 |
| Selenium, Se | mcg | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 10.7 | | 0 | | 1 | | 5.6 | 13.7 | 9.4 |
| Thiamin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid | mg | 0.001 | | 1 | | 4 | | 0.001 | 0.001 | 0.001 |
| Vitamin B-6 | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin E (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 | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 52g: 1 bar (1.75 fl oz)

**NDB No. 19717**
**Ice novelties, pop, with added ascorbic acid**

Measure 2 = 128g: 1 double stick
Measure 3 = 88g: 1 single stick

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

**Food Group:** 19 Sweets

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

**NDB No. 43514**
**Ice novelties, pop, with low calorie sweetener**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 93.20 | | | | 4 | | 29.82 | 119.30 | 82.02 |
| Energy | kcal | 19 | | 0 | NC | 4 | | 6 | 24 | 17 |
| Energy | kj | 79 | | 0 | NC | 4 | | 25 | 101 | 70 |
| Protein (N x 6.25) | g | 0.50 | | | | 4 | | 0.16 | 0.64 | 0.44 |
| Total lipid (fat) | g | 0.10 | | | | 4 | | 0.03 | 0.13 | 0.09 |
| Ash | g | 2.20 | | 0 | NR | 4 | | 0.70 | 2.82 | 1.94 |
| Carbohydrate, by difference | g | 4.00 | | | | 4 | | 1.28 | 5.12 | 3.52 |
| Fiber, total dietary | g | 0.0 | | | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 4.00 | | 0 | NR | 4 | | 1.28 | 5.12 | 3.52 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 2 | | | | 4 | | 1 | 3 | 2 |
| Iron, Fe | mg | 0.13 | | | | 4 | | 0.04 | 0.17 | 0.11 |
| Magnesium, Mg | mg | 0 | | | | 4 | | 0 | 0 | 0 |
| Phosphorus, P | mg | 0 | | | | 4 | | 0 | 0 | 0 |
| Potassium, K | mg | 26 | | | | 4 | | 8 | 33 | 23 |
| Sodium, Na | mg | 5 | | | | 4 | | 2 | 6 | 4 |
| Zinc, Zn | mg | 0.00 | | | | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 0.0 | | 0 | BFSN | 4 | | 0.0 | 0.0 | 0.0 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| Niacin | mg | 0.150 | | | | 4 | | 0.048 | 0.192 | 0.132 |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total | mcg | 0 | | | | 4 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | | | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 1 | | | | 4 | | 0 | 1 | 1 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | BFSN | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | BFSN | 4 | | 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 | BFSN | 4 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.018 | | | | 4 | | 0.006 | 0.023 | 0.016 |
| 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 | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.018 | | | | 4 | | 0.006 | 0.023 | 0.016 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.002 | | | | 4 | | 0.001 | 0.003 | 0.002 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 43514**
**Ice novelties, pop, with low calorie sweetener**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.032 | | | | 4 | | 0.010 | 0.041 | 0.028 |
| 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 | 0.032 | | | | 4 | | 0.010 | 0.041 | 0.028 |
| 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 | 0.050 | | | | 4 | | 0.016 | 0.064 | 0.044 |
| 18:2 undifferentiated.....g | 0.050 | | | | 4 | | 0.016 | 0.064 | 0.044 |
| 18:3 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 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 | BFSN | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | BFSN | 4 | | 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 = 32.0g: 1 fl oz

Measure 2 = 128g: 1 double stick

Measure 3 = 88g: 1 single stick

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

**Food Group:** 19 Sweets

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

**NDB No. 19297**
**Jams and preserves**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 30.47 | 2.280 | 8 | A | 1 | | 6.09 | 4.27 | |
| Energy | kcal | 278 | | 0 | NC | 4 | | 56 | 39 | |
| Energy | kj | 1163 | | 0 | NC | 4 | | 233 | 163 | |
| Protein (N x 6.25) | g | 0.37 | 0.180 | 13 | A | 1 | | 0.07 | 0.05 | |
| Total lipid (fat) | g | 0.07 | 0.070 | 10 | A | 1 | | 0.01 | 0.01 | |
| Ash | g | 0.23 | 0.030 | 3 | A | 1 | | 0.05 | 0.03 | |
| Carbohydrate, by difference | g | 68.86 | | 0 | NC | 4 | | 13.77 | 9.64 | |
| Fiber, total dietary | g | 1.1 | | 0 | | 1 | | 0.2 | 0.2 | |
| Sugars, total | g | 48.50 | | 2 | A | 1 | | 9.70 | 6.79 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 20 | | 1 | | 1 | | 4 | 3 | |
| Iron, Fe | mg | 0.49 | 0.070 | 3 | | 1 | | 0.10 | 0.07 | |
| Magnesium, Mg | mg | 4 | | 1 | | 1 | | 1 | 1 | |
| Phosphorus, P | mg | 19 | | 0 | FLC | 4 | | 4 | 3 | |
| Potassium, K | mg | 77 | 2.028 | 3 | | 1 | | 15 | 11 | |
| Sodium, Na | mg | 32 | 9.040 | 5 | A | 1 | | 6 | 4 | |
| Zinc, Zn | mg | 0.06 | 0.023 | 4 | | 1 | | 0.01 | 0.01 | |
| Copper, Cu | mg | 0.100 | | 1 | | 1 | | 0.020 | 0.014 | |
| Manganese, Mn | mg | 0.040 | | 1 | | 1 | | 0.008 | 0.006 | |
| Selenium, Se | mcg | 2.0 | | 1 | A | 1 | | 0.4 | 0.3 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 8.8 | | 2 | | 1 | | 1.8 | 1.2 | |
| Thiamin | mg | 0.016 | | 0 | FLC | 4 | | 0.003 | 0.002 | |
| Riboflavin | mg | 0.076 | | 0 | FLC | 4 | | 0.015 | 0.011 | |
| Niacin | mg | 0.036 | | 1 | | 1 | | 0.007 | 0.005 | |
| Pantothenic acid | mg | 0.020 | | 1 | | 1 | | 0.004 | 0.003 | |
| Vitamin B-6 | mg | 0.020 | | 2 | | 1 | | 0.004 | 0.003 | |
| Folate, total | mcg | 11 | | 0 | FLC | 4 | | 2 | 2 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 11 | | 0 | FLC | 4 | | 2 | 2 | |
| Folate, DFE | mcg_DFE | 11 | | 0 | NC | 4 | | 2 | 2 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.12 | | 0 | FLC | 4 | | 0.02 | 0.02 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.010 | | 0 | | 1 | | 0.002 | 0.001 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.004 | | 0 | BFFN | 4 | | 0.001 | 0.001 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19297**
**Jams and preserves**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.038 | | 0 | BFFN | 4 | | 0.008 | 0.005 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.007 | | 0 | BFFN | 4 | | 0.001 | 0.001 | |
| 20:1.....g | 0.018 | | 0 | BFFN | 4 | | 0.004 | 0.003 | |
| 22:1 undifferentiated.....g | 0.014 | | 0 | BFFN | 4 | | 0.003 | 0.002 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Phytosterols.....mg | 12 | | 0 | FLC | 4 | | 2 | 2 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.008 | | 0 | | 1 | | 0.002 | 0.001 | |
| Threonine.....g | 0.023 | | 0 | | 1 | | 0.005 | 0.003 | |
| Isoleucine.....g | 0.017 | | 0 | | 1 | | 0.003 | 0.002 | |
| Leucine.....g | 0.037 | | 0 | | 1 | | 0.007 | 0.005 | |
| Lysine.....g | 0.030 | | 0 | | 1 | | 0.006 | 0.004 | |
| Methionine.....g | 0.001 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine.....g | 0.006 | | 0 | | 1 | | 0.001 | 0.001 | |
| Phenylalanine.....g | 0.021 | | 0 | | 1 | | 0.004 | 0.003 | |
| Tyrosine.....g | 0.025 | | 0 | | 1 | | 0.005 | 0.004 | |
| Valine.....g | 0.021 | | 0 | | 1 | | 0.004 | 0.003 | |
| Arginine.....g | 0.032 | | 0 | | 1 | | 0.006 | 0.004 | |
| Histidine.....g | 0.014 | | 0 | | 1 | | 0.003 | 0.002 | |
| Alanine.....g | 0.037 | | 0 | | 1 | | 0.007 | 0.005 | |
| Aspartic acid.....g | 0.166 | | 0 | | 1 | | 0.033 | 0.023 | |
| Glutamic acid.....g | 0.109 | | 0 | | 1 | | 0.022 | 0.015 | |
| Glycine.....g | 0.029 | | 0 | | 1 | | 0.006 | 0.004 | |
| Proline.....g | 0.023 | | 0 | | 1 | | 0.005 | 0.003 | |
| Serine.....g | 0.028 | | 0 | | 1 | | 0.006 | 0.004 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

**NDB No. 19297**
**Jams and preserves**

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

**Food Group:** 19 Sweets

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

**NDB No. 19719**
**Jams and preserves, apricot**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 34.50 | 0.811 | 6 | | 1 | | 6.90 | 4.83 | |
| Energy | kcal | 242 | | 0 | NC | 4 | | 48 | 34 | |
| Energy | kj | 1013 | | | | 4 | | 203 | 142 | |
| Protein (N x 6.25) | g | 0.70 | 0.106 | 11 | | 1 | | 0.14 | 0.10 | |
| Total lipid (fat) | g | 0.20 | 0.029 | 8 | | 1 | | 0.04 | 0.03 | |
| Ash | g | 0.20 | | 1 | | 1 | | 0.04 | 0.03 | |
| Carbohydrate, by difference | g | 64.40 | | 0 | NC | 4 | | 12.88 | 9.02 | |
| Fiber, total dietary | g | 0.3 | | 0 | FLM | 4 | | 0.1 | 0.0 | |
| Sugars, total | g | 64.00 | | 0 | NR | 4 | | 12.80 | 8.96 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 20 | | 1 | | 1 | | 4 | 3 | |
| Iron, Fe | mg | 0.49 | 0.070 | 3 | | 1 | | 0.10 | 0.07 | |
| Magnesium, Mg | mg | 4 | | 1 | | 1 | | 1 | 1 | |
| Phosphorus, P | mg | 11 | | 1 | | 4 | | 2 | 2 | |
| Potassium, K | mg | 77 | 2.028 | 3 | | 1 | | 15 | 11 | |
| Sodium, Na | mg | 40 | 9.735 | 3 | | 1 | | 8 | 6 | |
| Zinc, Zn | mg | 0.06 | 0.023 | 4 | | 1 | | 0.01 | 0.01 | |
| Copper, Cu | mg | 0.100 | | 1 | | 1 | | 0.020 | 0.014 | |
| Manganese, Mn | mg | 0.040 | | 1 | | 1 | | 0.008 | 0.006 | |
| Selenium, Se | mcg | 0.6 | | 0 | FLM | 4 | | 0.1 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 8.8 | | 2 | | 1 | | 1.8 | 1.2 | |
| Thiamin | mg | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.022 | | 0 | FLM | 4 | | 0.004 | 0.003 | |
| Niacin | mg | 0.036 | | 1 | | 1 | | 0.007 | 0.005 | |
| Pantothenic acid | mg | 0.020 | | 1 | | 1 | | 0.004 | 0.003 | |
| Vitamin B-6 | mg | 0.020 | | 2 | | 1 | | 0.004 | 0.003 | |
| Folate, total | mcg | 33 | | 1 | | 1 | | 7 | 5 | |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, food | mcg | 33 | | 1 | | 1 | | 7 | 5 | |
| Folate, DFE | mcg_DFE | 33 | | 0 | NC | 4 | | 7 | 5 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 205 | | 0 | FLM | 4 | | 41 | 29 | |
| Vitamin A, RAE | mcg_RAE | 14 | | 0 | FLM | 4 | | 3 | 2 | |
| Retinol | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.13 | | 0 | FLM | 4 | | 0.03 | 0.02 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.5 | | 0 | FLM | 4 | | 0.1 | 0.1 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.010 | | 0 | | 1 | | 0.002 | 0.001 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.010 | | 1 | | 1 | | 0.002 | 0.001 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19719**
**Jams and preserves, apricot**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.110 | | 0 | | 1 | | 0.022 | 0.015 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.020 | | 1 | | 1 | | 0.004 | 0.003 | |
| 20:1.....g | 0.050 | | 1 | | 1 | | 0.010 | 0.007 | |
| 22:1 undifferentiated.....g | 0.040 | | 1 | | 1 | | 0.008 | 0.006 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.008 | | 0 | | 1 | | 0.002 | 0.001 | |
| Threonine.....g | 0.023 | | 0 | | 1 | | 0.005 | 0.003 | |
| Isoleucine.....g | 0.017 | | 0 | | 1 | | 0.003 | 0.002 | |
| Leucine.....g | 0.037 | | 0 | | 1 | | 0.007 | 0.005 | |
| Lysine.....g | 0.030 | | 0 | | 1 | | 0.006 | 0.004 | |
| Methionine.....g | 0.001 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine.....g | 0.006 | | 0 | | 1 | | 0.001 | 0.001 | |
| Phenylalanine.....g | 0.021 | | 0 | | 1 | | 0.004 | 0.003 | |
| Tyrosine.....g | 0.025 | | 0 | | 1 | | 0.005 | 0.004 | |
| Valine.....g | 0.021 | | 0 | | 1 | | 0.004 | 0.003 | |
| Arginine.....g | 0.032 | | 0 | | 1 | | 0.006 | 0.004 | |
| Histidine.....g | 0.014 | | 0 | | 1 | | 0.003 | 0.002 | |
| Alanine.....g | 0.037 | | 0 | | 1 | | 0.007 | 0.005 | |
| Aspartic acid.....g | 0.166 | | 0 | | 1 | | 0.033 | 0.023 | |
| Glutamic acid.....g | 0.109 | | 0 | | 1 | | 0.022 | 0.015 | |
| Glycine.....g | 0.029 | | 0 | | 1 | | 0.006 | 0.004 | |
| Proline.....g | 0.023 | | 0 | | 1 | | 0.005 | 0.003 | |
| Serine.....g | 0.028 | | 0 | | 1 | | 0.006 | 0.004 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 116 | | 0 | FLM | 4 | | 23.285 | 16.299 | |
| Carotene, alpha.....mcg | 2 | | 0 | FLM | 4 | | 0.405 | 0.283 | |
| Cryptoxanthin, beta.....mcg | 11 | | 0 | FLM | 4 | | 2.224 | 1.557 | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 9 | | 0 | FLM | 4 | | 1.895 | 1.326 | |

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

**Common Measures:**

Measure 1 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

**NDB No. 19719**
**Jams and preserves, apricot**

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.7

**Food Group:** 19 Sweets

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

**NDB No. 43028**
**Jams and preserves, dietetic (with sodium saccharin), any flavor**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 45.80 | | | | 4 | | 102.59 | 6.41 | |
| Energy | kcal | 132 | | 0 | NC | 4 | | 297 | 19 | |
| Energy | kj | 554 | | 0 | NC | 4 | | 1241 | 78 | |
| Protein (N x 6.25) | g | 0.30 | | | | 1 | | 0.67 | 0.04 | |
| Total lipid (fat) | g | 0.30 | | | | 1 | | 0.67 | 0.04 | |
| Ash | g | 0.18 | | 0 | BFSN | 4 | | 0.40 | 0.03 | |
| Carbohydrate, by difference | g | 53.60 | | | | 4 | | 120.06 | 7.50 | |
| Fiber, total dietary | g | 2.5 | | | | 4 | | 5.6 | 0.4 | |
| Sugars, total | g | 37.81 | | 0 | BFSN | 4 | | 84.69 | 5.29 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 9 | | | | 4 | | 20 | 1 | |
| Iron, Fe | mg | 0.40 | | | | 4 | | 0.90 | 0.06 | |
| Magnesium, Mg | mg | 5 | | | | 4 | | 11 | 1 | |
| Phosphorus, P | mg | 9 | | | | 4 | | 20 | 1 | |
| Potassium, K | mg | 69 | | | | 4 | | 155 | 10 | |
| Sodium, Na | mg | 0 | | | | 4 | | 0 | 0 | |
| Zinc, Zn | mg | 0.06 | | | | 4 | | 0.13 | 0.01 | |
| Copper, Cu | mg | 0.024 | | | | 4 | | 0.054 | 0.003 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 1.7 | | 0 | BFSN | 4 | | 3.8 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Niacin | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.020 | | | | 4 | | 0.045 | 0.003 | |
| Folate, total | mcg | 9 | | | | 4 | | 20 | 1 | |
| Folic acid | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Folate, food | mcg | 9 | | | | 4 | | 20 | 1 | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 20 | 1 | |
| Vitamin B-12 | mcg | 0.00 | | | | 7 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.09 | | 0 | BFSN | 4 | | 0.21 | 0.01 | |
| 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 | 0.016 | | | | 4 | | 0.036 | 0.002 | |
| 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 | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.011 | | | | 4 | | 0.025 | 0.002 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.003 | | | | 4 | | 0.007 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 43028**

**Jams and preserves, dietetic (with sodium saccharin), any flavor**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion 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 | 0.042 | | | | 4 | | 0.094 | 0.006 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.001 | | | | 4 | | 0.002 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.041 | | | | 4 | | 0.092 | 0.006 | |
| 20:1.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.151 | | | | 4 | | 0.338 | 0.021 | |
| 18:2 undifferentiated.....g | 0.088 | | | | 4 | | 0.197 | 0.012 | |
| 18:3 undifferentiated.....g | 0.063 | | | | 4 | | 0.141 | 0.009 | |
| 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 | | | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFSN | 4 | | 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 = 224g: 1 cup

Measure 2 = 14.0g: 1 tbsp

**Calories Factors: Protein** 0 **Fat** 0 **Carbohydrate** 2.47

**Food Group:** 19 Sweets

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

**NDB No. 19300**
**Jellies**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 29.77 | 0.598 | 12 | JO | 11 | | 6.25 | 4.17 | |
| Energy | kcal | 266 | | 0 | NC | 4 | | 56 | 37 | |
| Energy | kj | 1115 | | 0 | NC | 4 | | 234 | 156 | |
| Protein (N x 6.25) | g | 0.15 | 0.050 | 15 | JO | 11 | | 0.03 | 0.02 | |
| Total lipid (fat) | g | 0.02 | 0.015 | 10 | JO | 11 | | 0.00 | 0.00 | |
| Ash | g | 0.12 | 0.015 | 6 | JO | 11 | | 0.02 | 0.02 | |
| Carbohydrate, by difference | g | 69.95 | | 0 | NC | 4 | | 14.69 | 9.79 | |
| Fiber, total dietary | g | 1.0 | | 0 | | 1 | | 0.2 | 0.1 | |
| Sugars, total | g | 40.47 | 1.033 | 6 | JO | 11 | | 8.50 | 5.67 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 7 | 0.631 | 70 | JA | 6 | | 2 | 1 | |
| Iron, Fe | mg | 0.19 | 0.006 | 50 | JA | 6 | | 0.04 | 0.03 | |
| Magnesium, Mg | mg | 6 | 0.195 | 70 | JA | 6 | | 1 | 1 | |
| Phosphorus, P | mg | 6 | 1.070 | 67 | JA | 6 | | 1 | 1 | |
| Potassium, K | mg | 54 | 10.356 | 72 | JA | 6 | | 11 | 8 | |
| Sodium, Na | mg | 30 | 1.514 | 77 | JO | 11 | | 6 | 4 | |
| Zinc, Zn | mg | 0.03 | 0.008 | 56 | JA | 6 | | 0.01 | 0.00 | |
| Copper, Cu | mg | 0.011 | 0.007 | 51 | JA | 6 | | 0.002 | 0.002 | |
| Manganese, Mn | mg | 0.132 | 0.007 | 48 | JA | 6 | | 0.028 | 0.018 | |
| Selenium, Se | mcg | 0.4 | 0.119 | 21 | JA | 6 | | 0.1 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | 0.130 | 3 | | 1 | | 0.2 | 0.1 | |
| Thiamin | mg | 0.001 | | 1 | | 1 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.026 | | 1 | | 4 | | 0.005 | 0.004 | |
| Niacin | mg | 0.036 | | 1 | | 1 | | 0.008 | 0.005 | |
| Pantothenic acid | mg | 0.197 | | 1 | | 1 | | 0.041 | 0.028 | |
| Vitamin B-6 | mg | 0.020 | | 1 | | 1 | | 0.004 | 0.003 | |
| Folate, total | mcg | 2 | | 0 | FLA | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 2 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 2 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 5 | | 0 | FLA | 4 | | 1 | 1 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, gamma | mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, delta | mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.3 | | 0 | FLA | 4 | | 0.1 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.005 | | 0 | FLA | 4 | | 0.001 | 0.001 | |
| 4:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.004 | | 0 | FLA | 4 | | 0.001 | 0.001 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19300**
**Jellies**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:1.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.004 | | 0 | FLA | 4 | | 0.001 | 0.001 | |
| 18:2 undifferentiated.....g | 0.003 | | 0 | FLA | 4 | | 0.001 | 0.000 | |
| 18:3 undifferentiated.....g | 0.001 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 3 | | 0 | FLA | 4 | | 0.618 | 0.412 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.009 | 0.006 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.008 | 0.005 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 22 | | 0 | FLA | 4 | | 4.529 | 3.019 | |

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

**Common Measures:**

Measure 1 = 21g: 1 serving 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

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

**Food Group:** 19 Sweets

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

**NDB No. 44110**
**Jellies, reduced sugar or no sugar, home preserved**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 53.00 | | | | 4 | | 159.00 | 10.07 | |
| Energy | kcal | 179 | | | | 4 | | 537 | 34 | |
| Energy | kj | 749 | | | | 4 | | 2247 | 142 | |
| Protein | g | 0.30 | | | | 4 | | 0.90 | 0.06 | |
| Total lipid (fat) | g | 0.03 | | | | 4 | | 0.09 | 0.01 | |
| Ash | g | 0.08 | | 0 | BFSN | 4 | | 0.23 | 0.01 | |
| Carbohydrate, by difference | g | 46.10 | | | | 4 | | 138.30 | 8.76 | |
| Fiber, total dietary | g | 0.8 | | | | 4 | | 2.4 | 0.2 | |
| Sugars, total | g | 45.30 | | 0 | NR | 4 | | 135.90 | 8.61 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 5 | | | | 4 | | 15 | 1 | |
| Iron, Fe | mg | 0.18 | | | | 4 | | 0.54 | 0.03 | |
| Magnesium, Mg | mg | 6 | | | | 4 | | 18 | 1 | |
| Phosphorus, P | mg | 6 | | | | 4 | | 18 | 1 | |
| Potassium, K | mg | 71 | | | | 4 | | 213 | 13 | |
| Sodium, Na | mg | 2 | | | | 4 | | 6 | 0 | |
| Zinc, Zn | mg | 0.03 | | | | 4 | | 0.09 | 0.01 | |
| Copper, Cu | mg | 0.023 | | | | 4 | | 0.069 | 0.004 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 1.4 | | 0 | BFSN | 4 | | 4.2 | 0.3 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.010 | | | | 4 | | 0.030 | 0.002 | |
| Riboflavin | mg | 0.020 | | | | 4 | | 0.060 | 0.004 | |
| Niacin | mg | 0.140 | | | | 4 | | 0.420 | 0.027 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.040 | | | | 4 | | 0.120 | 0.008 | |
| Folate, total | mcg | 1 | | | | 4 | | 3 | 0 | |
| Folic acid | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Folate, food | mcg | 1 | | | | 4 | | 3 | 0 | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 3 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | | | 7 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 3 | | 0 | NC | 4 | | 10 | 1 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | BFSN | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.2 | | 0 | BFSN | 4 | | 0.5 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.009 | | | | 4 | | 0.027 | 0.002 | |
| 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 | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.008 | | | | 4 | | 0.024 | 0.002 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.001 | | | | 4 | | 0.003 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 44110**
**Jellies, reduced sugar or no sugar, home preserved**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.001 | | | | 4 | | 0.003 | 0.000 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.001 | | | | 4 | | 0.003 | 0.000 | |
| 20:1.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.008 | | | | 4 | | 0.024 | 0.002 | |
| 18:2 undifferentiated.....g | 0.006 | | | | 4 | | 0.018 | 0.001 | |
| 18:3 undifferentiated.....g | 0.002 | | | | 4 | | 0.006 | 0.000 | |
| 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 | | | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 2 | | 0 | BFSN | 4 | | 5.904 | 0.374 | |
| Carotene, alpha.....mcg | 0 | | 0 | BFSN | 4 | | 0.089 | 0.006 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFSN | 4 | | 0.075 | 0.005 | |
| Lycopene.....mcg | 0 | | 0 | BFSN | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 14 | | 0 | BFSN | 4 | | 43.296 | 2.742 | |

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

**Common Measures:**

Measure 1 = 300g: 1 cup

Measure 2 = 19g: 1 tbsp

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

**Food Group:** 19 Sweets

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

**NDB No. 19303**
**Marmalade, orange**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 33.20 | | 1 | | 1 | | 106.24 | 6.64 | 4.65 |
| Energy | kcal | 246 | | 0 | NC | 4 | | 787 | 49 | 34 |
| Energy | kj | 1029 | | | | 4 | | 3294 | 206 | 144 |
| Protein (N x 6.25) | g | 0.30 | 0.058 | 3 | | 1 | | 0.96 | 0.06 | 0.04 |
| Total lipid (fat) | g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Ash | g | 0.20 | | 1 | | 1 | | 0.64 | 0.04 | 0.03 |
| Carbohydrate, by difference | g | 66.30 | | 0 | NC | 4 | | 212.16 | 13.26 | 9.28 |
| Fiber, total dietary | g | 0.7 | | 0 | FLC | 4 | | 2.4 | 0.1 | 0.1 |
| Sugars, total | g | 60.00 | | 0 | FLC | 4 | | 192.00 | 12.00 | 8.40 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 38 | | 1 | | 1 | | 122 | 8 | 5 |
| Iron, Fe | mg | 0.15 | 0.029 | 3 | | 1 | | 0.48 | 0.03 | 0.02 |
| Magnesium, Mg | mg | 2 | | 1 | | 1 | | 6 | 0 | 0 |
| Phosphorus, P | mg | 4 | | 0 | FLC | 4 | | 14 | 1 | 1 |
| Potassium, K | mg | 37 | | 1 | | 1 | | 118 | 7 | 5 |
| Sodium, Na | mg | 56 | | 1 | | 1 | | 179 | 11 | 8 |
| Zinc, Zn | mg | 0.04 | 0.018 | 4 | | 1 | | 0.13 | 0.01 | 0.01 |
| Copper, Cu | mg | 0.090 | | 1 | | 1 | | 0.288 | 0.018 | 0.013 |
| Manganese, Mn | mg | 0.020 | | 1 | | 1 | | 0.064 | 0.004 | 0.003 |
| Selenium, Se | mcg | 0.6 | | 0 | FLC | 4 | | 1.8 | 0.1 | 0.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 4.8 | 2.285 | 3 | | 1 | | 15.4 | 1.0 | 0.7 |
| Thiamin | mg | 0.005 | | 1 | | 1 | | 0.016 | 0.001 | 0.001 |
| Riboflavin | mg | 0.025 | | 0 | FLC | 4 | | 0.079 | 0.005 | 0.003 |
| Niacin | mg | 0.052 | | 1 | | 1 | | 0.166 | 0.010 | 0.007 |
| Pantothenic acid | mg | 0.015 | | 1 | | 1 | | 0.048 | 0.003 | 0.002 |
| Vitamin B-6 | mg | 0.019 | | 0 | FLC | 4 | | 0.060 | 0.004 | 0.003 |
| Folate, total | mcg | 9 | | 0 | FLC | 4 | | 30 | 2 | 1 |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 9 | | 0 | FLC | 4 | | 30 | 2 | 1 |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 30 | 2 | 1 |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 62 | | 0 | FLC | 4 | | 198 | 12 | 9 |
| Vitamin A, RAE | mcg_RAE | 3 | | 0 | FLC | 4 | | 10 | 1 | 0 |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.06 | | 0 | FLC | 4 | | 0.18 | 0.01 | 0.01 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLC | 4 | | 0.1 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19303**
**Marmalade, orange**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.003 | | 0 | | 1 | | 0.010 | 0.001 | 0.000 |
| Threonine.....g | 0.005 | | 0 | | 1 | | 0.016 | 0.001 | 0.001 |
| Isoleucine.....g | 0.008 | | 0 | | 1 | | 0.026 | 0.002 | 0.001 |
| Leucine.....g | 0.007 | | 0 | | 1 | | 0.022 | 0.001 | 0.001 |
| Lysine.....g | 0.015 | | 0 | | 1 | | 0.048 | 0.003 | 0.002 |
| Methionine.....g | 0.006 | | 0 | | 1 | | 0.019 | 0.001 | 0.001 |
| Cystine.....g | 0.003 | | 0 | | 1 | | 0.010 | 0.001 | 0.000 |
| Phenylalanine.....g | 0.010 | | 0 | | 1 | | 0.032 | 0.002 | 0.001 |
| Tyrosine.....g | 0.005 | | 0 | | 1 | | 0.016 | 0.001 | 0.001 |
| Valine.....g | 0.013 | | 0 | | 1 | | 0.042 | 0.003 | 0.002 |
| Arginine.....g | 0.021 | | 0 | | 1 | | 0.067 | 0.004 | 0.003 |
| Histidine.....g | 0.006 | | 0 | | 1 | | 0.019 | 0.001 | 0.001 |
| Alanine.....g | 0.016 | | 0 | | 1 | | 0.051 | 0.003 | 0.002 |
| Aspartic acid.....g | 0.036 | | 0 | | 1 | | 0.115 | 0.007 | 0.005 |
| Glutamic acid.....g | 0.030 | | 0 | | 1 | | 0.096 | 0.006 | 0.004 |
| Glycine.....g | 0.030 | | 0 | | 1 | | 0.096 | 0.006 | 0.004 |
| Proline.....g | 0.015 | | 0 | | 1 | | 0.048 | 0.003 | 0.002 |
| Serine.....g | 0.010 | | 0 | | 1 | | 0.032 | 0.002 | 0.001 |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 15 | | 0 | FLC | 4 | | 49.298 | 3.081 | 2.157 |
| Carotene, alpha.....mcg | 5 | | 0 | FLC | 4 | | 16.838 | 1.052 | 0.737 |
| Cryptoxanthin, beta.....mcg | 38 | | 0 | FLC | 4 | | 121.699 | 7.606 | 5.324 |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 58 | | 0 | FLC | 4 | | 186.539 | 11.659 | 8.161 |

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

**Common Measures:**

Measure 1 = 320g: 1 cup

Measure 2 = 20g: 1 tbsp

Measure 3 = 14.0g: 1 package (0.5 oz)

**NDB No. 19303**
**Marmalade, orange**

**Calories Factors:** **Protein** 3.4 **Fat** 8.4 **Carbohydrate** 3.7

**Food Group:** 19 Sweets

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

**NDB No. 42131**
**Milk dessert, frozen, milk-fat free, chocolate**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 56.00 | | | | 4 | | 76.72 | | |
| Energy | kcal | 167 | | | | 4 | | 229 | | |
| Energy | kj | 699 | | | | 4 | | 957 | | |
| Protein | g | 4.30 | | | | 4 | | 5.89 | | |
| Total lipid (fat) | g | 1.00 | | | | 4 | | 1.37 | | |
| Ash | g | 0.90 | | 0 | NR | 4 | | 1.23 | | |
| Carbohydrate, by difference | g | 37.70 | | | | 4 | | 51.65 | | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total | g | 37.70 | | 0 | NR | 4 | | 51.65 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 154 | | | | 4 | | 211 | | |
| Iron, Fe | mg | 0.04 | | | | 4 | | 0.05 | | |
| Magnesium, Mg | mg | 45 | | | | 4 | | 62 | | |
| Phosphorus, P | mg | 123 | | | | 4 | | 169 | | |
| Potassium, K | mg | 333 | | | | 4 | | 456 | | |
| Sodium, Na | mg | 97 | | | | 4 | | 133 | | |
| Zinc, Zn | mg | 0.47 | | | | 4 | | 0.64 | | |
| Copper, Cu | mg | 0.008 | | | | 4 | | 0.011 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 2.6 | | 0 | BFPN | 4 | | 3.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | | | 4 | | 1.0 | | |
| Thiamin | mg | 0.050 | | | | 4 | | 0.069 | | |
| Riboflavin | mg | 0.260 | | | | 4 | | 0.356 | | |
| Niacin | mg | 0.100 | | | | 4 | | 0.137 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.040 | | | | 4 | | 0.055 | | |
| Folate, total | mcg | 6 | | | | 4 | | 8 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 6 | | | | 4 | | 8 | | |
| Folate, DFE | mcg_DFE | 6 | | 0 | NC | 4 | | 8 | | |
| Vitamin B-12 | mcg | 0.55 | | | | 4 | | 0.75 | | |
| Vitamin A, IU | IU | 30 | | 0 | NC | 4 | | 41 | | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 2 | | |
| 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 | 0.597 | | | | 4 | | 0.818 | | |
| 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 | 0.000 | | | | 4 | | 0.000 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.001 | | | | 4 | | 0.001 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.254 | | | | 4 | | 0.348 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.332 | | | | 4 | | 0.455 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 42131**
**Milk dessert, frozen, milk-fat free, chocolate**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.329 | | | | 4 | | 0.451 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.002 | | | | 4 | | 0.003 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.326 | | | | 4 | | 0.447 | | |
| 20:1.....g | 0.000 | | | | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.030 | | | | 4 | | 0.041 | | |
| 18:2 undifferentiated.....g | 0.028 | | | | 4 | | 0.038 | | |
| 18:3 undifferentiated.....g | 0.001 | | | | 4 | | 0.001 | | |
| 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 | 3 | | 0 | BFZN | 4 | | 4 | | |
| Theobromine.....mg | 62 | | 0 | BFZN | 4 | | 85 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 18 | | 0 | NR | 4 | | 24.660 | | |
| 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 = 137g: 1 cup

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

**Food Group:** 19 Sweets

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

**NDB No. 19304**
**Molasses**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 21.87 | 1.314 | 12 | AI | 13 | | 73.71 | 4.37 | |
| Energy | kcal | 290 | | 0 | NC | 4 | | 977 | 58 | |
| Energy | kj | 1213 | | 0 | NC | 4 | | 4089 | 243 | |
| Protein (N x 6.25) | g | 0.00 | | 1 | LC | 8 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.10 | | 2 | | 1 | | 0.34 | 0.02 | |
| Ash | g | 3.30 | | 2 | | 1 | | 11.12 | 0.66 | |
| Carbohydrate, by difference | g | 74.73 | | 0 | NC | 4 | | 251.83 | 14.95 | |
| Fiber, total dietary | g | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | |
| Sugars, total | g | 55.49 | 1.784 | 7 | AI | 13 | | 187.01 | 11.10 | |
| Sucrose | g | 29.40 | 3.454 | 12 | AI | 13 | | 99.09 | 5.88 | |
| Glucose (dextrose) | g | 11.92 | 2.056 | 11 | AI | 13 | | 40.18 | 2.38 | |
| Fructose | g | 12.79 | 1.186 | 10 | AI | 13 | | 43.09 | 2.56 | |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 205 | | 2 | | 1 | | 691 | 41 | |
| Iron, Fe | mg | 4.72 | | 2 | | 1 | | 15.91 | 0.94 | |
| Magnesium, Mg | mg | 242 | | 2 | | 1 | | 816 | 48 | |
| Phosphorus, P | mg | 31 | | 2 | | 1 | | 104 | 6 | |
| Potassium, K | mg | 1464 | | 2 | | 1 | | 4934 | 293 | |
| Sodium, Na | mg | 37 | | 2 | | 1 | | 125 | 7 | |
| Zinc, Zn | mg | 0.29 | 0.038 | 3 | | 1 | | 0.98 | 0.06 | |
| Copper, Cu | mg | 0.487 | 0.035 | 3 | | 1 | | 1.641 | 0.097 | |
| Manganese, Mn | mg | 1.530 | | 2 | | 1 | | 5.156 | 0.306 | |
| Selenium, Se | mcg | 17.8 | 4.906 | 5 | A | 1 | | 60.0 | 3.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.041 | | 2 | | 1 | | 0.138 | 0.008 | |
| Riboflavin | mg | 0.002 | | 1 | | 1 | | 0.007 | 0.000 | |
| Niacin | mg | 0.930 | | 2 | | 1 | | 3.134 | 0.186 | |
| Pantothenic acid | mg | 0.804 | | 2 | | 1 | | 2.709 | 0.161 | |
| Vitamin B-6 | mg | 0.670 | | 2 | | 1 | | 2.258 | 0.134 | |
| Folate, total | mcg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | NR | 4 | | 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 | 0.018 | | 0 | | 4 | | 0.061 | 0.004 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |

**NDB No. 19304**
**Molasses**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.018 | | 0 | | 4 | | 0.061 | 0.004 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.002 | | 0 | | 4 | | 0.007 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.032 | | 0 | | 4 | | 0.108 | 0.006 | |
| 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 | 0.032 | | 0 | | 4 | | 0.108 | 0.006 | |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.050 | | 0 | | 4 | | 0.169 | 0.010 | |
| 18:2 undifferentiated....g | 0.050 | | 0 | | 4 | | 0.169 | 0.010 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Carotene, alpha....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Lycopene....mcg | 0 | | 0 | NR | 4 | | 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 = 337g: 1 cup

Measure 2 = 20g: 1 serving 1 Tablespoon

**Calories Factors: Protein** **Fat** 8.37 **Carbohydrate** 3.87

**Food Group:** 19 Sweets

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

**NDB No. 19305**
**Molasses, blackstrap**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 28.70 | | 1 | | 1 | | 94.14 | 5.74 | |
| Energy | kcal | 235 | | 0 | NC | 4 | | 771 | 47 | |
| Energy | kj | 983 | | | | 4 | | 3225 | 197 | |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Ash | g | 8.20 | | 1 | | 1 | | 26.90 | 1.64 | |
| Carbohydrate, by difference | g | 60.80 | | 0 | NC | 4 | | 199.42 | 12.16 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 860 | | 1 | | 1 | | 2821 | 172 | |
| Iron, Fe | mg | 17.50 | | 1 | | 1 | | 57.40 | 3.50 | |
| Magnesium, Mg | mg | 215 | | 1 | | 1 | | 705 | 43 | |
| Phosphorus, P | mg | 40 | | 1 | | 1 | | 131 | 8 | |
| Potassium, K | mg | 2492 | | 1 | | 1 | | 8174 | 498 | |
| Sodium, Na | mg | 55 | | 1 | | 1 | | 180 | 11 | |
| Zinc, Zn | mg | 1.00 | | 1 | | 1 | | 3.28 | 0.20 | |
| Copper, Cu | mg | 2.040 | | 1 | | 1 | | 6.691 | 0.408 | |
| Manganese, Mn | mg | 2.610 | | 1 | | 1 | | 8.561 | 0.522 | |
| Selenium, Se | mcg | 17.8 | | 0 | BFZN | 4 | | 58.4 | 3.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.033 | | 1 | | 1 | | 0.108 | 0.007 | |
| Riboflavin | mg | 0.052 | | 1 | | 1 | | 0.171 | 0.010 | |
| Niacin | mg | 1.080 | | 1 | | 1 | | 3.542 | 0.216 | |
| Pantothenic acid | mg | 0.880 | | 1 | | 1 | | 2.886 | 0.176 | |
| Vitamin B-6 | mg | 0.700 | | 1 | | 1 | | 2.296 | 0.140 | |
| Folate, total | mcg | 1 | | 1 | | 1 | | 3 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 1 | | 1 | | 1 | | 3 | 0 | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 3 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |
| **Others:** | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine | mg | | | | | | | | | |
| Theobromine | mg | | | | | | | | | |

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

**NDB No. 19305**
**Molasses, blackstrap**

**Common Measures:**

Measure 1 = 328g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein** **Fat** 8.37 **Carbohydrate** 3.87

**Food Group:** 19 Sweets

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

**NDB No. 19257**
**POLANER ALL-FRUIT Strawberry Spread**
*B&G Foods, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 41.70 | | 1 | A | 1 | | 7.51 | | |
| Energy | kcal | 231 | | 0 | NC | 4 | | 42 | | |
| Energy | kj | 966 | | | | 4 | | 174 | | |
| Protein | g | 0.70 | | 1 | A | 1 | | 0.13 | | |
| Total lipid (fat) | g | 0.00 | | 1 | A | 1 | | 0.00 | | |
| Ash | g | 0.60 | | 1 | A | 1 | | 0.11 | | |
| Carbohydrate, by difference | g | 57.00 | | 0 | NC | 4 | | 10.26 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | 42.10 | | 1 | A | 1 | | 7.58 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | | | | | | | | | |
| Iron, Fe | mg | | | | | | | | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | | | | | | | | | |
| Sodium, Na | mg | 20 | | 1 | A | 1 | | 4 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 18g: 1 tbsp

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

**Food Group:** 19 Sweets

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

**NDB No. 42063**
**Pectin, liquid**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 96.90 | | | | 4 | | | | |
| Energy | kcal | 11 | | | | 4 | | | | |
| Energy | kj | 46 | | | | 4 | | | | |
| Protein | g | 0.00 | | | | 7 | | | | |
| Total lipid (fat) | g | 0.00 | | | | 7 | | | | |
| Ash | g | 1.00 | | 0 | O | 4 | | | | |
| Carbohydrate, by difference | g | 2.10 | | 0 | NC | 4 | | | | |
| Fiber, total dietary | g | 2.1 | | 0 | NR | 4 | | | | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | | | | 7 | | | | |
| Iron, Fe | mg | 0.00 | | | | 7 | | | | |
| Magnesium, Mg | mg | 0 | | | | 7 | | | | |
| Phosphorus, P | mg | 0 | | | | 7 | | | | |
| Potassium, K | mg | 0 | | | | 7 | | | | |
| Sodium, Na | mg | 0 | | | | 7 | | | | |
| Zinc, Zn | mg | 0.00 | | | | 7 | | | | |
| Copper, Cu | mg | 0.000 | | | | 7 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 0.0 | | 0 | Z | 7 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 7 | | | | |
| Thiamin | mg | 0.000 | | | | 7 | | | | |
| Riboflavin | mg | 0.000 | | | | 7 | | | | |
| Niacin | mg | 0.000 | | | | 7 | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.000 | | | | 7 | | | | |
| Folate, total | mcg | 0 | | | | 7 | | | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | | | |
| Folate, food | mcg | 0 | | | | 7 | | | | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.00 | | | | 7 | | | | |
| Vitamin A, IU | IU | 0 | | | | 7 | | | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | Z | 7 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | Z | 7 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | | | 7 | | | | |
| 4:0 | g | 0.000 | | 0 | | 4 | | | | |
| 6:0 | g | 0.000 | | 0 | | 4 | | | | |
| 8:0 | g | 0.000 | | 0 | | 4 | | | | |
| 10:0 | g | 0.000 | | 0 | | 4 | | | | |
| 12:0 | g | 0.000 | | 0 | | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 42063**
**Pectin, liquid**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.000 | | | | 7 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | | | 7 | | | | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | | | 7 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 7 | | | | |
| Caffeine.....mg | 0 | | 0 | z | 7 | | | | |
| Theobromine.....mg | 0 | | 0 | z | 7 | | | | |
| **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:** 19 Sweets

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

**NDB No. 19310**
**Pectin, unsweetened, dry mix**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 8.70 | 2.791 | 3 | | 1 | | 4.35 | | |
| Energy | kcal | 325 | | 0 | NC | 4 | | 163 | | |
| Energy | kj | 1360 | | | | 4 | | 680 | | |
| Protein (N x 6.25) | g | 0.30 | | 2 | | 1 | | 0.15 | | |
| Total lipid (fat) | g | 0.30 | | 2 | | 1 | | 0.15 | | |
| Ash | g | 0.30 | | 2 | | 1 | | 0.15 | | |
| Carbohydrate, by difference | g | 90.40 | | 0 | NC | 4 | | 45.20 | | |
| Fiber, total dietary | g | 8.6 | | 0 | | 4 | | 4.3 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 7 | | 2 | | 1 | | 4 | | |
| Iron, Fe | mg | 2.71 | | 2 | | 1 | | 1.36 | | |
| Magnesium, Mg | mg | 1 | | 2 | | 1 | | 1 | | |
| Phosphorus, P | mg | 2 | | 2 | | 1 | | 1 | | |
| Potassium, K | mg | 7 | | 2 | | 1 | | 4 | | |
| Sodium, Na | mg | 200 | | 2 | | 1 | | 100 | | |
| Zinc, Zn | mg | 0.47 | | 2 | | 1 | | 0.24 | | |
| Copper, Cu | mg | 0.420 | | 2 | | 1 | | 0.210 | | |
| Manganese, Mn | mg | 0.070 | | 2 | | 1 | | 0.035 | | |
| Selenium, Se | mcg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.008 | | 2 | | 1 | | 0.004 | | |
| Riboflavin | mg | 0.060 | | 2 | | 1 | | 0.030 | | |
| Niacin | mg | 0.005 | | 2 | | 1 | | 0.003 | | |
| Pantothenic acid | mg | 0.110 | | 2 | | 1 | | 0.055 | | |
| Vitamin B-6 | mg | 0.010 | | 2 | | 1 | | 0.005 | | |
| Folate, total | mcg | 1 | | 2 | | 1 | | 1 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 1 | | 2 | | 1 | | 1 | | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 1 | | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 3 | | 2 | | 1 | | 2 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (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 | 0.050 | | 0 | | 4 | | 0.025 | | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 12:0 | g | 0.001 | | 0 | | 4 | | 0.001 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.002 | | 0 | | 4 | | 0.001 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.040 | | 0 | | 4 | | 0.020 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.006 | | 0 | | 4 | | 0.003 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19310**
**Pectin, unsweetened, dry mix**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.010 | | 0 | | 4 | | 0.005 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.001 | | 0 | | 4 | | 0.001 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.012 | | 0 | | 4 | | 0.006 | | |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.090 | | 0 | | 4 | | 0.045 | | |
| 18:2 undifferentiated.....g | 0.072 | | 0 | | 4 | | 0.036 | | |
| 18:3 undifferentiated.....g | 0.015 | | 0 | | 4 | | 0.008 | | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 50g: 1 package (1.75 oz)

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

**Food Group:** 19 Sweets

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

**NDB No. 19312**
**Pie fillings, apple, 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 | 73.40 | 0.815 | 3 | | 1 | | 436.73 | 54.32 | |
| Energy | kcal | 101 | | 0 | NC | 4 | | 601 | 75 | |
| Energy | kj | 423 | | | | 4 | | 2514 | 313 | |
| Protein (N x 6.25) | g | 0.10 | | 2 | | 1 | | 0.60 | 0.07 | |
| Total lipid (fat) | g | 0.10 | | 2 | | 1 | | 0.60 | 0.07 | |
| Ash | g | 0.30 | | 2 | | 1 | | 1.79 | 0.22 | |
| Carbohydrate, by difference | g | 26.20 | | 0 | NC | 4 | | 155.89 | 19.39 | |
| Fiber, total dietary | g | 1.0 | | 1 | AI | 13 | | 6.0 | 0.7 | |
| Sugars, total | g | 20.00 | | 1 | LC | 8 | | 119.00 | 14.80 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 4 | | 2 | | 1 | | 24 | 3 | |
| Iron, Fe | mg | 0.29 | | 2 | | 1 | | 1.73 | 0.21 | |
| Magnesium, Mg | mg | 2 | | 2 | | 1 | | 12 | 1 | |
| Phosphorus, P | mg | 7 | | 2 | | 1 | | 42 | 5 | |
| Potassium, K | mg | 45 | | 2 | | 1 | | 268 | 33 | |
| Sodium, Na | mg | 44 | | 2 | | 1 | | 262 | 33 | |
| Zinc, Zn | mg | 0.04 | | 2 | | 1 | | 0.24 | 0.03 | |
| Copper, Cu | mg | 0.055 | | 2 | | 1 | | 0.327 | 0.041 | |
| Manganese, Mn | mg | 0.027 | | 2 | | 1 | | 0.161 | 0.020 | |
| Selenium, Se | mcg | 0.5 | | 0 | FLC | 4 | | 2.8 | 0.3 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 0 | FLC | 4 | | 0.7 | 0.1 | |
| Thiamin | mg | 0.012 | | 2 | | 1 | | 0.071 | 0.009 | |
| Riboflavin | mg | 0.011 | | 2 | | 1 | | 0.065 | 0.008 | |
| Niacin | mg | 0.035 | | 2 | | 1 | | 0.208 | 0.026 | |
| Pantothenic acid | mg | 0.042 | | 2 | | 1 | | 0.250 | 0.031 | |
| Vitamin B-6 | mg | 0.016 | | 2 | | 1 | | 0.095 | 0.012 | |
| Folate, total | mcg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.020 | | 0 | | 1 | | 0.119 | 0.015 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.010 | | 1 | | 1 | | 0.060 | 0.007 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19312**
**Pie fillings, apple, 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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.030 | | 0 | | 1 | | 0.179 | 0.022 | |
| 18:2 undifferentiated.....g | 0.020 | | 1 | | 1 | | 0.119 | 0.015 | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.001 | | 0 | | 1 | | 0.006 | 0.001 | |
| Threonine.....g | 0.003 | | 0 | | 1 | | 0.018 | 0.002 | |
| Isoleucine.....g | 0.003 | | 0 | | 1 | | 0.018 | 0.002 | |
| Leucine.....g | 0.005 | | 0 | | 1 | | 0.030 | 0.004 | |
| Lysine.....g | 0.005 | | 0 | | 1 | | 0.030 | 0.004 | |
| Methionine.....g | 0.001 | | 0 | | 1 | | 0.006 | 0.001 | |
| Cystine.....g | 0.001 | | 0 | | 1 | | 0.006 | 0.001 | |
| Phenylalanine.....g | 0.002 | | 0 | | 1 | | 0.012 | 0.001 | |
| Tyrosine.....g | 0.002 | | 0 | | 1 | | 0.012 | 0.001 | |
| Valine.....g | 0.004 | | 0 | | 1 | | 0.024 | 0.003 | |
| Arginine.....g | 0.002 | | 0 | | 1 | | 0.012 | 0.001 | |
| Histidine.....g | 0.001 | | 0 | | 1 | | 0.006 | 0.001 | |
| Alanine.....g | 0.003 | | 0 | | 1 | | 0.018 | 0.002 | |
| Aspartic acid.....g | 0.028 | | 0 | | 1 | | 0.167 | 0.021 | |
| Glutamic acid.....g | 0.008 | | 0 | | 1 | | 0.048 | 0.006 | |
| Glycine.....g | 0.003 | | 0 | | 1 | | 0.018 | 0.002 | |
| Proline.....g | 0.003 | | 0 | | 1 | | 0.018 | 0.002 | |
| Serine.....g | 0.003 | | 0 | | 1 | | 0.018 | 0.002 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 595g: 1 can (21 oz)

Measure 2 = 74g: .125 can

**NDB No. 19312**
**Pie fillings, apple, canned**

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

**Food Group:** 19 Sweets

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

**NDB No. 44158**
**Pie fillings, blueberry, 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 | 54.66 | | 0 | FLC | 4 | | 143.20 | 82.53 | |
| Energy | kcal | 181 | | 0 | NC | 4 | | 474 | 273 | |
| Energy | kj | 757 | | 0 | NC | 4 | | 1984 | 1143 | |
| Protein | g | 0.41 | | 0 | FLC | 4 | | 1.08 | 0.62 | |
| Total lipid (fat) | g | 0.20 | | 0 | FLC | 4 | | 0.54 | 0.31 | |
| Ash | g | 0.35 | | 0 | FLC | 4 | | 0.92 | 0.53 | |
| Carbohydrate, by difference | g | 44.38 | | 0 | NC | 4 | | 116.27 | 67.01 | |
| Fiber, total dietary | g | 2.6 | | 1 | LC | 8 | | 6.9 | 4.0 | |
| Sugars, total | g | 37.75 | | 1 | LC | 8 | | 98.90 | 57.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 27 | | 0 | FLC | 4 | | 69 | 40 | |
| Iron, Fe | mg | 0.80 | | 0 | FLC | 4 | | 2.09 | 1.20 | |
| Magnesium, Mg | mg | 10 | | 0 | FLC | 4 | | 26 | 15 | |
| Phosphorus, P | mg | 12 | | 0 | FLC | 4 | | 32 | 19 | |
| Potassium, K | mg | 115 | | 0 | FLC | 4 | | 301 | 174 | |
| Sodium, Na | mg | 12 | | 0 | FLC | 4 | | 32 | 18 | |
| Zinc, Zn | mg | 0.10 | | 0 | FLC | 4 | | 0.26 | 0.15 | |
| Copper, Cu | mg | 0.112 | | 0 | FLC | 4 | | 0.292 | 0.168 | |
| Manganese, Mn | mg | 0.215 | | 0 | FLC | 4 | | 0.563 | 0.324 | |
| Selenium, Se | mcg | 0.4 | | 0 | FLC | 4 | | 1.1 | 0.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | FLC | 4 | | 1.8 | 1.0 | |
| Thiamin | mg | 0.023 | | 0 | FLC | 4 | | 0.061 | 0.035 | |
| Riboflavin | mg | 0.034 | | 0 | FLC | 4 | | 0.090 | 0.052 | |
| Niacin | mg | 0.091 | | 0 | FLC | 4 | | 0.238 | 0.137 | |
| Pantothenic acid | mg | 0.092 | | 0 | FLC | 4 | | 0.241 | 0.139 | |
| Vitamin B-6 | mg | 0.029 | | 0 | FLC | 4 | | 0.077 | 0.044 | |
| Folate, total | mcg | 1 | | 0 | FLC | 4 | | 4 | 2 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 1 | | 0 | FLC | 4 | | 4 | 2 | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 4 | 2 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 22 | | 0 | FLC | 4 | | 58 | 34 | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | FLC | 4 | | 3 | 2 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.23 | | 0 | FLC | 4 | | 0.61 | 0.35 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.9 | | 0 | FLC | 4 | | 10.3 | 5.9 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | |
| 4:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 44158**
**Pie fillings, blueberry, 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 | 0.000 | | 1 | LC | 8 | | 0.000 | 0.000 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 13 | | 0 | FLC | 4 | | 35.030 | 20.189 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 33 | | 0 | FLC | 4 | | 86.058 | 49.598 | |

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

Measure 2 = 151g: 1 serving

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

**Food Group:** 19 Sweets

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

**NDB No. 19314**
**Pie fillings, canned, cherry**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 71.23 | 0.930 | 5 | A | 1 | | 423.82 | 52.71 | |
| Energy | kcal | 115 | | 0 | NC | 4 | | 684 | 85 | |
| Energy | kj | 481 | | | | 4 | | 2863 | 356 | |
| Protein (N x 6.25) | g | 0.37 | 0.070 | 4 | A | 1 | | 2.20 | 0.27 | |
| Total lipid (fat) | g | 0.07 | 0.070 | 4 | A | 1 | | 0.42 | 0.05 | |
| Ash | g | 0.20 | 0.010 | 4 | A | 1 | | 1.19 | 0.15 | |
| Carbohydrate, by difference | g | 28.00 | | 0 | NC | 4 | | 166.60 | 20.72 | |
| Fiber, total dietary | g | 0.6 | | 0 | | 1 | | 3.6 | 0.4 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 11 | | 2 | | 1 | | 65 | 8 | |
| Iron, Fe | mg | 0.24 | | 2 | | 1 | | 1.43 | 0.18 | |
| Magnesium, Mg | mg | 7 | | 2 | | 1 | | 42 | 5 | |
| Phosphorus, P | mg | 15 | | 2 | | 1 | | 89 | 11 | |
| Potassium, K | mg | 105 | | 2 | | 1 | | 625 | 78 | |
| Sodium, Na | mg | 18 | 8.040 | 4 | A | 1 | | 107 | 13 | |
| Zinc, Zn | mg | 0.05 | | 2 | | 1 | | 0.30 | 0.04 | |
| Copper, Cu | mg | 0.080 | | 2 | | 1 | | 0.476 | 0.059 | |
| Manganese, Mn | mg | 0.030 | | 2 | | 1 | | 0.179 | 0.022 | |
| Selenium, Se | mcg | 0.4 | | 0 | BFSN | 4 | | 2.4 | 0.3 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 3.6 | | 1 | | 4 | | 21.4 | 2.7 | |
| Thiamin | mg | 0.025 | | 2 | | 1 | | 0.149 | 0.019 | |
| Riboflavin | mg | 0.016 | | 2 | | 1 | | 0.095 | 0.012 | |
| Niacin | mg | 0.140 | | 2 | | 1 | | 0.833 | 0.104 | |
| Pantothenic acid | mg | 0.063 | | 2 | | 1 | | 0.375 | 0.047 | |
| Vitamin B-6 | mg | 0.037 | | 2 | | 1 | | 0.220 | 0.027 | |
| Folate, total | mcg | 4 | | 2 | | 1 | | 24 | 3 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 4 | | 2 | | 1 | | 24 | 3 | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 24 | 3 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 205 | | 2 | | 1 | | 1220 | 152 | |
| Vitamin A, RAE | mcg_RAE | 10 | | 0 | NC | 4 | | 61 | 8 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.018 | | 0 | BFFN | 4 | | 0.107 | 0.013 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.010 | | 0 | BFFN | 4 | | 0.060 | 0.007 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.004 | | 0 | BFFN | 4 | | 0.024 | 0.003 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19314**
**Pie fillings, canned, cherry**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.021 | | 0 | BFFN | 4 | | 0.125 | 0.016 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.021 | | 0 | BFFN | 4 | | 0.125 | 0.016 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.021 | | 0 | BFFN | 4 | | 0.125 | 0.016 | |
| 18:2 undifferentiated.....g | 0.010 | | 0 | BFFN | 4 | | 0.060 | 0.007 | |
| 18:3 undifferentiated.....g | 0.010 | | 0 | BFFN | 4 | | 0.060 | 0.007 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.002 | | 0 | | 1 | | 0.012 | 0.001 | |
| Threonine.....g | 0.009 | | 0 | | 1 | | 0.054 | 0.007 | |
| Isoleucine.....g | 0.009 | | 0 | | 1 | | 0.054 | 0.007 | |
| Leucine.....g | 0.013 | | 0 | | 1 | | 0.077 | 0.010 | |
| Lysine.....g | 0.016 | | 0 | | 1 | | 0.095 | 0.012 | |
| Methionine.....g | 0.002 | | 0 | | 1 | | 0.012 | 0.001 | |
| Cystine.....g | 0.002 | | 0 | | 1 | | 0.012 | 0.001 | |
| Phenylalanine.....g | 0.008 | | 0 | | 1 | | 0.048 | 0.006 | |
| Tyrosine.....g | 0.005 | | 0 | | 1 | | 0.030 | 0.004 | |
| Valine.....g | 0.012 | | 0 | | 1 | | 0.071 | 0.009 | |
| Arginine.....g | 0.007 | | 0 | | 1 | | 0.042 | 0.005 | |
| Histidine.....g | 0.006 | | 0 | | 1 | | 0.036 | 0.004 | |
| Alanine.....g | 0.013 | | 0 | | 1 | | 0.077 | 0.010 | |
| Aspartic acid.....g | 0.247 | | 0 | | 1 | | 1.470 | 0.183 | |
| Glutamic acid.....g | 0.017 | | 0 | | 1 | | 0.101 | 0.013 | |
| Glycine.....g | 0.010 | | 0 | | 1 | | 0.060 | 0.007 | |
| Proline.....g | 0.014 | | 0 | | 1 | | 0.083 | 0.010 | |
| Serine.....g | 0.014 | | 0 | | 1 | | 0.083 | 0.010 | |
| Hydroxyproline.....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 595g: 1 can (21 oz)

Measure 2 = 74g: .125 can

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

**Food Group:** 19 Sweets

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

**NDB No. 43098**
**Pie fillings, cherry, low calorie**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 88.40 | | 0 | FLC | 4 | | 233.37 | | |
| Energy | kcal | 46 | | 0 | NC | 4 | | 122 | | |
| Energy | kj | 193 | | 0 | NC | 4 | | 509 | | |
| Protein | g | 0.83 | | 0 | FLC | 4 | | 2.20 | | |
| Total lipid (fat) | g | 0.16 | | 0 | FLC | 4 | | 0.43 | | |
| Ash | g | 0.28 | | 0 | FLC | 4 | | 0.74 | | |
| Carbohydrate, by difference | g | 10.33 | | 0 | NC | 4 | | 27.27 | | |
| Fiber, total dietary | g | 1.2 | | 1 | LC | 8 | | 3.1 | | |
| Sugars, total | g | 9.15 | | 0 | NR | 4 | | 24.17 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 11 | | 0 | FLC | 4 | | 29 | | |
| Iron, Fe | mg | 0.32 | | 0 | FLC | 4 | | 0.85 | | |
| Magnesium, Mg | mg | 8 | | 0 | FLC | 4 | | 21 | | |
| Phosphorus, P | mg | 15 | | 0 | FLC | 4 | | 40 | | |
| Potassium, K | mg | 120 | | 0 | FLC | 4 | | 317 | | |
| Sodium, Na | mg | 12 | | 1 | LC | 8 | | 31 | | |
| Zinc, Zn | mg | 0.07 | | 0 | FLC | 4 | | 0.19 | | |
| Copper, Cu | mg | 0.084 | | 0 | FLC | 4 | | 0.222 | | |
| Manganese, Mn | mg | 0.056 | | 0 | FLC | 4 | | 0.149 | | |
| Selenium, Se | mcg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.8 | | 1 | LC | 8 | | 7.5 | | |
| Thiamin | mg | 0.021 | | 0 | FLC | 4 | | 0.057 | | |
| Riboflavin | mg | 0.039 | | 0 | FLC | 4 | | 0.104 | | |
| Niacin | mg | 0.367 | | 0 | FLC | 4 | | 0.969 | | |
| Pantothenic acid | mg | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Vitamin B-6 | mg | 0.028 | | 0 | FLC | 4 | | 0.073 | | |
| Folate, total | mcg | 4 | | 0 | FLC | 4 | | 12 | | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Folate, food | mcg | 4 | | 0 | FLC | 4 | | 12 | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 12 | | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 220 | | 0 | FLC | 4 | | 581 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| 4:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 8:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 10:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 12:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 43098**
**Pie fillings, cherry, low calorie**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 1 | LC | 8 | | 0.000 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:1.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 1 | LC | 8 | | 0.000 | | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 18:4.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 125 | | 0 | NR | 4 | | 330.000 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 264g: 1 cup

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

**Food Group:** 19 Sweets

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

**NDB No. 19286**

**Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, powder**

*Kraft Foods, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.60 | | 0 | MC | 9 | | 0.90 | | |
| Energy | kcal | 360 | | 0 | MC | 9 | | 90 | | |
| Energy | kj | 1506 | | | | 9 | | 377 | | |
| Protein | g | 1.70 | | 0 | MC | 9 | | 0.43 | | |
| Total lipid (fat) | g | 1.00 | | 0 | NR | 4 | | 0.25 | | |
| Ash | g | 2.10 | | 0 | MC | 9 | | 0.53 | | |
| Carbohydrate, by difference | g | 91.00 | | 0 | MC | 9 | | 22.75 | | |
| Fiber, total dietary | g | 1.3 | | 0 | MC | 9 | | 0.3 | | |
| Sugars, total | g | 60.10 | | 0 | MC | 9 | | 15.03 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 21 | | 0 | MC | 9 | | 5 | | |
| Iron, Fe | mg | 2.68 | | 0 | MC | 9 | | 0.67 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 72 | | 0 | MC | 9 | | 18 | | |
| Potassium, K | mg | 351 | | 0 | MC | 9 | | 88 | | |
| Sodium, Na | mg | 426 | | 0 | MC | 9 | | 107 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 1 | | 0 | MC | 9 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 0.600 | | 0 | MC | 9 | | 0.150 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 25g: 1 NLEA Serving

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19286**

**Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, powder**

**Food Group:** 19 Sweets

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

**NDB No. 19287**

**Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, powder**

*Kraft Foods, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.10 | | 0 | MC | 9 | | 0.71 | | |
| Energy | kcal | 374 | | 0 | MC | 9 | | 86 | | |
| Energy | kj | 1565 | | | | 9 | | 360 | | |
| Protein | g | 0.10 | | 0 | MC | 9 | | 0.02 | | |
| Total lipid (fat) | g | 0.10 | | 0 | NR | 4 | | 0.02 | | |
| Ash | g | 2.20 | | 0 | MC | 9 | | 0.51 | | |
| Carbohydrate, by difference | g | 94.30 | | 0 | MC | 9 | | 21.69 | | |
| Fiber, total dietary | g | 0.3 | | 0 | MC | 9 | | 0.1 | | |
| Sugars, total | g | 69.70 | | 0 | MC | 9 | | 16.03 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 10 | | 0 | MC | 9 | | 2 | | |
| Iron, Fe | mg | 0.18 | | 0 | MC | 9 | | 0.04 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 7 | | 0 | MC | 9 | | 2 | | |
| Potassium, K | mg | 12 | | 0 | MC | 9 | | 3 | | |
| Sodium, Na | mg | 599 | | 0 | MC | 9 | | 138 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | MC | 9 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 0.100 | | 0 | MC | 9 | | 0.023 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 23g: 1 NLEA Serving

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19287**

**Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, powder**

**Food Group:** 19 Sweets

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

**NDB No. 19288**

**Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat**

*Kraft Foods, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 75.70 | | 0 | MC | 9 | | 85.54 | | |
| Energy | kcal | 90 | | 0 | MC | 9 | | 102 | | |
| Energy | kj | 377 | | | | 9 | | 426 | | |
| Protein | g | 2.50 | | 0 | MC | 9 | | 2.83 | | |
| Total lipid (fat) | g | 0.40 | | 0 | NR | 4 | | 0.45 | | |
| Ash | g | 1.10 | | 0 | MC | 9 | | 1.24 | | |
| Carbohydrate, by difference | g | 20.10 | | 0 | MC | 9 | | 22.71 | | |
| Fiber, total dietary | g | 0.8 | | 0 | MC | 9 | | 0.9 | | |
| Sugars, total | g | 15.30 | | 0 | MC | 9 | | 17.29 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 79 | | 0 | MC | 9 | | 89 | | |
| Iron, Fe | mg | 0.53 | | 0 | MC | 9 | | 0.60 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 76 | | 0 | MC | 9 | | 86 | | |
| Potassium, K | mg | 208 | | 0 | MC | 9 | | 235 | | |
| Sodium, Na | mg | 170 | | 0 | MC | 9 | | 192 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 0 | MC | 9 | | 0.3 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 154 | | 0 | MC | 9 | | 174 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | | 0.339 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 2 | | 0 | MC | 9 | | 2 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 113g: 1 NLEA Serving

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19288**
**Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat**

**Food Group:** 19 Sweets

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

**NDB No. 19289**

**Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Vanilla, ready-to-eat**

*Kraft Foods, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 75.90 | | 0 | MC | 9 | | 85.77 | | |
| Energy | kcal | 92 | | 0 | MC | 9 | | 104 | | |
| Energy | kj | 385 | | | | 9 | | 435 | | |
| Protein | g | 2.10 | | 0 | MC | 9 | | 2.37 | | |
| Total lipid (fat) | g | 0.20 | | 0 | NR | 4 | | 0.23 | | |
| Ash | g | 1.00 | | 0 | MC | 9 | | 1.13 | | |
| Carbohydrate, by difference | g | 20.50 | | 0 | MC | 9 | | 23.17 | | |
| Fiber, total dietary | g | 0.1 | | 0 | MC | 9 | | 0.1 | | |
| Sugars, total | g | 15.80 | | 0 | MC | 9 | | 17.85 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 76 | | 0 | MC | 9 | | 86 | | |
| Iron, Fe | mg | 0.04 | | 0 | MC | 9 | | 0.05 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 102 | | 0 | MC | 9 | | 115 | | |
| Potassium, K | mg | 109 | | 0 | MC | 9 | | 123 | | |
| Sodium, Na | mg | 213 | | 0 | MC | 9 | | 241 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 0 | MC | 9 | | 0.3 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 154 | | 0 | MC | 9 | | 174 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 0.200 | | 0 | MC | 9 | | 0.226 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 2 | | 0 | MC | 9 | | 2 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 113g: 1 NLEA Serving

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19289**
**Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Vanilla, ready-to-eat**

**Food Group:** 19 Sweets

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

**NDB No. 19275**

**Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Chocolate, with aspartame ar acesulfame potassium sweetener, powder**

*Kraft Foods, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.50 | | 0 | MC | 9 | | 0.50 | | |
| Energy | kcal | 310 | | 0 | MC | 9 | | 34 | | |
| Energy | kj | 1297 | | | | 9 | | 143 | | |
| Protein | g | 4.90 | | 0 | MC | 9 | | 0.54 | | |
| Total lipid (fat) | g | 2.40 | | 0 | NR | 4 | | 0.26 | | |
| Ash | g | 9.90 | | 0 | MC | 9 | | 1.09 | | |
| Carbohydrate, by difference (1) | g | 74.60 | | 0 | MC | 9 | | 8.21 | | |
| Fiber, total dietary | g | 7.9 | | 0 | MC | 9 | | 0.9 | | |
| Sugars, total | g | 0.70 | | 0 | MC | 9 | | 0.08 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 126 | | 0 | MC | 9 | | 14 | | |
| Iron, Fe | mg | 7.17 | | 0 | MC | 9 | | 0.79 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 1717 | | 0 | MC | 9 | | 189 | | |
| Potassium, K | mg | 1105 | | 0 | MC | 9 | | 122 | | |
| Sodium, Na | mg | 2887 | | 0 | MC | 9 | | 318 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.1 | | 0 | MC | 9 | | 0.1 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 2 | | 0 | MC | 9 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 1.000 | | 0 | MC | 9 | | 0.110 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 11.0g: 1 NLEA Serving

**Footnotes**

1 Contains other proximate components.

**NDB No. 19275**

**Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Chocolate, with aspartame ar acesulfame potassium sweetener, powder**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

**NDB No. 19276**

**Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Vanilla, with aspartame and acesulfame potassium sweetener, powder**

*Kraft Foods, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 5.70 | | 0 | MC | 9 | | 0.46 | | |
| Energy | kcal | 331 | | 0 | MC | 9 | | 26 | | |
| Energy | kj | 1385 | | | | 9 | | 111 | | |
| Protein | g | 0.80 | | 0 | MC | 9 | | 0.06 | | |
| Total lipid (fat) | g | 0.90 | | 0 | NR | 4 | | 0.07 | | |
| Ash | g | 11.40 | | 0 | MC | 9 | | 0.91 | | |
| Carbohydrate, by difference (1) | g | 77.90 | | 0 | MC | 9 | | 6.23 | | |
| Fiber, total dietary | g | 1.3 | | 0 | MC | 9 | | 0.1 | | |
| Sugars, total | g | 0.90 | | 0 | MC | 9 | | 0.07 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 147 | | 0 | MC | 9 | | 12 | | |
| Iron, Fe | mg | 0.08 | | 0 | MC | 9 | | 0.01 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 2368 | | 0 | MC | 9 | | 189 | | |
| Potassium, K | mg | 31 | | 0 | MC | 9 | | 2 | | |
| Sodium, Na | mg | 4154 | | 0 | MC | 9 | | 332 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | MC | 9 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 0.100 | | 0 | MC | 9 | | 0.008 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 8.0g: 1 NLEA Serving

**Footnotes**

1 Contains other proximate components.

**NDB No. 19276**

**Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Vanilla, with aspartame and acesulfame potassium sweetener, powder**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

**NDB No. 19284**

**Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Chocolate, powder**

*Kraft Foods, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.60 | | 0 | MC | 9 | | 0.45 | | |
| Energy | kcal | 355 | | 0 | MC | 9 | | 99 | | |
| Energy | kj | 1485 | | | | 9 | | 416 | | |
| Protein | g | 1.50 | | 0 | MC | 9 | | 0.42 | | |
| Total lipid (fat) | g | 1.20 | | 0 | NR | 4 | | 0.34 | | |
| Ash | g | 4.80 | | 0 | MC | 9 | | 1.34 | | |
| Carbohydrate, by difference (1) | g | 89.60 | | 0 | MC | 9 | | 25.09 | | |
| Fiber, total dietary | g | 2.4 | | 0 | MC | 9 | | 0.7 | | |
| Sugars, total | g | 66.70 | | 0 | MC | 9 | | 18.68 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 16 | | 0 | MC | 9 | | 4 | | |
| Iron, Fe | mg | 2.13 | | 0 | MC | 9 | | 0.60 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 938 | | 0 | MC | 9 | | 263 | | |
| Potassium, K | mg | 290 | | 0 | MC | 9 | | 81 | | |
| Sodium, Na | mg | 1477 | | 0 | MC | 9 | | 414 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | MC | 9 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 0.500 | | 0 | MC | 9 | | 0.140 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28g: 1 NLEA Serving

**Footnotes**

1 Contains other proximate components.

**NDB No. 19284**
**Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Chocolate, powder**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

**NDB No. 19285**

**Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Vanilla, powder**

*Kraft Foods, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.10 | | 0 | MC | 9 | | 0.28 | | |
| Energy | kcal | 375 | | 0 | MC | 9 | | 94 | | |
| Energy | kj | 1569 | | | | 9 | | 392 | | |
| Protein | g | 0.10 | | 0 | MC | 9 | | 0.03 | | |
| Total lipid (fat) | g | 0.80 | | 0 | NR | 4 | | 0.20 | | |
| Ash | g | 3.60 | | 0 | MC | 9 | | 0.90 | | |
| Carbohydrate, by difference | g | 93.50 | | 0 | MC | 9 | | 23.38 | | |
| Fiber, total dietary | g | 0.1 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total | g | 74.90 | | 0 | MC | 9 | | 18.73 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 4 | | 0 | MC | 9 | | 1 | | |
| Iron, Fe | mg | 0.12 | | 0 | MC | 9 | | 0.03 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 795 | | 0 | MC | 9 | | 199 | | |
| Potassium, K | mg | 5 | | 0 | MC | 9 | | 1 | | |
| Sodium, Na | mg | 1411 | | 0 | MC | 9 | | 353 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 0 | MC | 9 | | 0.1 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | MC | 9 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 0.200 | | 0 | MC | 9 | | 0.050 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 25g: 1 NLEA Serving

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19285**
**Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Vanilla, powder**

**Food Group:** 19 Sweets

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

**NDB No. 19277**

**Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, with aspartame and acesulfame potassium sweetener, powder**

*Kraft Foods, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 8.30 | | 0 | MC | 9 | | 0.83 | | |
| Energy | kcal | 310 | | 0 | MC | 9 | | 31 | | |
| Energy | kj | 1297 | | | | 9 | | 130 | | |
| Protein | g | 6.10 | | 0 | MC | 9 | | 0.61 | | |
| Total lipid (fat) | g | 3.00 | | 0 | NR | 4 | | 0.30 | | |
| Ash | g | 6.00 | | 0 | MC | 9 | | 0.60 | | |
| Carbohydrate, by difference (1) | g | 74.50 | | 0 | MC | 9 | | 7.45 | | |
| Fiber, total dietary | g | 9.3 | | 0 | MC | 9 | | 0.9 | | |
| Sugars, total | g | 0.70 | | 0 | MC | 9 | | 0.07 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 69 | | 0 | MC | 9 | | 7 | | |
| Iron, Fe | mg | 11.83 | | 0 | MC | 9 | | 1.18 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 212 | | 0 | MC | 9 | | 21 | | |
| Potassium, K | mg | 1390 | | 0 | MC | 9 | | 139 | | |
| Sodium, Na | mg | 1085 | | 0 | MC | 9 | | 109 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | MC | 9 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 1.600 | | 0 | MC | 9 | | 0.160 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 10.0g: 1 NLEA Serving

**Footnotes**

1 Contains other proximate components.

**NDB No. 19277**

**Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, with aspartame and acesulfame potassium sweetener, powder**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

**NDB No. 19278**

**Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, with aspartame and acesulfame potassium sweetener, powder**

*Kraft Foods, Inc.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 10.10 | | 0 | MC | 9 | | 0.61 | | |
| Energy | kcal | 349 | | 0 | MC | 9 | | 21 | | |
| Energy | kj | 1460 | | | | 9 | | 88 | | |
| Protein | g | 1.00 | | 0 | MC | 9 | | 0.06 | | |
| Total lipid (fat) | g | 0.30 | | 0 | NR | 4 | | 0.02 | | |
| Ash | g | 5.20 | | 0 | MC | 9 | | 0.31 | | |
| Carbohydrate, by difference (1) | g | 82.30 | | 0 | MC | 9 | | 4.94 | | |
| Fiber, total dietary | g | 0.9 | | 0 | MC | 9 | | 0.1 | | |
| Sugars, total | g | 2.90 | | 0 | MC | 9 | | 0.17 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 42 | | 0 | MC | 9 | | 3 | | |
| Iron, Fe | mg | 0.36 | | 0 | MC | 9 | | 0.02 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 29 | | 0 | MC | 9 | | 2 | | |
| Potassium, K | mg | 38 | | 0 | MC | 9 | | 2 | | |
| Sodium, Na | mg | 1887 | | 0 | MC | 9 | | 113 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | | | | | | | | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | MC | 9 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (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 | 0.100 | | 0 | MC | 9 | | 0.006 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | MC | 9 | | 0 | | |
| Phytosterols | mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 6.0g: 1 NLEA Serving

**Footnotes**

1 Contains other proximate components.

**NDB No. 19278**

**Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, with aspartame and acesulfame potassium sweetener, powder**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

**NDB No. 44260**
**Puddings, all flavors except chocolate, low calorie, instant, dry mix**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.90 | | | | 4 | | | | |
| Energy | kcal | 342 | | | | 4 | | | | |
| Energy | kj | 1431 | | | | 4 | | | | |
| Protein | g | 1.30 | | | | 4 | | | | |
| Total lipid (fat) | g | 0.80 | | | | 4 | | | | |
| Ash | g | 12.50 | | 0 | NR | 4 | | | | |
| Carbohydrate, by difference | g | 81.50 | | | | 4 | | | | |
| Fiber, total dietary | g | 0.9 | | 0 | FLM | 4 | | | | |
| Sugars, total | g | 0.90 | | 0 | FLM | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 19 | | | | 4 | | | | |
| Iron, Fe | mg | 0.24 | | | | 4 | | | | |
| Magnesium, Mg | mg | 7 | | | | 4 | | | | |
| Phosphorus, P | mg | 2179 | | | | 4 | | | | |
| Potassium, K | mg | 47 | | | | 4 | | | | |
| Sodium, Na | mg | 4232 | | | | 4 | | | | |
| Zinc, Zn | mg | 0.00 | | | | 4 | | | | |
| Copper, Cu | mg | 0.000 | | | | 4 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 0.8 | | 0 | BFZN | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 4 | | | | |
| Thiamin | mg | 0.000 | | | | 4 | | | | |
| Riboflavin | mg | 0.000 | | | | 4 | | | | |
| Niacin | mg | 0.000 | | | | 4 | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.000 | | | | 4 | | | | |
| Folate, total | mcg | 0 | | | | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | | | |
| Folate, food | mcg | 0 | | | | 4 | | | | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.01 | | | | 4 | | | | |
| Vitamin A, IU | IU | 0 | | 0 | NC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 0 | | 0 | FLM | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.05 | | 0 | FLM | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.2 | | 0 | FLM | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.163 | | | | 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 | 0.000 | | | | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.163 | | | | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.013 | | | | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 44260**
**Puddings, all flavors except chocolate, low calorie, instant, dry mix**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.240 | | | | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.240 | | | | 4 | | | | |
| 20:1.....g | 0.000 | | | | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.318 | | | | 4 | | | | |
| 18:2 undifferentiated.....g | 0.305 | | | | 4 | | | | |
| 18:3 undifferentiated.....g | 0.013 | | | | 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 | FLM | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | FLM | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLM | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLM | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

**NDB No. 44259**
**Puddings, all flavors except chocolate, low calorie, regular, dry mix**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 10.40 | | | | 4 | | | | |
| Energy | kcal | 356 | | | | 4 | | | | |
| Energy | kj | 1490 | | | | 4 | | | | |
| Protein | g | 1.60 | | | | 4 | | | | |
| Total lipid (fat) | g | 0.10 | | | | 4 | | | | |
| Ash | g | 3.20 | | 0 | NR | 4 | | | | |
| Carbohydrate, by difference | g | 84.70 | | | | 4 | | | | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | | | |
| Sugars, total | g | 0.84 | | 0 | BFSN | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 49 | | | | 4 | | | | |
| Iron, Fe | mg | 0.05 | | | | 4 | | | | |
| Magnesium, Mg | mg | 17 | | | | 4 | | | | |
| Phosphorus, P | mg | 12 | | | | 4 | | | | |
| Potassium, K | mg | 18 | | | | 4 | | | | |
| Sodium, Na | mg | 1765 | | | | 4 | | | | |
| Zinc, Zn | mg | 0.19 | | | | 4 | | | | |
| Copper, Cu | mg | 0.040 | | | | 4 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 0.9 | | 0 | BFZN | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 4 | | | | |
| Thiamin | mg | 0.000 | | | | 4 | | | | |
| Riboflavin | mg | 0.000 | | | | 4 | | | | |
| Niacin | mg | 0.000 | | | | 4 | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.000 | | | | 4 | | | | |
| Folate, total | mcg | 0 | | | | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | BFSN | 4 | | | | |
| Folate, food | mcg | 0 | | 0 | BFSN | 4 | | | | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.00 | | | | 4 | | | | |
| Vitamin A, IU | IU | 0 | | | | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | BFSN | 4 | | | | |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.05 | | 0 | BFSN | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.1 | | 0 | BFSN | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.018 | | | | 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 | 0.000 | | | | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.018 | | | | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.002 | | | | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 44259**
**Puddings, all flavors except chocolate, low calorie, regular, dry mix**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.032 | | | | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.032 | | | | 4 | | | | |
| 20:1.....g | 0.000 | | | | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.050 | | | | 4 | | | | |
| 18:2 undifferentiated.....g | 0.050 | | | | 4 | | | | |
| 18:3 undifferentiated.....g | 0.000 | | | | 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 | | | | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 7 | | | | |
| Caffeine.....mg | 0 | | 0 | BFSN | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | BFSN | 4 | | | | |
| **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** **Fat** **Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19318**
**Puddings, banana, dry mix, instant**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.80 | 0.054 | 6 | | 1 | | 2.77 | 0.70 | |
| Energy | kcal | 367 | | 0 | NC | 4 | | 363 | 92 | |
| Energy | kj | 1536 | | | | 4 | | 1520 | 384 | |
| Protein (N x 6.4) | g | 0.00 | 0.000 | 6 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.60 | 0.074 | 6 | | 1 | | 0.59 | 0.15 | |
| Ash | g | 3.80 | 0.013 | 6 | | 1 | | 3.76 | 0.95 | |
| Carbohydrate, by difference | g | 92.70 | | 0 | NC | 4 | | 91.77 | 23.18 | |
| Fiber, total dietary | g | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 6 | | 1 | | 4 | | 6 | 2 | |
| Iron, Fe | mg | 0.12 | | 1 | | 4 | | 0.12 | 0.03 | |
| Magnesium, Mg | mg | 2 | | 1 | | 4 | | 2 | 1 | |
| Phosphorus, P | mg | 804 | | 1 | | 4 | | 796 | 201 | |
| Potassium, K | mg | 15 | | 0 | | 4 | | 15 | 4 | |
| Sodium, Na | mg | 1499 | | 0 | | 4 | | 1484 | 375 | |
| Zinc, Zn | mg | 0.04 | | 1 | | 4 | | 0.04 | 0.01 | |
| Copper, Cu | mg | 0.021 | | 1 | | 4 | | 0.021 | 0.005 | |
| Manganese, Mn | mg | 0.010 | | 1 | | 4 | | 0.010 | 0.003 | |
| Selenium, Se | mcg | 0.8 | | 0 | BFZN | 4 | | 0.8 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.001 | | 1 | | 4 | | 0.001 | 0.000 | |
| Riboflavin | mg | 0.003 | | 1 | | 4 | | 0.003 | 0.001 | |
| Niacin | mg | 0.002 | | 1 | | 4 | | 0.002 | 0.001 | |
| Pantothenic acid | mg | 0.006 | | 1 | | 4 | | 0.006 | 0.002 | |
| Vitamin B-6 | mg | 0.001 | | 1 | | 4 | | 0.001 | 0.000 | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.01 | | 1 | | 4 | | 0.01 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.090 | | 0 | | 1 | | 0.089 | 0.023 | |
| 4:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.060 | | 1 | | 1 | | 0.059 | 0.015 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.020 | | 1 | | 1 | | 0.020 | 0.005 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19318**
**Puddings, banana, dry mix, instant**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.140 | | 0 | | 1 | | 0.139 | 0.035 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.140 | | 1 | | 1 | | 0.139 | 0.035 | |
| 20:1.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.350 | | 0 | | 1 | | 0.347 | 0.088 | |
| 18:2 undifferentiated.....g | 0.310 | | 1 | | 1 | | 0.307 | 0.078 | |
| 18:3 undifferentiated.....g | 0.040 | | 1 | | 1 | | 0.040 | 0.010 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

**Food Group:** 19 Sweets

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

**NDB No. 19121**
**Puddings, banana, dry mix, instant, prepared with 2% milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.52 | | 0 | RPA | 1 | | | | |
| Energy | kcal | 105 | | 0 | RPI | 6 | | | | |
| Energy | kj | 441 | | 0 | RPI | 6 | | | | |
| Protein | g | 2.76 | | 0 | RPA | 1 | | | | |
| Total lipid (fat) | g | 1.70 | | 0 | RPA | 1 | | | | |
| Ash | g | 1.26 | | 0 | RPA | 1 | | | | |
| Carbohydrate, by difference | g | 19.74 | | 0 | RPI | 6 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | RPI | 6 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 102 | | 0 | RPI | 6 | | | | |
| Iron, Fe | mg | 0.06 | | 0 | RPI | 6 | | | | |
| Magnesium, Mg | mg | 12 | | 0 | RPI | 6 | | | | |
| Phosphorus, P | mg | 216 | | 0 | RPI | 6 | | | | |
| Potassium, K | mg | 131 | | 0 | RPI | 6 | | | | |
| Sodium, Na | mg | 296 | | 0 | RPI | 6 | | | | |
| Zinc, Zn | mg | 0.33 | | 0 | RPI | 6 | | | | |
| Copper, Cu | mg | 0.010 | | 0 | RPI | 6 | | | | |
| Manganese, Mn | mg | 0.003 | | 0 | RPI | 6 | | | | |
| Selenium, Se | mcg | 2.0 | | 0 | RPI | 6 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 0 | RPI | 6 | | | | |
| Thiamin | mg | 0.033 | | 0 | RPI | 6 | | | | |
| Riboflavin | mg | 0.137 | | 0 | RPI | 6 | | | | |
| Niacin | mg | 0.072 | | 0 | RPI | 6 | | | | |
| Pantothenic acid | mg | 0.267 | | 0 | RPI | 6 | | | | |
| Vitamin B-6 | mg | 0.036 | | 0 | RPI | 6 | | | | |
| Folate, total | mcg | 4 | | 0 | RPI | 6 | | | | |
| Folic acid | mcg | 0 | | 0 | RPI | 6 | | | | |
| Folate, food | mcg | 4 | | 0 | RPI | 6 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.30 | | 0 | RPI | 6 | | | | |
| Vitamin A, IU | IU | 170 | | 0 | RPI | 6 | | | | |
| Vitamin A, RAE | mcg_RAE | 46 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 46 | | 0 | RPA | 1 | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 33.200 | | 0 | RPI | 6 | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.971 | | 0 | RPA | 1 | | | | |
| 4:0 | g | 0.051 | | 0 | RPA | 1 | | | | |
| 6:0 | g | 0.031 | | 0 | RPA | 1 | | | | |
| 8:0 | g | 0.017 | | 0 | RPA | 1 | | | | |
| 10:0 | g | 0.040 | | 0 | RPA | 1 | | | | |
| 12:0 | g | 0.045 | | 0 | RPA | 1 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.160 | | 0 | RPA | 1 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.429 | | 0 | RPA | 1 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.197 | | 0 | RPA | 1 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19121**
**Puddings, banana, dry mix, instant, prepared with 2% milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.460 | | 0 | RPA | 1 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.036 | | 0 | RPA | 1 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.425 | | 0 | RPA | 1 | | | | |
| 20:1.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.118 | | 0 | RPA | 1 | | | | |
| 18:2 undifferentiated.....g | 0.088 | | 0 | RPA | 1 | | | | |
| 18:3 undifferentiated.....g | 0.030 | | 0 | RPA | 1 | | | | |
| 18:4.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 6 | | 0 | RPI | 6 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.039 | | 0 | RPA | 1 | | | | |
| Threonine.....g | 0.125 | | 0 | RPA | 1 | | | | |
| Isoleucine.....g | 0.167 | | 0 | RPA | 1 | | | | |
| Leucine.....g | 0.271 | | 0 | RPA | 1 | | | | |
| Lysine.....g | 0.219 | | 0 | RPA | 1 | | | | |
| Methionine.....g | 0.070 | | 0 | RPA | 1 | | | | |
| Cystine.....g | 0.026 | | 0 | RPA | 1 | | | | |
| Phenylalanine.....g | 0.134 | | 0 | RPA | 1 | | | | |
| Tyrosine.....g | 0.134 | | 0 | RPA | 1 | | | | |
| Valine.....g | 0.185 | | 0 | RPA | 1 | | | | |
| Arginine.....g | 0.100 | | 0 | RPA | 1 | | | | |
| Histidine.....g | 0.075 | | 0 | RPA | 1 | | | | |
| Alanine.....g | 0.095 | | 0 | RPA | 1 | | | | |
| Aspartic acid.....g | 0.210 | | 0 | RPA | 1 | | | | |
| Glutamic acid.....g | 0.579 | | 0 | RPA | 1 | | | | |
| Glycine.....g | 0.058 | | 0 | RPA | 1 | | | | |
| Proline.....g | 0.268 | | 0 | RPA | 1 | | | | |
| Serine.....g | 0.150 | | 0 | RPA | 1 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RPI | 6 | | | | |
| Caffeine.....mg | 0 | | 0 | RPI | 6 | | | | |
| Theobromine.....mg | 0 | | 0 | RPI | 6 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 10 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19121**
**Puddings, banana, dry mix, instant, prepared with 2% milk**

**Food Group:** 19 Sweets

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

**NDB No. 19319**
**Puddings, banana, dry mix, instant, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 73.51 | | 0 | RPA | 1 | | | | |
| Energy | kcal | 115 | | 0 | RPI | 6 | | | | |
| Energy | kj | 482 | | 0 | RPI | 6 | | | | |
| Protein | g | 2.73 | | 0 | RPA | 1 | | | | |
| Total lipid (fat) | g | 2.87 | | 0 | RPA | 1 | | | | |
| Ash | g | 1.24 | | 0 | RPA | 1 | | | | |
| Carbohydrate, by difference | g | 19.63 | | 0 | RPI | 6 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | RPI | 6 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 100 | | 0 | RPI | 6 | | | | |
| Iron, Fe | mg | 0.06 | | 0 | RPI | 6 | | | | |
| Magnesium, Mg | mg | 11 | | 0 | RPI | 6 | | | | |
| Phosphorus, P | mg | 214 | | 0 | RPI | 6 | | | | |
| Potassium, K | mg | 128 | | 0 | RPI | 6 | | | | |
| Sodium, Na | mg | 296 | | 0 | RPI | 6 | | | | |
| Zinc, Zn | mg | 0.32 | | 0 | RPI | 6 | | | | |
| Copper, Cu | mg | 0.012 | | 0 | RPI | 6 | | | | |
| Manganese, Mn | mg | 0.005 | | 0 | RPI | 6 | | | | |
| Selenium, Se | mcg | 1.8 | | 0 | RPI | 6 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 0 | RPI | 6 | | | | |
| Thiamin | mg | 0.032 | | 0 | RPI | 6 | | | | |
| Riboflavin | mg | 0.135 | | 0 | RPI | 6 | | | | |
| Niacin | mg | 0.070 | | 0 | RPI | 6 | | | | |
| Pantothenic acid | mg | 0.262 | | 0 | RPI | 6 | | | | |
| Vitamin B-6 | mg | 0.035 | | 0 | RPI | 6 | | | | |
| Folate, total | mcg | 4 | | 0 | RPI | 6 | | | | |
| Folic acid | mcg | 0 | | 0 | RPI | 6 | | | | |
| Folate, food | mcg | 4 | | 0 | RPI | 6 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.30 | | 0 | RPI | 6 | | | | |
| Vitamin A, IU | IU | 105 | | 0 | RPI | 6 | | | | |
| Vitamin A, RAE | mcg_RAE | 24 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 23 | | 0 | RPI | 6 | | | | |
| Vitamin E (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 | 1.679 | | 0 | RPA | 1 | | | | |
| 4:0 | g | 0.090 | | 0 | RPA | 1 | | | | |
| 6:0 | g | 0.053 | | 0 | RPA | 1 | | | | |
| 8:0 | g | 0.031 | | 0 | RPA | 1 | | | | |
| 10:0 | g | 0.070 | | 0 | RPA | 1 | | | | |
| 12:0 | g | 0.078 | | 0 | RPA | 1 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.279 | | 0 | RPA | 1 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.740 | | 0 | RPA | 1 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.340 | | 0 | RPA | 1 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19319**
**Puddings, banana, dry mix, instant, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.783 | | 0 | RPA | 1 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.062 | | 0 | RPA | 1 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.721 | | 0 | RPA | 1 | | | | |
| 20:1.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.162 | | 0 | RPA | 1 | | | | |
| 18:2 undifferentiated.....g | 0.115 | | 0 | RPA | 1 | | | | |
| 18:3 undifferentiated.....g | 0.047 | | 0 | RPA | 1 | | | | |
| 18:4.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 11 | | 0 | RPI | 6 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.038 | | 0 | RPA | 1 | | | | |
| Threonine.....g | 0.124 | | 0 | RPA | 1 | | | | |
| Isoleucine.....g | 0.165 | | 0 | RPA | 1 | | | | |
| Leucine.....g | 0.267 | | 0 | RPA | 1 | | | | |
| Lysine.....g | 0.217 | | 0 | RPA | 1 | | | | |
| Methionine.....g | 0.069 | | 0 | RPA | 1 | | | | |
| Cystine.....g | 0.025 | | 0 | RPA | 1 | | | | |
| Phenylalanine.....g | 0.132 | | 0 | RPA | 1 | | | | |
| Tyrosine.....g | 0.132 | | 0 | RPA | 1 | | | | |
| Valine.....g | 0.183 | | 0 | RPA | 1 | | | | |
| Arginine.....g | 0.099 | | 0 | RPA | 1 | | | | |
| Histidine.....g | 0.074 | | 0 | RPA | 1 | | | | |
| Alanine.....g | 0.094 | | 0 | RPA | 1 | | | | |
| Aspartic acid.....g | 0.208 | | 0 | RPA | 1 | | | | |
| Glutamic acid.....g | 0.572 | | 0 | RPA | 1 | | | | |
| Glycine.....g | 0.058 | | 0 | RPA | 1 | | | | |
| Proline.....g | 0.265 | | 0 | RPA | 1 | | | | |
| Serine.....g | 0.149 | | 0 | RPA | 1 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RPI | 6 | | | | |
| Caffeine.....mg | 0 | | 0 | RPI | 6 | | | | |
| Theobromine.....mg | 0 | | 0 | RPI | 6 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 15 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19319**
**Puddings, banana, dry mix, instant, prepared with whole milk**

**Food Group:** 19 Sweets

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

**NDB No. 19705**
**Puddings, banana, dry mix, instant, with added oil**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.80 | 0.054 | 6 | | 1 | | 2.77 | 0.70 | |
| Energy | kcal | 386 | | 0 | | 4 | | 382 | 97 | |
| Energy | kj | 1615 | | | | 4 | | 1599 | 404 | |
| Protein (N x 6.4) | g | 0.00 | 0.000 | 6 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 4.40 | | 0 | | 1 | | 4.36 | 1.10 | |
| Ash | g | 3.80 | 0.013 | 6 | | 1 | | 3.76 | 0.95 | |
| Carbohydrate, by difference | g | 89.00 | | 0 | | 4 | | 88.11 | 22.25 | |
| Fiber, total dietary | g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 6 | | 0 | | 1 | | 6 | 2 | |
| Iron, Fe | mg | 0.12 | | 0 | | 4 | | 0.12 | 0.03 | |
| Magnesium, Mg | mg | 2 | | 0 | | 4 | | 2 | 1 | |
| Phosphorus, P | mg | 804 | | 0 | | 4 | | 796 | 201 | |
| Potassium, K | mg | 15 | | 0 | | 4 | | 15 | 4 | |
| Sodium, Na | mg | 1499 | | 0 | | 4 | | 1484 | 375 | |
| Zinc, Zn | mg | 0.04 | | 0 | | 4 | | 0.04 | 0.01 | |
| Copper, Cu | mg | 0.021 | | 0 | | 4 | | 0.021 | 0.005 | |
| Manganese, Mn | mg | 0.010 | | 0 | | 4 | | 0.010 | 0.003 | |
| Selenium, Se | mcg | 0.8 | | 0 | RA | 4 | | 0.8 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.001 | | 0 | | 4 | | 0.001 | 0.000 | |
| Riboflavin | mg | 0.003 | | 0 | | 4 | | 0.003 | 0.001 | |
| Niacin | mg | 0.002 | | 0 | | 4 | | 0.002 | 0.001 | |
| Pantothenic acid | mg | 0.006 | | 0 | | 4 | | 0.006 | 0.002 | |
| Vitamin B-6 | mg | 0.001 | | 0 | | 4 | | 0.001 | 0.000 | |
| Folate, total | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.01 | | 0 | | 4 | | 0.01 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.790 | | 0 | | 4 | | 0.782 | 0.198 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.620 | | 0 | | 4 | | 0.614 | 0.155 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.160 | | 0 | | 4 | | 0.158 | 0.040 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19705**
**Puddings, banana, dry mix, instant, with added oil**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 1.300 | | 0 | | 4 | | 1.287 | 0.325 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.290 | | 0 | | 4 | | 1.277 | 0.323 | |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 2.120 | | 0 | | 4 | | 2.099 | 0.530 | |
| 18:2 undifferentiated.....g | 1.990 | | 0 | | 4 | | 1.970 | 0.498 | |
| 18:3 undifferentiated.....g | 0.120 | | 0 | | 4 | | 0.119 | 0.030 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

**Food Group:** 19 Sweets

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

**NDB No. 19320**
**Puddings, banana, dry mix, regular**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.10 | 0.100 | 6 | | 1 | | 3.61 | 0.90 | |
| Energy | kcal | 376 | | 0 | | 4 | | 331 | 83 | |
| Energy | kj | 1573 | | | | 4 | | 1384 | 346 | |
| Protein (N x 6.2) | g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.40 | 0.030 | 3 | | 1 | | 0.35 | 0.09 | |
| Ash | g | 2.50 | 0.079 | 6 | | 1 | | 2.20 | 0.55 | |
| Carbohydrate, by difference | g | 92.90 | | 0 | NC | 4 | | 81.75 | 20.44 | |
| Fiber, total dietary | g | 0.3 | | 0 | FLM | 4 | | 0.3 | 0.1 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 20 | | 1 | | 4 | | 18 | 4 | |
| Iron, Fe | mg | 0.05 | | 1 | | 4 | | 0.04 | 0.01 | |
| Magnesium, Mg | mg | 8 | | 1 | | 4 | | 7 | 2 | |
| Phosphorus, P | mg | 5 | | 1 | | 4 | | 4 | 1 | |
| Potassium, K | mg | 17 | | 0 | | 4 | | 15 | 4 | |
| Sodium, Na | mg | 788 | | 0 | | 4 | | 693 | 173 | |
| Zinc, Zn | mg | 0.09 | | 1 | | 4 | | 0.08 | 0.02 | |
| Copper, Cu | mg | 0.020 | | 1 | | 4 | | 0.018 | 0.004 | |
| Manganese, Mn | mg | 0.013 | | 1 | | 4 | | 0.011 | 0.003 | |
| Selenium, Se | mcg | 0.9 | | 0 | BFZN | 4 | | 0.8 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Niacin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6 | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.090 | | 0 | | 1 | | 0.079 | 0.020 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | | | | | | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.080 | | 1 | | 1 | | 0.070 | 0.018 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19320**
**Puddings, banana, dry mix, regular**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.030 | | 0 | | 1 | | 0.026 | 0.007 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.030 | | 1 | | 1 | | 0.026 | 0.007 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.160 | | 0 | | 1 | | 0.141 | 0.035 | |
| 18:2 undifferentiated.....g | 0.160 | | 1 | | 1 | | 0.141 | 0.035 | |
| 18:3 undifferentiated.....g | 0.010 | | 1 | | 1 | | 0.009 | 0.002 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Isoleucine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Leucine.....g | 0.005 | | 0 | | 1 | | 0.004 | 0.001 | |
| Lysine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Methionine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Cystine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Phenylalanine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Tyrosine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Valine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Arginine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Histidine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Alanine.....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Aspartic acid.....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Glutamic acid.....g | 0.007 | | 0 | | 1 | | 0.006 | 0.002 | |
| Glycine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Proline.....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Serine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

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

**Food Group:** 19 Sweets

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

**NDB No. 19122**
**Puddings, banana, dry mix, regular, prepared with 2% milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 75.90 | | 0 | RP | 4 | | | | |
| Energy | kcal | 101 | | 0 | RP | 4 | | | | |
| Energy | kj | 422 | | 0 | RP | 4 | | | | |
| Protein | g | 2.90 | | 0 | RP | 4 | | | | |
| Total lipid (fat) | g | 1.73 | | 0 | RP | 4 | | | | |
| Ash | g | 1.03 | | 0 | RP | 4 | | | | |
| Carbohydrate, by difference | g | 18.43 | | 0 | RP | 4 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | RP | 4 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 109 | | 0 | RP | 4 | | | | |
| Iron, Fe | mg | 0.05 | | 0 | RP | 4 | | | | |
| Magnesium, Mg | mg | 13 | | 0 | RP | 4 | | | | |
| Phosphorus, P | mg | 83 | | 0 | RP | 4 | | | | |
| Potassium, K | mg | 137 | | 0 | RP | 4 | | | | |
| Sodium, Na | mg | 164 | | 0 | RP | 4 | | | | |
| Zinc, Zn | mg | 0.35 | | 0 | RP | 4 | | | | |
| Copper, Cu | mg | 0.010 | | 0 | RP | 4 | | | | |
| Manganese, Mn | mg | 0.004 | | 0 | RP | 4 | | | | |
| Selenium, Se | mcg | 2.1 | | 0 | RP | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | RP | 4 | | | | |
| Thiamin | mg | 0.031 | | 0 | RP | 4 | | | | |
| Riboflavin | mg | 0.144 | | 0 | RP | 4 | | | | |
| Niacin | mg | 0.075 | | 0 | RP | 4 | | | | |
| Pantothenic acid | mg | 0.278 | | 0 | RP | 4 | | | | |
| Vitamin B-6 | mg | 0.034 | | 0 | RP | 4 | | | | |
| Folate, total | mcg | 4 | | 0 | RP | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RP | 4 | | | | |
| Folate, food | mcg | 4 | | 0 | RP | 4 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.25 | | 0 | RP | 4 | | | | |
| Vitamin A, IU | IU | 178 | | 0 | RP | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 50 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 49 | | 0 | RP | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 34.791 | | 0 | RP | 4 | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.015 | | 0 | RP | 4 | | | | |
| 4:0 | g | 0.054 | | 0 | RP | 4 | | | | |
| 6:0 | g | 0.032 | | 0 | RP | 4 | | | | |
| 8:0 | g | 0.018 | | 0 | RP | 4 | | | | |
| 10:0 | g | 0.042 | | 0 | RP | 4 | | | | |
| 12:0 | g | 0.047 | | 0 | RP | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.168 | | 0 | RP | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.452 | | 0 | RP | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.203 | | 0 | RP | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19122**
**Puddings, banana, dry mix, regular, prepared with 2% milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.462 | | 0 | RP | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.037 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.425 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.088 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 0.062 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.026 | | 0 | RP | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 7 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.041 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.131 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.175 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.284 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.230 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.073 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.027 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.140 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.140 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.194 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.106 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.078 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.100 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.221 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.607 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.061 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.281 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.158 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | RP | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | RP | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 10 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19122**
**Puddings, banana, dry mix, regular, prepared with 2% milk**

**Food Group:** 19 Sweets

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

**NDB No. 19321**
**Puddings, banana, dry mix, regular, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.84 | | 0 | RP | 4 | | | | |
| Energy | kcal | 111 | | 0 | RP | 4 | | | | |
| Energy | kj | 466 | | 0 | RP | 4 | | | | |
| Protein | g | 2.86 | | 0 | RP | 4 | | | | |
| Total lipid (fat) | g | 2.97 | | 0 | RP | 4 | | | | |
| Ash | g | 1.01 | | 0 | RP | 4 | | | | |
| Carbohydrate, by difference | g | 18.31 | | 0 | RP | 4 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | RP | 4 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 107 | | 0 | RP | 4 | | | | |
| Iron, Fe | mg | 0.05 | | 0 | RP | 4 | | | | |
| Magnesium, Mg | mg | 13 | | 0 | RP | 4 | | | | |
| Phosphorus, P | mg | 82 | | 0 | RP | 4 | | | | |
| Potassium, K | mg | 134 | | 0 | RP | 4 | | | | |
| Sodium, Na | mg | 164 | | 0 | RP | 4 | | | | |
| Zinc, Zn | mg | 0.34 | | 0 | RP | 4 | | | | |
| Copper, Cu | mg | 0.012 | | 0 | RP | 4 | | | | |
| Manganese, Mn | mg | 0.005 | | 0 | RP | 4 | | | | |
| Selenium, Se | mcg | 1.9 | | 0 | RP | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | RP | 4 | | | | |
| Thiamin | mg | 0.030 | | 0 | RP | 4 | | | | |
| Riboflavin | mg | 0.141 | | 0 | RP | 4 | | | | |
| Niacin | mg | 0.073 | | 0 | RP | 4 | | | | |
| Pantothenic acid | mg | 0.273 | | 0 | RP | 4 | | | | |
| Vitamin B-6 | mg | 0.033 | | 0 | RP | 4 | | | | |
| Folate, total | mcg | 4 | | 0 | RP | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RP | 4 | | | | |
| Folate, food | mcg | 4 | | 0 | RP | 4 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.25 | | 0 | RP | 4 | | | | |
| Vitamin A, IU | IU | 110 | | 0 | RP | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 26 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 25 | | 0 | RP | 4 | | | | |
| Vitamin E (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 | 1.757 | | 0 | RP | 4 | | | | |
| 4:0 | g | 0.094 | | 0 | RP | 4 | | | | |
| 6:0 | g | 0.056 | | 0 | RP | 4 | | | | |
| 8:0 | g | 0.032 | | 0 | RP | 4 | | | | |
| 10:0 | g | 0.073 | | 0 | RP | 4 | | | | |
| 12:0 | g | 0.082 | | 0 | RP | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.292 | | 0 | RP | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.777 | | 0 | RP | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.352 | | 0 | RP | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19321**
**Puddings, banana, dry mix, regular, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.800 | | 0 | RP | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.065 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.735 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.134 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 0.090 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.044 | | 0 | RP | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 12 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | 0 | | 0 | RP | 4 | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.040 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.130 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.173 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.281 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.227 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.072 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.026 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.139 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.138 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.192 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.104 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.078 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.099 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.218 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.600 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.061 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.278 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.156 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | RP | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | RP | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 16 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19321**
**Puddings, banana, dry mix, regular, prepared with whole milk**

**Food Group:** 19 Sweets

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

**NDB No. 19706**
**Puddings, banana, dry mix, regular, with added oil**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.10 | 0.100 | 6 | | 1 | | 3.61 | 0.90 | |
| Energy | kcal | 387 | | 0 | NC | 4 | | 341 | 85 | |
| Energy | kj | 1619 | | | | 4 | | 1425 | 356 | |
| Protein (N x 6.2) | g | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 5.00 | | 0 | | 1 | | 4.40 | 1.10 | |
| Ash | g | 2.50 | 0.079 | 6 | | 1 | | 2.20 | 0.55 | |
| Carbohydrate, by difference | g | 88.40 | | 0 | | 4 | | 77.79 | 19.45 | |
| Fiber, total dietary | g | 0.3 | | 0 | BFZN | 4 | | 0.3 | 0.1 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 20 | | 1 | | 4 | | 18 | 4 | |
| Iron, Fe | mg | 0.05 | | 1 | | 4 | | 0.04 | 0.01 | |
| Magnesium, Mg | mg | 8 | | 1 | | 4 | | 7 | 2 | |
| Phosphorus, P | mg | 5 | | 1 | | 4 | | 4 | 1 | |
| Potassium, K | mg | 17 | | 0 | | 4 | | 15 | 4 | |
| Sodium, Na | mg | 788 | | 0 | | 4 | | 693 | 173 | |
| Zinc, Zn | mg | 0.09 | | 1 | | 4 | | 0.08 | 0.02 | |
| Copper, Cu | mg | 0.020 | | 1 | | 4 | | 0.018 | 0.004 | |
| Manganese, Mn | mg | 0.013 | | 1 | | 4 | | 0.011 | 0.003 | |
| Selenium, Se | mcg | 0.9 | | 0 | RA | 4 | | 0.8 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Niacin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Vitamin B-6 | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.900 | | 0 | | 1 | | 0.792 | 0.198 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | | | | | | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.700 | | 0 | | 1 | | 0.616 | 0.154 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.180 | | 0 | | 1 | | 0.158 | 0.040 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19706**
**Puddings, banana, dry mix, regular, with added oil**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 1.480 | | 0 | | 1 | | 1.302 | 0.326 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.470 | | 0 | | 1 | | 1.294 | 0.323 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 2.410 | | 0 | | 1 | | 2.121 | 0.530 | |
| 18:2 undifferentiated.....g | 2.270 | | 0 | | 1 | | 1.998 | 0.499 | |
| 18:3 undifferentiated.....g | 0.140 | | 0 | | 1 | | 0.123 | 0.031 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Isoleucine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Leucine.....g | 0.005 | | 0 | | 1 | | 0.004 | 0.001 | |
| Lysine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Methionine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Cystine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Phenylalanine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Tyrosine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Valine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Arginine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Histidine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Alanine.....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Aspartic acid.....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Glutamic acid.....g | 0.007 | | 0 | | 1 | | 0.006 | 0.002 | |
| Glycine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Proline.....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Serine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

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

**Food Group:** 19 Sweets

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

**NDB No. 19311**
**Puddings, banana, ready-to-eat**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 72.00 | 0.157 | 19 | | 1 | | 20.41 | 102.24 | |
| Energy | kcal | 127 | | 0 | NC | 4 | | 36 | 180 | |
| Energy | kj | 531 | | | | 4 | | 151 | 755 | |
| Protein (N x 6.4) | g | 2.40 | 0.023 | 19 | | 1 | | 0.68 | 3.41 | |
| Total lipid (fat) | g | 3.60 | 0.043 | 19 | | 1 | | 1.02 | 5.11 | |
| Ash | g | 0.90 | 0.007 | 19 | | 1 | | 0.26 | 1.28 | |
| Carbohydrate, by difference | g | 21.20 | | 0 | NC | 4 | | 6.01 | 30.10 | |
| Fiber, total dietary | g | 0.1 | | 0 | | 4 | | 0.0 | 0.1 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 85 | 0.426 | 19 | | 1 | | 24 | 121 | |
| Iron, Fe | mg | 0.13 | 0.010 | 19 | | 1 | | 0.04 | 0.18 | |
| Magnesium, Mg | mg | 8 | 0.086 | 19 | | 1 | | 2 | 11 | |
| Phosphorus, P | mg | 69 | 0.472 | 19 | | 1 | | 20 | 98 | |
| Potassium, K | mg | 110 | 0.932 | 19 | | 1 | | 31 | 156 | |
| Sodium, Na | mg | 196 | 1.459 | 19 | | 1 | | 56 | 278 | |
| Zinc, Zn | mg | 0.28 | 0.005 | 19 | | 1 | | 0.08 | 0.40 | |
| Copper, Cu | mg | 0.028 | 0.002 | 19 | | 1 | | 0.008 | 0.040 | |
| Manganese, Mn | mg | 0.008 | | 1 | | 4 | | 0.002 | 0.011 | |
| Selenium, Se | mcg | 1.4 | | 0 | BFZN | 4 | | 0.4 | 2.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 1 | | 4 | | 0.1 | 0.7 | |
| Thiamin | mg | 0.020 | 0.000 | 19 | | 1 | | 0.006 | 0.028 | |
| Riboflavin | mg | 0.147 | 0.003 | 19 | | 1 | | 0.042 | 0.209 | |
| Niacin | mg | 0.163 | 0.029 | 19 | | 1 | | 0.046 | 0.231 | |
| Pantothenic acid | mg | 0.160 | | 1 | | 4 | | 0.045 | 0.227 | |
| Vitamin B-6 | mg | 0.021 | | 1 | | 4 | | 0.006 | 0.030 | |
| Folate, total | mcg | 2 | | 1 | | 4 | | 1 | 3 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 2 | | 1 | | 4 | | 1 | 3 | |
| Folate, DFE | mcg_DFE | 2 | | 0 | NC | 4 | | 1 | 3 | |
| Vitamin B-12 | mcg | 0.18 | | 1 | | 4 | | 0.05 | 0.26 | |
| Vitamin A, IU | IU | 21 | | 0 | O | 4 | | 6 | 30 | |
| Vitamin A, RAE | mcg_RAE | 6 | | 0 | NC | 4 | | 2 | 9 | |
| Retinol | mcg | 6 | | 0 | O | 4 | | 2 | 9 | |
| Vitamin E (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 | 0.560 | | 0 | | 1 | | 0.159 | 0.795 | |
| 4:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.010 | | 1 | | 1 | | 0.003 | 0.014 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.360 | | 1 | | 1 | | 0.102 | 0.511 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.180 | | 1 | | 1 | | 0.051 | 0.256 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19311**
**Puddings, banana, ready-to-eat**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 1.530 | | 0 | | 1 | | 0.434 | 2.173 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.020 | | 1 | | 1 | | 0.006 | 0.028 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.520 | | 1 | | 1 | | 0.431 | 2.158 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.330 | | 0 | | 1 | | 0.377 | 1.889 | |
| 18:2 undifferentiated.....g | 1.240 | | 1 | | 1 | | 0.352 | 1.761 | |
| 18:3 undifferentiated.....g | 0.090 | | 1 | | 1 | | 0.026 | 0.128 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.031 | | 0 | | 1 | | 0.009 | 0.044 | |
| Threonine.....g | 0.101 | | 0 | | 1 | | 0.029 | 0.143 | |
| Isoleucine.....g | 0.136 | | 0 | | 1 | | 0.039 | 0.193 | |
| Leucine.....g | 0.222 | | 0 | | 1 | | 0.063 | 0.315 | |
| Lysine.....g | 0.177 | | 0 | | 1 | | 0.050 | 0.251 | |
| Methionine.....g | 0.056 | | 0 | | 1 | | 0.016 | 0.080 | |
| Cystine.....g | 0.021 | | 0 | | 1 | | 0.006 | 0.030 | |
| Phenylalanine.....g | 0.109 | | 0 | | 1 | | 0.031 | 0.155 | |
| Tyrosine.....g | 0.108 | | 0 | | 1 | | 0.031 | 0.153 | |
| Valine.....g | 0.151 | | 0 | | 1 | | 0.043 | 0.214 | |
| Arginine.....g | 0.082 | | 0 | | 1 | | 0.023 | 0.116 | |
| Histidine.....g | 0.061 | | 0 | | 1 | | 0.017 | 0.087 | |
| Alanine.....g | 0.079 | | 0 | | 1 | | 0.022 | 0.112 | |
| Aspartic acid.....g | 0.171 | | 0 | | 1 | | 0.048 | 0.243 | |
| Glutamic acid.....g | 0.472 | | 0 | | 1 | | 0.134 | 0.670 | |
| Glycine.....g | 0.048 | | 0 | | 1 | | 0.014 | 0.068 | |
| Proline.....g | 0.218 | | 0 | | 1 | | 0.062 | 0.310 | |
| Serine.....g | 0.122 | | 0 | | 1 | | 0.035 | 0.173 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

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

**Food Group:** 19 Sweets

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

**NDB No. 44061**
**Puddings, chocolate flavor, low calorie, instant, dry mix**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.20 | | | | 4 | | | | |
| Energy | kcal | 321 | | | | 4 | | | | |
| Energy | kj | 1343 | | | | 4 | | | | |
| Protein | g | 5.30 | | | | 4 | | | | |
| Total lipid (fat) | g | 4.20 | | | | 4 | | | | |
| Ash | g | 11.50 | | 0 | NR | 4 | | | | |
| Carbohydrate, by difference | g | 74.80 | | | | 4 | | | | |
| Fiber, total dietary | g | 0.8 | | | | 4 | | | | |
| Sugars, total | g | 0.70 | | 0 | FLM | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 43 | | | | 4 | | | | |
| Iron, Fe | mg | 3.67 | | | | 4 | | | | |
| Magnesium, Mg | mg | 112 | | | | 4 | | | | |
| Phosphorus, P | mg | 1660 | | | | 4 | | | | |
| Potassium, K | mg | 1279 | | | | 4 | | | | |
| Sodium, Na | mg | 2838 | | | | 4 | | | | |
| Zinc, Zn | mg | 0.41 | | | | 4 | | | | |
| Copper, Cu | mg | 0.838 | | | | 4 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 3.9 | | 0 | BFPN | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 4 | | | | |
| Thiamin | mg | 0.020 | | | | 4 | | | | |
| Riboflavin | mg | 0.090 | | | | 4 | | | | |
| Niacin | mg | 0.400 | | | | 4 | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.040 | | | | 4 | | | | |
| Folate, total | mcg | 0 | | | | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | | | |
| Folate, food | mcg | 0 | | | | 4 | | | | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.03 | | | | 4 | | | | |
| 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 | 0.03 | | 0 | FLM | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.8 | | 0 | FLM | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.232 | | | | 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 | | 0 | Z | 7 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.006 | | | | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.025 | | | | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.180 | | | | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 44061**
**Puddings, chocolate flavor, low calorie, instant, dry mix**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.938 | | | | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.938 | | | | 4 | | | | |
| 20:1.....g | 0.000 | | | | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.145 | | | | 4 | | | | |
| 18:2 undifferentiated.....g | 0.144 | | | | 4 | | | | |
| 18:3 undifferentiated.....g | 0.001 | | | | 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 | 6 | | 0 | BFCN | 4 | | | | |
| Theobromine.....mg | 198 | | 0 | BFCN | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLM | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 9 | | 0 | FLM | 4 | | | | |

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

**Common Measures:**

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

**Food Group:** 19 Sweets

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

**NDB No. 44258**
**Puddings, chocolate flavor, low calorie, regular, dry mix**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 9.10 | | | | 4 | | | | |
| Energy | kcal | 308 | | | | 4 | | | | |
| Energy | kj | 1289 | | | | 4 | | | | |
| Protein | g | 6.20 | | | | 4 | | | | |
| Total lipid (fat) | g | 3.00 | | | | 4 | | | | |
| Ash | g | 7.10 | | 0 | NR | 4 | | | | |
| Carbohydrate, by difference | g | 74.60 | | | | 4 | | | | |
| Fiber, total dietary | g | 0.8 | | | | 4 | | | | |
| Sugars, total | g | 0.66 | | 0 | BFSN | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 89 | | | | 4 | | | | |
| Iron, Fe | mg | 4.09 | | | | 4 | | | | |
| Magnesium, Mg | mg | 137 | | | | 4 | | | | |
| Phosphorus, P | mg | 197 | | | | 4 | | | | |
| Potassium, K | mg | 1502 | | | | 4 | | | | |
| Sodium, Na | mg | 603 | | | | 4 | | | | |
| Zinc, Zn | mg | 1.76 | | | | 4 | | | | |
| Copper, Cu | mg | 0.984 | | | | 4 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 4.5 | | 0 | BFPN | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 4 | | | | |
| Thiamin | mg | 0.020 | | | | 4 | | | | |
| Riboflavin | mg | 0.110 | | | | 4 | | | | |
| Niacin | mg | 0.470 | | | | 4 | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.050 | | | | 4 | | | | |
| Folate, total | mcg | 0 | | | | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | BFSN | 4 | | | | |
| Folate, food | mcg | 0 | | 0 | BFSN | 4 | | | | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.00 | | | | 4 | | | | |
| Vitamin A, IU | IU | 0 | | 0 | NC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | BFSN | 4 | | | | |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.03 | | 0 | BFSN | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.7 | | 0 | BFSN | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.590 | | | | 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 | | | | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.731 | | | | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.841 | | | | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 44258**
**Puddings, chocolate flavor, low calorie, regular, dry mix**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.934 | | | | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.934 | | | | 4 | | | | |
| 20:1.....g | 0.000 | | | | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | | | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.110 | | | | 4 | | | | |
| 18:2 undifferentiated.....g | 0.110 | | | | 4 | | | | |
| 18:3 undifferentiated.....g | 0.000 | | | | 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 | | | | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 7 | | | | |
| Caffeine.....mg | 9 | | 0 | BFCN | 4 | | | | |
| Theobromine.....mg | 304 | | 0 | BFCN | 4 | | | | |
| **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 | 9 | | 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** **Fat** **Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19184**
**Puddings, chocolate, dry mix, instant**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.20 | 0.067 | 8 | | 1 | | 3.17 | 0.80 | |
| Energy | kcal | 377 | | 0 | NC | 4 | | 373 | 94 | |
| Energy | kj | 1578 | | 0 | NC | 4 | | 1562 | 394 | |
| Protein (N x 6.25) | g | 2.30 | 0.122 | 8 | | 1 | | 2.28 | 0.58 | |
| Total lipid (fat) | g | 1.90 | 0.117 | 8 | | 1 | | 1.88 | 0.48 | |
| Ash | g | 4.70 | 0.025 | 8 | | 1 | | 4.65 | 1.18 | |
| Carbohydrate, by difference | g | 87.70 | | 0 | NC | 4 | | 86.82 | 21.93 | |
| Fiber, total dietary | g | 3.6 | | 1 | LC | 8 | | 3.5 | 0.9 | |
| Sugars, total | g | 67.86 | | 1 | LC | 8 | | 67.18 | 16.96 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 12 | | 0 | FLC | 4 | | 12 | 3 | |
| Iron, Fe | mg | 1.29 | | 1 | LC | 8 | | 1.27 | 0.32 | |
| Magnesium, Mg | mg | 45 | | 0 | FLC | 4 | | 45 | 11 | |
| Phosphorus, P | mg | 938 | | 0 | BFZN | 4 | | 929 | 235 | |
| Potassium, K | mg | 236 | 10.534 | 17 | | 1 | | 234 | 59 | |
| Sodium, Na | mg | 1429 | 30.403 | 17 | | 1 | | 1415 | 357 | |
| Zinc, Zn | mg | 0.62 | | 0 | FLC | 4 | | 0.61 | 0.15 | |
| Copper, Cu | mg | 0.354 | | 0 | FLC | 4 | | 0.350 | 0.088 | |
| Manganese, Mn | mg | 0.367 | | 0 | FLC | 4 | | 0.364 | 0.092 | |
| Selenium, Se | mcg | 2.5 | | 0 | FLC | 4 | | 2.5 | 0.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.010 | | 0 | FLC | 4 | | 0.010 | 0.003 | |
| Riboflavin | mg | 0.055 | | 0 | FLC | 4 | | 0.054 | 0.014 | |
| Niacin | mg | 0.234 | | 0 | FLC | 4 | | 0.232 | 0.058 | |
| Pantothenic acid | mg | 0.025 | | 0 | FLC | 4 | | 0.024 | 0.006 | |
| Vitamin B-6 | mg | 0.012 | | 0 | FLC | 4 | | 0.012 | 0.003 | |
| Folate, total | mcg | 3 | | 0 | FLC | 4 | | 3 | 1 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 3 | | 0 | FLC | 4 | | 3 | 1 | |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 3 | 1 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.07 | | 0 | FLC | 4 | | 0.07 | 0.02 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.5 | | 0 | FLC | 4 | | 1.5 | 0.4 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.640 | | 0 | | 1 | | 0.634 | 0.160 | |
| 4:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.310 | | 1 | | 1 | | 0.307 | 0.078 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.320 | | 1 | | 1 | | 0.317 | 0.080 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19184**
**Puddings, chocolate, dry mix, instant**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.720 | | 0 | | 1 | | 0.713 | 0.180 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.010 | | 1 | | 1 | | 0.010 | 0.003 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.720 | | 1 | | 1 | | 0.713 | 0.180 | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.420 | | 0 | | 1 | | 0.416 | 0.105 | |
| 18:2 undifferentiated.....g | 0.400 | | 1 | | 1 | | 0.396 | 0.100 | |
| 18:3 undifferentiated.....g | 0.030 | | 1 | | 1 | | 0.030 | 0.008 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.032 | | 0 | | 1 | | 0.032 | 0.008 | |
| Threonine.....g | 0.087 | | 0 | | 1 | | 0.086 | 0.022 | |
| Isoleucine.....g | 0.089 | | 0 | | 1 | | 0.088 | 0.022 | |
| Leucine.....g | 0.142 | | 0 | | 1 | | 0.141 | 0.036 | |
| Lysine.....g | 0.114 | | 0 | | 1 | | 0.113 | 0.029 | |
| Methionine.....g | 0.025 | | 0 | | 1 | | 0.025 | 0.006 | |
| Cystine.....g | 0.027 | | 0 | | 1 | | 0.027 | 0.007 | |
| Phenylalanine.....g | 0.105 | | 0 | | 1 | | 0.104 | 0.026 | |
| Tyrosine.....g | 0.084 | | 0 | | 1 | | 0.083 | 0.021 | |
| Valine.....g | 0.132 | | 0 | | 1 | | 0.131 | 0.033 | |
| Arginine.....g | 0.120 | | 0 | | 1 | | 0.119 | 0.030 | |
| Histidine.....g | 0.040 | | 0 | | 1 | | 0.040 | 0.010 | |
| Alanine.....g | 0.100 | | 0 | | 1 | | 0.099 | 0.025 | |
| Aspartic acid.....g | 0.213 | | 0 | | 1 | | 0.211 | 0.053 | |
| Glutamic acid.....g | 0.341 | | 0 | | 1 | | 0.338 | 0.085 | |
| Glycine.....g | 0.093 | | 0 | | 1 | | 0.092 | 0.023 | |
| Proline.....g | 0.105 | | 0 | | 1 | | 0.104 | 0.026 | |
| Serine.....g | 0.096 | | 0 | | 1 | | 0.095 | 0.024 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 7 | | 0 | FLC | 4 | | 7 | 2 | |
| Theobromine.....mg | 245 | | 0 | FLC | 4 | | 243 | 61 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 4 | | 0 | FLC | 4 | | 3.485 | 0.880 | |

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

**Common Measures:**

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**NDB No. 19184**
**Puddings, chocolate, dry mix, instant**

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

**Food Group:** 19 Sweets

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

**NDB No. 19123**
**Puddings, chocolate, dry mix, instant, prepared with 2% milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.59 | | 0 | RPA | 1 | | | | |
| Energy | kcal | 105 | | 0 | RPI | 6 | | | | |
| Energy | kj | 441 | | 0 | RPI | 6 | | | | |
| Protein | g | 3.15 | | 0 | RPA | 1 | | | | |
| Total lipid (fat) | g | 1.92 | | 0 | RPA | 1 | | | | |
| Ash | g | 1.41 | | 0 | RPA | 1 | | | | |
| Carbohydrate, by difference | g | 18.89 | | 0 | RPI | 6 | | | | |
| Fiber, total dietary | g | 0.4 | | 0 | RPI | 6 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 104 | | 0 | RPI | 6 | | | | |
| Iron, Fe | mg | 0.40 | | 0 | RPI | 6 | | | | |
| Magnesium, Mg | mg | 19 | | 0 | RPI | 6 | | | | |
| Phosphorus, P | mg | 238 | | 0 | RPI | 6 | | | | |
| Potassium, K | mg | 168 | | 0 | RPA | 1 | | | | |
| Sodium, Na | mg | 284 | | 0 | RPA | 1 | | | | |
| Zinc, Zn | mg | 0.43 | | 0 | RPI | 6 | | | | |
| Copper, Cu | mg | 0.068 | | 0 | RPI | 6 | | | | |
| Manganese, Mn | mg | 0.062 | | 0 | RPI | 6 | | | | |
| Selenium, Se | mcg | 2.3 | | 0 | RPI | 6 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 0 | RPI | 6 | | | | |
| Thiamin | mg | 0.034 | | 0 | RPI | 6 | | | | |
| Riboflavin | mg | 0.147 | | 0 | RPI | 6 | | | | |
| Niacin | mg | 0.108 | | 0 | RPI | 6 | | | | |
| Pantothenic acid | mg | 0.274 | | 0 | RPI | 6 | | | | |
| Vitamin B-6 | mg | 0.038 | | 0 | RPI | 6 | | | | |
| Folate, total | mcg | 5 | | 0 | RPI | 6 | | | | |
| Folic acid | mcg | 0 | | 0 | RPI | 6 | | | | |
| Folate, food | mcg | 5 | | 0 | RPI | 6 | | | | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.31 | | 0 | RPI | 6 | | | | |
| Vitamin A, IU | IU | 170 | | 0 | RPI | 6 | | | | |
| Vitamin A, RAE | mcg_RAE | 46 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 46 | | 0 | RPA | 1 | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 33.200 | | 0 | RPI | 6 | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.064 | | 0 | RPA | 1 | | | | |
| 4:0 | g | 0.051 | | 0 | RPA | 1 | | | | |
| 6:0 | g | 0.031 | | 0 | RPA | 1 | | | | |
| 8:0 | g | 0.017 | | 0 | RPA | 1 | | | | |
| 10:0 | g | 0.040 | | 0 | RPA | 1 | | | | |
| 12:0 | g | 0.045 | | 0 | RPA | 1 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.160 | | 0 | RPA | 1 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.472 | | 0 | RPA | 1 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.248 | | 0 | RPA | 1 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19123**
**Puddings, chocolate, dry mix, instant, prepared with 2% milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.561 | | 0 | RPA | 1 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.037 | | 0 | RPA | 1 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.523 | | 0 | RPA | 1 | | | | |
| 20:1.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.132 | | 0 | RPA | 1 | | | | |
| 18:2 undifferentiated.....g | 0.104 | | 0 | RPA | 1 | | | | |
| 18:3 undifferentiated.....g | 0.028 | | 0 | RPA | 1 | | | | |
| 18:4.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 6 | | 0 | RPI | 6 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.044 | | 0 | RPA | 1 | | | | |
| Threonine.....g | 0.139 | | 0 | RPA | 1 | | | | |
| Isoleucine.....g | 0.182 | | 0 | RPA | 1 | | | | |
| Leucine.....g | 0.295 | | 0 | RPA | 1 | | | | |
| Lysine.....g | 0.239 | | 0 | RPA | 1 | | | | |
| Methionine.....g | 0.074 | | 0 | RPA | 1 | | | | |
| Cystine.....g | 0.030 | | 0 | RPA | 1 | | | | |
| Phenylalanine.....g | 0.151 | | 0 | RPA | 1 | | | | |
| Tyrosine.....g | 0.148 | | 0 | RPA | 1 | | | | |
| Valine.....g | 0.208 | | 0 | RPA | 1 | | | | |
| Arginine.....g | 0.121 | | 0 | RPA | 1 | | | | |
| Histidine.....g | 0.082 | | 0 | RPA | 1 | | | | |
| Alanine.....g | 0.112 | | 0 | RPA | 1 | | | | |
| Aspartic acid.....g | 0.246 | | 0 | RPA | 1 | | | | |
| Glutamic acid.....g | 0.636 | | 0 | RPA | 1 | | | | |
| Glycine.....g | 0.074 | | 0 | RPA | 1 | | | | |
| Proline.....g | 0.286 | | 0 | RPA | 1 | | | | |
| Serine.....g | 0.167 | | 0 | RPA | 1 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RPI | 6 | | | | |
| Caffeine.....mg | 1 | | 0 | RPI | 6 | | | | |
| Theobromine.....mg | 39 | | 0 | RPI | 6 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 10 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19123**
**Puddings, chocolate, dry mix, instant, prepared with 2% milk**

**Food Group:** 19 Sweets

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

**NDB No. 19185**
**Puddings, chocolate, dry mix, instant, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 73.60 | | 0 | | 1 | | 108.19 | 432.03 | |
| Energy | kcal | 111 | | 0 | NC | 4 | | 163 | 652 | |
| Energy | kj | 464 | | | | 4 | | 683 | 2726 | |
| Protein (N x 0) | g | 3.10 | | 0 | | 1 | | 4.56 | 18.20 | |
| Total lipid (fat) | g | 3.10 | | 0 | | 1 | | 4.56 | 18.20 | |
| Ash | g | 1.40 | | 0 | | 1 | | 2.06 | 8.22 | |
| Carbohydrate, by difference | g | 18.80 | | 0 | NC | 4 | | 27.64 | 110.36 | |
| Fiber, total dietary | g | 1.0 | | 0 | | 4 | | 1.5 | 5.9 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 102 | | 0 | | 1 | | 150 | 599 | |
| Iron, Fe | mg | 0.29 | | 0 | | 1 | | 0.43 | 1.70 | |
| Magnesium, Mg | mg | 18 | | 0 | | 1 | | 26 | 106 | |
| Phosphorus, P | mg | 239 | | 0 | | 1 | | 351 | 1403 | |
| Potassium, K | mg | 166 | | 0 | | 1 | | 244 | 974 | |
| Sodium, Na | mg | 284 | | 0 | | 1 | | 417 | 1667 | |
| Zinc, Zn | mg | 0.42 | | 0 | | 1 | | 0.62 | 2.47 | |
| Copper, Cu | mg | 0.064 | | 0 | | 1 | | 0.094 | 0.376 | |
| Manganese, Mn | mg | 0.042 | | 0 | | 1 | | 0.062 | 0.247 | |
| Selenium, Se | mcg | 1.7 | 0.309 | 12 | A | 1 | | 2.5 | 10.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 0 | | 1 | | 1.3 | 5.3 | |
| Thiamin | mg | 0.033 | | 0 | | 1 | | 0.049 | 0.194 | |
| Riboflavin | mg | 0.141 | | 0 | | 1 | | 0.207 | 0.828 | |
| Niacin | mg | 0.096 | | 0 | | 1 | | 0.141 | 0.564 | |
| Pantothenic acid | mg | 0.269 | | 0 | | 1 | | 0.395 | 1.579 | |
| Vitamin B-6 | mg | 0.038 | | 0 | | 1 | | 0.056 | 0.223 | |
| Folate, total | mcg | 4 | | 0 | | 1 | | 6 | 23 | |
| Folic acid | mcg | 0 | | 0 | O | 4 | | 0 | 0 | |
| Folate, food | mcg | 4 | | 0 | | 1 | | 6 | 23 | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 6 | 23 | |
| Vitamin B-12 | mcg | 0.30 | | 0 | | 1 | | 0.44 | 1.76 | |
| Vitamin A, IU | IU | 120 | | 0 | O | 4 | | 176 | 704 | |
| Vitamin A, RAE | mcg_RAE | 26 | | 0 | NC | 4 | | 38 | 153 | |
| Retinol | mcg | 24 | | 0 | O | 4 | | 35 | 141 | |
| Vitamin E (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 | 1.830 | | 0 | | 1 | | 2.690 | 10.742 | |
| 4:0 | g | 0.090 | | 0 | | 1 | | 0.132 | 0.528 | |
| 6:0 | g | 0.050 | | 0 | | 1 | | 0.074 | 0.294 | |
| 8:0 | g | 0.030 | | 0 | | 1 | | 0.044 | 0.176 | |
| 10:0 | g | 0.070 | | 0 | | 1 | | 0.103 | 0.411 | |
| 12:0 | g | 0.080 | | 0 | | 1 | | 0.118 | 0.470 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.290 | | 0 | | 1 | | 0.426 | 1.702 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.820 | | 0 | | 1 | | 1.205 | 4.813 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.410 | | 0 | | 1 | | 0.603 | 2.407 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19185**
**Puddings, chocolate, dry mix, instant, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 0.920 | | 0 | | 1 | | 1.352 | 5.400 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.070 | | 0 | | 1 | | 0.103 | 0.411 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.850 | | 0 | | 1 | | 1.250 | 4.990 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.180 | | 0 | | 1 | | 0.265 | 1.057 | |
| 18:2 undifferentiated....g | 0.130 | | 0 | | 1 | | 0.191 | 0.763 | |
| 18:3 undifferentiated....g | 0.050 | | 0 | | 1 | | 0.074 | 0.294 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 11 | | 0 | | 1 | | 16 | 65 | |
| Phytosterols....mg | 0 | | 0 | | 1 | | 0 | 0 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.042 | | 0 | | 1 | | 0.062 | 0.247 | |
| Threonine....g | 0.132 | | 0 | | 1 | | 0.194 | 0.775 | |
| Isoleucine....g | 0.173 | | 0 | | 1 | | 0.254 | 1.016 | |
| Leucine....g | 0.279 | | 0 | | 1 | | 0.410 | 1.638 | |
| Lysine....g | 0.226 | | 0 | | 1 | | 0.332 | 1.327 | |
| Methionine....g | 0.069 | | 0 | | 1 | | 0.101 | 0.405 | |
| Cystine....g | 0.029 | | 0 | | 1 | | 0.043 | 0.170 | |
| Phenylalanine....g | 0.143 | | 0 | | 1 | | 0.210 | 0.839 | |
| Tyrosine....g | 0.140 | | 0 | | 1 | | 0.206 | 0.822 | |
| Valine....g | 0.197 | | 0 | | 1 | | 0.290 | 1.156 | |
| Arginine....g | 0.115 | | 0 | | 1 | | 0.169 | 0.675 | |
| Histidine....g | 0.078 | | 0 | | 1 | | 0.115 | 0.458 | |
| Alanine....g | 0.107 | | 0 | | 1 | | 0.157 | 0.628 | |
| Aspartic acid....g | 0.234 | | 0 | | 1 | | 0.344 | 1.374 | |
| Glutamic acid....g | 0.603 | | 0 | | 1 | | 0.886 | 3.540 | |
| Glycine....g | 0.071 | | 0 | | 1 | | 0.104 | 0.417 | |
| Proline....g | 0.270 | | 0 | | 1 | | 0.397 | 1.585 | |
| Serine....g | 0.158 | | 0 | | 1 | | 0.232 | 0.927 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 2 | | 0 | BFZN | 4 | | 3 | 12 | |
| Theobromine....mg | 62 | | 0 | BFZN | 4 | | 91 | 364 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta....mcg | 24 | | 0 | O | 4 | | 35.280 | 140.880 | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

**NDB No. 19185**
**Puddings, chocolate, dry mix, instant, prepared with whole milk**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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

**NDB No. 19188**
**Puddings, chocolate, dry mix, regular**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.00 | 0.061 | 11 | | 1 | | 3.96 | 1.00 | |
| Energy | kcal | 387 | | 0 | NC | 4 | | 383 | 97 | |
| Energy | kj | 1617 | | 0 | NC | 4 | | 1601 | 404 | |
| Protein (N x 6.25) | g | 2.60 | 0.109 | 11 | | 1 | | 2.57 | 0.65 | |
| Total lipid (fat) | g | 2.10 | 0.148 | 11 | | 1 | | 2.08 | 0.53 | |
| Ash | g | 2.00 | 0.056 | 11 | | 1 | | 1.98 | 0.50 | |
| Carbohydrate, by difference | g | 89.30 | | 0 | NC | 4 | | 88.41 | 22.33 | |
| Fiber, total dietary | g | 4.5 | | 0 | FLA | 4 | | 4.4 | 1.1 | |
| Sugars, total | g | 42.64 | | 0 | FLA | 4 | | 42.21 | 10.66 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 53 | 2.086 | 4 | | 1 | | 52 | 13 | |
| Iron, Fe | mg | 1.82 | 0.031 | 4 | | 1 | | 1.80 | 0.46 | |
| Magnesium, Mg | mg | 67 | | 0 | FLA | 4 | | 66 | 17 | |
| Phosphorus, P | mg | 88 | 9.481 | 4 | | 1 | | 87 | 22 | |
| Potassium, K | mg | 209 | 13.072 | 20 | | 1 | | 207 | 52 | |
| Sodium, Na | mg | 353 | 23.265 | 18 | | 1 | | 349 | 88 | |
| Zinc, Zn | mg | 0.90 | | 0 | FLA | 4 | | 0.89 | 0.23 | |
| Copper, Cu | mg | 0.518 | | 0 | FLA | 4 | | 0.512 | 0.129 | |
| Manganese, Mn | mg | 0.537 | | 0 | FLA | 4 | | 0.532 | 0.134 | |
| Selenium, Se | mcg | 3.3 | | 0 | FLA | 4 | | 3.2 | 0.8 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.015 | | 0 | FLA | 4 | | 0.015 | 0.004 | |
| Riboflavin | mg | 0.202 | | 2 | | 1 | | 0.200 | 0.051 | |
| Niacin | mg | 0.330 | | 0 | FLA | 4 | | 0.327 | 0.083 | |
| Pantothenic acid | mg | 0.035 | | 0 | FLA | 4 | | 0.035 | 0.009 | |
| Vitamin B-6 | mg | 0.016 | | 0 | FLA | 4 | | 0.016 | 0.004 | |
| Folate, total | mcg | 4 | | 0 | FLA | 4 | | 4 | 1 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 4 | | 0 | FLA | 4 | | 4 | 1 | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 4 | 1 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 3 | | 0 | FLA | 4 | | 3 | 1 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.210 | | 0 | | 1 | | 1.198 | 0.303 | |
| 4:0 | g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.530 | | 1 | | 1 | | 0.525 | 0.133 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.680 | | 1 | | 1 | | 0.673 | 0.170 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19188**
**Puddings, chocolate, dry mix, regular**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.690 | | 0 | | 1 | | 0.683 | 0.173 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.680 | | 1 | | 1 | | 0.673 | 0.170 | |
| 20:1.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.070 | | 0 | | 1 | | 0.069 | 0.018 | |
| 18:2 undifferentiated.....g | 0.070 | | 1 | | 1 | | 0.069 | 0.018 | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 0 | | 4 | | 1 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.037 | | 0 | | 1 | | 0.037 | 0.009 | |
| Threonine.....g | 0.101 | | 0 | | 1 | | 0.100 | 0.025 | |
| Isoleucine.....g | 0.099 | | 0 | | 1 | | 0.098 | 0.025 | |
| Leucine.....g | 0.158 | | 0 | | 1 | | 0.156 | 0.040 | |
| Lysine.....g | 0.127 | | 0 | | 1 | | 0.126 | 0.032 | |
| Methionine.....g | 0.027 | | 0 | | 1 | | 0.027 | 0.007 | |
| Cystine.....g | 0.032 | | 0 | | 1 | | 0.032 | 0.008 | |
| Phenylalanine.....g | 0.122 | | 0 | | 1 | | 0.121 | 0.031 | |
| Tyrosine.....g | 0.096 | | 0 | | 1 | | 0.095 | 0.024 | |
| Valine.....g | 0.153 | | 0 | | 1 | | 0.151 | 0.038 | |
| Arginine.....g | 0.144 | | 0 | | 1 | | 0.143 | 0.036 | |
| Histidine.....g | 0.044 | | 0 | | 1 | | 0.044 | 0.011 | |
| Alanine.....g | 0.118 | | 0 | | 1 | | 0.117 | 0.030 | |
| Aspartic acid.....g | 0.253 | | 0 | | 1 | | 0.250 | 0.063 | |
| Glutamic acid.....g | 0.385 | | 0 | | 1 | | 0.381 | 0.096 | |
| Glycine.....g | 0.114 | | 0 | | 1 | | 0.113 | 0.029 | |
| Proline.....g | 0.111 | | 0 | | 1 | | 0.110 | 0.028 | |
| Serine.....g | 0.110 | | 0 | | 1 | | 0.109 | 0.028 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 11 | | 0 | FLA | 4 | | 11 | 3 | |
| Theobromine.....mg | 362 | | 0 | FLA | 4 | | 359 | 91 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 serving amount to make 1/2 cup

**NDB No. 19188**
**Puddings, chocolate, dry mix, regular**

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

**Food Group:** 19 Sweets

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**NDB No. 19190**
**Puddings, chocolate, dry mix, regular, prepared with 2% milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.15 | | 0 | RP | 4 | | | | |
| Energy | kcal | 109 | | 0 | RP | 4 | | | | |
| Energy | kj | 457 | | 0 | RP | 4 | | | | |
| Protein | g | 3.28 | | 0 | RP | 4 | | | | |
| Total lipid (fat) | g | 1.99 | | 0 | RP | 4 | | | | |
| Ash | g | 0.98 | | 0 | RP | 4 | | | | |
| Carbohydrate, by difference | g | 19.55 | | 0 | RP | 4 | | | | |
| Fiber, total dietary | g | 0.3 | | 0 | RP | 4 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 112 | | 0 | RP | 4 | | | | |
| Iron, Fe | mg | 0.36 | | 0 | RP | 4 | | | | |
| Magnesium, Mg | mg | 21 | | 0 | RP | 4 | | | | |
| Phosphorus, P | mg | 96 | | 0 | RP | 4 | | | | |
| Potassium, K | mg | 167 | | 0 | RP | 4 | | | | |
| Sodium, Na | mg | 104 | | 0 | RP | 4 | | | | |
| Zinc, Zn | mg | 0.46 | | 0 | RP | 4 | | | | |
| Copper, Cu | mg | 0.073 | | 0 | RP | 4 | | | | |
| Manganese, Mn | mg | 0.043 | | 0 | RP | 4 | | | | |
| Selenium, Se | mcg | 2.2 | | 0 | RP | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | RP | 4 | | | | |
| Thiamin | mg | 0.032 | | 0 | RP | 4 | | | | |
| Riboflavin | mg | 0.175 | | 0 | RP | 4 | | | | |
| Niacin | mg | 0.105 | | 0 | RP | 4 | | | | |
| Pantothenic acid | mg | 0.280 | | 0 | RP | 4 | | | | |
| Vitamin B-6 | mg | 0.036 | | 0 | RP | 4 | | | | |
| Folate, total | mcg | 4 | | 0 | RP | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RP | 4 | | | | |
| Folate, food | mcg | 4 | | 0 | RP | 4 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.25 | | 0 | RP | 4 | | | | |
| Vitamin A, IU | IU | 176 | | 0 | RP | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 47 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 46 | | 0 | RP | 4 | | | | |
| Vitamin E (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 | 1.189 | | 0 | RP | 4 | | | | |
| 4:0 | g | 0.053 | | 0 | RP | 4 | | | | |
| 6:0 | g | 0.031 | | 0 | RP | 4 | | | | |
| 8:0 | g | 0.018 | | 0 | RP | 4 | | | | |
| 10:0 | g | 0.041 | | 0 | RP | 4 | | | | |
| 12:0 | g | 0.046 | | 0 | RP | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.164 | | 0 | RP | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.521 | | 0 | RP | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.316 | | 0 | RP | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19190**
**Puddings, chocolate, dry mix, regular, prepared with 2% milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.565 | | 0 | RP | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.037 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.528 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.072 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 0.049 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.024 | | 0 | RP | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 7 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.046 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.145 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.188 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.304 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.246 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.076 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.032 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.158 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.153 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.216 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.128 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.084 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.118 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.259 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.659 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.079 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.293 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.173 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | 2 | | 0 | RP | 4 | | | | |
| Theobromine.....mg | 63 | | 0 | RP | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 10 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

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

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19190**
**Puddings, chocolate, dry mix, regular, prepared with 2% milk**

**Food Group:** 19 Sweets

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

**NDB No. 19189**
**Puddings, chocolate, dry mix, regular, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 73.30 | | 0 | RP | 4 | | 104.08 | 417.78 | |
| Energy | kcal | 119 | | 0 | RP | 4 | | 169 | 677 | |
| Energy | kj | 497 | | 0 | RP | 4 | | 706 | 2834 | |
| Protein | g | 3.21 | | 0 | RP | 4 | | 4.56 | 18.32 | |
| Total lipid (fat) | g | 3.15 | | 0 | RP | 4 | | 4.47 | 17.96 | |
| Ash | g | 0.94 | | 0 | RP | 4 | | 1.33 | 5.35 | |
| Carbohydrate, by difference | g | 19.40 | | 0 | RP | 4 | | 27.55 | 110.59 | |
| Fiber, total dietary | g | 0.8 | | 0 | RP | 4 | | 1.1 | 4.4 | |
| Sugars, total | g | 11.92 | | 0 | RP | 4 | | 16.93 | 67.95 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 96 | | 0 | RP | 4 | | 136 | 546 | |
| Iron, Fe | mg | 0.35 | | 0 | RP | 4 | | 0.49 | 1.97 | |
| Magnesium, Mg | mg | 20 | | 0 | RP | 4 | | 29 | 116 | |
| Phosphorus, P | mg | 87 | | 0 | RP | 4 | | 124 | 497 | |
| Potassium, K | mg | 150 | | 0 | RP | 4 | | 213 | 856 | |
| Sodium, Na | mg | 98 | | 0 | RP | 4 | | 140 | 561 | |
| Zinc, Zn | mg | 0.48 | | 0 | RP | 4 | | 0.69 | 2.76 | |
| Copper, Cu | mg | 0.110 | | 0 | RP | 4 | | 0.156 | 0.625 | |
| Manganese, Mn | mg | 0.096 | | 0 | RP | 4 | | 0.136 | 0.548 | |
| Selenium, Se | mcg | 3.7 | | 0 | RP | 4 | | 5.3 | 21.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | RP | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.036 | | 0 | RP | 4 | | 0.052 | 0.207 | |
| Riboflavin | mg | 0.192 | | 0 | RP | 4 | | 0.272 | 1.093 | |
| Niacin | mg | 0.149 | | 0 | RP | 4 | | 0.212 | 0.852 | |
| Pantothenic acid | mg | 0.317 | | 0 | RP | 4 | | 0.449 | 1.804 | |
| Vitamin B-6 | mg | 0.031 | | 0 | RP | 4 | | 0.044 | 0.176 | |
| Folate, total | mcg | 4 | | 0 | RP | 4 | | 6 | 25 | |
| Folic acid | mcg | 0 | | 0 | RP | 4 | | 0 | 0 | |
| Folate, food | mcg | 4 | | 0 | RP | 4 | | 6 | 25 | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 6 | 25 | |
| Vitamin B-12 | mcg | 0.30 | | 0 | RP | 4 | | 0.43 | 1.71 | |
| Vitamin A, IU | IU | 88 | | 0 | RP | 4 | | 125 | 501 | |
| Vitamin A, RAE | mcg_RAE | 24 | | 0 | RP | 4 | | 35 | 139 | |
| Retinol | mcg | 24 | | 0 | RP | 4 | | 34 | 137 | |
| Vitamin E (alpha-tocopherol) | mg | 0.05 | | 0 | RP | 4 | | 0.07 | 0.28 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.2 | | 0 | RP | 4 | | 0.3 | 1.1 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.809 | | 0 | RP | 4 | | 2.569 | 10.311 | |
| 4:0 | g | 0.064 | | 0 | RP | 4 | | 0.091 | 0.364 | |
| 6:0 | g | 0.064 | | 0 | RP | 4 | | 0.091 | 0.364 | |
| 8:0 | g | 0.064 | | 0 | RP | 4 | | 0.091 | 0.364 | |
| 10:0 | g | 0.064 | | 0 | RP | 4 | | 0.091 | 0.364 | |
| 12:0 | g | 0.066 | | 0 | RP | 4 | | 0.093 | 0.374 | |
| 13:0 | g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 14:0 | g | 0.254 | | 0 | RP | 4 | | 0.361 | 1.450 | |
| 15:0 | g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 16:0 | g | 0.803 | | 0 | RP | 4 | | 1.140 | 4.575 | |
| 17:0 | g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 18:0 | g | 0.431 | | 0 | RP | 4 | | 0.612 | 2.456 | |
| 20:0 | g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 22:0 | g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 24:0 | g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |

**NDB No. 19189**
**Puddings, chocolate, dry mix, regular, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.814 | | 0 | RP | 4 | | 1.157 | 4.642 | |
| 14:1.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.814 | | 0 | RP | 4 | | 1.157 | 4.642 | |
| 20:1.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.179 | | 0 | RP | 4 | | 0.254 | 1.020 | |
| 18:2 undifferentiated.....g | 0.115 | | 0 | RP | 4 | | 0.163 | 0.656 | |
| 18:3 undifferentiated.....g | 0.064 | | 0 | RP | 4 | | 0.091 | 0.364 | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 9 | | 0 | RP | 4 | | 13 | 52 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.071 | | 0 | RP | 4 | | 0.100 | 0.402 | |
| Threonine.....g | 0.140 | | 0 | RP | 4 | | 0.199 | 0.798 | |
| Isoleucine.....g | 0.159 | | 0 | RP | 4 | | 0.225 | 0.904 | |
| Leucine.....g | 0.255 | | 0 | RP | 4 | | 0.362 | 1.453 | |
| Lysine.....g | 0.142 | | 0 | RP | 4 | | 0.202 | 0.811 | |
| Methionine.....g | 0.069 | | 0 | RP | 4 | | 0.098 | 0.392 | |
| Cystine.....g | 0.020 | | 0 | RP | 4 | | 0.028 | 0.114 | |
| Phenylalanine.....g | 0.147 | | 0 | RP | 4 | | 0.209 | 0.839 | |
| Tyrosine.....g | 0.147 | | 0 | RP | 4 | | 0.208 | 0.836 | |
| Valine.....g | 0.191 | | 0 | RP | 4 | | 0.272 | 1.090 | |
| Arginine.....g | 0.089 | | 0 | RP | 4 | | 0.127 | 0.508 | |
| Histidine.....g | 0.072 | | 0 | RP | 4 | | 0.102 | 0.409 | |
| Alanine.....g | 0.109 | | 0 | RP | 4 | | 0.154 | 0.619 | |
| Aspartic acid.....g | 0.247 | | 0 | RP | 4 | | 0.351 | 1.410 | |
| Glutamic acid.....g | 0.622 | | 0 | RP | 4 | | 0.884 | 3.548 | |
| Glycine.....g | 0.084 | | 0 | RP | 4 | | 0.119 | 0.478 | |
| Proline.....g | 0.312 | | 0 | RP | 4 | | 0.443 | 1.780 | |
| Serine.....g | 0.111 | | 0 | RP | 4 | | 0.157 | 0.631 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 2 | | 0 | RP | 4 | | 3 | 11 | |
| Theobromine.....mg | 63 | | 0 | RP | 4 | | 89 | 359 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 4 | | 0 | RP | 4 | | 6.326 | 25.395 | |
| Carotene, alpha.....mcg | 0 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | RP | 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 = 142g: .5 cup

Measure 2 = 570g: 1 package yield (2 cups)

**NDB No. 19189**
**Puddings, chocolate, dry mix, regular, prepared with whole milk**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

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**NDB No. 19183**
**Puddings, chocolate, ready-to-eat**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 69.30 | 0.237 | 39 | | 1 | | 19.65 | 98.41 | 78.31 |
| Energy | kcal | 139 | | 0 | NC | 4 | | 39 | 197 | 157 |
| Energy | kj | 581 | | 0 | NC | 4 | | 165 | 825 | 656 |
| Protein (N x 6.25) | g | 2.70 | 0.064 | 36 | | 1 | | 0.77 | 3.83 | 3.05 |
| Total lipid (fat) | g | 4.00 | 0.078 | 36 | | 1 | | 1.13 | 5.68 | 4.52 |
| Ash | g | 1.00 | 0.018 | 36 | | 1 | | 0.28 | 1.42 | 1.13 |
| Carbohydrate, by difference | g | 23.00 | | 0 | NC | 4 | | 6.52 | 32.66 | 25.99 |
| Fiber, total dietary | g | 1.0 | | 0 | FLA | 4 | | 0.3 | 1.4 | 1.1 |
| Sugars, total | g | 17.85 | | 0 | FLA | 4 | | 5.06 | 25.35 | 20.17 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 90 | 2.697 | 38 | | 1 | | 26 | 128 | 102 |
| Iron, Fe | mg | 0.51 | 0.039 | 37 | | 1 | | 0.14 | 0.72 | 0.58 |
| Magnesium, Mg | mg | 21 | 0.578 | 39 | | 1 | | 6 | 30 | 24 |
| Phosphorus, P | mg | 80 | 2.265 | 36 | | 1 | | 23 | 114 | 90 |
| Potassium, K | mg | 180 | 5.168 | 38 | | 1 | | 51 | 256 | 203 |
| Sodium, Na | mg | 129 | | 1 | | 1 | | 37 | 183 | 146 |
| Zinc, Zn | mg | 0.42 | 0.025 | 38 | | 1 | | 0.12 | 0.60 | 0.47 |
| Copper, Cu | mg | 0.116 | 0.006 | 38 | | 1 | | 0.033 | 0.165 | 0.131 |
| Manganese, Mn | mg | 0.069 | 0.009 | 10 | | 1 | | 0.020 | 0.098 | 0.078 |
| Selenium, Se | mcg | 2.4 | | 0 | FLA | 4 | | 0.7 | 3.5 | 2.8 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.8 | | 2 | | 1 | | 0.5 | 2.6 | 2.0 |
| Thiamin | mg | 0.026 | 0.001 | 36 | | 1 | | 0.007 | 0.037 | 0.029 |
| Riboflavin | mg | 0.155 | 0.005 | 36 | | 1 | | 0.044 | 0.220 | 0.175 |
| Niacin | mg | 0.347 | 0.026 | 36 | | 1 | | 0.098 | 0.493 | 0.392 |
| Pantothenic acid | mg | 0.143 | | 2 | | 1 | | 0.041 | 0.203 | 0.162 |
| Vitamin B-6 | mg | 0.028 | | 2 | | 1 | | 0.008 | 0.040 | 0.032 |
| Folate, total | mcg | 3 | | 2 | | 1 | | 1 | 4 | 3 |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 3 | | 2 | | 1 | | 1 | 4 | 3 |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 1 | 4 | 3 |
| Vitamin B-12 | mcg | 0.00 | | 2 | | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 36 | | 2 | | 1 | | 10 | 51 | 41 |
| Vitamin A, RAE | mcg_RAE | 10 | | 0 | FLA | 4 | | 3 | 14 | 11 |
| Retinol | mcg | 10 | | 0 | FLA | 4 | | 3 | 14 | 11 |
| Vitamin E (alpha-tocopherol) | mg | 0.29 | | 0 | FLA | 4 | | 0.08 | 0.41 | 0.33 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.0 | | 0 | FLA | 4 | | 0.3 | 1.4 | 1.1 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.710 | | 0 | | 1 | | 0.201 | 1.008 | 0.802 |
| 4:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.010 | | 1 | | 1 | | 0.003 | 0.014 | 0.011 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.440 | | 1 | | 1 | | 0.125 | 0.625 | 0.497 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.260 | | 1 | | 1 | | 0.074 | 0.369 | 0.294 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19183**
**Puddings, chocolate, ready-to-eat**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 1.700 | | 0 | | 1 | | 0.482 | 2.414 | 1.921 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.020 | | 1 | | 1 | | 0.006 | 0.028 | 0.023 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.690 | | 1 | | 1 | | 0.479 | 2.400 | 1.910 |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.430 | | 0 | | 1 | | 0.405 | 2.031 | 1.616 |
| 18:2 undifferentiated.....g | 1.330 | | 1 | | 1 | | 0.377 | 1.889 | 1.503 |
| 18:3 undifferentiated.....g | 0.100 | | 1 | | 1 | | 0.028 | 0.142 | 0.113 |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 3 | | 2 | | 1 | | 1 | 4 | 3 |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.036 | | 0 | | 1 | | 0.010 | 0.051 | 0.041 |
| Threonine.....g | 0.115 | | 0 | | 1 | | 0.033 | 0.163 | 0.130 |
| Isoleucine.....g | 0.148 | | 0 | | 1 | | 0.042 | 0.210 | 0.167 |
| Leucine.....g | 0.240 | | 0 | | 1 | | 0.068 | 0.341 | 0.271 |
| Lysine.....g | 0.192 | | 0 | | 1 | | 0.054 | 0.273 | 0.217 |
| Methionine.....g | 0.059 | | 0 | | 1 | | 0.017 | 0.084 | 0.067 |
| Cystine.....g | 0.026 | | 0 | | 1 | | 0.007 | 0.037 | 0.029 |
| Phenylalanine.....g | 0.126 | | 0 | | 1 | | 0.036 | 0.179 | 0.142 |
| Tyrosine.....g | 0.121 | | 0 | | 1 | | 0.034 | 0.172 | 0.137 |
| Valine.....g | 0.171 | | 0 | | 1 | | 0.048 | 0.243 | 0.193 |
| Arginine.....g | 0.104 | | 0 | | 1 | | 0.029 | 0.148 | 0.118 |
| Histidine.....g | 0.066 | | 0 | | 1 | | 0.019 | 0.094 | 0.075 |
| Alanine.....g | 0.095 | | 0 | | 1 | | 0.027 | 0.135 | 0.107 |
| Aspartic acid.....g | 0.208 | | 0 | | 1 | | 0.059 | 0.295 | 0.235 |
| Glutamic acid.....g | 0.519 | | 0 | | 1 | | 0.147 | 0.737 | 0.586 |
| Glycine.....g | 0.067 | | 0 | | 1 | | 0.019 | 0.095 | 0.076 |
| Proline.....g | 0.228 | | 0 | | 1 | | 0.065 | 0.324 | 0.258 |
| Serine.....g | 0.136 | | 0 | | 1 | | 0.039 | 0.193 | 0.154 |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 5 | | 1 | | 1 | | 1 | 7 | 6 |
| Theobromine.....mg | 62 | | 1 | | 1 | | 18 | 88 | 70 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 2 | | 0 | FLA | 4 | | 0.520 | 2.605 | 2.073 |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 12 | | 0 | FLA | 4 | | 3.467 | 17.364 | 13.818 |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

Measure 3 = 113g: 1 snack size (4 oz)

**NDB No. 19183**
**Puddings, chocolate, ready-to-eat**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

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**NDB No. 19235**
**Puddings, chocolate, ready-to-eat, fat free**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 75.02 | | 0 | FLA | 4 | | | | |
| Energy | kcal | 97 | | 0 | NC | 4 | | | | |
| Energy | kj | 406 | | 0 | NC | 4 | | | | |
| Protein | g | 3.06 | | 0 | FLA | 4 | | | | |
| Total lipid (fat) | g | 0.40 | | 0 | FLA | 4 | | | | |
| Ash | g | 1.13 | | 0 | FLA | 4 | | | | |
| Carbohydrate, by difference | g | 20.30 | | 0 | FLA | 4 | | | | |
| Fiber, total dietary | g | 0.8 | | 0 | FLA | 4 | | | | |
| Sugars, total | g | 15.30 | | 0 | FLA | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 73 | | 0 | FLA | 4 | | | | |
| Iron, Fe | mg | 0.80 | | 0 | FLA | 4 | | | | |
| Magnesium, Mg | mg | 19 | | 0 | FLA | 4 | | | | |
| Phosphorus, P | mg | 76 | | 0 | FLA | 4 | | | | |
| Potassium, K | mg | 140 | | 0 | FLA | 4 | | | | |
| Sodium, Na | mg | 170 | | 0 | FLA | 4 | | | | |
| Zinc, Zn | mg | 0.82 | | 0 | FLA | 4 | | | | |
| Copper, Cu | mg | 0.106 | | 0 | FLA | 4 | | | | |
| Manganese, Mn | mg | 0.125 | | 0 | FLA | 4 | | | | |
| Selenium, Se | mcg | 2.9 | | 0 | FLA | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLA | 4 | | | | |
| Thiamin | mg | 0.029 | | 0 | FLA | 4 | | | | |
| Riboflavin | mg | 0.153 | | 0 | FLA | 4 | | | | |
| Niacin | mg | 0.134 | | 0 | FLA | 4 | | | | |
| Pantothenic acid | mg | 0.281 | | 0 | FLA | 4 | | | | |
| Vitamin B-6 | mg | 0.025 | | 0 | FLA | 4 | | | | |
| Folate, total | mcg | 4 | | 0 | FLA | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | | | |
| Folate, food | mcg | 4 | | 0 | FLA | 4 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.22 | | 0 | FLA | 4 | | | | |
| Vitamin A, IU | IU | 156 | | 0 | FLA | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 47 | | 0 | FLA | 4 | | | | |
| Retinol | mcg | 47 | | 0 | FLA | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.01 | | 0 | FLA | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.1 | | 0 | FLA | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.245 | | 0 | FLA | 4 | | | | |
| 4:0 | g | 0.003 | | 0 | FLA | 4 | | | | |
| 6:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 8:0 | g | 0.001 | | 0 | FLA | 4 | | | | |
| 10:0 | g | 0.002 | | 0 | FLA | 4 | | | | |
| 12:0 | g | 0.001 | | 0 | FLA | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.007 | | 0 | FLA | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.115 | | 0 | FLA | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.116 | | 0 | FLA | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19235**
**Puddings, chocolate, ready-to-eat, fat free**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.122 | | 0 | FLA | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.002 | | 0 | FLA | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.119 | | 0 | FLA | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.013 | | 0 | FLA | 4 | | | | |
| 18:2 undifferentiated.....g | 0.013 | | 0 | FLA | 4 | | | | |
| 18:3 undifferentiated.....g | 0.001 | | 0 | FLA | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 0 | FLA | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | | | |
| Caffeine.....mg | 2 | | 0 | FLA | 4 | | | | |
| Theobromine.....mg | 68 | | 0 | FLA | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 1 | | 0 | FLA | 4 | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19322**
**Puddings, coconut cream, dry mix, instant**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.20 | 0.496 | 4 | | 1 | | 2.18 | 0.55 | |
| Energy | kcal | 434 | | 0 | NC | 4 | | 429 | 108 | |
| Energy | kj | 1814 | | 0 | NC | 4 | | 1796 | 454 | |
| Protein (N x 6.25) | g | 0.90 | 0.159 | 4 | | 1 | | 0.89 | 0.23 | |
| Total lipid (fat) | g | 10.00 | | 1 | LC | 8 | | 9.90 | 2.50 | |
| Ash | g | 1.88 | | 0 | NR | 4 | | 1.87 | 0.47 | |
| Carbohydrate, by difference | g | 85.02 | | 0 | NC | 4 | | 84.17 | 21.25 | |
| Fiber, total dietary | g | 4.0 | | 1 | LC | 8 | | 4.0 | 1.0 | |
| Sugars, total | g | 64.00 | | 1 | LC | 8 | | 63.36 | 16.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 8 | | 0 | FLA | 4 | | 8 | 2 | |
| Iron, Fe | mg | 0.72 | | 0 | FLA | 4 | | 0.71 | 0.18 | |
| Magnesium, Mg | mg | 17 | | 0 | FLA | 4 | | 17 | 4 | |
| * Phosphorus, P | mg | 721 | | 1 | | 4 | | 714 | 180 | |
| Potassium, K | mg | 96 | | 0 | FLA | 4 | | 95 | 24 | |
| * Sodium, Na | mg | 1040 | | 1 | LC | 8 | | 1030 | 260 | |
| Zinc, Zn | mg | 0.30 | | 1 | | 1 | | 0.30 | 0.08 | |
| Copper, Cu | mg | 0.151 | | 0 | FLA | 4 | | 0.149 | 0.038 | |
| Manganese, Mn | mg | 0.489 | | 0 | FLA | 4 | | 0.484 | 0.122 | |
| Selenium, Se | mcg | 4.0 | | 0 | FLA | 4 | | 4.0 | 1.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 0 | FLA | 4 | | 0.3 | 0.1 | |
| Thiamin | mg | 0.013 | | 0 | FLA | 4 | | 0.013 | 0.003 | |
| Riboflavin | mg | 0.053 | | 0 | FLA | 4 | | 0.052 | 0.013 | |
| Niacin | mg | 0.219 | | 0 | FLA | 4 | | 0.217 | 0.055 | |
| Pantothenic acid | mg | 0.149 | | 0 | FLA | 4 | | 0.148 | 0.037 | |
| Vitamin B-6 | mg | 0.059 | | 0 | FLA | 4 | | 0.059 | 0.015 | |
| Folate, total | mcg | 2 | | 0 | FLA | 4 | | 2 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 2 | | 0 | FLA | 4 | | 2 | 0 | |
| Folate, DFE | mcg_DFE | 2 | | 0 | NC | 4 | | 2 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.08 | | 0 | FLA | 4 | | 0.08 | 0.02 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.1 | | 0 | FLA | 4 | | 0.1 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 10.104 | | 0 | NC | 4 | | 10.003 | 2.526 | |
| 4:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.065 | | 0 | FLA | 4 | | 0.064 | 0.016 | |
| 8:0 | g | 0.798 | | 0 | FLA | 4 | | 0.790 | 0.200 | |
| 10:0 | g | 0.634 | | 0 | FLA | 4 | | 0.628 | 0.159 | |
| 12:0 | g | 5.054 | | 0 | FLA | 4 | | 5.004 | 1.264 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 1.996 | | 0 | FLA | 4 | | 1.976 | 0.499 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.967 | | 0 | FLA | 4 | | 0.958 | 0.242 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.590 | | 0 | FLA | 4 | | 0.584 | 0.148 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19322**
**Puddings, coconut cream, dry mix, instant**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:1.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.010 | | 0 | | 1 | | 0.010 | 0.003 | |
| Threonine.....g | 0.031 | | 0 | | 1 | | 0.031 | 0.008 | |
| Isoleucine.....g | 0.035 | | 0 | | 1 | | 0.035 | 0.009 | |
| Leucine.....g | 0.066 | | 0 | | 1 | | 0.065 | 0.017 | |
| Lysine.....g | 0.039 | | 0 | | 1 | | 0.039 | 0.010 | |
| Methionine.....g | 0.016 | | 0 | | 1 | | 0.016 | 0.004 | |
| Cystine.....g | 0.015 | | 0 | | 1 | | 0.015 | 0.004 | |
| Phenylalanine.....g | 0.041 | | 0 | | 1 | | 0.041 | 0.010 | |
| Tyrosine.....g | 0.028 | | 0 | | 1 | | 0.028 | 0.007 | |
| Valine.....g | 0.050 | | 0 | | 1 | | 0.050 | 0.013 | |
| Arginine.....g | 0.117 | | 0 | | 1 | | 0.116 | 0.029 | |
| Histidine.....g | 0.020 | | 0 | | 1 | | 0.020 | 0.005 | |
| Alanine.....g | 0.041 | | 0 | | 1 | | 0.041 | 0.010 | |
| Aspartic acid.....g | 0.078 | | 0 | | 1 | | 0.077 | 0.020 | |
| Glutamic acid.....g | 0.185 | | 0 | | 1 | | 0.183 | 0.046 | |
| Glycine.....g | 0.036 | | 0 | | 1 | | 0.036 | 0.009 | |
| Proline.....g | 0.042 | | 0 | | 1 | | 0.042 | 0.011 | |
| Serine.....g | 0.043 | | 0 | | 1 | | 0.043 | 0.011 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

*Vitamin or mineral added for enrichment or fortification

**NDB No. 19322**
**Puddings, coconut cream, dry mix, instant**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19191**
**Puddings, coconut cream, dry mix, instant, prepared with 2% milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.40 | | 0 | | 1 | | 109.37 | 436.73 | |
| Energy | kcal | 107 | | 0 | NC | 4 | | 157 | 628 | |
| Energy | kj | 448 | | | | 4 | | 658 | 2628 | |
| Protein | g | 2.90 | | 0 | | 1 | | 4.26 | 17.02 | |
| Total lipid (fat) | g | 2.30 | | 0 | | 1 | | 3.38 | 13.50 | |
| Ash | g | 1.20 | | 0 | | 1 | | 1.76 | 7.04 | |
| Carbohydrate, by difference | g | 19.20 | | 0 | NC | 4 | | 28.22 | 112.70 | |
| Fiber, total dietary | g | 0.1 | | 0 | | 4 | | 0.1 | 0.6 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 102 | | 0 | | 1 | | 150 | 599 | |
| Iron, Fe | mg | 0.15 | | 0 | | 1 | | 0.22 | 0.88 | |
| Magnesium, Mg | mg | 14 | | 0 | | 1 | | 21 | 82 | |
| Phosphorus, P | mg | 201 | | 0 | | 1 | | 295 | 1180 | |
| Potassium, K | mg | 132 | | 0 | | 1 | | 194 | 775 | |
| Sodium, Na | mg | 246 | | 0 | | 1 | | 362 | 1444 | |
| Zinc, Zn | mg | 0.33 | | 0 | | 1 | | 0.49 | 1.94 | |
| Copper, Cu | mg | 0.025 | | 0 | | 1 | | 0.037 | 0.147 | |
| Manganese, Mn | mg | 0.019 | | 0 | | 1 | | 0.028 | 0.112 | |
| Selenium, Se | mcg | 2.0 | | 0 | BFZN | 4 | | 2.9 | 11.7 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 0 | | 1 | | 1.2 | 4.7 | |
| Thiamin | mg | 0.034 | | 0 | | 1 | | 0.050 | 0.200 | |
| Riboflavin | mg | 0.138 | | 0 | | 1 | | 0.203 | 0.810 | |
| Niacin | mg | 0.086 | | 0 | | 1 | | 0.126 | 0.505 | |
| Pantothenic acid | mg | 0.271 | | 0 | | 1 | | 0.398 | 1.591 | |
| Vitamin B-6 | mg | 0.038 | | 0 | | 1 | | 0.056 | 0.223 | |
| Folate, total | mcg | 4 | | 0 | | 1 | | 6 | 23 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 4 | | 0 | | 1 | | 6 | 23 | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 6 | 23 | |
| Vitamin B-12 | mcg | 0.30 | | 0 | | 1 | | 0.44 | 1.76 | |
| Vitamin A, IU | IU | 150 | | 0 | O | 4 | | 221 | 881 | |
| Vitamin A, RAE | mcg_RAE | 45 | | 0 | NC | 4 | | 66 | 264 | |
| Retinol | mcg | 45 | | 0 | O | 4 | | 66 | 264 | |
| Vitamin E (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 | 1.370 | | 0 | | 1 | | 2.014 | 8.042 | |
| 4:0 | g | 0.050 | | 0 | | 1 | | 0.074 | 0.294 | |
| 6:0 | g | 0.030 | | 0 | | 1 | | 0.044 | 0.176 | |
| 8:0 | g | 0.050 | | 0 | | 1 | | 0.074 | 0.294 | |
| 10:0 | g | 0.060 | | 0 | | 1 | | 0.088 | 0.352 | |
| 12:0 | g | 0.210 | | 0 | | 1 | | 0.309 | 1.233 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.230 | | 0 | | 1 | | 0.338 | 1.350 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.500 | | 0 | | 1 | | 0.735 | 2.935 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.230 | | 0 | | 1 | | 0.338 | 1.350 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19191**
**Puddings, coconut cream, dry mix, instant, prepared with 2% milk**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.620 | | 0 | | 1 | | 0.911 | 3.639 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.040 | | 0 | | 1 | | 0.059 | 0.235 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.580 | | 0 | | 1 | | 0.853 | 3.405 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.190 | | 0 | | 1 | | 0.279 | 1.115 | |
| 18:2 undifferentiated.....g | 0.160 | | 0 | | 1 | | 0.235 | 0.939 | |
| 18:3 undifferentiated.....g | 0.030 | | 0 | | 1 | | 0.044 | 0.176 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 6 | | 0 | | 1 | | 9 | 35 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.038 | | 0 | | 1 | | 0.056 | 0.223 | |
| Threonine.....g | 0.124 | | 0 | | 1 | | 0.182 | 0.728 | |
| Isoleucine.....g | 0.165 | | 0 | | 1 | | 0.243 | 0.969 | |
| Leucine.....g | 0.269 | | 0 | | 1 | | 0.395 | 1.579 | |
| Lysine.....g | 0.216 | | 0 | | 1 | | 0.318 | 1.268 | |
| Methionine.....g | 0.069 | | 0 | | 1 | | 0.101 | 0.405 | |
| Cystine.....g | 0.027 | | 0 | | 1 | | 0.040 | 0.158 | |
| Phenylalanine.....g | 0.134 | | 0 | | 1 | | 0.197 | 0.787 | |
| Tyrosine.....g | 0.132 | | 0 | | 1 | | 0.194 | 0.775 | |
| Valine.....g | 0.185 | | 0 | | 1 | | 0.272 | 1.086 | |
| Arginine.....g | 0.115 | | 0 | | 1 | | 0.169 | 0.675 | |
| Histidine.....g | 0.075 | | 0 | | 1 | | 0.110 | 0.440 | |
| Alanine.....g | 0.098 | | 0 | | 1 | | 0.144 | 0.575 | |
| Aspartic acid.....g | 0.213 | | 0 | | 1 | | 0.313 | 1.250 | |
| Glutamic acid.....g | 0.583 | | 0 | | 1 | | 0.857 | 3.422 | |
| Glycine.....g | 0.062 | | 0 | | 1 | | 0.091 | 0.364 | |
| Proline.....g | 0.262 | | 0 | | 1 | | 0.385 | 1.538 | |
| Serine.....g | 0.150 | | 0 | | 1 | | 0.221 | 0.881 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | o | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

**NDB No. 19191**
**Puddings, coconut cream, dry mix, instant, prepared with 2% milk**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19323**
**Puddings, coconut cream, dry mix, instant, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 73.40 | | 0 | | 1 | | 107.90 | 430.86 | |
| Energy | kcal | 117 | | 0 | NC | 4 | | 172 | 687 | |
| Energy | kj | 490 | | | | 4 | | 720 | 2874 | |
| Protein | g | 2.90 | | 0 | | 1 | | 4.26 | 17.02 | |
| Total lipid (fat) | g | 3.50 | | 0 | | 1 | | 5.15 | 20.55 | |
| Ash | g | 1.20 | | 0 | | 1 | | 1.76 | 7.04 | |
| Carbohydrate, by difference | g | 19.10 | | 0 | NC | 4 | | 28.08 | 112.12 | |
| Fiber, total dietary | g | 0.1 | | 0 | | 4 | | 0.1 | 0.6 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 100 | | 0 | | 1 | | 147 | 587 | |
| Iron, Fe | mg | 0.15 | | 0 | | 1 | | 0.22 | 0.88 | |
| Magnesium, Mg | mg | 14 | | 0 | | 1 | | 21 | 82 | |
| Phosphorus, P | mg | 200 | | 0 | | 1 | | 294 | 1174 | |
| Potassium, K | mg | 129 | | 0 | | 1 | | 190 | 757 | |
| Sodium, Na | mg | 246 | | 0 | | 1 | | 362 | 1444 | |
| Zinc, Zn | mg | 0.33 | | 0 | | 1 | | 0.49 | 1.94 | |
| Copper, Cu | mg | 0.026 | | 0 | | 1 | | 0.038 | 0.153 | |
| Manganese, Mn | mg | 0.019 | | 0 | | 1 | | 0.028 | 0.112 | |
| Selenium, Se | mcg | 2.0 | | 0 | RP | 4 | | 2.9 | 11.7 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 0 | | 1 | | 1.2 | 4.7 | |
| Thiamin | mg | 0.033 | | 0 | | 1 | | 0.049 | 0.194 | |
| Riboflavin | mg | 0.136 | | 0 | | 1 | | 0.200 | 0.798 | |
| Niacin | mg | 0.084 | | 0 | | 1 | | 0.123 | 0.493 | |
| Pantothenic acid | mg | 0.266 | | 0 | | 1 | | 0.391 | 1.561 | |
| Vitamin B-6 | mg | 0.037 | | 0 | | 1 | | 0.054 | 0.217 | |
| Folate, total | mcg | 4 | | 0 | | 1 | | 6 | 23 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 4 | | 0 | | 1 | | 6 | 23 | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 6 | 23 | |
| Vitamin B-12 | mcg | 0.30 | | 0 | | 1 | | 0.44 | 1.76 | |
| Vitamin A, IU | IU | 105 | | 0 | | 1 | | 154 | 616 | |
| Vitamin A, RAE | mcg_RAE | 24 | | 0 | NC | 4 | | 36 | 144 | |
| Retinol | mcg | 23 | | 0 | O | 4 | | 34 | 136 | |
| Vitamin E (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 | 2.100 | | 0 | | 1 | | 3.087 | 12.327 | |
| 4:0 | g | 0.090 | | 0 | | 1 | | 0.132 | 0.528 | |
| 6:0 | g | 0.050 | | 0 | | 1 | | 0.074 | 0.294 | |
| 8:0 | g | 0.060 | | 0 | | 1 | | 0.088 | 0.352 | |
| 10:0 | g | 0.090 | | 0 | | 1 | | 0.132 | 0.528 | |
| 12:0 | g | 0.250 | | 0 | | 1 | | 0.368 | 1.468 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.350 | | 0 | | 1 | | 0.515 | 2.055 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.830 | | 0 | | 1 | | 1.220 | 4.872 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.380 | | 0 | | 1 | | 0.559 | 2.231 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19323**

**Puddings, coconut cream, dry mix, instant, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.960 | | 0 | | 1 | | 1.411 | 5.635 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.070 | | 0 | | 1 | | 0.103 | 0.411 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.890 | | 0 | | 1 | | 1.308 | 5.224 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.240 | | 0 | | 1 | | 0.353 | 1.409 | |
| 18:2 undifferentiated.....g | 0.190 | | 0 | | 1 | | 0.279 | 1.115 | |
| 18:3 undifferentiated.....g | 0.050 | | 0 | | 1 | | 0.074 | 0.294 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 11 | | 0 | | 1 | | 16 | 65 | |
| Phytosterols.....mg | 0 | | 0 | | 1 | | 0 | 0 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.038 | | 0 | | 1 | | 0.056 | 0.223 | |
| Threonine.....g | 0.123 | | 0 | | 1 | | 0.181 | 0.722 | |
| Isoleucine.....g | 0.164 | | 0 | | 1 | | 0.241 | 0.963 | |
| Leucine.....g | 0.266 | | 0 | | 1 | | 0.391 | 1.561 | |
| Lysine.....g | 0.213 | | 0 | | 1 | | 0.313 | 1.250 | |
| Methionine.....g | 0.068 | | 0 | | 1 | | 0.100 | 0.399 | |
| Cystine.....g | 0.027 | | 0 | | 1 | | 0.040 | 0.158 | |
| Phenylalanine.....g | 0.133 | | 0 | | 1 | | 0.196 | 0.781 | |
| Tyrosine.....g | 0.130 | | 0 | | 1 | | 0.191 | 0.763 | |
| Valine.....g | 0.183 | | 0 | | 1 | | 0.269 | 1.074 | |
| Arginine.....g | 0.114 | | 0 | | 1 | | 0.168 | 0.669 | |
| Histidine.....g | 0.074 | | 0 | | 1 | | 0.109 | 0.434 | |
| Alanine.....g | 0.097 | | 0 | | 1 | | 0.143 | 0.569 | |
| Aspartic acid.....g | 0.211 | | 0 | | 1 | | 0.310 | 1.239 | |
| Glutamic acid.....g | 0.577 | | 0 | | 1 | | 0.848 | 3.387 | |
| Glycine.....g | 0.061 | | 0 | | 1 | | 0.090 | 0.358 | |
| Proline.....g | 0.259 | | 0 | | 1 | | 0.381 | 1.520 | |
| Serine.....g | 0.149 | | 0 | | 1 | | 0.219 | 0.875 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 15 | | 0 | o | 4 | | 21.962 | 87.698 | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19323**

**Puddings, coconut cream, dry mix, instant, prepared with whole milk**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19324**
**Puddings, coconut cream, dry mix, regular**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.70 | 0.051 | 6 | | 1 | | 3.26 | 0.93 | |
| Energy | kcal | 434 | | 0 | NC | 4 | | 382 | 108 | |
| Energy | kj | 1814 | | 0 | NC | 4 | | 1597 | 454 | |
| Protein (N x 6.25) | g | 1.00 | | 1 | | 1 | | 0.88 | 0.25 | |
| Total lipid (fat) | g | 11.36 | | 1 | LC | 8 | | 10.00 | 2.84 | |
| Ash | g | 2.10 | 0.075 | 6 | | 1 | | 1.85 | 0.53 | |
| Carbohydrate, by difference | g | 81.84 | | 0 | NC | 4 | | 72.02 | 20.46 | |
| Fiber, total dietary | g | 4.5 | | 1 | LC | 8 | | 4.0 | 1.1 | |
| Sugars, total | g | 63.64 | | 1 | LC | 8 | | 56.00 | 15.91 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 8 | | 0 | FLA | 4 | | 7 | 2 | |
| Iron, Fe | mg | 0.57 | | 0 | FLA | 4 | | 0.50 | 0.14 | |
| Magnesium, Mg | mg | 15 | | 0 | FLA | 4 | | 13 | 4 | |
| Phosphorus, P | mg | 35 | | 0 | FLA | 4 | | 31 | 9 | |
| Potassium, K | mg | 133 | | 0 | FLA | 4 | | 117 | 33 | |
| * Sodium, Na | mg | 682 | | 1 | LC | 8 | | 600 | 170 | |
| Zinc, Zn | mg | 0.35 | | 0 | FLA | 4 | | 0.31 | 0.09 | |
| Copper, Cu | mg | 0.143 | | 0 | FLA | 4 | | 0.126 | 0.036 | |
| Manganese, Mn | mg | 0.462 | | 0 | FLA | 4 | | 0.407 | 0.116 | |
| Selenium, Se | mcg | 3.6 | | 0 | FLA | 4 | | 3.2 | 0.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 0 | FLA | 4 | | 0.2 | 0.1 | |
| Thiamin | mg | 0.010 | | 0 | FLA | 4 | | 0.009 | 0.003 | |
| Riboflavin | mg | 0.029 | | 0 | FLA | 4 | | 0.026 | 0.007 | |
| Niacin | mg | 0.102 | | 0 | FLA | 4 | | 0.090 | 0.025 | |
| Pantothenic acid | mg | 0.135 | | 0 | FLA | 4 | | 0.118 | 0.034 | |
| Vitamin B-6 | mg | 0.050 | | 0 | FLA | 4 | | 0.044 | 0.013 | |
| Folate, total | mcg | 2 | | 0 | FLA | 4 | | 1 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 2 | | 0 | FLA | 4 | | 1 | 0 | |
| Folate, DFE | mcg_DFE | 2 | | 0 | NC | 4 | | 1 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.07 | | 0 | FLA | 4 | | 0.06 | 0.02 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 11.364 | | 1 | LC | 8 | | 10.000 | 2.841 | |
| 4:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.072 | | 0 | FLA | 4 | | 0.063 | 0.018 | |
| 8:0 | g | 0.886 | | 0 | FLA | 4 | | 0.780 | 0.222 | |
| 10:0 | g | 0.704 | | 0 | FLA | 4 | | 0.620 | 0.176 | |
| 12:0 | g | 5.612 | | 0 | FLA | 4 | | 4.938 | 1.403 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 2.216 | | 0 | FLA | 4 | | 1.950 | 0.554 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.074 | | 0 | FLA | 4 | | 0.945 | 0.268 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.655 | | 0 | FLA | 4 | | 0.576 | 0.164 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19324**
**Puddings, coconut cream, dry mix, regular**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:5 n-3....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.011 | | 0 | | 1 | | 0.010 | 0.003 | |
| Threonine....g | 0.034 | | 0 | | 1 | | 0.030 | 0.009 | |
| Isoleucine....g | 0.036 | | 0 | | 1 | | 0.032 | 0.009 | |
| Leucine....g | 0.071 | | 0 | | 1 | | 0.062 | 0.018 | |
| Lysine....g | 0.040 | | 0 | | 1 | | 0.035 | 0.010 | |
| Methionine....g | 0.018 | | 0 | | 1 | | 0.016 | 0.005 | |
| Cystine....g | 0.019 | | 0 | | 1 | | 0.017 | 0.005 | |
| Phenylalanine....g | 0.047 | | 0 | | 1 | | 0.041 | 0.012 | |
| Tyrosine....g | 0.029 | | 0 | | 1 | | 0.026 | 0.007 | |
| Valine....g | 0.056 | | 0 | | 1 | | 0.049 | 0.014 | |
| Arginine....g | 0.147 | | 0 | | 1 | | 0.129 | 0.037 | |
| Histidine....g | 0.022 | | 0 | | 1 | | 0.019 | 0.006 | |
| Alanine....g | 0.048 | | 0 | | 1 | | 0.042 | 0.012 | |
| Aspartic acid....g | 0.090 | | 0 | | 1 | | 0.079 | 0.023 | |
| Glutamic acid....g | 0.211 | | 0 | | 1 | | 0.186 | 0.053 | |
| Glycine....g | 0.043 | | 0 | | 1 | | 0.038 | 0.011 | |
| Proline....g | 0.041 | | 0 | | 1 | | 0.036 | 0.010 | |
| Serine....g | 0.048 | | 0 | | 1 | | 0.042 | 0.012 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Carotene, alpha....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | FLA | 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 = 88g: 1 package (3.12 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

*Vitamin or mineral added for enrichment or fortification

**NDB No. 19324**
**Puddings, coconut cream, dry mix, regular**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19219**
**Puddings, coconut cream, dry mix, regular, prepared with 2% milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 75.60 | | 0 | | 1 | | 105.84 | 422.60 | |
| Energy | kcal | 104 | | 0 | NC | 4 | | 146 | 581 | |
| Energy | kj | 435 | | | | 4 | | 609 | 2432 | |
| Protein | g | 3.10 | | 0 | | 1 | | 4.34 | 17.33 | |
| Total lipid (fat) | g | 2.50 | | 0 | | 1 | | 3.50 | 13.98 | |
| Ash | g | 1.00 | | 0 | | 1 | | 1.40 | 5.59 | |
| Carbohydrate, by difference | g | 17.80 | | 0 | NC | 4 | | 24.92 | 99.50 | |
| Fiber, total dietary | g | 0.2 | | 0 | | 4 | | 0.3 | 1.1 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 113 | | 0 | | 1 | | 158 | 632 | |
| Iron, Fe | mg | 0.20 | | 0 | | 1 | | 0.28 | 1.12 | |
| Magnesium, Mg | mg | 16 | | 0 | | 1 | | 22 | 89 | |
| Phosphorus, P | mg | 89 | | 0 | | 1 | | 125 | 498 | |
| Potassium, K | mg | 159 | | 0 | | 1 | | 223 | 889 | |
| Sodium, Na | mg | 163 | | 0 | | 1 | | 228 | 911 | |
| Zinc, Zn | mg | 0.37 | | 0 | | 1 | | 0.52 | 2.07 | |
| Copper, Cu | mg | 0.025 | | 0 | | 1 | | 0.035 | 0.140 | |
| Manganese, Mn | mg | 0.037 | | 0 | | 1 | | 0.052 | 0.207 | |
| Selenium, Se | mcg | 2.3 | | 0 | RP | 4 | | 3.2 | 12.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | | 1 | | 1.0 | 3.9 | |
| Thiamin | mg | 0.032 | | 0 | | 1 | | 0.045 | 0.179 | |
| Riboflavin | mg | 0.146 | | 0 | | 1 | | 0.204 | 0.816 | |
| Niacin | mg | 0.091 | | 0 | | 1 | | 0.127 | 0.509 | |
| Pantothenic acid | mg | 0.290 | | 0 | | 1 | | 0.406 | 1.621 | |
| Vitamin B-6 | mg | 0.145 | | 0 | | 1 | | 0.203 | 0.811 | |
| Folate, total | mcg | 4 | | 0 | | 1 | | 6 | 22 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 4 | | 0 | | 1 | | 6 | 22 | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 6 | 22 | |
| Vitamin B-12 | mcg | 0.26 | | 0 | | 1 | | 0.36 | 1.45 | |
| Vitamin A, IU | IU | 170 | | 0 | O | 4 | | 238 | 950 | |
| Vitamin A, RAE | mcg_RAE | 49 | | 0 | NC | 4 | | 69 | 274 | |
| Retinol | mcg | 48 | | 0 | O | 4 | | 67 | 268 | |
| Vitamin E (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 | 1.800 | | 0 | | 1 | | 2.520 | 10.062 | |
| 4:0 | g | 0.060 | | 0 | | 1 | | 0.084 | 0.335 | |
| 6:0 | g | 0.040 | | 0 | | 1 | | 0.056 | 0.224 | |
| 8:0 | g | 0.080 | | 0 | | 1 | | 0.112 | 0.447 | |
| 10:0 | g | 0.090 | | 0 | | 1 | | 0.126 | 0.503 | |
| 12:0 | g | 0.420 | | 0 | | 1 | | 0.588 | 2.348 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.320 | | 0 | | 1 | | 0.448 | 1.789 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.530 | | 0 | | 1 | | 0.742 | 2.963 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.260 | | 0 | | 1 | | 0.364 | 1.453 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19219**
**Puddings, coconut cream, dry mix, regular, prepared with 2% milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.520 | | 0 | | 1 | | 0.728 | 2.907 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.040 | | 0 | | 1 | | 0.056 | 0.224 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.470 | | 0 | | 1 | | 0.658 | 2.627 | |
| 20:1.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.070 | | 0 | | 1 | | 0.098 | 0.391 | |
| 18:2 undifferentiated.....g | 0.050 | | 0 | | 1 | | 0.070 | 0.280 | |
| 18:3 undifferentiated.....g | 0.030 | | 0 | | 1 | | 0.042 | 0.168 | |
| 18:4.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 7 | | 0 | | 1 | | 10 | 39 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.041 | | 0 | | 1 | | 0.057 | 0.229 | |
| Threonine.....g | 0.131 | | 0 | | 1 | | 0.183 | 0.732 | |
| Isoleucine.....g | 0.174 | | 0 | | 1 | | 0.244 | 0.973 | |
| Leucine.....g | 0.283 | | 0 | | 1 | | 0.396 | 1.582 | |
| Lysine.....g | 0.227 | | 0 | | 1 | | 0.318 | 1.269 | |
| Methionine.....g | 0.072 | | 0 | | 1 | | 0.101 | 0.402 | |
| Cystine.....g | 0.028 | | 0 | | 1 | | 0.039 | 0.157 | |
| Phenylalanine.....g | 0.141 | | 0 | | 1 | | 0.197 | 0.788 | |
| Tyrosine.....g | 0.138 | | 0 | | 1 | | 0.193 | 0.771 | |
| Valine.....g | 0.195 | | 0 | | 1 | | 0.273 | 1.090 | |
| Arginine.....g | 0.123 | | 0 | | 1 | | 0.172 | 0.688 | |
| Histidine.....g | 0.079 | | 0 | | 1 | | 0.111 | 0.442 | |
| Alanine.....g | 0.103 | | 0 | | 1 | | 0.144 | 0.576 | |
| Aspartic acid.....g | 0.225 | | 0 | | 1 | | 0.315 | 1.258 | |
| Glutamic acid.....g | 0.614 | | 0 | | 1 | | 0.860 | 3.432 | |
| Glycine.....g | 0.066 | | 0 | | 1 | | 0.092 | 0.369 | |
| Proline.....g | 0.275 | | 0 | | 1 | | 0.385 | 1.537 | |
| Serine.....g | 0.158 | | 0 | | 1 | | 0.221 | 0.883 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | | | | | | | | | |
| Theobromine.....mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 12 | | 0 | O | 4 | | 16.800 | 67.080 | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

**NDB No. 19219**
**Puddings, coconut cream, dry mix, regular, prepared with 2% milk**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19325**
**Puddings, coconut cream, dry mix, regular, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.60 | | 0 | | 1 | | 104.44 | 417.01 | |
| Energy | kcal | 114 | | 0 | NC | 4 | | 160 | 637 | |
| Energy | kj | 477 | | | | 4 | | 668 | 2666 | |
| Protein | g | 3.00 | | 0 | | 1 | | 4.20 | 16.77 | |
| Total lipid (fat) | g | 3.80 | | 0 | | 1 | | 5.32 | 21.24 | |
| Ash | g | 1.00 | | 0 | | 1 | | 1.40 | 5.59 | |
| Carbohydrate, by difference | g | 17.70 | | 0 | NC | 4 | | 24.78 | 98.94 | |
| Fiber, total dietary | g | 0.2 | | 0 | | 4 | | 0.3 | 1.1 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 111 | | 0 | | 1 | | 155 | 620 | |
| Iron, Fe | mg | 0.20 | | 0 | | 1 | | 0.28 | 1.12 | |
| Magnesium, Mg | mg | 16 | | 0 | | 1 | | 22 | 89 | |
| Phosphorus, P | mg | 88 | | 0 | | 1 | | 123 | 492 | |
| Potassium, K | mg | 157 | | 0 | | 1 | | 220 | 878 | |
| Sodium, Na | mg | 162 | | 0 | | 1 | | 227 | 906 | |
| Zinc, Zn | mg | 0.36 | | 0 | | 1 | | 0.50 | 2.01 | |
| Copper, Cu | mg | 0.027 | | 0 | | 1 | | 0.038 | 0.151 | |
| Manganese, Mn | mg | 0.037 | | 0 | | 1 | | 0.052 | 0.207 | |
| Selenium, Se | mcg | 2.3 | | 0 | BFZN | 4 | | 3.2 | 12.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | | 1 | | 1.0 | 3.9 | |
| Thiamin | mg | 0.032 | | 0 | | 1 | | 0.045 | 0.179 | |
| Riboflavin | mg | 0.143 | | 0 | | 1 | | 0.200 | 0.799 | |
| Niacin | mg | 0.089 | | 0 | | 1 | | 0.125 | 0.498 | |
| Pantothenic acid | mg | 0.285 | | 0 | | 1 | | 0.399 | 1.593 | |
| Vitamin B-6 | mg | 0.144 | | 0 | | 1 | | 0.202 | 0.805 | |
| Folate, total | mcg | 4 | | 0 | | 1 | | 6 | 22 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 4 | | 0 | | 1 | | 6 | 22 | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 6 | 22 | |
| Vitamin B-12 | mcg | 0.25 | | 0 | | 1 | | 0.35 | 1.40 | |
| Vitamin A, IU | IU | 110 | | 0 | | 1 | | 154 | 615 | |
| Vitamin A, RAE | mcg_RAE | 26 | | 0 | NC | 4 | | 36 | 145 | |
| Retinol | mcg | 25 | | 0 | O | 4 | | 34 | 138 | |
| Vitamin E (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 | 2.570 | | 0 | | 1 | | 3.598 | 14.366 | |
| 4:0 | g | 0.090 | | 0 | | 1 | | 0.126 | 0.503 | |
| 6:0 | g | 0.060 | | 0 | | 1 | | 0.084 | 0.335 | |
| 8:0 | g | 0.090 | | 0 | | 1 | | 0.126 | 0.503 | |
| 10:0 | g | 0.120 | | 0 | | 1 | | 0.168 | 0.671 | |
| 12:0 | g | 0.460 | | 0 | | 1 | | 0.644 | 2.571 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.450 | | 0 | | 1 | | 0.630 | 2.516 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.880 | | 0 | | 1 | | 1.232 | 4.919 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.420 | | 0 | | 1 | | 0.588 | 2.348 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19325**

**Puddings, coconut cream, dry mix, regular, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.880 | | 0 | | 1 | | 1.232 | 4.919 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.070 | | 0 | | 1 | | 0.098 | 0.391 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.810 | | 0 | | 1 | | 1.134 | 4.528 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.120 | | 0 | | 1 | | 0.168 | 0.671 | |
| 18:2 undifferentiated.....g | 0.080 | | 0 | | 1 | | 0.112 | 0.447 | |
| 18:3 undifferentiated.....g | 0.050 | | 0 | | 1 | | 0.070 | 0.280 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 12 | | 0 | | 1 | | 17 | 67 | |
| Phytosterols.....mg | 0 | | 0 | | 1 | | 0 | 0 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.040 | | 0 | | 1 | | 0.056 | 0.224 | |
| Threonine.....g | 0.129 | | 0 | | 1 | | 0.181 | 0.721 | |
| Isoleucine.....g | 0.172 | | 0 | | 1 | | 0.241 | 0.961 | |
| Leucine.....g | 0.280 | | 0 | | 1 | | 0.392 | 1.565 | |
| Lysine.....g | 0.224 | | 0 | | 1 | | 0.314 | 1.252 | |
| Methionine.....g | 0.072 | | 0 | | 1 | | 0.101 | 0.402 | |
| Cystine.....g | 0.028 | | 0 | | 1 | | 0.039 | 0.157 | |
| Phenylalanine.....g | 0.140 | | 0 | | 1 | | 0.196 | 0.783 | |
| Tyrosine.....g | 0.137 | | 0 | | 1 | | 0.192 | 0.766 | |
| Valine.....g | 0.193 | | 0 | | 1 | | 0.270 | 1.079 | |
| Arginine.....g | 0.122 | | 0 | | 1 | | 0.171 | 0.682 | |
| Histidine.....g | 0.078 | | 0 | | 1 | | 0.109 | 0.436 | |
| Alanine.....g | 0.102 | | 0 | | 1 | | 0.143 | 0.570 | |
| Aspartic acid.....g | 0.223 | | 0 | | 1 | | 0.312 | 1.247 | |
| Glutamic acid.....g | 0.608 | | 0 | | 1 | | 0.851 | 3.399 | |
| Glycine.....g | 0.065 | | 0 | | 1 | | 0.091 | 0.363 | |
| Proline.....g | 0.272 | | 0 | | 1 | | 0.381 | 1.520 | |
| Serine.....g | 0.157 | | 0 | | 1 | | 0.220 | 0.878 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 16 | | 0 | o | 4 | | 21.911 | 87.489 | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19325**
**Puddings, coconut cream, dry mix, regular, prepared with whole milk**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19330**
**Puddings, lemon, dry mix, instant**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.70 | | 2 | | 1 | | 0.69 | 0.18 | |
| Energy | kcal | 378 | | 0 | NC | 4 | | 374 | 95 | |
| Energy | kj | 1582 | | | | 4 | | 1566 | 395 | |
| Protein (N x 6.4) | g | 0.00 | | 2 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.70 | | 2 | | 1 | | 0.69 | 0.18 | |
| Ash | g | 3.20 | | 2 | | 1 | | 3.17 | 0.80 | |
| Carbohydrate, by difference | g | 95.40 | | 0 | NC | 4 | | 94.45 | 23.85 | |
| Fiber, total dietary | g | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 2 | | 1 | | 4 | | 2 | 1 | |
| Iron, Fe | mg | 0.08 | | 1 | | 4 | | 0.08 | 0.02 | |
| Magnesium, Mg | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phosphorus, P | mg | 752 | | 2 | | 1 | | 744 | 188 | |
| Potassium, K | mg | 8 | 1.932 | 12 | | 1 | | 8 | 2 | |
| Sodium, Na | mg | 1332 | 32.979 | 13 | | 1 | | 1319 | 333 | |
| Zinc, Zn | mg | 0.05 | | 1 | | 4 | | 0.05 | 0.01 | |
| Copper, Cu | mg | 0.015 | | 1 | | 4 | | 0.015 | 0.004 | |
| Manganese, Mn | mg | 0.009 | | 1 | | 4 | | 0.009 | 0.002 | |
| Selenium, Se | mcg | 0.8 | | 0 | | 1 | | 0.8 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.001 | | 1 | | 4 | | 0.001 | 0.000 | |
| Riboflavin | mg | 0.003 | | 1 | | 4 | | 0.003 | 0.001 | |
| Niacin | mg | 0.001 | | 1 | | 4 | | 0.001 | 0.000 | |
| Pantothenic acid | mg | 0.006 | | 1 | | 4 | | 0.006 | 0.002 | |
| Vitamin B-6 | mg | 0.001 | | 1 | | 4 | | 0.001 | 0.000 | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.01 | | 1 | | 4 | | 0.01 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.100 | | 0 | | 1 | | 0.099 | 0.025 | |
| 4:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.070 | | 1 | | 1 | | 0.069 | 0.018 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.030 | | 1 | | 1 | | 0.030 | 0.008 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19330**
**Puddings, lemon, dry mix, instant**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.280 | | 0 | | 1 | | 0.277 | 0.070 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.280 | | 1 | | 1 | | 0.277 | 0.070 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.250 | | 0 | | 1 | | 0.248 | 0.063 | |
| 18:2 undifferentiated.....g | 0.230 | | 1 | | 1 | | 0.228 | 0.058 | |
| 18:3 undifferentiated.....g | 0.020 | | 1 | | 1 | | 0.020 | 0.005 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein** 4.2 **Fat** 8.8 **Carbohydrate** 3.9

**Food Group:** 19 Sweets

**NDB No. 19204**
**Puddings, lemon, dry mix, instant, prepared with 2% milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.16 | | 0 | RPA | 1 | | | | |
| Energy | kcal | 107 | | 0 | RPI | 6 | | | | |
| Energy | kj | 449 | | 0 | RPI | 6 | | | | |
| Protein | g | 2.76 | | 0 | RPA | 1 | | | | |
| Total lipid (fat) | g | 1.71 | | 0 | RPA | 1 | | | | |
| Ash | g | 1.16 | | 0 | RPA | 1 | | | | |
| Carbohydrate, by difference | g | 20.20 | | 0 | RPI | 6 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | RPI | 6 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 101 | | 0 | RPI | 6 | | | | |
| Iron, Fe | mg | 0.06 | | 0 | RPI | 6 | | | | |
| Magnesium, Mg | mg | 11 | | 0 | RPI | 6 | | | | |
| Phosphorus, P | mg | 207 | | 0 | RPA | 1 | | | | |
| Potassium, K | mg | 130 | | 0 | RPA | 1 | | | | |
| Sodium, Na | mg | 268 | | 0 | RPA | 1 | | | | |
| Zinc, Zn | mg | 0.33 | | 0 | RPI | 6 | | | | |
| Copper, Cu | mg | 0.009 | | 0 | RPI | 6 | | | | |
| Manganese, Mn | mg | 0.003 | | 0 | RPI | 6 | | | | |
| Selenium, Se | mcg | 2.0 | | 0 | RPA | 1 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 0 | RPI | 6 | | | | |
| Thiamin | mg | 0.033 | | 0 | RPI | 6 | | | | |
| Riboflavin | mg | 0.137 | | 0 | RPI | 6 | | | | |
| Niacin | mg | 0.072 | | 0 | RPI | 6 | | | | |
| Pantothenic acid | mg | 0.267 | | 0 | RPI | 6 | | | | |
| Vitamin B-6 | mg | 0.036 | | 0 | RPI | 6 | | | | |
| Folate, total | mcg | 4 | | 0 | RPI | 6 | | | | |
| Folic acid | mcg | 0 | | 0 | RPI | 6 | | | | |
| Folate, food | mcg | 4 | | 0 | RPI | 6 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.30 | | 0 | RPI | 6 | | | | |
| Vitamin A, IU | IU | 170 | | 0 | RPI | 6 | | | | |
| Vitamin A, RAE | mcg_RAE | 46 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 45 | | 0 | RPA | 1 | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 33.200 | | 0 | RPI | 6 | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.974 | | 0 | RPA | 1 | | | | |
| 4:0 | g | 0.051 | | 0 | RPA | 1 | | | | |
| 6:0 | g | 0.031 | | 0 | RPA | 1 | | | | |
| 8:0 | g | 0.017 | | 0 | RPA | 1 | | | | |
| 10:0 | g | 0.040 | | 0 | RPA | 1 | | | | |
| 12:0 | g | 0.045 | | 0 | RPA | 1 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.160 | | 0 | RPA | 1 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.431 | | 0 | RPA | 1 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.198 | | 0 | RPA | 1 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19204**
**Puddings, lemon, dry mix, instant, prepared with 2% milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.484 | | 0 | RPA | 1 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.036 | | 0 | RPA | 1 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.448 | | 0 | RPA | 1 | | | | |
| 20:1.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.101 | | 0 | RPA | 1 | | | | |
| 18:2 undifferentiated.....g | 0.075 | | 0 | RPA | 1 | | | | |
| 18:3 undifferentiated.....g | 0.027 | | 0 | RPA | 1 | | | | |
| 18:4.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 6 | | 0 | RPI | 6 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.039 | | 0 | RPA | 1 | | | | |
| Threonine.....g | 0.125 | | 0 | RPA | 1 | | | | |
| Isoleucine.....g | 0.167 | | 0 | RPA | 1 | | | | |
| Leucine.....g | 0.271 | | 0 | RPA | 1 | | | | |
| Lysine.....g | 0.219 | | 0 | RPA | 1 | | | | |
| Methionine.....g | 0.070 | | 0 | RPA | 1 | | | | |
| Cystine.....g | 0.026 | | 0 | RPA | 1 | | | | |
| Phenylalanine.....g | 0.134 | | 0 | RPA | 1 | | | | |
| Tyrosine.....g | 0.134 | | 0 | RPA | 1 | | | | |
| Valine.....g | 0.185 | | 0 | RPA | 1 | | | | |
| Arginine.....g | 0.100 | | 0 | RPA | 1 | | | | |
| Histidine.....g | 0.075 | | 0 | RPA | 1 | | | | |
| Alanine.....g | 0.095 | | 0 | RPA | 1 | | | | |
| Aspartic acid.....g | 0.210 | | 0 | RPA | 1 | | | | |
| Glutamic acid.....g | 0.579 | | 0 | RPA | 1 | | | | |
| Glycine.....g | 0.058 | | 0 | RPA | 1 | | | | |
| Proline.....g | 0.268 | | 0 | RPA | 1 | | | | |
| Serine.....g | 0.150 | | 0 | RPA | 1 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RPI | 6 | | | | |
| Caffeine.....mg | 0 | | 0 | RPI | 6 | | | | |
| Theobromine.....mg | 0 | | 0 | RPI | 6 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 10 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19204**
**Puddings, lemon, dry mix, instant, prepared with 2% milk**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19331**
**Puddings, lemon, dry mix, instant, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 73.20 | | 0 | | 1 | | 107.60 | 429.68 | |
| Energy | kcal | 115 | | 0 | NC | 4 | | 169 | 675 | |
| Energy | kj | 481 | | | | 4 | | 707 | 2824 | |
| Protein | g | 2.70 | | 0 | | 1 | | 3.97 | 15.85 | |
| Total lipid (fat) | g | 2.90 | | 0 | | 1 | | 4.26 | 17.02 | |
| Ash | g | 1.10 | | 0 | | 1 | | 1.62 | 6.46 | |
| Carbohydrate, by difference | g | 20.10 | | 0 | NC | 4 | | 29.55 | 117.99 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 99 | | 0 | | 1 | | 146 | 581 | |
| Iron, Fe | mg | 0.06 | | 0 | | 1 | | 0.09 | 0.35 | |
| Magnesium, Mg | mg | 11 | | 0 | | 1 | | 16 | 65 | |
| Phosphorus, P | mg | 205 | | 0 | | 1 | | 301 | 1203 | |
| Potassium, K | mg | 127 | | 0 | | 1 | | 187 | 745 | |
| Sodium, Na | mg | 267 | | 0 | | 1 | | 392 | 1567 | |
| Zinc, Zn | mg | 0.32 | | 0 | | 1 | | 0.47 | 1.88 | |
| Copper, Cu | mg | 0.011 | | 0 | | 1 | | 0.016 | 0.065 | |
| Manganese, Mn | mg | 0.003 | | 0 | | 1 | | 0.004 | 0.018 | |
| Selenium, Se | mcg | 1.8 | | 0 | BFZN | 4 | | 2.6 | 10.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 0 | | 1 | | 1.2 | 4.7 | |
| Thiamin | mg | 0.032 | | 0 | | 1 | | 0.047 | 0.188 | |
| Riboflavin | mg | 0.135 | | 0 | | 1 | | 0.198 | 0.792 | |
| Niacin | mg | 0.070 | | 0 | | 1 | | 0.103 | 0.411 | |
| Pantothenic acid | mg | 0.262 | | 0 | | 1 | | 0.385 | 1.538 | |
| Vitamin B-6 | mg | 0.035 | | 0 | | 1 | | 0.051 | 0.205 | |
| Folate, total | mcg | 4 | | 0 | | 1 | | 6 | 23 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 4 | | 0 | | 1 | | 6 | 23 | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 6 | 23 | |
| Vitamin B-12 | mcg | 0.30 | | 0 | | 1 | | 0.44 | 1.76 | |
| Vitamin A, IU | IU | 105 | | 0 | | 1 | | 154 | 616 | |
| Vitamin A, RAE | mcg_RAE | 24 | | 0 | NC | 4 | | 36 | 144 | |
| Retinol | mcg | 23 | | 0 | O | 4 | | 34 | 136 | |
| Vitamin E (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 | 1.740 | | 0 | | 1 | | 2.558 | 10.214 | |
| 4:0 | g | 0.090 | | 0 | | 1 | | 0.132 | 0.528 | |
| 6:0 | g | 0.050 | | 0 | | 1 | | 0.074 | 0.294 | |
| 8:0 | g | 0.030 | | 0 | | 1 | | 0.044 | 0.176 | |
| 10:0 | g | 0.070 | | 0 | | 1 | | 0.103 | 0.411 | |
| 12:0 | g | 0.080 | | 0 | | 1 | | 0.118 | 0.470 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.290 | | 0 | | 1 | | 0.426 | 1.702 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.770 | | 0 | | 1 | | 1.132 | 4.520 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.360 | | 0 | | 1 | | 0.529 | 2.113 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19331**
**Puddings, lemon, dry mix, instant, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.850 | | 0 | | 1 | | 1.250 | 4.990 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.070 | | 0 | | 1 | | 0.103 | 0.411 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.780 | | 0 | | 1 | | 1.147 | 4.579 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.150 | | 0 | | 1 | | 0.221 | 0.881 | |
| 18:2 undifferentiated.....g | 0.100 | | 0 | | 1 | | 0.147 | 0.587 | |
| 18:3 undifferentiated.....g | 0.050 | | 0 | | 1 | | 0.074 | 0.294 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 11 | | 0 | | 1 | | 16 | 65 | |
| Phytosterols.....mg | 0 | | 0 | | 1 | | 0 | 0 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.036 | | 0 | | 1 | | 0.053 | 0.211 | |
| Threonine.....g | 0.117 | | 0 | | 1 | | 0.172 | 0.687 | |
| Isoleucine.....g | 0.158 | | 0 | | 1 | | 0.232 | 0.927 | |
| Leucine.....g | 0.255 | | 0 | | 1 | | 0.375 | 1.497 | |
| Lysine.....g | 0.207 | | 0 | | 1 | | 0.304 | 1.215 | |
| Methionine.....g | 0.065 | | 0 | | 1 | | 0.096 | 0.382 | |
| Cystine.....g | 0.024 | | 0 | | 1 | | 0.035 | 0.141 | |
| Phenylalanine.....g | 0.126 | | 0 | | 1 | | 0.185 | 0.740 | |
| Tyrosine.....g | 0.126 | | 0 | | 1 | | 0.185 | 0.740 | |
| Valine.....g | 0.174 | | 0 | | 1 | | 0.256 | 1.021 | |
| Arginine.....g | 0.094 | | 0 | | 1 | | 0.138 | 0.552 | |
| Histidine.....g | 0.071 | | 0 | | 1 | | 0.104 | 0.417 | |
| Alanine.....g | 0.090 | | 0 | | 1 | | 0.132 | 0.528 | |
| Aspartic acid.....g | 0.198 | | 0 | | 1 | | 0.291 | 1.162 | |
| Glutamic acid.....g | 0.545 | | 0 | | 1 | | 0.801 | 3.199 | |
| Glycine.....g | 0.055 | | 0 | | 1 | | 0.081 | 0.323 | |
| Proline.....g | 0.252 | | 0 | | 1 | | 0.370 | 1.479 | |
| Serine.....g | 0.141 | | 0 | | 1 | | 0.207 | 0.828 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 15 | | 0 | o | 4 | | 21.962 | 87.698 | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19331**
**Puddings, lemon, dry mix, instant, prepared with whole milk**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19332**
**Puddings, lemon, dry mix, regular**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 5.20 | | 2 | | 1 | | 4.42 | 1.09 | |
| Energy | kcal | 363 | | 0 | NC | 4 | | 309 | 76 | |
| Energy | kj | 1519 | | | | 4 | | 1291 | 319 | |
| Protein (N x 6.25) | g | 0.10 | | 2 | | 1 | | 0.09 | 0.02 | |
| Total lipid (fat) | g | 0.50 | | 1 | | 4 | | 0.43 | 0.11 | |
| Ash | g | 2.40 | | 2 | | 1 | | 2.04 | 0.50 | |
| Carbohydrate, by difference | g | 91.80 | | 0 | NC | 4 | | 78.03 | 19.28 | |
| Fiber, total dietary | g | 0.1 | | 0 | FLM | 4 | | 0.1 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 5 | | 1 | | 4 | | 4 | 1 | |
| Iron, Fe | mg | 0.17 | | 1 | | 4 | | 0.14 | 0.04 | |
| Magnesium, Mg | mg | 4 | | 1 | | 4 | | 3 | 1 | |
| Phosphorus, P | mg | 3 | | 1 | | 4 | | 3 | 1 | |
| Potassium, K | mg | 5 | | 1 | | 4 | | 4 | 1 | |
| Sodium, Na | mg | 506 | | 1 | | 4 | | 430 | 106 | |
| Zinc, Zn | mg | 0.02 | | 1 | | 4 | | 0.02 | 0.00 | |
| Copper, Cu | mg | 0.024 | | 1 | | 4 | | 0.020 | 0.005 | |
| Manganese, Mn | mg | 0.025 | | 1 | | 4 | | 0.021 | 0.005 | |
| Selenium, Se | mcg | 1.1 | | 0 | BFFN | 4 | | 0.9 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.005 | | 1 | | 4 | | 0.004 | 0.001 | |
| Riboflavin | mg | 0.024 | | 1 | | 4 | | 0.020 | 0.005 | |
| Niacin | mg | 0.019 | | 1 | | 4 | | 0.016 | 0.004 | |
| Pantothenic acid | mg | 0.030 | | 1 | | 4 | | 0.026 | 0.006 | |
| Vitamin B-6 | mg | 0.005 | | 1 | | 4 | | 0.004 | 0.001 | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | | | | | | | | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine | g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Isoleucine | g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Leucine | g | 0.008 | | 0 | | 1 | | 0.007 | 0.002 | |
| Lysine | g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Methionine | g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Cystine | g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |

**NDB No. 19332**
**Puddings, lemon, dry mix, regular**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Phenylalanine....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Tyrosine....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Valine....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Arginine....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Histidine....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Alanine....g | 0.004 | | 0 | | 1 | | 0.003 | 0.001 | |
| Aspartic acid....g | 0.004 | | 0 | | 1 | | 0.003 | 0.001 | |
| Glutamic acid....g | 0.011 | | 0 | | 1 | | 0.009 | 0.002 | |
| Glycine....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Proline....g | 0.005 | | 0 | | 1 | | 0.004 | 0.001 | |
| Serine....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein** 3.5 **Fat** 8.8 **Carbohydrate** 3.9

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19333**
**Puddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 72.90 | | 0 | RP | 4 | | | | |
| Energy | kcal | 113 | | 0 | RP | 4 | | | | |
| Energy | kj | 474 | | 0 | RP | 4 | | | | |
| Protein | g | 0.70 | | 0 | RP | 4 | | | | |
| Total lipid (fat) | g | 1.32 | | 0 | RP | 4 | | | | |
| Ash | g | 0.43 | | 0 | RP | 4 | | | | |
| Carbohydrate, by difference | g | 24.64 | | 0 | RP | 4 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | RP | 4 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 8 | | 0 | RP | 4 | | | | |
| Iron, Fe | mg | 0.18 | | 0 | RP | 4 | | | | |
| Magnesium, Mg | mg | 2 | | 0 | RP | 4 | | | | |
| Phosphorus, P | mg | 21 | | 0 | RP | 4 | | | | |
| Potassium, K | mg | 5 | | 0 | RP | 4 | | | | |
| Sodium, Na | mg | 64 | | 0 | RP | 4 | | | | |
| Zinc, Zn | mg | 0.16 | | 0 | RP | 4 | | | | |
| Copper, Cu | mg | 0.014 | | 0 | RP | 4 | | | | |
| Manganese, Mn | mg | 0.007 | | 0 | RP | 4 | | | | |
| Selenium, Se | mcg | 2.1 | | 0 | RP | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | RP | 4 | | | | |
| Thiamin | mg | 0.006 | | 0 | RP | 4 | | | | |
| Riboflavin | mg | 0.028 | | 0 | RP | 4 | | | | |
| Niacin | mg | 0.003 | | 0 | RP | 4 | | | | |
| Pantothenic acid | mg | 0.159 | | 0 | RP | 4 | | | | |
| Vitamin B-6 | mg | 0.014 | | 0 | RP | 4 | | | | |
| Folate, total | mcg | 4 | | 0 | RP | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RP | 4 | | | | |
| Folate, food | mcg | 4 | | 0 | RP | 4 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.10 | | 0 | RP | 4 | | | | |
| Vitamin A, IU | IU | 79 | | 0 | RP | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 23 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 23 | | 0 | RP | 4 | | | | |
| Vitamin E (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 | 0.390 | | 0 | RP | 4 | | | | |
| 4:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 6:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 8:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 10:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 12:0 | g | 0.000 | | 0 | RP | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.004 | | 0 | RP | 4 | | | | |
| 15:0 | g | 0.001 | | 0 | RP | 4 | | | | |
| 16:0 | g | 0.280 | | 0 | RP | 4 | | | | |
| 17:0 | g | 0.002 | | 0 | RP | 4 | | | | |
| 18:0 | g | 0.099 | | 0 | RP | 4 | | | | |
| 20:0 | g | 0.001 | | 0 | RP | 4 | | | | |
| 22:0 | g | 0.002 | | 0 | RP | 4 | | | | |
| 24:0 | g | 0.000 | | 0 | RP | 4 | | | | |

**NDB No. 19333**

**Puddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.480 | | 0 | RP | 4 | | | | |
| 14:1.....g | 0.001 | | 0 | RP | 4 | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.038 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.437 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.004 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.172 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 0.145 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.004 | | 0 | RP | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.018 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.005 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 52 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.008 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.037 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.035 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.061 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.054 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.017 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.012 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.030 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.031 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.038 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.049 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.018 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.036 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.067 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.088 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.021 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.029 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.059 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | RP | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | RP | 4 | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19708**
**Puddings, lemon, dry mix, regular, with added oil, potassium, sodium**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 5.20 | | 2 | | 1 | | 4.42 | 1.09 | |
| Energy | kcal | 366 | | 0 | NC | 4 | | 311 | 77 | |
| Energy | kj | 1531 | | | | 4 | | 1302 | 322 | |
| Protein (N x 6.25) | g | 0.10 | | 2 | | 1 | | 0.09 | 0.02 | |
| Total lipid (fat) | g | 1.50 | | 0 | | 1 | | 1.28 | 0.32 | |
| Ash | g | 2.40 | | 2 | | 1 | | 2.04 | 0.50 | |
| Carbohydrate, by difference | g | 90.30 | | 0 | NC | 4 | | 76.76 | 18.96 | |
| Fiber, total dietary | g | 0.1 | | 0 | BFZN | 4 | | 0.1 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | | | | | | | | | |
| Iron, Fe | mg | 0.17 | | 1 | | 4 | | 0.14 | 0.04 | |
| Magnesium, Mg | mg | 4 | | 1 | | 4 | | 3 | 1 | |
| Phosphorus, P | mg | 3 | | 1 | | 4 | | 3 | 1 | |
| Potassium, K | mg | 257 | | 0 | | 1 | | 218 | 54 | |
| Sodium, Na | mg | 849 | | 0 | | 1 | | 722 | 178 | |
| Zinc, Zn | mg | 0.02 | | 1 | | 4 | | 0.02 | 0.00 | |
| Copper, Cu | mg | 0.024 | | 1 | | 4 | | 0.020 | 0.005 | |
| Manganese, Mn | mg | 0.025 | | 1 | | 4 | | 0.021 | 0.005 | |
| Selenium, Se | mcg | 0.7 | | 0 | RA | 4 | | 0.6 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.005 | | 1 | | 4 | | 0.004 | 0.001 | |
| Riboflavin | mg | 0.024 | | 1 | | 4 | | 0.020 | 0.005 | |
| Niacin | mg | 0.019 | | 1 | | 4 | | 0.016 | 0.004 | |
| Pantothenic acid | mg | 0.030 | | 1 | | 4 | | 0.026 | 0.006 | |
| Vitamin B-6 | mg | 0.005 | | 1 | | 4 | | 0.004 | 0.001 | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.270 | | 0 | | 1 | | 0.230 | 0.057 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.210 | | 0 | | 1 | | 0.179 | 0.044 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.050 | | 0 | | 1 | | 0.043 | 0.011 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19708**

**Puddings, lemon, dry mix, regular, with added oil, potassium, 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 | 0.440 | | 0 | | 1 | | 0.374 | 0.092 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.010 | | 1 | | 1 | | 0.009 | 0.002 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.440 | | 0 | | 1 | | 0.374 | 0.092 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.720 | | 0 | | 1 | | 0.612 | 0.151 | |
| 18:2 undifferentiated.....g | 0.680 | | 0 | | 1 | | 0.578 | 0.143 | |
| 18:3 undifferentiated.....g | 0.040 | | 0 | | 1 | | 0.034 | 0.008 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Isoleucine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Leucine.....g | 0.008 | | 0 | | 1 | | 0.007 | 0.002 | |
| Lysine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Methionine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Cystine.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Phenylalanine.....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Tyrosine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Valine.....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Arginine.....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Histidine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Alanine.....g | 0.004 | | 0 | | 1 | | 0.003 | 0.001 | |
| Aspartic acid.....g | 0.004 | | 0 | | 1 | | 0.003 | 0.001 | |
| Glutamic acid.....g | 0.011 | | 0 | | 1 | | 0.009 | 0.002 | |
| Glycine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Proline.....g | 0.005 | | 0 | | 1 | | 0.004 | 0.001 | |
| Serine.....g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein** 3.5 **Fat** 8.8 **Carbohydrate** 3.9

**Food Group:** 19 Sweets

**NDB No. 19380**
**Puddings, lemon, ready-to-eat**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 71.60 | 0.100 | 30 | | 1 | | 20.30 | 101.67 | |
| Energy | kcal | 125 | | 0 | NC | 4 | | 35 | 178 | |
| Energy | kj | 523 | | | | 4 | | 148 | 743 | |
| Protein (N x 6.25) | g | 0.10 | 0.008 | 11 | | 1 | | 0.03 | 0.14 | |
| Total lipid (fat) | g | 3.00 | 0.068 | 30 | | 1 | | 0.85 | 4.26 | |
| Ash | g | 0.30 | 0.022 | 29 | | 1 | | 0.09 | 0.43 | |
| Carbohydrate, by difference | g | 25.00 | | 0 | NC | 4 | | 7.09 | 35.50 | |
| Fiber, total dietary | g | 0.1 | | 0 | FLM | 4 | | 0.0 | 0.1 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 2 | | 1 | | 1 | | 1 | 3 | |
| Iron, Fe | mg | 0.07 | | 1 | | 4 | | 0.02 | 0.10 | |
| Magnesium, Mg | mg | 1 | | 1 | | 1 | | 0 | 1 | |
| Phosphorus, P | mg | 5 | | 1 | | 1 | | 1 | 7 | |
| Potassium, K | mg | 1 | | 1 | | 1 | | 0 | 1 | |
| Sodium, Na | mg | 140 | | 1 | | 1 | | 40 | 199 | |
| Zinc, Zn | mg | 0.03 | | 1 | | 4 | | 0.01 | 0.04 | |
| Copper, Cu | mg | 0.015 | | 1 | | 4 | | 0.004 | 0.021 | |
| Manganese, Mn | mg | 0.008 | | 1 | | 4 | | 0.002 | 0.011 | |
| Selenium, Se | mcg | 1.8 | | 0 | BFZN | 4 | | 0.5 | 2.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 1 | | 4 | | 0.0 | 0.1 | |
| Thiamin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.004 | | 1 | | 4 | | 0.001 | 0.006 | |
| Niacin | mg | 0.002 | | 1 | | 4 | | 0.001 | 0.003 | |
| Pantothenic acid | mg | 0.006 | | 1 | | 4 | | 0.002 | 0.009 | |
| Vitamin B-6 | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.450 | | 0 | | 1 | | 0.128 | 0.639 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.300 | | 1 | | 1 | | 0.085 | 0.426 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.150 | | 1 | | 1 | | 0.043 | 0.213 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19380**
**Puddings, lemon, ready-to-eat**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 1.300 | | 0 | | 1 | | 0.369 | 1.846 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.010 | | 1 | | 1 | | 0.003 | 0.014 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.280 | | 1 | | 1 | | 0.363 | 1.818 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.140 | | 0 | | 1 | | 0.323 | 1.619 | |
| 18:2 undifferentiated.....g | 1.060 | | 1 | | 1 | | 0.301 | 1.505 | |
| 18:3 undifferentiated.....g | 0.080 | | 1 | | 1 | | 0.023 | 0.114 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine.....g | 0.002 | | 0 | | 1 | | 0.001 | 0.003 | |
| Isoleucine.....g | 0.003 | | 0 | | 1 | | 0.001 | 0.004 | |
| Leucine.....g | 0.009 | | 0 | | 1 | | 0.003 | 0.013 | |
| Lysine.....g | 0.002 | | 0 | | 1 | | 0.001 | 0.003 | |
| Methionine.....g | 0.001 | | 0 | | 1 | | 0.000 | 0.001 | |
| Cystine.....g | 0.002 | | 0 | | 1 | | 0.001 | 0.003 | |
| Phenylalanine.....g | 0.004 | | 0 | | 1 | | 0.001 | 0.006 | |
| Tyrosine.....g | 0.003 | | 0 | | 1 | | 0.001 | 0.004 | |
| Valine.....g | 0.004 | | 0 | | 1 | | 0.001 | 0.006 | |
| Arginine.....g | 0.004 | | 0 | | 1 | | 0.001 | 0.006 | |
| Histidine.....g | 0.002 | | 0 | | 1 | | 0.001 | 0.003 | |
| Alanine.....g | 0.005 | | 0 | | 1 | | 0.001 | 0.007 | |
| Aspartic acid.....g | 0.005 | | 0 | | 1 | | 0.001 | 0.007 | |
| Glutamic acid.....g | 0.014 | | 0 | | 1 | | 0.004 | 0.020 | |
| Glycine.....g | 0.002 | | 0 | | 1 | | 0.001 | 0.003 | |
| Proline.....g | 0.007 | | 0 | | 1 | | 0.002 | 0.010 | |
| Serine.....g | 0.003 | | 0 | | 1 | | 0.001 | 0.004 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

**Calories Factors: Protein** 3.4 **Fat** 8.8 **Carbohydrate** 3.9

**Food Group:** 19 Sweets

**NDB No. 19194**
**Puddings, rice, dry mix**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.80 | | 1 | | 4 | | 5.09 | 1.30 | |
| Energy | kcal | 376 | | 0 | | 4 | | 399 | 102 | |
| Energy | kj | 1573 | | | | 4 | | 1668 | 425 | |
| Protein (N x 6) | g | 2.70 | | 1 | | 4 | | 2.86 | 0.73 | |
| Total lipid (fat) | g | 0.10 | | 1 | | 4 | | 0.11 | 0.03 | |
| Ash | g | 1.10 | | 1 | | 4 | | 1.17 | 0.30 | |
| Carbohydrate, by difference | g | 91.20 | | 0 | NC | 4 | | 96.67 | 24.62 | |
| Fiber, total dietary | g | 0.7 | | 0 | FLM | 4 | | 0.7 | 0.2 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 14 | | 1 | | 4 | | 15 | 4 | |
| Iron, Fe | mg | 1.79 | | 1 | | 4 | | 1.90 | 0.48 | |
| Magnesium, Mg | mg | 8 | | 1 | | 4 | | 8 | 2 | |
| Phosphorus, P | mg | 39 | | 1 | | 4 | | 41 | 11 | |
| Potassium, K | mg | 5 | | 1 | | 4 | | 5 | 1 | |
| Sodium, Na | mg | 366 | | 1 | | 4 | | 388 | 99 | |
| Zinc, Zn | mg | 0.31 | | 1 | | 1 | | 0.33 | 0.08 | |
| Copper, Cu | mg | 0.062 | | 1 | | 4 | | 0.066 | 0.017 | |
| Manganese, Mn | mg | 0.300 | | 1 | | 4 | | 0.318 | 0.081 | |
| Selenium, Se | mcg | 0.5 | | 0 | FLM | 4 | | 0.5 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.248 | | 1 | | 4 | | 0.263 | 0.067 | |
| Riboflavin | mg | 0.012 | | 1 | | 4 | | 0.013 | 0.003 | |
| Niacin | mg | 2.013 | | 1 | | 4 | | 2.134 | 0.544 | |
| Pantothenic acid | mg | 0.108 | | 1 | | 4 | | 0.114 | 0.029 | |
| Vitamin B-6 | mg | 0.013 | | 1 | | 4 | | 0.014 | 0.004 | |
| Folate, total | mcg | 1 | | 1 | | 4 | | 1 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 1 | | 1 | | 4 | | 1 | 0 | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 1 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | | | | | | | | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 106g: 1 package

**NDB No. 19194**
**Puddings, rice, dry mix**

Measure 2 = 27g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein** 3.8 **Fat** 8.4 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19208**
**Puddings, rice, dry mix, prepared with 2% milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 73.43 | | 0 | RP | 4 | | | | |
| Energy | kcal | 111 | | 0 | RP | 4 | | | | |
| Energy | kj | 465 | | 0 | RP | 4 | | | | |
| Protein | g | 3.29 | | 0 | RP | 4 | | | | |
| Total lipid (fat) | g | 1.63 | | 0 | RP | 4 | | | | |
| Ash | g | 0.82 | | 0 | RP | 4 | | | | |
| Carbohydrate, by difference | g | 20.81 | | 0 | RP | 4 | | | | |
| Fiber, total dietary | g | 0.1 | | 0 | RP | 4 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 105 | | 0 | RP | 4 | | | | |
| Iron, Fe | mg | 0.37 | | 0 | RP | 4 | | | | |
| Magnesium, Mg | mg | 13 | | 0 | RP | 4 | | | | |
| Phosphorus, P | mg | 87 | | 0 | RP | 4 | | | | |
| Potassium, K | mg | 130 | | 0 | RP | 4 | | | | |
| Sodium, Na | mg | 109 | | 0 | RP | 4 | | | | |
| Zinc, Zn | mg | 0.38 | | 0 | RP | 4 | | | | |
| Copper, Cu | mg | 0.018 | | 0 | RP | 4 | | | | |
| Manganese, Mn | mg | 0.057 | | 0 | RP | 4 | | | | |
| Selenium, Se | mcg | 1.9 | | 0 | RP | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | RP | 4 | | | | |
| Thiamin | mg | 0.075 | | 0 | RP | 4 | | | | |
| Riboflavin | mg | 0.141 | | 0 | RP | 4 | | | | |
| Niacin | mg | 0.443 | | 0 | RP | 4 | | | | |
| Pantothenic acid | mg | 0.288 | | 0 | RP | 4 | | | | |
| Vitamin B-6 | mg | 0.035 | | 0 | RP | 4 | | | | |
| Folate, total | mcg | 4 | | 0 | RP | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RP | 4 | | | | |
| Folate, food | mcg | 4 | | 0 | RP | 4 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.24 | | 0 | RP | 4 | | | | |
| Vitamin A, IU | IU | 172 | | 0 | RP | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 46 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 45 | | 0 | RP | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 33.536 | | 0 | RP | 4 | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.967 | | 0 | RP | 4 | | | | |
| 4:0 | g | 0.052 | | 0 | RP | 4 | | | | |
| 6:0 | g | 0.031 | | 0 | RP | 4 | | | | |
| 8:0 | g | 0.018 | | 0 | RP | 4 | | | | |
| 10:0 | g | 0.040 | | 0 | RP | 4 | | | | |
| 12:0 | g | 0.045 | | 0 | RP | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.162 | | 0 | RP | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.423 | | 0 | RP | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.195 | | 0 | RP | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19208**
**Puddings, rice, dry mix, prepared with 2% milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.441 | | 0 | RP | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.036 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.405 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.060 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 0.036 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.023 | | 0 | RP | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 6 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.039 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.126 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.169 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.273 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.221 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.070 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.026 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.135 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.135 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.187 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.101 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.075 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.096 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.212 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.584 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.059 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.271 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.152 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | RP | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | RP | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 10 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19208**
**Puddings, rice, dry mix, prepared with 2% milk**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19195**
**Puddings, rice, dry mix, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 72.42 | | 0 | RP | 4 | | | | |
| Energy | kcal | 121 | | 0 | RP | 4 | | | | |
| Energy | kj | 507 | | 0 | RP | 4 | | | | |
| Protein | g | 3.25 | | 0 | RP | 4 | | | | |
| Total lipid (fat) | g | 2.82 | | 0 | RP | 4 | | | | |
| Ash | g | 0.81 | | 0 | RP | 4 | | | | |
| Carbohydrate, by difference | g | 20.68 | | 0 | RP | 4 | | | | |
| Fiber, total dietary | g | 0.1 | | 0 | RP | 4 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 103 | | 0 | RP | 4 | | | | |
| Iron, Fe | mg | 0.37 | | 0 | RP | 4 | | | | |
| Magnesium, Mg | mg | 13 | | 0 | RP | 4 | | | | |
| Phosphorus, P | mg | 85 | | 0 | RP | 4 | | | | |
| Potassium, K | mg | 128 | | 0 | RP | 4 | | | | |
| Sodium, Na | mg | 108 | | 0 | RP | 4 | | | | |
| Zinc, Zn | mg | 0.38 | | 0 | RP | 4 | | | | |
| Copper, Cu | mg | 0.020 | | 0 | RP | 4 | | | | |
| Manganese, Mn | mg | 0.059 | | 0 | RP | 4 | | | | |
| Selenium, Se | mcg | 1.8 | | 0 | RP | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | RP | 4 | | | | |
| Thiamin | mg | 0.074 | | 0 | RP | 4 | | | | |
| Riboflavin | mg | 0.138 | | 0 | RP | 4 | | | | |
| Niacin | mg | 0.441 | | 0 | RP | 4 | | | | |
| Pantothenic acid | mg | 0.283 | | 0 | RP | 4 | | | | |
| Vitamin B-6 | mg | 0.034 | | 0 | RP | 4 | | | | |
| Folate, total | mcg | 4 | | 0 | RP | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RP | 4 | | | | |
| Folate, food | mcg | 4 | | 0 | RP | 4 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.24 | | 0 | RP | 4 | | | | |
| Vitamin A, IU | IU | 115 | | 0 | O | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 29 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 28 | | 0 | RP | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 33.526 | | 0 | RP | 4 | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.682 | | 0 | RP | 4 | | | | |
| 4:0 | g | 0.091 | | 0 | RP | 4 | | | | |
| 6:0 | g | 0.054 | | 0 | RP | 4 | | | | |
| 8:0 | g | 0.031 | | 0 | RP | 4 | | | | |
| 10:0 | g | 0.070 | | 0 | RP | 4 | | | | |
| 12:0 | g | 0.079 | | 0 | RP | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.282 | | 0 | RP | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.737 | | 0 | RP | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.339 | | 0 | RP | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19195**
**Puddings, rice, dry mix, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.767 | | 0 | RP | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.063 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.704 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.104 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 0.063 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.041 | | 0 | RP | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 11 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | 0 | | 0 | RP | 4 | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.039 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.125 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.167 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.270 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.219 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.070 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.025 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.133 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.133 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.184 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.100 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.075 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.095 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.210 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.577 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.059 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.267 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.150 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | RP | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | RP | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 15 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19195**
**Puddings, rice, dry mix, prepared with whole milk**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19193**
**Puddings, rice, ready-to-eat**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 67.90 | 0.296 | 16 | | 1 | | 19.25 | 96.42 | |
| Energy | kcal | 163 | | 0 | NC | 4 | | 46 | 231 | |
| Energy | kj | 682 | | | | 4 | | 193 | 968 | |
| Protein (N x 6.3) | g | 2.00 | 0.021 | 15 | | 1 | | 0.57 | 2.84 | |
| Total lipid (fat) | g | 7.50 | 0.069 | 15 | | 1 | | 2.13 | 10.65 | |
| Ash | g | 0.60 | 0.007 | 15 | | 1 | | 0.17 | 0.85 | |
| Carbohydrate, by difference | g | 22.00 | | 0 | NC | 4 | | 6.24 | 31.24 | |
| Fiber, total dietary | g | 0.1 | | 0 | | 4 | | 0.0 | 0.1 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 52 | 1.429 | 15 | | 1 | | 15 | 74 | |
| Iron, Fe | mg | 0.30 | | 1 | | 4 | | 0.09 | 0.43 | |
| Magnesium, Mg | mg | 8 | | 1 | | 4 | | 2 | 11 | |
| Phosphorus, P | mg | 68 | | 1 | | 4 | | 19 | 97 | |
| Potassium, K | mg | 60 | | 1 | | 4 | | 17 | 85 | |
| Sodium, Na | mg | 85 | | 1 | | 4 | | 24 | 121 | |
| Zinc, Zn | mg | 0.49 | | 1 | | 1 | | 0.14 | 0.70 | |
| Copper, Cu | mg | 0.022 | | 1 | | 4 | | 0.006 | 0.031 | |
| Manganese, Mn | mg | 0.126 | | 1 | | 1 | | 0.036 | 0.179 | |
| Selenium, Se | mcg | 2.2 | | 0 | FLA | 4 | | 0.6 | 3.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 1 | | 4 | | 0.1 | 0.7 | |
| Thiamin | mg | 0.018 | 0.001 | 15 | | 1 | | 0.005 | 0.026 | |
| Riboflavin | mg | 0.072 | 0.002 | 15 | | 1 | | 0.020 | 0.102 | |
| Niacin | mg | 0.161 | 0.006 | 14 | | 1 | | 0.046 | 0.229 | |
| Pantothenic acid | mg | 0.232 | | 1 | | 4 | | 0.066 | 0.329 | |
| Vitamin B-6 | mg | 0.029 | | 1 | | 4 | | 0.008 | 0.041 | |
| Folate, total | mcg | 3 | | 1 | | 4 | | 1 | 4 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 3 | | 1 | | 4 | | 1 | 4 | |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 1 | 4 | |
| Vitamin B-12 | mcg | 0.21 | | 1 | | 4 | | 0.06 | 0.30 | |
| Vitamin A, IU | IU | 85 | | 0 | O | 4 | | 24 | 121 | |
| Vitamin A, RAE | mcg_RAE | 25 | | 0 | NC | 4 | | 7 | 36 | |
| Retinol | mcg | 25 | | 0 | O | 4 | | 7 | 36 | |
| Vitamin E (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 | 1.170 | | 0 | | 1 | | 0.332 | 1.661 | |
| 4:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.020 | | 1 | | 1 | | 0.006 | 0.028 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.760 | | 1 | | 1 | | 0.215 | 1.079 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.380 | | 1 | | 1 | | 0.108 | 0.540 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19193**
**Puddings, rice, ready-to-eat**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 3.210 | | 0 | | 1 | | 0.910 | 4.558 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.030 | | 1 | | 1 | | 0.009 | 0.043 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 3.170 | | 1 | | 1 | | 0.899 | 4.501 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 2.790 | | 0 | | 1 | | 0.791 | 3.962 | |
| 18:2 undifferentiated.....g | 2.590 | | 1 | | 1 | | 0.734 | 3.678 | |
| 18:3 undifferentiated.....g | 0.190 | | 1 | | 1 | | 0.054 | 0.270 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 1 | | 4 | | 0 | 1 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.026 | | 0 | | 1 | | 0.007 | 0.037 | |
| Threonine.....g | 0.084 | | 0 | | 1 | | 0.024 | 0.119 | |
| Isoleucine.....g | 0.112 | | 0 | | 1 | | 0.032 | 0.159 | |
| Leucine.....g | 0.186 | | 0 | | 1 | | 0.053 | 0.264 | |
| Lysine.....g | 0.142 | | 0 | | 1 | | 0.040 | 0.202 | |
| Methionine.....g | 0.048 | | 0 | | 1 | | 0.014 | 0.068 | |
| Cystine.....g | 0.019 | | 0 | | 1 | | 0.005 | 0.027 | |
| Phenylalanine.....g | 0.094 | | 0 | | 1 | | 0.027 | 0.133 | |
| Tyrosine.....g | 0.091 | | 0 | | 1 | | 0.026 | 0.129 | |
| Valine.....g | 0.127 | | 0 | | 1 | | 0.036 | 0.180 | |
| Arginine.....g | 0.080 | | 0 | | 1 | | 0.023 | 0.114 | |
| Histidine.....g | 0.051 | | 0 | | 1 | | 0.014 | 0.072 | |
| Alanine.....g | 0.072 | | 0 | | 1 | | 0.020 | 0.102 | |
| Aspartic acid.....g | 0.150 | | 0 | | 1 | | 0.043 | 0.213 | |
| Glutamic acid.....g | 0.399 | | 0 | | 1 | | 0.113 | 0.567 | |
| Glycine.....g | 0.046 | | 0 | | 1 | | 0.013 | 0.065 | |
| Proline.....g | 0.176 | | 0 | | 1 | | 0.050 | 0.250 | |
| Serine.....g | 0.104 | | 0 | | 1 | | 0.029 | 0.148 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | o | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

**Calories Factors: Protein** 4.2 **Fat** 8.8 **Carbohydrate** 4

**NDB No. 19193**
**Puddings, rice, ready-to-eat**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19198**
**Puddings, tapioca, dry mix**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.00 | 0.043 | 6 | | 1 | | 3.68 | 0.92 | |
| Energy | kcal | 369 | | 0 | | 4 | | 339 | 85 | |
| Energy | kj | 1544 | | | | 4 | | 1420 | 355 | |
| Protein (N x 6.25) | g | 0.10 | | 0 | | 4 | | 0.09 | 0.02 | |
| Total lipid (fat) | g | 0.10 | | 0 | | 4 | | 0.09 | 0.02 | |
| Ash | g | 1.40 | 0.040 | 6 | | 1 | | 1.29 | 0.32 | |
| Carbohydrate, by difference | g | 94.30 | | 0 | NC | 4 | | 86.76 | 21.69 | |
| Fiber, total dietary | g | 0.2 | | 0 | FLM | 4 | | 0.2 | 0.0 | |
| Sugars, total | g | 65.00 | | 0 | LC | 8 | | 59.80 | 14.95 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 4 | | 0 | | 4 | | 4 | 1 | |
| Iron, Fe | mg | 0.12 | | 0 | | 4 | | 0.11 | 0.03 | |
| Magnesium, Mg | mg | 2 | | 0 | | 4 | | 2 | 0 | |
| Phosphorus, P | mg | 4 | | 0 | | 4 | | 4 | 1 | |
| Potassium, K | mg | 5 | | 0 | | 4 | | 5 | 1 | |
| Sodium, Na | mg | 477 | | 0 | | 4 | | 439 | 110 | |
| Zinc, Zn | mg | 0.08 | | 0 | | 4 | | 0.07 | 0.02 | |
| Copper, Cu | mg | 0.029 | | 0 | | 4 | | 0.027 | 0.007 | |
| Manganese, Mn | mg | 0.033 | | 0 | | 4 | | 0.030 | 0.008 | |
| Selenium, Se | mcg | 0.9 | | 0 | FLM | 4 | | 0.8 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.001 | | 0 | | 4 | | 0.001 | 0.000 | |
| Riboflavin | mg | 0.006 | | 0 | | 4 | | 0.006 | 0.001 | |
| Niacin | mg | 0.004 | | 0 | | 4 | | 0.004 | 0.001 | |
| Pantothenic acid | mg | 0.015 | | 0 | | 4 | | 0.014 | 0.003 | |
| Vitamin B-6 | mg | 0.001 | | 0 | FLM | 4 | | 0.001 | 0.000 | |
| Folate, total | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | | | | | | | | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Threonine | g | 0.004 | | 0 | | 1 | | 0.004 | 0.001 | |
| Isoleucine | g | 0.004 | | 0 | | 1 | | 0.004 | 0.001 | |
| Leucine | g | 0.009 | | 0 | | 1 | | 0.008 | 0.002 | |
| Lysine | g | 0.004 | | 0 | | 1 | | 0.004 | 0.001 | |
| Methionine | g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Cystine | g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |

**NDB No. 19198**
**Puddings, tapioca, dry mix**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Phenylalanine.....g | 0.004 | | 0 | | 1 | | 0.004 | 0.001 | |
| Tyrosine.....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Valine.....g | 0.005 | | 0 | | 1 | | 0.005 | 0.001 | |
| Arginine.....g | 0.012 | | 0 | | 1 | | 0.011 | 0.003 | |
| Histidine.....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Alanine.....g | 0.006 | | 0 | | 1 | | 0.006 | 0.001 | |
| Aspartic acid.....g | 0.009 | | 0 | | 1 | | 0.008 | 0.002 | |
| Glutamic acid.....g | 0.024 | | 0 | | 1 | | 0.022 | 0.006 | |
| Glycine.....g | 0.004 | | 0 | | 1 | | 0.004 | 0.001 | |
| Proline.....g | 0.007 | | 0 | | 1 | | 0.006 | 0.002 | |
| Serine.....g | 0.004 | | 0 | | 1 | | 0.004 | 0.001 | |
| Hydroxyproline.....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein** 3 **Fat** 8.4 **Carbohydrate** 3.9

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19209**
**Puddings, tapioca, dry mix, prepared with 2% milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 75.01 | | 0 | RP | 4 | | | | |
| Energy | kcal | 105 | | 0 | RP | 4 | | | | |
| Energy | kj | 438 | | 0 | RP | 4 | | | | |
| Protein | g | 2.88 | | 0 | RP | 4 | | | | |
| Total lipid (fat) | g | 1.67 | | 0 | RP | 4 | | | | |
| Ash | g | 0.87 | | 0 | RP | 4 | | | | |
| Carbohydrate, by difference | g | 19.56 | | 0 | RP | 4 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | RP | 4 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 105 | | 0 | RP | 4 | | | | |
| Iron, Fe | mg | 0.06 | | 0 | RP | 4 | | | | |
| Magnesium, Mg | mg | 12 | | 0 | RP | 4 | | | | |
| Phosphorus, P | mg | 82 | | 0 | RP | 4 | | | | |
| Potassium, K | mg | 133 | | 0 | RP | 4 | | | | |
| Sodium, Na | mg | 121 | | 0 | RP | 4 | | | | |
| Zinc, Zn | mg | 0.35 | | 0 | RP | 4 | | | | |
| Copper, Cu | mg | 0.012 | | 0 | RP | 4 | | | | |
| Manganese, Mn | mg | 0.007 | | 0 | RP | 4 | | | | |
| Selenium, Se | mcg | 2.0 | | 0 | RP | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | RP | 4 | | | | |
| Thiamin | mg | 0.030 | | 0 | RP | 4 | | | | |
| Riboflavin | mg | 0.143 | | 0 | RP | 4 | | | | |
| Niacin | mg | 0.075 | | 0 | RP | 4 | | | | |
| Pantothenic acid | mg | 0.277 | | 0 | RP | 4 | | | | |
| Vitamin B-6 | mg | 0.033 | | 0 | RP | 4 | | | | |
| Folate, total | mcg | 4 | | 0 | RP | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RP | 4 | | | | |
| Folate, food | mcg | 4 | | 0 | RP | 4 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.25 | | 0 | RP | 4 | | | | |
| Vitamin A, IU | IU | 160 | | 0 | O | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 47 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 46 | | 0 | RP | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 34.373 | | 0 | RP | 4 | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.991 | | 0 | RP | 4 | | | | |
| 4:0 | g | 0.053 | | 0 | RP | 4 | | | | |
| 6:0 | g | 0.032 | | 0 | RP | 4 | | | | |
| 8:0 | g | 0.018 | | 0 | RP | 4 | | | | |
| 10:0 | g | 0.041 | | 0 | RP | 4 | | | | |
| 12:0 | g | 0.046 | | 0 | RP | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.166 | | 0 | RP | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.434 | | 0 | RP | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.200 | | 0 | RP | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19209**
**Puddings, tapioca, dry mix, prepared with 2% milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.452 | | 0 | RP | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.037 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.415 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.061 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 0.037 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.024 | | 0 | RP | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 6 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.041 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.130 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.173 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.282 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.228 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.073 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.027 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.139 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.139 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.192 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.106 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.078 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.100 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.219 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.603 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.061 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.279 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.156 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | RP | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | RP | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 10 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19209**
**Puddings, tapioca, dry mix, prepared with 2% milk**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19199**
**Puddings, tapioca, dry mix, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 73.97 | | 0 | RP | 4 | | | | |
| Energy | kcal | 115 | | 0 | RP | 4 | | | | |
| Energy | kj | 481 | | 0 | RP | 4 | | | | |
| Protein | g | 2.84 | | 0 | RP | 4 | | | | |
| Total lipid (fat) | g | 2.89 | | 0 | RP | 4 | | | | |
| Ash | g | 0.85 | | 0 | RP | 4 | | | | |
| Carbohydrate, by difference | g | 19.43 | | 0 | RP | 4 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | RP | 4 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 103 | | 0 | RP | 4 | | | | |
| Iron, Fe | mg | 0.06 | | 0 | RP | 4 | | | | |
| Magnesium, Mg | mg | 12 | | 0 | RP | 4 | | | | |
| Phosphorus, P | mg | 81 | | 0 | RP | 4 | | | | |
| Potassium, K | mg | 131 | | 0 | RP | 4 | | | | |
| Sodium, Na | mg | 120 | | 0 | RP | 4 | | | | |
| Zinc, Zn | mg | 0.34 | | 0 | RP | 4 | | | | |
| Copper, Cu | mg | 0.013 | | 0 | RP | 4 | | | | |
| Manganese, Mn | mg | 0.009 | | 0 | RP | 4 | | | | |
| Selenium, Se | mcg | 1.9 | | 0 | RP | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | RP | 4 | | | | |
| Thiamin | mg | 0.030 | | 0 | RP | 4 | | | | |
| Riboflavin | mg | 0.140 | | 0 | RP | 4 | | | | |
| Niacin | mg | 0.073 | | 0 | RP | 4 | | | | |
| Pantothenic acid | mg | 0.272 | | 0 | RP | 4 | | | | |
| Vitamin B-6 | mg | 0.033 | | 0 | RP | 4 | | | | |
| Folate, total | mcg | 4 | | 0 | RP | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RP | 4 | | | | |
| Folate, food | mcg | 4 | | 0 | RP | 4 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.25 | | 0 | RP | 4 | | | | |
| Vitamin A, IU | IU | 108 | | 0 | RP | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 25 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 24 | | 0 | RP | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 34.362 | | 0 | RP | 4 | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.724 | | 0 | RP | 4 | | | | |
| 4:0 | g | 0.093 | | 0 | RP | 4 | | | | |
| 6:0 | g | 0.055 | | 0 | RP | 4 | | | | |
| 8:0 | g | 0.032 | | 0 | RP | 4 | | | | |
| 10:0 | g | 0.072 | | 0 | RP | 4 | | | | |
| 12:0 | g | 0.081 | | 0 | RP | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.289 | | 0 | RP | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.755 | | 0 | RP | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.348 | | 0 | RP | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19199**
**Puddings, tapioca, dry mix, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.786 | | 0 | RP | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.064 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.722 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.107 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 0.064 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.042 | | 0 | RP | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 12 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | 0 | | 0 | RP | 4 | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.040 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.129 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.172 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.278 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.225 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.072 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.026 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.137 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.137 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.190 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.104 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.077 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.098 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.216 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.596 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.061 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.275 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.154 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | RP | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | RP | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 15 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19199**
**Puddings, tapioca, dry mix, prepared with whole milk**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19709**
**Puddings, tapioca, dry mix, with no added salt**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 4.00 | 0.043 | 6 | | 1 | | 3.68 | 0.92 | |
| Energy | kcal | 369 | | 0 | | 4 | | 339 | 85 | |
| Energy | kj | 1544 | | | | 4 | | 1420 | 355 | |
| Protein (N x 6.25) | g | 0.10 | | 1 | | 4 | | 0.09 | 0.02 | |
| Total lipid (fat) | g | 0.10 | | 1 | | 4 | | 0.09 | 0.02 | |
| Ash | g | 1.40 | 0.040 | 6 | | 1 | | 1.29 | 0.32 | |
| Carbohydrate, by difference | g | 94.30 | | 0 | NC | 4 | | 86.76 | 21.69 | |
| Fiber, total dietary | g | 0.2 | | 0 | BFZN | 4 | | 0.2 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 4 | | 1 | | 4 | | 4 | 1 | |
| Iron, Fe | mg | 0.12 | | 1 | | 4 | | 0.11 | 0.03 | |
| Magnesium, Mg | mg | 2 | | 1 | | 4 | | 2 | 0 | |
| Phosphorus, P | mg | 4 | | 1 | | 4 | | 4 | 1 | |
| Potassium, K | mg | 5 | | 1 | | 4 | | 5 | 1 | |
| Sodium, Na | mg | 8 | | 0 | | 1 | | 7 | 2 | |
| Zinc, Zn | mg | 0.08 | | 1 | | 4 | | 0.07 | 0.02 | |
| Copper, Cu | mg | 0.029 | | 1 | | 4 | | 0.027 | 0.007 | |
| Manganese, Mn | mg | 0.033 | | 1 | | 4 | | 0.030 | 0.008 | |
| Selenium, Se | mcg | 0.1 | | 0 | BFZN | 4 | | 0.1 | 0.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.001 | | 1 | | 4 | | 0.001 | 0.000 | |
| Riboflavin | mg | 0.006 | | 1 | | 4 | | 0.006 | 0.001 | |
| Niacin | mg | 0.004 | | 1 | | 4 | | 0.004 | 0.001 | |
| Pantothenic acid | mg | 0.015 | | 1 | | 4 | | 0.014 | 0.003 | |
| Vitamin B-6 | mg | 0.032 | | 1 | | 4 | | 0.029 | 0.007 | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | | | | | | | | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Threonine | g | 0.004 | | 0 | | 1 | | 0.004 | 0.001 | |
| Isoleucine | g | 0.004 | | 0 | | 1 | | 0.004 | 0.001 | |
| Leucine | g | 0.009 | | 0 | | 1 | | 0.008 | 0.002 | |
| Lysine | g | 0.004 | | 0 | | 1 | | 0.004 | 0.001 | |
| Methionine | g | 0.002 | | 0 | | 1 | | 0.002 | 0.000 | |
| Cystine | g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |

**NDB No. 19709**
**Puddings, tapioca, dry mix, with no added salt**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Phenylalanine....g | 0.004 | | 0 | | 1 | | 0.004 | 0.001 | |
| Tyrosine....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Valine....g | 0.005 | | 0 | | 1 | | 0.005 | 0.001 | |
| Arginine....g | 0.012 | | 0 | | 1 | | 0.011 | 0.003 | |
| Histidine....g | 0.003 | | 0 | | 1 | | 0.003 | 0.001 | |
| Alanine....g | 0.006 | | 0 | | 1 | | 0.006 | 0.001 | |
| Aspartic acid....g | 0.009 | | 0 | | 1 | | 0.008 | 0.002 | |
| Glutamic acid....g | 0.024 | | 0 | | 1 | | 0.022 | 0.006 | |
| Glycine....g | 0.004 | | 0 | | 1 | | 0.004 | 0.001 | |
| Proline....g | 0.007 | | 0 | | 1 | | 0.006 | 0.002 | |
| Serine....g | 0.004 | | 0 | | 1 | | 0.004 | 0.001 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | | | | | | | | | |
| Caffeine....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein** 3 **Fat** 8.4 **Carbohydrate** 3.9

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19218**
**Puddings, tapioca, ready-to-eat**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.20 | 0.209 | 43 | | 1 | | 21.04 | 105.36 | 83.85 |
| Energy | kcal | 119 | | 0 | NC | 4 | | 34 | 169 | 134 |
| Energy | kj | 497 | | 0 | NC | 4 | | 141 | 706 | 562 |
| Protein (N x 6.25) | g | 2.00 | 0.050 | 43 | | 1 | | 0.57 | 2.84 | 2.26 |
| Total lipid (fat) | g | 3.70 | 0.100 | 43 | | 1 | | 1.05 | 5.25 | 4.18 |
| Ash | g | 0.70 | 0.020 | 43 | | 1 | | 0.20 | 0.99 | 0.79 |
| Carbohydrate, by difference | g | 19.40 | | 0 | NC | 4 | | 5.50 | 27.55 | 21.92 |
| Fiber, total dietary | g | 0.1 | | 0 | FLC | 4 | | 0.0 | 0.1 | 0.1 |
| Sugars, total | g | 17.70 | | 0 | LC | 8 | | 5.02 | 25.13 | 20.00 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 84 | 3.895 | 43 | | 1 | | 24 | 119 | 95 |
| Iron, Fe | mg | 0.23 | 0.019 | 17 | | 1 | | 0.07 | 0.33 | 0.26 |
| Magnesium, Mg | mg | 8 | 0.095 | 17 | | 1 | | 2 | 11 | 9 |
| Phosphorus, P | mg | 79 | 0.762 | 17 | | 1 | | 22 | 112 | 89 |
| Potassium, K | mg | 96 | | 0 | FLC | 4 | | 27 | 136 | 108 |
| Sodium, Na | mg | 159 | | 0 | LC | 8 | | 45 | 226 | 180 |
| Zinc, Zn | mg | 0.27 | 0.006 | 17 | | 1 | | 0.08 | 0.38 | 0.31 |
| Copper, Cu | mg | 0.027 | 0.002 | 17 | | 1 | | 0.008 | 0.038 | 0.031 |
| Manganese, Mn | mg | 0.007 | | 0 | FLC | 4 | | 0.002 | 0.009 | 0.007 |
| Selenium, Se | mcg | 1.7 | | 0 | FLC | 4 | | 0.5 | 2.5 | 2.0 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 0 | FLC | 4 | | 0.1 | 0.5 | 0.4 |
| Thiamin | mg | 0.022 | 0.001 | 43 | | 1 | | 0.006 | 0.031 | 0.025 |
| Riboflavin | mg | 0.098 | 0.003 | 43 | | 1 | | 0.028 | 0.139 | 0.111 |
| Niacin | mg | 0.312 | 0.017 | 17 | | 1 | | 0.088 | 0.443 | 0.353 |
| Pantothenic acid | mg | 0.189 | | 0 | FLC | 4 | | 0.054 | 0.269 | 0.214 |
| Vitamin B-6 | mg | 0.019 | | 0 | FLC | 4 | | 0.005 | 0.027 | 0.022 |
| Folate, total | mcg | 3 | | 0 | FLC | 4 | | 1 | 4 | 3 |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 3 | | 0 | FLC | 4 | | 1 | 4 | 3 |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 1 | 4 | 3 |
| Vitamin B-12 | mcg | 0.21 | | 0 | FLC | 4 | | 0.06 | 0.30 | 0.24 |
| Vitamin A, IU | IU | 1 | | 0 | FLC | 4 | | 0 | 2 | 1 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.30 | | 0 | FLC | 4 | | 0.08 | 0.42 | 0.33 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.9 | | 0 | FLC | 4 | | 0.3 | 1.3 | 1.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.600 | | 0 | | 1 | | 0.170 | 0.852 | 0.678 |
| 4:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.010 | | 1 | | 1 | | 0.003 | 0.014 | 0.011 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.390 | | 1 | | 1 | | 0.111 | 0.554 | 0.441 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.190 | | 1 | | 1 | | 0.054 | 0.270 | 0.215 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19218**
**Puddings, tapioca, ready-to-eat**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 1.580 | | 0 | | 1 | | 0.448 | 2.244 | 1.785 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.020 | | 1 | | 1 | | 0.006 | 0.028 | 0.023 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.570 | | 1 | | 1 | | 0.445 | 2.229 | 1.774 |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.360 | | 0 | | 1 | | 0.386 | 1.931 | 1.537 |
| 18:2 undifferentiated.....g | 1.270 | | 1 | | 1 | | 0.360 | 1.803 | 1.435 |
| 18:3 undifferentiated.....g | 0.100 | | 1 | | 1 | | 0.028 | 0.142 | 0.113 |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 0 | FLC | 4 | | 0 | 1 | 1 |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.027 | | 0 | | 1 | | 0.008 | 0.038 | 0.031 |
| Threonine.....g | 0.085 | | 0 | | 1 | | 0.024 | 0.121 | 0.096 |
| Isoleucine.....g | 0.114 | | 0 | | 1 | | 0.032 | 0.162 | 0.129 |
| Leucine.....g | 0.185 | | 0 | | 1 | | 0.052 | 0.263 | 0.209 |
| Lysine.....g | 0.149 | | 0 | | 1 | | 0.042 | 0.212 | 0.168 |
| Methionine.....g | 0.048 | | 0 | | 1 | | 0.014 | 0.068 | 0.054 |
| Cystine.....g | 0.019 | | 0 | | 1 | | 0.005 | 0.027 | 0.021 |
| Phenylalanine.....g | 0.092 | | 0 | | 1 | | 0.026 | 0.131 | 0.104 |
| Tyrosine.....g | 0.091 | | 0 | | 1 | | 0.026 | 0.129 | 0.103 |
| Valine.....g | 0.127 | | 0 | | 1 | | 0.036 | 0.180 | 0.144 |
| Arginine.....g | 0.073 | | 0 | | 1 | | 0.021 | 0.104 | 0.082 |
| Histidine.....g | 0.052 | | 0 | | 1 | | 0.015 | 0.074 | 0.059 |
| Alanine.....g | 0.067 | | 0 | | 1 | | 0.019 | 0.095 | 0.076 |
| Aspartic acid.....g | 0.145 | | 0 | | 1 | | 0.041 | 0.206 | 0.164 |
| Glutamic acid.....g | 0.399 | | 0 | | 1 | | 0.113 | 0.567 | 0.451 |
| Glycine.....g | 0.041 | | 0 | | 1 | | 0.012 | 0.058 | 0.046 |
| Proline.....g | 0.182 | | 0 | | 1 | | 0.052 | 0.258 | 0.206 |
| Serine.....g | 0.103 | | 0 | | 1 | | 0.029 | 0.146 | 0.116 |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.018 | 0.093 | 0.074 |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

Measure 3 = 113g: 1 snack size (4 oz)

**NDB No. 19218**
**Puddings, tapioca, ready-to-eat**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19234**
**Puddings, tapioca, ready-to-eat, fat free**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 76.84 | | 0 | FLA | 4 | | | | |
| Energy | kcal | 89 | | 0 | NC | 4 | | | | |
| Energy | kj | 373 | | 0 | NC | 4 | | | | |
| Protein (N x 6.25) | g | 1.80 | | 0 | FLA | 4 | | | | |
| Total lipid (fat) | g | 0.04 | | 0 | FLA | 4 | | | | |
| Ash | g | 0.92 | | 0 | FLA | 4 | | | | |
| Carbohydrate, by difference | g | 20.40 | | 0 | FLA | 4 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | FLA | 4 | | | | |
| Sugars, total | g | 15.90 | | 0 | FLA | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 50 | | 0 | FLA | 4 | | | | |
| Iron, Fe | mg | 0.35 | | 0 | FLA | 4 | | | | |
| Magnesium, Mg | mg | 5 | | 0 | FLA | 4 | | | | |
| Phosphorus, P | mg | 40 | | 0 | FLA | 4 | | | | |
| Potassium, K | mg | 53 | | 0 | FLA | 4 | | | | |
| Sodium, Na | mg | 212 | | 0 | FLA | 4 | | | | |
| Zinc, Zn | mg | 0.46 | | 0 | FLA | 4 | | | | |
| Copper, Cu | mg | 0.011 | | 0 | FLA | 4 | | | | |
| Manganese, Mn | mg | 0.024 | | 0 | FLA | 4 | | | | |
| Selenium, Se | mcg | 1.8 | | 0 | FLA | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLA | 4 | | | | |
| Thiamin | mg | 0.018 | | 0 | FLA | 4 | | | | |
| Riboflavin | mg | 0.099 | | 0 | FLA | 4 | | | | |
| Niacin | mg | 0.050 | | 0 | FLA | 4 | | | | |
| Pantothenic acid | mg | 0.196 | | 0 | FLA | 4 | | | | |
| Vitamin B-6 | mg | 0.015 | | 0 | FLA | 4 | | | | |
| Folate, total | mcg | 2 | | 0 | FLA | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | | | |
| Folate, food | mcg | 2 | | 0 | FLA | 4 | | | | |
| Folate, DFE | mcg_DFE | 2 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.15 | | 0 | FLA | 4 | | | | |
| Vitamin A, IU | IU | 108 | | 0 | FLA | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 32 | | 0 | FLA | 4 | | | | |
| Retinol | mcg | 32 | | 0 | FLA | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLA | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLA | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 0 | FLA | 4 | | | | |
| 4:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 6:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 8:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 10:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 12:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19234**
**Puddings, tapioca, ready-to-eat, fat free**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 0 | FLA | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 0 | FLA | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 4 | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19202**
**Puddings, vanilla, dry mix, instant**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 2.60 | 0.158 | 20 | | 1 | | 2.57 | 0.65 | |
| Energy | kcal | 377 | | 0 | NC | 4 | | 373 | 94 | |
| Energy | kj | 1577 | | 0 | NC | 4 | | 1562 | 394 | |
| Protein (N x 6.25) | g | 0.00 | 0.000 | 20 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.60 | 0.024 | 20 | | 1 | | 0.59 | 0.15 | |
| Ash | g | 3.90 | 0.067 | 20 | | 1 | | 3.86 | 0.98 | |
| Carbohydrate, by difference | g | 92.90 | | 0 | NC | 4 | | 91.97 | 23.22 | |
| Fiber, total dietary | g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 92.90 | | 0 | NR | 4 | | 91.97 | 23.22 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 12 | 1.932 | 3 | | 1 | | 12 | 3 | |
| Iron, Fe | mg | 0.01 | | 0 | FLA | 4 | | 0.01 | 0.00 | |
| Magnesium, Mg | mg | 1 | | 0 | FLA | 4 | | 1 | 0 | |
| Phosphorus, P | mg | 705 | 9.672 | 3 | | 1 | | 698 | 176 | |
| Potassium, K | mg | 12 | 1.856 | 16 | | 1 | | 12 | 3 | |
| Sodium, Na | mg | 1441 | 33.880 | 16 | | 1 | | 1427 | 360 | |
| Zinc, Zn | mg | 0.06 | 0.002 | 4 | | 1 | | 0.06 | 0.02 | |
| Copper, Cu | mg | 0.093 | | 2 | | 1 | | 0.092 | 0.023 | |
| Manganese, Mn | mg | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Selenium, Se | mcg | 0.7 | | 0 | FLA | 4 | | 0.7 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.002 | | 0 | FLA | 4 | | 0.002 | 0.001 | |
| Riboflavin | mg | 0.028 | | 0 | FLA | 4 | | 0.028 | 0.007 | |
| Niacin | mg | 0.006 | | 0 | FLA | 4 | | 0.006 | 0.001 | |
| Pantothenic acid | mg | 0.026 | | 0 | FLA | 4 | | 0.025 | 0.006 | |
| Vitamin B-6 | mg | 0.002 | | 0 | FLA | 4 | | 0.002 | 0.001 | |
| Folate, total | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.02 | | 0 | FLA | 4 | | 0.02 | 0.00 | |
| Vitamin A, IU | IU | 2 | | 0 | FLA | 4 | | 2 | 0 | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | FLA | 4 | | 1 | 0 | |
| Retinol | mcg | 1 | | 0 | FLA | 4 | | 1 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.02 | | 0 | FLA | 4 | | 0.02 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.1 | | 0 | FLA | 4 | | 0.1 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.100 | | 0 | | 1 | | 0.099 | 0.025 | |
| 4:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.060 | | 1 | | 1 | | 0.059 | 0.015 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.030 | | 1 | | 1 | | 0.030 | 0.008 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19202**
**Puddings, vanilla, dry mix, instant**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.270 | | 0 | | 1 | | 0.267 | 0.068 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.270 | | 1 | | 1 | | 0.267 | 0.068 | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.240 | | 0 | | 1 | | 0.238 | 0.060 | |
| 18:2 undifferentiated.....g | 0.220 | | 1 | | 1 | | 0.218 | 0.055 | |
| 18:3 undifferentiated.....g | 0.020 | | 1 | | 1 | | 0.020 | 0.005 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Isoleucine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Leucine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Lysine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Tyrosine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Valine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Arginine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Aspartic acid.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glutamic acid.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Glycine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Serine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.108 | 0.027 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**NDB No. 19202**
**Puddings, vanilla, dry mix, instant**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19203**
**Puddings, vanilla, dry mix, instant, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 73.50 | | 0 | | 1 | | 104.37 | 418.22 | |
| Energy | kcal | 114 | | 0 | NC | 4 | | 162 | 649 | |
| Energy | kj | 477 | | | | 4 | | 677 | 2714 | |
| Protein (N x 0) | g | 2.70 | | 0 | | 1 | | 3.83 | 15.36 | |
| Total lipid (fat) | g | 2.90 | | 0 | | 1 | | 4.12 | 16.50 | |
| Ash | g | 1.30 | | 0 | | 1 | | 1.85 | 7.40 | |
| Carbohydrate, by difference | g | 19.70 | | 0 | NC | 4 | | 27.97 | 112.09 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 101 | | 0 | | 1 | | 143 | 575 | |
| Iron, Fe | mg | 0.07 | | 0 | | 1 | | 0.10 | 0.40 | |
| Magnesium, Mg | mg | 12 | | 0 | | 1 | | 17 | 68 | |
| Phosphorus, P | mg | 197 | | 0 | | 1 | | 280 | 1121 | |
| Potassium, K | mg | 128 | | 0 | | 1 | | 182 | 728 | |
| Sodium, Na | mg | 286 | | 0 | | 1 | | 406 | 1627 | |
| Zinc, Zn | mg | 0.33 | | 0 | | 1 | | 0.47 | 1.88 | |
| Copper, Cu | mg | 0.024 | | 0 | | 1 | | 0.034 | 0.137 | |
| Manganese, Mn | mg | 0.007 | | 0 | | 1 | | 0.010 | 0.040 | |
| Selenium, Se | mcg | 1.6 | | 0 | BFPN | 4 | | 2.3 | 9.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 0 | | 1 | | 1.1 | 4.6 | |
| Thiamin | mg | 0.033 | | 0 | | 1 | | 0.047 | 0.188 | |
| Riboflavin | mg | 0.136 | | 0 | | 1 | | 0.193 | 0.774 | |
| Niacin | mg | 0.074 | | 0 | | 1 | | 0.105 | 0.421 | |
| Pantothenic acid | mg | 0.262 | | 0 | | 1 | | 0.372 | 1.491 | |
| Vitamin B-6 | mg | 0.036 | | 0 | | 1 | | 0.051 | 0.205 | |
| Folate, total | mcg | 4 | | 0 | | 1 | | 6 | 23 | |
| Folic acid | mcg | 0 | | 0 | O | 4 | | 0 | 0 | |
| Folate, food | mcg | 4 | | 0 | | 1 | | 6 | 23 | |
| Folate, DFE | mcg_DFE | 4 | | 0 | O | 4 | | 6 | 23 | |
| Vitamin B-12 | mcg | 0.30 | | 0 | | 1 | | 0.43 | 1.71 | |
| Vitamin A, IU | IU | 105 | | 0 | | 1 | | 149 | 597 | |
| Vitamin A, RAE | mcg_RAE | 25 | | 0 | NC | 4 | | 35 | 141 | |
| Retinol | mcg | 23 | | 0 | O | 4 | | 33 | 133 | |
| Vitamin E (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 | 1.740 | | 0 | | 1 | | 2.471 | 9.901 | |
| 4:0 | g | 0.090 | | 0 | | 1 | | 0.128 | 0.512 | |
| 6:0 | g | 0.050 | | 0 | | 1 | | 0.071 | 0.285 | |
| 8:0 | g | 0.030 | | 0 | | 1 | | 0.043 | 0.171 | |
| 10:0 | g | 0.070 | | 0 | | 1 | | 0.099 | 0.398 | |
| 12:0 | g | 0.080 | | 0 | | 1 | | 0.114 | 0.455 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.290 | | 0 | | 1 | | 0.412 | 1.650 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.770 | | 0 | | 1 | | 1.093 | 4.381 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.360 | | 0 | | 1 | | 0.511 | 2.048 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19203**
**Puddings, vanilla, dry mix, instant, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 0.840 | | 0 | | 1 | | 1.193 | 4.780 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.070 | | 0 | | 1 | | 0.099 | 0.398 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.780 | | 0 | | 1 | | 1.108 | 4.438 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.150 | | 0 | | 1 | | 0.213 | 0.854 | |
| 18:2 undifferentiated....g | 0.100 | | 0 | | 1 | | 0.142 | 0.569 | |
| 18:3 undifferentiated....g | 0.050 | | 0 | | 1 | | 0.071 | 0.285 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 11 | | 0 | | 1 | | 16 | 63 | |
| Phytosterols....mg | 0 | | 0 | | 1 | | 0 | 0 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.036 | | 0 | | 1 | | 0.051 | 0.205 | |
| Threonine....g | 0.117 | | 0 | | 1 | | 0.166 | 0.666 | |
| Isoleucine....g | 0.158 | | 0 | | 1 | | 0.224 | 0.899 | |
| Leucine....g | 0.255 | | 0 | | 1 | | 0.362 | 1.451 | |
| Lysine....g | 0.207 | | 0 | | 1 | | 0.294 | 1.178 | |
| Methionine....g | 0.065 | | 0 | | 1 | | 0.092 | 0.370 | |
| Cystine....g | 0.024 | | 0 | | 1 | | 0.034 | 0.137 | |
| Phenylalanine....g | 0.126 | | 0 | | 1 | | 0.179 | 0.717 | |
| Tyrosine....g | 0.126 | | 0 | | 1 | | 0.179 | 0.717 | |
| Valine....g | 0.174 | | 0 | | 1 | | 0.247 | 0.990 | |
| Arginine....g | 0.094 | | 0 | | 1 | | 0.133 | 0.535 | |
| Histidine....g | 0.071 | | 0 | | 1 | | 0.101 | 0.404 | |
| Alanine....g | 0.090 | | 0 | | 1 | | 0.128 | 0.512 | |
| Aspartic acid....g | 0.198 | | 0 | | 1 | | 0.281 | 1.127 | |
| Glutamic acid....g | 0.545 | | 0 | | 1 | | 0.774 | 3.101 | |
| Glycine....g | 0.055 | | 0 | | 1 | | 0.078 | 0.313 | |
| Proline....g | 0.252 | | 0 | | 1 | | 0.358 | 1.434 | |
| Serine....g | 0.141 | | 0 | | 1 | | 0.200 | 0.802 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta....mcg | 18 | | 0 | o | 4 | | 25.560 | 102.420 | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 142g: .5 cup

Measure 2 = 569g: 1 package yield (2 cups)

**NDB No. 19203**
**Puddings, vanilla, dry mix, instant, prepared with whole milk**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19206**
**Puddings, vanilla, dry mix, regular**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.90 | 0.165 | 22 | | 1 | | 3.43 | 0.86 | |
| Energy | kcal | 379 | | 0 | NC | 4 | | 333 | 83 | |
| Energy | kj | 1585 | | 0 | NC | 4 | | 1395 | 349 | |
| Protein (N x 6.25) | g | 0.30 | | 1 | | 1 | | 0.26 | 0.07 | |
| Total lipid (fat) | g | 0.40 | 0.037 | 11 | | 1 | | 0.35 | 0.09 | |
| Ash | g | 2.00 | 0.087 | 22 | | 1 | | 1.76 | 0.44 | |
| Carbohydrate, by difference | g | 93.50 | | 0 | NC | 4 | | 82.28 | 20.57 | |
| Fiber, total dietary | g | 0.6 | | 0 | FLA | 4 | | 0.5 | 0.1 | |
| Sugars, total | g | 72.73 | | 0 | LC | 8 | | 64.00 | 16.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 5 | | 0 | FLA | 4 | | 4 | 1 | |
| Iron, Fe | mg | 0.08 | | 0 | FLA | 4 | | 0.07 | 0.02 | |
| Magnesium, Mg | mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phosphorus, P | mg | 2 | | 0 | FLA | 4 | | 2 | 0 | |
| Potassium, K | mg | 20 | 1.431 | 17 | | 1 | | 18 | 4 | |
| Sodium, Na | mg | 754 | 17.337 | 17 | | 1 | | 664 | 166 | |
| Zinc, Zn | mg | 0.02 | | 0 | FLA | 4 | | 0.02 | 0.01 | |
| Copper, Cu | mg | 0.021 | | 0 | FLA | 4 | | 0.018 | 0.005 | |
| Manganese, Mn | mg | 0.008 | | 0 | FLA | 4 | | 0.007 | 0.002 | |
| Selenium, Se | mcg | 0.9 | | 0 | FLA | 4 | | 0.8 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.013 | | 0 | FLA | 4 | | 0.011 | 0.003 | |
| Niacin | mg | 0.001 | | 0 | FLA | 4 | | 0.001 | 0.000 | |
| Pantothenic acid | mg | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Vitamin B-6 | mg | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.090 | | 0 | | 1 | | 0.079 | 0.020 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.090 | | 1 | | 1 | | 0.079 | 0.020 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19206**
**Puddings, vanilla, dry mix, regular**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.030 | | 0 | | 1 | | 0.026 | 0.007 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.030 | | 1 | | 1 | | 0.026 | 0.007 | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.170 | | 0 | | 1 | | 0.150 | 0.037 | |
| 18:2 undifferentiated.....g | 0.160 | | 1 | | 1 | | 0.141 | 0.035 | |
| 18:3 undifferentiated.....g | 0.010 | | 1 | | 1 | | 0.009 | 0.002 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Threonine.....g | 0.009 | | 0 | | 1 | | 0.008 | 0.002 | |
| Isoleucine.....g | 0.010 | | 0 | | 1 | | 0.009 | 0.002 | |
| Leucine.....g | 0.035 | | 0 | | 1 | | 0.031 | 0.008 | |
| Lysine.....g | 0.006 | | 0 | | 1 | | 0.005 | 0.001 | |
| Methionine.....g | 0.005 | | 0 | | 1 | | 0.004 | 0.001 | |
| Cystine.....g | 0.006 | | 0 | | 1 | | 0.005 | 0.001 | |
| Phenylalanine.....g | 0.013 | | 0 | | 1 | | 0.011 | 0.003 | |
| Tyrosine.....g | 0.010 | | 0 | | 1 | | 0.009 | 0.002 | |
| Valine.....g | 0.013 | | 0 | | 1 | | 0.011 | 0.003 | |
| Arginine.....g | 0.012 | | 0 | | 1 | | 0.011 | 0.003 | |
| Histidine.....g | 0.008 | | 0 | | 1 | | 0.007 | 0.002 | |
| Alanine.....g | 0.019 | | 0 | | 1 | | 0.017 | 0.004 | |
| Aspartic acid.....g | 0.020 | | 0 | | 1 | | 0.018 | 0.004 | |
| Glutamic acid.....g | 0.052 | | 0 | | 1 | | 0.046 | 0.011 | |
| Glycine.....g | 0.009 | | 0 | | 1 | | 0.008 | 0.002 | |
| Proline.....g | 0.024 | | 0 | | 1 | | 0.021 | 0.005 | |
| Serine.....g | 0.011 | | 0 | | 1 | | 0.010 | 0.002 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

**NDB No. 19206**
**Puddings, vanilla, dry mix, regular**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19212**
**Puddings, vanilla, dry mix, regular, prepared with 2% milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 75.86 | | 0 | RP | 4 | | | | |
| Energy | kcal | 101 | | 0 | RP | 4 | | | | |
| Energy | kj | 425 | | 0 | RP | 4 | | | | |
| Protein | g | 2.94 | | 0 | RP | 4 | | | | |
| Total lipid (fat) | g | 1.73 | | 0 | RP | 4 | | | | |
| Ash | g | 0.95 | | 0 | RP | 4 | | | | |
| Carbohydrate, by difference | g | 18.53 | | 0 | RP | 4 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | RP | 4 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 108 | | 0 | RP | 4 | | | | |
| Iron, Fe | mg | 0.06 | | 0 | RP | 4 | | | | |
| Magnesium, Mg | mg | 12 | | 0 | RP | 4 | | | | |
| Phosphorus, P | mg | 83 | | 0 | RP | 4 | | | | |
| Potassium, K | mg | 137 | | 0 | RP | 4 | | | | |
| Sodium, Na | mg | 159 | | 0 | RP | 4 | | | | |
| Zinc, Zn | mg | 0.34 | | 0 | RP | 4 | | | | |
| Copper, Cu | mg | 0.013 | | 0 | RP | 4 | | | | |
| Manganese, Mn | mg | 0.004 | | 0 | RP | 4 | | | | |
| Selenium, Se | mcg | 2.1 | | 0 | RP | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 0 | RP | 4 | | | | |
| Thiamin | mg | 0.031 | | 0 | RP | 4 | | | | |
| Riboflavin | mg | 0.146 | | 0 | RP | 4 | | | | |
| Niacin | mg | 0.075 | | 0 | RP | 4 | | | | |
| Pantothenic acid | mg | 0.278 | | 0 | RP | 4 | | | | |
| Vitamin B-6 | mg | 0.034 | | 0 | RP | 4 | | | | |
| Folate, total | mcg | 4 | | 0 | RP | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | RP | 4 | | | | |
| Folate, food | mcg | 4 | | 0 | RP | 4 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.25 | | 0 | RP | 4 | | | | |
| Vitamin A, IU | IU | 160 | | 0 | O | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 48 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 47 | | 0 | RP | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 34.791 | | 0 | RP | 4 | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.017 | | 0 | RP | 4 | | | | |
| 4:0 | g | 0.054 | | 0 | RP | 4 | | | | |
| 6:0 | g | 0.032 | | 0 | RP | 4 | | | | |
| 8:0 | g | 0.018 | | 0 | RP | 4 | | | | |
| 10:0 | g | 0.042 | | 0 | RP | 4 | | | | |
| 12:0 | g | 0.047 | | 0 | RP | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.168 | | 0 | RP | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.453 | | 0 | RP | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.203 | | 0 | RP | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19212**
**Puddings, vanilla, dry mix, regular, prepared with 2% milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.462 | | 0 | RP | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.037 | | 0 | RP | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.425 | | 0 | RP | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.088 | | 0 | RP | 4 | | | | |
| 18:2 undifferentiated.....g | 0.062 | | 0 | RP | 4 | | | | |
| 18:3 undifferentiated.....g | 0.026 | | 0 | RP | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RP | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 7 | | 0 | RP | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.041 | | 0 | RP | 4 | | | | |
| Threonine.....g | 0.132 | | 0 | RP | 4 | | | | |
| Isoleucine.....g | 0.176 | | 0 | RP | 4 | | | | |
| Leucine.....g | 0.289 | | 0 | RP | 4 | | | | |
| Lysine.....g | 0.231 | | 0 | RP | 4 | | | | |
| Methionine.....g | 0.074 | | 0 | RP | 4 | | | | |
| Cystine.....g | 0.028 | | 0 | RP | 4 | | | | |
| Phenylalanine.....g | 0.142 | | 0 | RP | 4 | | | | |
| Tyrosine.....g | 0.142 | | 0 | RP | 4 | | | | |
| Valine.....g | 0.196 | | 0 | RP | 4 | | | | |
| Arginine.....g | 0.107 | | 0 | RP | 4 | | | | |
| Histidine.....g | 0.080 | | 0 | RP | 4 | | | | |
| Alanine.....g | 0.103 | | 0 | RP | 4 | | | | |
| Aspartic acid.....g | 0.223 | | 0 | RP | 4 | | | | |
| Glutamic acid.....g | 0.614 | | 0 | RP | 4 | | | | |
| Glycine.....g | 0.062 | | 0 | RP | 4 | | | | |
| Proline.....g | 0.285 | | 0 | RP | 4 | | | | |
| Serine.....g | 0.159 | | 0 | RP | 4 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | RP | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | RP | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 10 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19212**
**Puddings, vanilla, dry mix, regular, prepared with 2% milk**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19207**
**Puddings, vanilla, dry mix, regular, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.66 | | 0 | RP | 4 | | 104.52 | 417.35 | |
| Energy | kcal | 112 | | 0 | RP | 4 | | 157 | 628 | |
| Energy | kj | 470 | | 0 | RP | 4 | | 658 | 2626 | |
| Protein | g | 2.86 | | 0 | RP | 4 | | 4.01 | 16.00 | |
| Total lipid (fat) | g | 2.90 | | 0 | RP | 4 | | 4.06 | 16.22 | |
| Ash | g | 0.92 | | 0 | RP | 4 | | 1.28 | 5.12 | |
| Carbohydrate, by difference | g | 18.68 | | 0 | RP | 4 | | 26.15 | 104.40 | |
| Fiber, total dietary | g | 0.1 | | 0 | RP | 4 | | 0.1 | 0.5 | |
| Sugars, total | g | 16.05 | | 0 | RP | 4 | | 22.47 | 89.71 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 89 | | 0 | RP | 4 | | 125 | 497 | |
| Iron, Fe | mg | 0.04 | | 0 | RP | 4 | | 0.06 | 0.23 | |
| Magnesium, Mg | mg | 9 | | 0 | RP | 4 | | 12 | 50 | |
| Phosphorus, P | mg | 74 | | 0 | RP | 4 | | 103 | 411 | |
| Potassium, K | mg | 119 | | 0 | RP | 4 | | 167 | 666 | |
| Sodium, Na | mg | 156 | | 0 | RP | 4 | | 219 | 875 | |
| Zinc, Zn | mg | 0.34 | | 0 | RP | 4 | | 0.47 | 1.88 | |
| Copper, Cu | mg | 0.023 | | 0 | RP | 4 | | 0.033 | 0.130 | |
| Manganese, Mn | mg | 0.004 | | 0 | RP | 4 | | 0.006 | 0.022 | |
| Selenium, Se | mcg | 3.3 | | 0 | RP | 4 | | 4.7 | 18.7 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | RP | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.034 | | 0 | RP | 4 | | 0.048 | 0.192 | |
| Riboflavin | mg | 0.162 | | 0 | RP | 4 | | 0.226 | 0.903 | |
| Niacin | mg | 0.094 | | 0 | RP | 4 | | 0.131 | 0.525 | |
| Pantothenic acid | mg | 0.316 | | 0 | RP | 4 | | 0.443 | 1.769 | |
| Vitamin B-6 | mg | 0.029 | | 0 | RP | 4 | | 0.040 | 0.160 | |
| Folate, total | mcg | 4 | | 0 | RP | 4 | | 5 | 21 | |
| Folic acid | mcg | 0 | | 0 | RP | 4 | | 0 | 0 | |
| Folate, food | mcg | 4 | | 0 | RP | 4 | | 5 | 21 | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 5 | 21 | |
| Vitamin B-12 | mcg | 0.31 | | 0 | RP | 4 | | 0.43 | 1.71 | |
| Vitamin A, IU | IU | 89 | | 0 | RP | 4 | | 125 | 498 | |
| Vitamin A, RAE | mcg_RAE | 25 | | 0 | RP | 4 | | 35 | 139 | |
| Retinol | mcg | 24 | | 0 | RP | 4 | | 34 | 137 | |
| Vitamin E (alpha-tocopherol) | mg | 0.05 | | 0 | RP | 4 | | 0.07 | 0.28 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.2 | | 0 | RP | 4 | | 0.3 | 1.1 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.643 | | 0 | RP | 4 | | 2.301 | 9.186 | |
| 4:0 | g | 0.065 | | 0 | RP | 4 | | 0.091 | 0.364 | |
| 6:0 | g | 0.065 | | 0 | RP | 4 | | 0.091 | 0.364 | |
| 8:0 | g | 0.065 | | 0 | RP | 4 | | 0.091 | 0.364 | |
| 10:0 | g | 0.065 | | 0 | RP | 4 | | 0.091 | 0.364 | |
| 12:0 | g | 0.067 | | 0 | RP | 4 | | 0.094 | 0.374 | |
| 13:0 | g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 14:0 | g | 0.259 | | 0 | RP | 4 | | 0.363 | 1.449 | |
| 15:0 | g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 16:0 | g | 0.738 | | 0 | RP | 4 | | 1.033 | 4.126 | |
| 17:0 | g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 18:0 | g | 0.319 | | 0 | RP | 4 | | 0.446 | 1.781 | |
| 20:0 | g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 22:0 | g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 24:0 | g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |

**NDB No. 19207**
**Puddings, vanilla, dry mix, regular, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.714 | | 0 | RP | 4 | | 1.000 | 3.993 | |
| 14:1.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.714 | | 0 | RP | 4 | | 1.000 | 3.993 | |
| 20:1.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.197 | | 0 | RP | 4 | | 0.275 | 1.100 | |
| 18:2 undifferentiated.....g | 0.130 | | 0 | RP | 4 | | 0.182 | 0.727 | |
| 18:3 undifferentiated.....g | 0.067 | | 0 | RP | 4 | | 0.093 | 0.373 | |
| 18:4.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 9 | | 0 | RP | 4 | | 13 | 51 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.066 | | 0 | RP | 4 | | 0.092 | 0.366 | |
| Threonine.....g | 0.126 | | 0 | RP | 4 | | 0.177 | 0.706 | |
| Isoleucine.....g | 0.146 | | 0 | RP | 4 | | 0.204 | 0.815 | |
| Leucine.....g | 0.237 | | 0 | RP | 4 | | 0.332 | 1.327 | |
| Lysine.....g | 0.123 | | 0 | RP | 4 | | 0.173 | 0.690 | |
| Methionine.....g | 0.066 | | 0 | RP | 4 | | 0.093 | 0.370 | |
| Cystine.....g | 0.016 | | 0 | RP | 4 | | 0.022 | 0.087 | |
| Phenylalanine.....g | 0.130 | | 0 | RP | 4 | | 0.183 | 0.729 | |
| Tyrosine.....g | 0.134 | | 0 | RP | 4 | | 0.188 | 0.749 | |
| Valine.....g | 0.170 | | 0 | RP | 4 | | 0.238 | 0.950 | |
| Arginine.....g | 0.067 | | 0 | RP | 4 | | 0.094 | 0.376 | |
| Histidine.....g | 0.067 | | 0 | RP | 4 | | 0.093 | 0.372 | |
| Alanine.....g | 0.093 | | 0 | RP | 4 | | 0.130 | 0.518 | |
| Aspartic acid.....g | 0.210 | | 0 | RP | 4 | | 0.295 | 1.176 | |
| Glutamic acid.....g | 0.574 | | 0 | RP | 4 | | 0.804 | 3.210 | |
| Glycine.....g | 0.067 | | 0 | RP | 4 | | 0.093 | 0.373 | |
| Proline.....g | 0.302 | | 0 | RP | 4 | | 0.423 | 1.690 | |
| Serine.....g | 0.095 | | 0 | RP | 4 | | 0.133 | 0.531 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RP | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | RP | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | RP | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 5 | | 0 | RP | 4 | | 6.356 | 25.381 | |
| Carotene, alpha.....mcg | 0 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | RP | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | RP | 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 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

**NDB No. 19207**
**Puddings, vanilla, dry mix, regular, prepared with whole milk**

| **Calories Factors:** | **Protein** | **Fat** | **Carbohydrate** |
|---|---|---|---|

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19710**
**Puddings, vanilla, dry mix, regular, with added oil**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.90 | 0.165 | 22 | | 1 | | 3.43 | 0.86 | |
| Energy | kcal | 369 | | 0 | NC | 4 | | 325 | 81 | |
| Energy | kj | 1544 | | | | 4 | | 1359 | 340 | |
| Protein (N x 6.25) | g | 0.30 | | 1 | | 1 | | 0.26 | 0.07 | |
| Total lipid (fat) | g | 1.10 | | 0 | | 1 | | 0.97 | 0.24 | |
| Ash | g | 2.00 | 0.087 | 22 | | 1 | | 1.76 | 0.44 | |
| Carbohydrate, by difference | g | 92.40 | | 0 | NC | 4 | | 81.31 | 20.33 | |
| Fiber, total dietary | g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 15 | | 0 | | 4 | | 13 | 3 | |
| Iron, Fe | mg | 0.05 | | 0 | | 4 | | 0.04 | 0.01 | |
| Magnesium, Mg | mg | 5 | | 0 | | 4 | | 4 | 1 | |
| Phosphorus, P | mg | 3 | | 0 | | 4 | | 3 | 1 | |
| Potassium, K | mg | 20 | 1.431 | 17 | | 1 | | 18 | 4 | |
| Sodium, Na | mg | 754 | 17.337 | 17 | | 1 | | 664 | 166 | |
| Zinc, Zn | mg | 0.09 | | 0 | | 4 | | 0.08 | 0.02 | |
| Copper, Cu | mg | 0.020 | | 0 | | 4 | | 0.018 | 0.004 | |
| Manganese, Mn | mg | 0.013 | | 1 | | 4 | | 0.011 | 0.003 | |
| Selenium, Se | mcg | 0.9 | | 0 | BFZN | 4 | | 0.8 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Niacin | mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | 0.004 | | 1 | | 4 | | 0.004 | 0.001 | |
| Vitamin B-6 | mg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.200 | | 0 | | 1 | | 0.176 | 0.044 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | | | | | | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.160 | | 0 | | 1 | | 0.141 | 0.035 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.040 | | 0 | | 1 | | 0.035 | 0.009 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19710**
**Puddings, vanilla, dry mix, regular, with added oil**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.320 | | 0 | | 1 | | 0.282 | 0.070 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.320 | | 0 | | 1 | | 0.282 | 0.070 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.530 | | 0 | | 1 | | 0.466 | 0.117 | |
| 18:2 undifferentiated.....g | 0.500 | | 0 | | 1 | | 0.440 | 0.110 | |
| 18:3 undifferentiated.....g | 0.030 | | 0 | | 1 | | 0.026 | 0.007 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Threonine.....g | 0.009 | | 0 | | 1 | | 0.008 | 0.002 | |
| Isoleucine.....g | 0.010 | | 0 | | 1 | | 0.009 | 0.002 | |
| Leucine.....g | 0.035 | | 0 | | 1 | | 0.031 | 0.008 | |
| Lysine.....g | 0.006 | | 0 | | 1 | | 0.005 | 0.001 | |
| Methionine.....g | 0.005 | | 0 | | 1 | | 0.004 | 0.001 | |
| Cystine.....g | 0.006 | | 0 | | 1 | | 0.005 | 0.001 | |
| Phenylalanine.....g | 0.013 | | 0 | | 1 | | 0.011 | 0.003 | |
| Tyrosine.....g | 0.010 | | 0 | | 1 | | 0.009 | 0.002 | |
| Valine.....g | 0.013 | | 0 | | 1 | | 0.011 | 0.003 | |
| Arginine.....g | 0.012 | | 0 | | 1 | | 0.011 | 0.003 | |
| Histidine.....g | 0.008 | | 0 | | 1 | | 0.007 | 0.002 | |
| Alanine.....g | 0.019 | | 0 | | 1 | | 0.017 | 0.004 | |
| Aspartic acid.....g | 0.020 | | 0 | | 1 | | 0.018 | 0.004 | |
| Glutamic acid.....g | 0.052 | | 0 | | 1 | | 0.046 | 0.011 | |
| Glycine.....g | 0.009 | | 0 | | 1 | | 0.008 | 0.002 | |
| Proline.....g | 0.024 | | 0 | | 1 | | 0.021 | 0.005 | |
| Serine.....g | 0.011 | | 0 | | 1 | | 0.010 | 0.002 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | | | | | | | | | |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein** 3.5 **Fat** 8.4 **Carbohydrate** 3.9

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19201**
**Puddings, vanilla, ready-to-eat**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 71.20 | 0.127 | 64 | | 1 | | 20.19 | 80.46 | |
| Energy | kcal | 129 | | 0 | NC | 4 | | 37 | 146 | |
| Energy | kj | 541 | | 0 | NC | 4 | | 153 | 611 | |
| Protein (N x 6.25) | g | 2.30 | 0.041 | 64 | | 1 | | 0.65 | 2.60 | |
| Total lipid (fat) | g | 3.60 | 0.053 | 64 | | 1 | | 1.02 | 4.07 | |
| Ash | g | 0.90 | 0.012 | 63 | | 1 | | 0.26 | 1.02 | |
| Carbohydrate, by difference | g | 21.90 | | 0 | NC | 4 | | 6.21 | 24.75 | |
| Fiber, total dietary | g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 20.20 | | 1 | LC | 8 | | 5.73 | 22.83 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 88 | 1.246 | 63 | | 1 | | 25 | 99 | |
| Iron, Fe | mg | 0.13 | 0.007 | 61 | | 1 | | 0.04 | 0.15 | |
| Magnesium, Mg | mg | 8 | 0.070 | 65 | | 1 | | 2 | 9 | |
| Phosphorus, P | mg | 68 | 1.110 | 63 | | 1 | | 19 | 77 | |
| Potassium, K | mg | 113 | 1.713 | 63 | | 1 | | 32 | 128 | |
| Sodium, Na | mg | 135 | | 1 | | 4 | | 38 | 153 | |
| Zinc, Zn | mg | 0.25 | 0.007 | 62 | | 1 | | 0.07 | 0.28 | |
| Copper, Cu | mg | 0.030 | 0.003 | 62 | | 1 | | 0.009 | 0.034 | |
| Manganese, Mn | mg | 0.004 | | 0 | FLA | 4 | | 0.001 | 0.004 | |
| Selenium, Se | mcg | 2.0 | | 0 | FLA | 4 | | 0.6 | 2.3 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.041 | 5 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.022 | 0.001 | 63 | | 1 | | 0.006 | 0.025 | |
| Riboflavin | mg | 0.139 | 0.003 | 63 | | 1 | | 0.039 | 0.157 | |
| Niacin | mg | 0.252 | 0.020 | 63 | | 1 | | 0.071 | 0.285 | |
| Pantothenic acid | mg | 0.174 | | 2 | | 1 | | 0.049 | 0.197 | |
| Vitamin B-6 | mg | 0.011 | | 2 | | 1 | | 0.003 | 0.012 | |
| Folate, total | mcg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.10 | | 2 | | 1 | | 0.03 | 0.11 | |
| Vitamin A, IU | IU | 21 | 12.725 | 5 | | 1 | | 6 | 24 | |
| Vitamin A, RAE | mcg_RAE | 6 | | 0 | FLA | 4 | | 2 | 7 | |
| Retinol | mcg | 6 | | 0 | FLA | 4 | | 2 | 6 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.570 | | 0 | | 1 | | 0.162 | 0.644 | |
| 4:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.010 | | 1 | | 1 | | 0.003 | 0.011 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.370 | | 1 | | 1 | | 0.105 | 0.418 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.190 | | 1 | | 1 | | 0.054 | 0.215 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19201**
**Puddings, vanilla, ready-to-eat**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 1.540 | | 0 | | 1 | | 0.437 | 1.740 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.020 | | 1 | | 1 | | 0.006 | 0.023 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.530 | | 1 | | 1 | | 0.434 | 1.729 | |
| 20:1.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 1.340 | | 0 | | 1 | | 0.380 | 1.514 | |
| 18:2 undifferentiated.....g | 1.240 | | 1 | | 1 | | 0.352 | 1.401 | |
| 18:3 undifferentiated.....g | 0.090 | | 1 | | 1 | | 0.026 | 0.102 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 7 | | 2 | | 1 | | 2 | 8 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.030 | | 0 | | 1 | | 0.009 | 0.034 | |
| Threonine.....g | 0.099 | | 0 | | 1 | | 0.028 | 0.112 | |
| Isoleucine.....g | 0.132 | | 0 | | 1 | | 0.037 | 0.149 | |
| Leucine.....g | 0.216 | | 0 | | 1 | | 0.061 | 0.244 | |
| Lysine.....g | 0.173 | | 0 | | 1 | | 0.049 | 0.195 | |
| Methionine.....g | 0.055 | | 0 | | 1 | | 0.016 | 0.062 | |
| Cystine.....g | 0.020 | | 0 | | 1 | | 0.006 | 0.023 | |
| Phenylalanine.....g | 0.106 | | 0 | | 1 | | 0.030 | 0.120 | |
| Tyrosine.....g | 0.105 | | 0 | | 1 | | 0.030 | 0.119 | |
| Valine.....g | 0.146 | | 0 | | 1 | | 0.041 | 0.165 | |
| Arginine.....g | 0.080 | | 0 | | 1 | | 0.023 | 0.090 | |
| Histidine.....g | 0.060 | | 0 | | 1 | | 0.017 | 0.068 | |
| Alanine.....g | 0.076 | | 0 | | 1 | | 0.022 | 0.086 | |
| Aspartic acid.....g | 0.166 | | 0 | | 1 | | 0.047 | 0.188 | |
| Glutamic acid.....g | 0.459 | | 0 | | 1 | | 0.130 | 0.519 | |
| Glycine.....g | 0.047 | | 0 | | 1 | | 0.013 | 0.053 | |
| Proline.....g | 0.212 | | 0 | | 1 | | 0.060 | 0.240 | |
| Serine.....g | 0.119 | | 0 | | 1 | | 0.034 | 0.134 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 1 | | 0 | FLA | 4 | | 0.332 | 1.325 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 113g: 1 snack size (4 oz)

**NDB No. 19201**
**Puddings, vanilla, ready-to-eat**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19233**
**Puddings, vanilla, ready-to-eat, fat free**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.07 | | 0 | FLA | 4 | | | | |
| Energy | kcal | 93 | | 0 | NC | 4 | | | | |
| Energy | kj | 387 | | 0 | NC | 4 | | | | |
| Protein | g | 2.20 | | 0 | FLA | 4 | | | | |
| Total lipid (fat) | g | 0.06 | | 0 | FLA | 4 | | | | |
| Ash | g | 0.99 | | 0 | FLA | 4 | | | | |
| Carbohydrate, by difference | g | 22.68 | | 0 | NC | 4 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | FLA | 4 | | | | |
| Sugars, total | g | 15.90 | | 0 | FLA | 4 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 60 | | 0 | FLA | 4 | | | | |
| Iron, Fe | mg | 0.36 | | 0 | FLA | 4 | | | | |
| Magnesium, Mg | mg | 7 | | 0 | FLA | 4 | | | | |
| Phosphorus, P | mg | 49 | | 0 | FLA | 4 | | | | |
| Potassium, K | mg | 72 | | 0 | FLA | 4 | | | | |
| Sodium, Na | mg | 213 | | 0 | FLA | 4 | | | | |
| Zinc, Zn | mg | 0.56 | | 0 | FLA | 4 | | | | |
| Copper, Cu | mg | 0.017 | | 0 | FLA | 4 | | | | |
| Manganese, Mn | mg | 0.038 | | 0 | FLA | 4 | | | | |
| Selenium, Se | mcg | 2.2 | | 0 | FLA | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLA | 4 | | | | |
| Thiamin | mg | 0.022 | | 0 | FLA | 4 | | | | |
| Riboflavin | mg | 0.125 | | 0 | FLA | 4 | | | | |
| Niacin | mg | 0.084 | | 0 | FLA | 4 | | | | |
| Pantothenic acid | mg | 0.233 | | 0 | FLA | 4 | | | | |
| Vitamin B-6 | mg | 0.020 | | 0 | FLA | 4 | | | | |
| Folate, total | mcg | 3 | | 0 | FLA | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | | | |
| Folate, food | mcg | 3 | | 0 | FLA | 4 | | | | |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.19 | | 0 | FLA | 4 | | | | |
| Vitamin A, IU | IU | 132 | | 0 | FLA | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 40 | | 0 | FLA | 4 | | | | |
| Retinol | mcg | 40 | | 0 | FLA | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLA | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLA | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.024 | | 0 | NC | 4 | | | | |
| 4:0 | g | 0.002 | | 0 | FLA | 4 | | | | |
| 6:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 8:0 | g | 0.000 | | 0 | FLA | 4 | | | | |
| 10:0 | g | 0.001 | | 0 | FLA | 4 | | | | |
| 12:0 | g | 0.001 | | 0 | FLA | 4 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.004 | | 0 | FLA | 4 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.012 | | 0 | FLA | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.004 | | 0 | FLA | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19233**
**Puddings, vanilla, ready-to-eat, fat free**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.022 | | 0 | NC | 4 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.003 | | 0 | FLA | 4 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.019 | | 0 | FLA | 4 | | | | |
| 20:1.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.005 | | 0 | NC | 4 | | | | |
| 18:2 undifferentiated.....g | 0.004 | | 0 | FLA | 4 | | | | |
| 18:3 undifferentiated.....g | 0.001 | | 0 | FLA | 4 | | | | |
| 18:4.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLA | 4 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 0 | FLA | 4 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | FLC | 4 | | | | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | | | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | | | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 4 | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19213**
**Rennin, chocolate, dry mix, prepared with 2% milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 80.39 | | 0 | RPI | 6 | | | | |
| Energy | kcal | 85 | | 0 | RPI | 6 | | | | |
| Energy | kj | 357 | | 0 | RPI | 6 | | | | |
| Protein | g | 3.24 | | 0 | RPI | 6 | | | | |
| Total lipid (fat) | g | 2.06 | | 0 | RPI | 6 | | | | |
| Ash | g | 0.81 | | 0 | RPI | 6 | | | | |
| Carbohydrate, by difference | g | 13.47 | | 0 | RPI | 6 | | | | |
| Fiber, total dietary | g | 0.5 | | 0 | RPI | 6 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 126 | | 0 | RPI | 6 | | | | |
| Iron, Fe | mg | 0.30 | | 0 | RPI | 6 | | | | |
| Magnesium, Mg | mg | 20 | | 0 | RPI | 6 | | | | |
| Phosphorus, P | mg | 98 | | 0 | RPI | 6 | | | | |
| Potassium, K | mg | 182 | | 0 | RPI | 6 | | | | |
| Sodium, Na | mg | 52 | | 0 | RPI | 6 | | | | |
| Zinc, Zn | mg | 0.51 | | 0 | RPI | 6 | | | | |
| Copper, Cu | mg | 0.081 | | 0 | RPI | 6 | | | | |
| Manganese, Mn | mg | 0.066 | | 0 | RPI | 6 | | | | |
| Selenium, Se | mcg | 2.3 | | 0 | RPI | 6 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 0 | RPI | 6 | | | | |
| Thiamin | mg | 0.037 | | 0 | RPI | 6 | | | | |
| Riboflavin | mg | 0.155 | | 0 | RPI | 6 | | | | |
| Niacin | mg | 0.108 | | 0 | RPI | 6 | | | | |
| Pantothenic acid | mg | 0.292 | | 0 | RPI | 6 | | | | |
| Vitamin B-6 | mg | 0.042 | | 0 | RPI | 6 | | | | |
| Folate, total | mcg | 5 | | 0 | RPI | 6 | | | | |
| Folic acid | mcg | 0 | | 0 | RPI | 6 | | | | |
| Folate, food | mcg | 5 | | 0 | RPI | 6 | | | | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.33 | | 0 | RPI | 6 | | | | |
| Vitamin A, IU | IU | 170 | | 0 | O | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 50 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 50 | | 0 | RPI | 6 | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 36.000 | | 0 | RPI | 6 | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.231 | | 0 | RPA | 1 | | | | |
| 4:0 | g | 0.056 | | 0 | RPA | 1 | | | | |
| 6:0 | g | 0.033 | | 0 | RPA | 1 | | | | |
| 8:0 | g | 0.019 | | 0 | RPA | 1 | | | | |
| 10:0 | g | 0.043 | | 0 | RPA | 1 | | | | |
| 12:0 | g | 0.049 | | 0 | RPA | 1 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.174 | | 0 | RPA | 1 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.539 | | 0 | RPA | 1 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.319 | | 0 | RPA | 1 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19213**
**Rennin, chocolate, dry mix, prepared with 2% milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | 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 | 0.581 | | 0 | RPA | 1 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.040 | | 0 | RPA | 1 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.542 | | 0 | RPA | 1 | | | | |
| 20:1.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.073 | | 0 | RPA | 1 | | | | |
| 18:2 undifferentiated.....g | 0.048 | | 0 | RPA | 1 | | | | |
| 18:3 undifferentiated.....g | 0.025 | | 0 | RPA | 1 | | | | |
| 18:4.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 7 | | 0 | RPI | 6 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.045 | | 0 | RPA | 1 | | | | |
| Threonine.....g | 0.144 | | 0 | RPA | 1 | | | | |
| Isoleucine.....g | 0.189 | | 0 | RPA | 1 | | | | |
| Leucine.....g | 0.307 | | 0 | RPA | 1 | | | | |
| Lysine.....g | 0.250 | | 0 | RPA | 1 | | | | |
| Methionine.....g | 0.078 | | 0 | RPA | 1 | | | | |
| Cystine.....g | 0.030 | | 0 | RPA | 1 | | | | |
| Phenylalanine.....g | 0.156 | | 0 | RPA | 1 | | | | |
| Tyrosine.....g | 0.153 | | 0 | RPA | 1 | | | | |
| Valine.....g | 0.214 | | 0 | RPA | 1 | | | | |
| Arginine.....g | 0.124 | | 0 | RPA | 1 | | | | |
| Histidine.....g | 0.085 | | 0 | RPA | 1 | | | | |
| Alanine.....g | 0.117 | | 0 | RPA | 1 | | | | |
| Aspartic acid.....g | 0.251 | | 0 | RPA | 1 | | | | |
| Glutamic acid.....g | 0.662 | | 0 | RPA | 1 | | | | |
| Glycine.....g | 0.082 | | 0 | RPA | 1 | | | | |
| Proline.....g | 0.306 | | 0 | RPA | 1 | | | | |
| Serine.....g | 0.173 | | 0 | RPA | 1 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RPI | 6 | | | | |
| Caffeine.....mg | 1 | | 0 | RPI | 6 | | | | |
| Theobromine.....mg | 42 | | 0 | RPI | 6 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 11 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19213**
**Rennin, chocolate, dry mix, prepared with 2% milk**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19221**
**Rennin, chocolate, dry mix, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 79.29 | | 0 | RPI | 6 | | | | |
| Energy | kcal | 96 | | 0 | RPI | 6 | | | | |
| Energy | kj | 403 | | 0 | RPI | 6 | | | | |
| Protein | g | 3.20 | | 0 | RPI | 6 | | | | |
| Total lipid (fat) | g | 3.34 | | 0 | RPI | 6 | | | | |
| Ash | g | 0.79 | | 0 | RPI | 6 | | | | |
| Carbohydrate, by difference | g | 13.34 | | 0 | RPI | 6 | | | | |
| Fiber, total dietary | g | 0.5 | | 0 | RPI | 6 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 124 | | 0 | RPI | 6 | | | | |
| Iron, Fe | mg | 0.30 | | 0 | RPI | 6 | | | | |
| Magnesium, Mg | mg | 20 | | 0 | RPI | 6 | | | | |
| Phosphorus, P | mg | 97 | | 0 | RPI | 6 | | | | |
| Potassium, K | mg | 179 | | 0 | RPI | 6 | | | | |
| Sodium, Na | mg | 51 | | 0 | RPI | 6 | | | | |
| Zinc, Zn | mg | 0.50 | | 0 | RPI | 6 | | | | |
| Copper, Cu | mg | 0.083 | | 0 | RPI | 6 | | | | |
| Manganese, Mn | mg | 0.068 | | 0 | RPI | 6 | | | | |
| Selenium, Se | mcg | 2.1 | | 0 | RPI | 6 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | | 0 | RPI | 6 | | | | |
| Thiamin | mg | 0.036 | | 0 | RPI | 6 | | | | |
| Riboflavin | mg | 0.152 | | 0 | RPI | 6 | | | | |
| Niacin | mg | 0.106 | | 0 | RPI | 6 | | | | |
| Pantothenic acid | mg | 0.287 | | 0 | RPI | 6 | | | | |
| Vitamin B-6 | mg | 0.041 | | 0 | RPI | 6 | | | | |
| Folate, total | mcg | 5 | | 0 | RPI | 6 | | | | |
| Folic acid | mcg | 0 | | 0 | RPI | 6 | | | | |
| Folate, food | mcg | 5 | | 0 | RPI | 6 | | | | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.32 | | 0 | RPI | 6 | | | | |
| Vitamin A, IU | IU | 110 | | 0 | O | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 27 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 25 | | 0 | RPI | 6 | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 36.000 | | 0 | RPI | 6 | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.999 | | 0 | RPA | 1 | | | | |
| 4:0 | g | 0.097 | | 0 | RPA | 1 | | | | |
| 6:0 | g | 0.058 | | 0 | RPA | 1 | | | | |
| 8:0 | g | 0.033 | | 0 | RPA | 1 | | | | |
| 10:0 | g | 0.076 | | 0 | RPA | 1 | | | | |
| 12:0 | g | 0.085 | | 0 | RPA | 1 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.302 | | 0 | RPA | 1 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.875 | | 0 | RPA | 1 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.474 | | 0 | RPA | 1 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19221**
**Rennin, chocolate, dry mix, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.932 | | 0 | RPA | 1 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.069 | | 0 | RPA | 1 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.863 | | 0 | RPA | 1 | | | | |
| 20:1.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.121 | | 0 | RPA | 1 | | | | |
| 18:2 undifferentiated.....g | 0.077 | | 0 | RPA | 1 | | | | |
| 18:3 undifferentiated.....g | 0.044 | | 0 | RPA | 1 | | | | |
| 18:4.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 12 | | 0 | RPI | 6 | | | | |
| Phytosterols.....mg | 0 | | 0 | RPA | 1 | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.044 | | 0 | RPA | 1 | | | | |
| Threonine.....g | 0.143 | | 0 | RPA | 1 | | | | |
| Isoleucine.....g | 0.188 | | 0 | RPA | 1 | | | | |
| Leucine.....g | 0.303 | | 0 | RPA | 1 | | | | |
| Lysine.....g | 0.247 | | 0 | RPA | 1 | | | | |
| Methionine.....g | 0.077 | | 0 | RPA | 1 | | | | |
| Cystine.....g | 0.030 | | 0 | RPA | 1 | | | | |
| Phenylalanine.....g | 0.154 | | 0 | RPA | 1 | | | | |
| Tyrosine.....g | 0.151 | | 0 | RPA | 1 | | | | |
| Valine.....g | 0.211 | | 0 | RPA | 1 | | | | |
| Arginine.....g | 0.122 | | 0 | RPA | 1 | | | | |
| Histidine.....g | 0.084 | | 0 | RPA | 1 | | | | |
| Alanine.....g | 0.115 | | 0 | RPA | 1 | | | | |
| Aspartic acid.....g | 0.248 | | 0 | RPA | 1 | | | | |
| Glutamic acid.....g | 0.655 | | 0 | RPA | 1 | | | | |
| Glycine.....g | 0.082 | | 0 | RPA | 1 | | | | |
| Proline.....g | 0.302 | | 0 | RPA | 1 | | | | |
| Serine.....g | 0.171 | | 0 | RPA | 1 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RPI | 6 | | | | |
| Caffeine.....mg | 1 | | 0 | RPI | 6 | | | | |
| Theobromine.....mg | 42 | | 0 | RPI | 6 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 16 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19221**
**Rennin, chocolate, dry mix, prepared with whole milk**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19214**
**Rennin, vanilla, dry mix, prepared with 2% milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 82.11 | | 0 | RPI | 6 | | | | |
| Energy | kcal | 77 | | 0 | RPI | 6 | | | | |
| Energy | kj | 324 | | 0 | RPI | 6 | | | | |
| Protein | g | 3.06 | | 0 | RPI | 6 | | | | |
| Total lipid (fat) | g | 1.77 | | 0 | RPI | 6 | | | | |
| Ash | g | 0.73 | | 0 | RPI | 6 | | | | |
| Carbohydrate, by difference | g | 12.34 | | 0 | RPI | 6 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | RPI | 6 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 121 | | 0 | RPI | 6 | | | | |
| Iron, Fe | mg | 0.05 | | 0 | RPI | 6 | | | | |
| Magnesium, Mg | mg | 13 | | 0 | RPI | 6 | | | | |
| Phosphorus, P | mg | 95 | | 0 | RPI | 6 | | | | |
| Potassium, K | mg | 142 | | 0 | RPI | 6 | | | | |
| Sodium, Na | mg | 46 | | 0 | RPI | 6 | | | | |
| Zinc, Zn | mg | 0.36 | | 0 | RPI | 6 | | | | |
| Copper, Cu | mg | 0.012 | | 0 | RPI | 6 | | | | |
| Manganese, Mn | mg | 0.003 | | 0 | RPI | 6 | | | | |
| Selenium, Se | mcg | 2.1 | | 0 | RPI | 6 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 0 | RPI | 6 | | | | |
| Thiamin | mg | 0.036 | | 0 | RPI | 6 | | | | |
| Riboflavin | mg | 0.153 | | 0 | RPI | 6 | | | | |
| Niacin | mg | 0.079 | | 0 | RPI | 6 | | | | |
| Pantothenic acid | mg | 0.294 | | 0 | RPI | 6 | | | | |
| Vitamin B-6 | mg | 0.040 | | 0 | RPI | 6 | | | | |
| Folate, total | mcg | 5 | | 0 | RPI | 6 | | | | |
| Folic acid | mcg | 0 | | 0 | RPI | 6 | | | | |
| Folate, food | mcg | 5 | | 0 | RPI | 6 | | | | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.33 | | 0 | RPI | 6 | | | | |
| Vitamin A, IU | IU | 170 | | 0 | O | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 51 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 51 | | 0 | RPI | 6 | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 36.800 | | 0 | RPI | 6 | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.061 | | 0 | RPA | 1 | | | | |
| 4:0 | g | 0.057 | | 0 | RPA | 1 | | | | |
| 6:0 | g | 0.034 | | 0 | RPA | 1 | | | | |
| 8:0 | g | 0.019 | | 0 | RPA | 1 | | | | |
| 10:0 | g | 0.044 | | 0 | RPA | 1 | | | | |
| 12:0 | g | 0.050 | | 0 | RPA | 1 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.178 | | 0 | RPA | 1 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.465 | | 0 | RPA | 1 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.214 | | 0 | RPA | 1 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19214**
**Rennin, vanilla, dry mix, prepared with 2% milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.484 | | 0 | RPA | 1 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.040 | | 0 | RPA | 1 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.444 | | 0 | RPA | 1 | | | | |
| 20:1.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.065 | | 0 | RPA | 1 | | | | |
| 18:2 undifferentiated.....g | 0.040 | | 0 | RPA | 1 | | | | |
| 18:3 undifferentiated.....g | 0.026 | | 0 | RPA | 1 | | | | |
| 18:4.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 7 | | 0 | RPI | 6 | | | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.043 | | 0 | RPA | 1 | | | | |
| Threonine.....g | 0.138 | | 0 | RPA | 1 | | | | |
| Isoleucine.....g | 0.185 | | 0 | RPA | 1 | | | | |
| Leucine.....g | 0.300 | | 0 | RPA | 1 | | | | |
| Lysine.....g | 0.243 | | 0 | RPA | 1 | | | | |
| Methionine.....g | 0.077 | | 0 | RPA | 1 | | | | |
| Cystine.....g | 0.029 | | 0 | RPA | 1 | | | | |
| Phenylalanine.....g | 0.148 | | 0 | RPA | 1 | | | | |
| Tyrosine.....g | 0.148 | | 0 | RPA | 1 | | | | |
| Valine.....g | 0.205 | | 0 | RPA | 1 | | | | |
| Arginine.....g | 0.111 | | 0 | RPA | 1 | | | | |
| Histidine.....g | 0.083 | | 0 | RPA | 1 | | | | |
| Alanine.....g | 0.106 | | 0 | RPA | 1 | | | | |
| Aspartic acid.....g | 0.233 | | 0 | RPA | 1 | | | | |
| Glutamic acid.....g | 0.641 | | 0 | RPA | 1 | | | | |
| Glycine.....g | 0.064 | | 0 | RPA | 1 | | | | |
| Proline.....g | 0.297 | | 0 | RPA | 1 | | | | |
| Serine.....g | 0.167 | | 0 | RPA | 1 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RPI | 6 | | | | |
| Caffeine.....mg | 0 | | 0 | RPI | 6 | | | | |
| Theobromine.....mg | 0 | | 0 | RPI | 6 | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 19 Sweets

**NDB No. 19223**
**Rennin, vanilla, dry mix, prepared with whole milk**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 80.98 | | 0 | RPI | 6 | | | | |
| Energy | kcal | 89 | | 0 | RPI | 6 | | | | |
| Energy | kj | 371 | | 0 | RPI | 6 | | | | |
| Protein | g | 3.03 | | 0 | RPI | 6 | | | | |
| Total lipid (fat) | g | 3.07 | | 0 | RPI | 6 | | | | |
| Ash | g | 0.71 | | 0 | RPI | 6 | | | | |
| Carbohydrate, by difference | g | 12.21 | | 0 | RPI | 6 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | RPI | 6 | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 119 | | 0 | RPI | 6 | | | | |
| Iron, Fe | mg | 0.05 | | 0 | RPI | 6 | | | | |
| Magnesium, Mg | mg | 12 | | 0 | RPI | 6 | | | | |
| Phosphorus, P | mg | 93 | | 0 | RPI | 6 | | | | |
| Potassium, K | mg | 140 | | 0 | RPI | 6 | | | | |
| Sodium, Na | mg | 46 | | 0 | RPI | 6 | | | | |
| Zinc, Zn | mg | 0.35 | | 0 | RPI | 6 | | | | |
| Copper, Cu | mg | 0.014 | | 0 | RPI | 6 | | | | |
| Manganese, Mn | mg | 0.004 | | 0 | RPI | 6 | | | | |
| Selenium, Se | mcg | 1.9 | | 0 | RPI | 6 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 0 | RPI | 6 | | | | |
| Thiamin | mg | 0.035 | | 0 | RPI | 6 | | | | |
| Riboflavin | mg | 0.151 | | 0 | RPI | 6 | | | | |
| Niacin | mg | 0.077 | | 0 | RPI | 6 | | | | |
| Pantothenic acid | mg | 0.289 | | 0 | RPI | 6 | | | | |
| Vitamin B-6 | mg | 0.039 | | 0 | RPI | 6 | | | | |
| Folate, total | mcg | 5 | | 0 | RPI | 6 | | | | |
| Folic acid | mcg | 0 | | 0 | RPI | 6 | | | | |
| Folate, food | mcg | 5 | | 0 | RPI | 6 | | | | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.33 | | 0 | RPI | 6 | | | | |
| Vitamin A, IU | IU | 115 | | 0 | O | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 27 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 26 | | 0 | RPI | 6 | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 36.800 | | 0 | RPI | 6 | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.846 | | 0 | RPA | 1 | | | | |
| 4:0 | g | 0.099 | | 0 | RPA | 1 | | | | |
| 6:0 | g | 0.059 | | 0 | RPA | 1 | | | | |
| 8:0 | g | 0.034 | | 0 | RPA | 1 | | | | |
| 10:0 | g | 0.077 | | 0 | RPA | 1 | | | | |
| 12:0 | g | 0.086 | | 0 | RPA | 1 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.309 | | 0 | RPA | 1 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.809 | | 0 | RPA | 1 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.373 | | 0 | RPA | 1 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19223**
**Rennin, vanilla, dry mix, prepared with whole milk**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.842 | | 0 | RPA | 1 | | | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.069 | | 0 | RPA | 1 | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.773 | | 0 | RPA | 1 | | | | |
| 20:1.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.114 | | 0 | RPA | 1 | | | | |
| 18:2 undifferentiated.....g | 0.069 | | 0 | RPA | 1 | | | | |
| 18:3 undifferentiated.....g | 0.045 | | 0 | RPA | 1 | | | | |
| 18:4.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 20:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:5 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| 22:6 n-3.....g | 0.000 | | 0 | RPA | 1 | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 13 | | 0 | RPI | 6 | | | | |
| Phytosterols.....mg | 0 | | 0 | RPA | 1 | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.042 | | 0 | RPA | 1 | | | | |
| Threonine.....g | 0.137 | | 0 | RPA | 1 | | | | |
| Isoleucine.....g | 0.183 | | 0 | RPA | 1 | | | | |
| Leucine.....g | 0.296 | | 0 | RPA | 1 | | | | |
| Lysine.....g | 0.240 | | 0 | RPA | 1 | | | | |
| Methionine.....g | 0.076 | | 0 | RPA | 1 | | | | |
| Cystine.....g | 0.028 | | 0 | RPA | 1 | | | | |
| Phenylalanine.....g | 0.146 | | 0 | RPA | 1 | | | | |
| Tyrosine.....g | 0.146 | | 0 | RPA | 1 | | | | |
| Valine.....g | 0.202 | | 0 | RPA | 1 | | | | |
| Arginine.....g | 0.109 | | 0 | RPA | 1 | | | | |
| Histidine.....g | 0.082 | | 0 | RPA | 1 | | | | |
| Alanine.....g | 0.104 | | 0 | RPA | 1 | | | | |
| Aspartic acid.....g | 0.230 | | 0 | RPA | 1 | | | | |
| Glutamic acid.....g | 0.634 | | 0 | RPA | 1 | | | | |
| Glycine.....g | 0.064 | | 0 | RPA | 1 | | | | |
| Proline.....g | 0.293 | | 0 | RPA | 1 | | | | |
| Serine.....g | 0.165 | | 0 | RPA | 1 | | | | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | RPI | 6 | | | | |
| Caffeine.....mg | 0 | | 0 | RPI | 6 | | | | |
| Theobromine.....mg | 0 | | 0 | RPI | 6 | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 17 | | 0 | O | 4 | | | | |
| Carotene, alpha.....mcg | | | | | | | | | |
| Cryptoxanthin, beta.....mcg | | | | | | | | | |
| Lycopene.....mcg | | | | | | | | | |
| Lutein + zeaxanthin.....mcg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein Fat Carbohydrate**

**NDB No. 19223**
**Rennin, vanilla, dry mix, prepared with whole milk**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19251**
**SOKOL, SOLO Poppy Seed Filling**
*Sokol and Co. or Sokol Blosser Winery*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 26.60 | | 1 | A | 1 | | 9.58 | | |
| Energy | kcal | 332 | | 0 | NC | 4 | | 119 | | |
| Energy | kj | 1388 | | | | 4 | | 500 | | |
| Protein | g | 4.80 | | 1 | A | 1 | | 1.73 | | |
| Total lipid (fat) | g | 8.90 | | 1 | A | 1 | | 3.20 | | |
| Ash | g | 1.60 | | 1 | A | 1 | | 0.58 | | |
| Carbohydrate, by difference | g | 58.10 | | 0 | NC | 4 | | 20.92 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 322 | | 1 | A | 1 | | 116 | | |
| Iron, Fe | mg | | | | | | | | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | | | | | | | | | |
| Potassium, K | mg | | | | | | | | | |
| Sodium, Na | mg | 74 | | 1 | A | 1 | | 27 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.030 | | 1 | A | 1 | | 0.371 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 10:0 | g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 12:0 | g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 15:0 | g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 16:0 | g | 0.848 | | 1 | A | 1 | | 0.305 | | |
| 17:0 | g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 18:0 | g | 0.182 | | 1 | A | 1 | | 0.066 | | |
| 20:0 | g | 0.010 | | 1 | A | 1 | | 0.004 | | |
| 22:0 | g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 24:0 | g | | | | | | | | | |
| Fatty acids, total monounsaturated | g | 1.306 | | 0 | | 4 | | 0.470 | | |
| 14:1 | g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.019 | | 1 | A | 1 | | 0.007 | | |
| 17:1 | g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 18:1 undifferentiated | g | 1.282 | | 1 | A | 1 | | 0.462 | | |
| 20:1 | g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 22:1 undifferentiated | g | | | | | | | | | |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 5.578 | | 0 | | 4 | | 2.008 | | |
| 18:2 undifferentiated | g | 5.506 | | 1 | A | 1 | | 1.982 | | |
| 18:3 undifferentiated | g | 0.067 | | 1 | A | 1 | | 0.024 | | |
| 18:4 | g | | | | | | | | | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 20:4 undifferentiated | g | 0.005 | | 1 | A | 1 | | 0.002 | | |
| 20:5 n-3 | g | | | | | | | | | |
| 22:5 n-3 | g | | | | | | | | | |
| 22:6 n-3 | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | | | | | | | | | |
| Phytosterols | mg | | | | | | | | | |

**NDB No. 19251**
**SOKOL, SOLO Poppy Seed Filling**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 36g: 2 tbsp

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19097**
**Sherbet, orange**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 66.10 | 0.297 | 40 | | 1 | | 48.91 | 43.63 | |
| Energy | kcal | 144 | | 0 | NC | 4 | | 107 | 95 | |
| Energy | kj | 602 | | 0 | NC | 4 | | 446 | 398 | |
| Protein (N x 6.25) | g | 1.10 | 0.330 | 41 | | 1 | | 0.81 | 0.73 | |
| Total lipid (fat) | g | 2.00 | 0.057 | 23 | | 1 | | 1.48 | 1.32 | |
| Ash | g | 0.40 | | 1 | | 1 | | 0.30 | 0.26 | |
| Carbohydrate, by difference | g | 30.40 | | 0 | NC | 4 | | 22.50 | 20.06 | |
| Fiber, total dietary | g | 3.3 | | 0 | FLA | 4 | | 2.4 | 2.1 | |
| Sugars, total | g | 24.32 | | 0 | LC | 8 | | 18.00 | 16.05 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 54 | 4.021 | 10 | | 1 | | 40 | 36 | |
| Iron, Fe | mg | 0.14 | 0.027 | 6 | | 1 | | 0.10 | 0.09 | |
| Magnesium, Mg | mg | 8 | 1.167 | 8 | | 1 | | 6 | 5 | |
| Phosphorus, P | mg | 40 | 4.817 | 7 | | 1 | | 30 | 26 | |
| Potassium, K | mg | 96 | 13.153 | 12 | | 1 | | 71 | 63 | |
| Sodium, Na | mg | 46 | 5.938 | 12 | | 1 | | 34 | 30 | |
| Zinc, Zn | mg | 0.48 | 0.292 | 10 | | 1 | | 0.36 | 0.32 | |
| Copper, Cu | mg | 0.028 | 0.005 | 5 | | 1 | | 0.021 | 0.018 | |
| Manganese, Mn | mg | 0.011 | 0.002 | 4 | | 1 | | 0.008 | 0.007 | |
| Selenium, Se | mcg | 1.3 | | 0 | FLA | 4 | | 1.0 | 0.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 5.8 | | 0 | FLA | 4 | | 4.3 | 3.8 | |
| Thiamin | mg | 0.031 | | 0 | FLA | 4 | | 0.023 | 0.021 | |
| Riboflavin | mg | 0.089 | | 0 | FLA | 4 | | 0.066 | 0.059 | |
| Niacin | mg | 0.076 | | 0 | FLA | 4 | | 0.057 | 0.050 | |
| Pantothenic acid | mg | 0.220 | | 0 | FLA | 4 | | 0.163 | 0.145 | |
| Vitamin B-6 | mg | 0.027 | | 0 | FLA | 4 | | 0.020 | 0.018 | |
| Folate, total | mcg | 7 | | 0 | FLA | 4 | | 5 | 5 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 7 | | 0 | FLA | 4 | | 5 | 5 | |
| Folate, DFE | mcg_DFE | 7 | | 0 | NC | 4 | | 5 | 5 | |
| Vitamin B-12 | mcg | 0.12 | | 0 | FLA | 4 | | 0.09 | 0.08 | |
| Vitamin A, IU | IU | 45 | | 0 | FLA | 4 | | 33 | 30 | |
| Vitamin A, RAE | mcg_RAE | 10 | | 0 | FLA | 4 | | 7 | 6 | |
| Retinol | mcg | 9 | | 0 | FLA | 4 | | 7 | 6 | |
| Vitamin E (alpha-tocopherol) | mg | 0.03 | | 0 | FLA | 4 | | 0.02 | 0.02 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.160 | | 0 | | 1 | | 0.858 | 0.766 | |
| 4:0 | g | 0.060 | | 1 | | 1 | | 0.044 | 0.040 | |
| 6:0 | g | 0.030 | | 1 | | 1 | | 0.022 | 0.020 | |
| 8:0 | g | 0.020 | | 1 | | 1 | | 0.015 | 0.013 | |
| 10:0 | g | 0.050 | | 1 | | 1 | | 0.037 | 0.033 | |
| 12:0 | g | 0.050 | | 1 | | 1 | | 0.037 | 0.033 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.200 | | 1 | | 1 | | 0.148 | 0.132 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.510 | | 1 | | 1 | | 0.377 | 0.337 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.230 | | 1 | | 1 | | 0.170 | 0.152 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19097**
**Sherbet, orange**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.530 | | 0 | | 1 | | 0.392 | 0.350 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.050 | | 1 | | 1 | | 0.037 | 0.033 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.490 | | 1 | | 1 | | 0.363 | 0.323 | |
| 20:1.....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.080 | | 0 | | 1 | | 0.059 | 0.053 | |
| 18:2 undifferentiated.....g | 0.050 | | 1 | | 1 | | 0.037 | 0.033 | |
| 18:3 undifferentiated.....g | 0.030 | | 1 | | 1 | | 0.022 | 0.020 | |
| 18:4.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.014 | | 0 | | 1 | | 0.010 | 0.009 | |
| Threonine.....g | 0.044 | | 0 | | 1 | | 0.033 | 0.029 | |
| Isoleucine.....g | 0.059 | | 0 | | 1 | | 0.044 | 0.039 | |
| Leucine.....g | 0.096 | | 0 | | 1 | | 0.071 | 0.063 | |
| Lysine.....g | 0.077 | | 0 | | 1 | | 0.057 | 0.051 | |
| Methionine.....g | 0.024 | | 0 | | 1 | | 0.018 | 0.016 | |
| Cystine.....g | 0.010 | | 0 | | 1 | | 0.007 | 0.007 | |
| Phenylalanine.....g | 0.048 | | 0 | | 1 | | 0.036 | 0.032 | |
| Tyrosine.....g | 0.047 | | 0 | | 1 | | 0.035 | 0.031 | |
| Valine.....g | 0.066 | | 0 | | 1 | | 0.049 | 0.044 | |
| Arginine.....g | 0.042 | | 0 | | 1 | | 0.031 | 0.028 | |
| Histidine.....g | 0.027 | | 0 | | 1 | | 0.020 | 0.018 | |
| Alanine.....g | 0.035 | | 0 | | 1 | | 0.026 | 0.023 | |
| Aspartic acid.....g | 0.085 | | 0 | | 1 | | 0.063 | 0.056 | |
| Glutamic acid.....g | 0.206 | | 0 | | 1 | | 0.152 | 0.136 | |
| Glycine.....g | 0.022 | | 0 | | 1 | | 0.016 | 0.015 | |
| Proline.....g | 0.100 | | 0 | | 1 | | 0.074 | 0.066 | |
| Serine.....g | 0.054 | | 0 | | 1 | | 0.040 | 0.036 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 3 | | 0 | FLA | 4 | | 1.954 | 1.742 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.322 | 0.287 | |
| Cryptoxanthin, beta.....mcg | 13 | | 0 | FLA | 4 | | 9.876 | 8.808 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 17 | | 0 | FLA | 4 | | 12.551 | 11.194 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 74g: .5 cup (4 fl oz)

Measure 2 = 66g: 1 bar (2.75 fl oz)

**NDB No. 19097**
**Sherbet, orange**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19011**
**Snacks, fruit leather, bars**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 13.90 | 0.777 | 6 | | 1 | | 3.20 | | |
| Energy | kcal | 351 | | 0 | | 4 | | 81 | | |
| Energy | kj | 1469 | | | | 4 | | 338 | | |
| Protein (N x 5.9) | g | 1.80 | 0.059 | 6 | | 1 | | 0.41 | | |
| Total lipid (fat) | g | 5.30 | 0.884 | 6 | | 1 | | 1.22 | | |
| Ash | g | 0.50 | 0.020 | 6 | | 1 | | 0.12 | | |
| Carbohydrate, by difference | g | 78.50 | | 0 | | 4 | | 18.06 | | |
| Fiber, total dietary | g | 3.5 | | 0 | BFSN | 4 | | 0.8 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 29 | 0.929 | 3 | | 1 | | 7 | | |
| Iron, Fe | mg | 0.80 | 0.094 | 3 | | 1 | | 0.18 | | |
| Magnesium, Mg | mg | 22 | 0.751 | 3 | | 1 | | 5 | | |
| Phosphorus, P | mg | 55 | 0.550 | 3 | | 1 | | 13 | | |
| Potassium, K | mg | 138 | 7.126 | 3 | | 1 | | 32 | | |
| Sodium, Na | mg | 77 | 20.131 | 6 | | 1 | | 18 | | |
| Zinc, Zn | mg | 0.19 | | 0 | | 4 | | 0.04 | | |
| Copper, Cu | mg | 0.171 | | 0 | | 4 | | 0.039 | | |
| Manganese, Mn | mg | 0.184 | | 0 | | 4 | | 0.042 | | |
| Selenium, Se | mcg | 2.6 | | 0 | BFSN | 4 | | 0.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 70.0 | 0.000 | 3 | | 1 | | 16.1 | | |
| Thiamin | mg | 0.043 | 0.009 | 3 | | 1 | | 0.010 | | |
| Riboflavin | mg | 0.030 | | 1 | | 1 | | 0.007 | | |
| Niacin | mg | 0.100 | | 0 | | 4 | | 0.023 | | |
| Pantothenic acid | mg | 0.075 | | 0 | | 4 | | 0.017 | | |
| Vitamin B-6 | mg | 0.300 | | 0 | | 4 | | 0.069 | | |
| Folate, total | mcg | 4 | | 0 | | 4 | | 1 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 4 | | 0 | | 4 | | 1 | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 1 | | |
| Vitamin B-12 | mcg | 0.00 | | 0 | | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 116 | | 0 | | 4 | | 27 | | |
| Vitamin A, RAE | mcg_RAE | 6 | | 0 | NC | 4 | | 1 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (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 | 4.020 | | 0 | | 4 | | 0.925 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | 0.010 | | 1 | | 4 | | 0.002 | | |
| 8:0 | g | 0.160 | | 1 | | 4 | | 0.037 | | |
| 10:0 | g | 0.180 | | 1 | | 4 | | 0.041 | | |
| 12:0 | g | 2.300 | | 1 | | 4 | | 0.529 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.800 | | 1 | | 4 | | 0.184 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.420 | | 1 | | 4 | | 0.097 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.140 | | 1 | | 4 | | 0.032 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19011**
**Snacks, fruit leather, bars**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.630 | | 0 | | 4 | | 0.145 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.630 | | 1 | | 4 | | 0.145 | | |
| 20:1.....g | 0.000 | | 1 | | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.180 | | 0 | | 4 | | 0.041 | | |
| 18:2 undifferentiated.....g | 0.180 | | 1 | | 4 | | 0.041 | | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | | 4 | | 0.000 | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.020 | | 0 | | 4 | | 0.005 | | |
| Threonine.....g | 0.050 | | 0 | | 4 | | 0.012 | | |
| Isoleucine.....g | 0.062 | | 0 | | 4 | | 0.014 | | |
| Leucine.....g | 0.121 | | 0 | | 4 | | 0.028 | | |
| Lysine.....g | 0.047 | | 0 | | 4 | | 0.011 | | |
| Methionine.....g | 0.030 | | 0 | | 4 | | 0.007 | | |
| Cystine.....g | 0.036 | | 0 | | 4 | | 0.008 | | |
| Phenylalanine.....g | 0.085 | | 0 | | 4 | | 0.020 | | |
| Tyrosine.....g | 0.050 | | 0 | | 4 | | 0.012 | | |
| Valine.....g | 0.073 | | 0 | | 4 | | 0.017 | | |
| Arginine.....g | 0.069 | | 0 | | 4 | | 0.016 | | |
| Histidine.....g | 0.038 | | 0 | | 4 | | 0.009 | | |
| Alanine.....g | 0.059 | | 0 | | 4 | | 0.014 | | |
| Aspartic acid.....g | 0.111 | | 0 | | 4 | | 0.026 | | |
| Glutamic acid.....g | 0.546 | | 0 | | 4 | | 0.126 | | |
| Glycine.....g | 0.064 | | 0 | | 4 | | 0.015 | | |
| Proline.....g | 0.188 | | 0 | | 4 | | 0.043 | | |
| Serine.....g | 0.087 | | 0 | | 4 | | 0.020 | | |
| Hydroxyproline.....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 23g: 1 bar

**Calories Factors: Protein** 3.8 **Fat** 8.6 **Carbohydrate** 3.8

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19013**
**Snacks, fruit leather, pieces**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 12.30 | 0.676 | 8 | | 1 | | 3.49 | 3.32 | 2.58 |
| Energy | kcal | 351 | | 0 | NC | 4 | | 100 | 95 | 74 |
| Energy | kj | 1469 | | 0 | NC | 4 | | 416 | 397 | 308 |
| Protein (N x 6.25) | g | 1.00 | 0.084 | 8 | | 1 | | 0.28 | 0.27 | 0.21 |
| Total lipid (fat) | g | 1.00 | 1.000 | 4 | LC | 8 | | 0.28 | 0.27 | 0.21 |
| Ash | g | 1.20 | 0.143 | 8 | | 1 | | 0.34 | 0.32 | 0.25 |
| Carbohydrate, by difference | g | 84.50 | | 0 | NC | 4 | | 23.96 | 22.82 | 17.75 |
| Fiber, total dietary | g | 0.0 | 0.000 | 4 | LC | 8 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 57.58 | 2.507 | 4 | LC | 8 | | 16.32 | 15.55 | 12.09 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 18 | | 2 | | 1 | | 5 | 5 | 4 |
| Iron, Fe | mg | 0.75 | | 2 | | 1 | | 0.21 | 0.20 | 0.16 |
| Magnesium, Mg | mg | 14 | 0.949 | 7 | | 1 | | 4 | 4 | 3 |
| Phosphorus, P | mg | 24 | 3.157 | 6 | | 1 | | 7 | 6 | 5 |
| Potassium, K | mg | 164 | 6.462 | 7 | | 1 | | 46 | 44 | 34 |
| Sodium, Na | mg | 403 | 27.419 | 7 | | 1 | | 114 | 109 | 85 |
| Zinc, Zn | mg | 0.19 | | 0 | | 4 | | 0.05 | 0.05 | 0.04 |
| Copper, Cu | mg | 0.171 | | 0 | | 4 | | 0.048 | 0.046 | 0.036 |
| Manganese, Mn | mg | 0.184 | | 0 | | 4 | | 0.052 | 0.050 | 0.039 |
| Selenium, Se | mcg | 2.7 | | 0 | BFSN | 4 | | 0.8 | 0.7 | 0.6 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 56.0 | 0.000 | 7 | | 1 | | 15.9 | 15.1 | 11.8 |
| Thiamin | mg | 0.043 | | 0 | | 4 | | 0.012 | 0.012 | 0.009 |
| Riboflavin | mg | 0.100 | | 1 | | 1 | | 0.028 | 0.027 | 0.021 |
| Niacin | mg | 0.100 | | 1 | | 1 | | 0.028 | 0.027 | 0.021 |
| Pantothenic acid | mg | 0.319 | | 0 | | 4 | | 0.090 | 0.086 | 0.067 |
| Vitamin B-6 | mg | 0.300 | | 0 | | 4 | | 0.085 | 0.081 | 0.063 |
| Folate, total | mcg | 4 | | 0 | BFZN | 4 | | 1 | 1 | 1 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | mcg | 4 | | 0 | BFZN | 4 | | 1 | 1 | 1 |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 1 | 1 | 1 |
| Vitamin B-12 | mcg | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 58 | | 0 | BFZN | 4 | | 16 | 16 | 12 |
| Vitamin A, RAE | mcg_RAE | 6 | | 0 | BFZN | 4 | | 2 | 2 | 1 |
| Retinol | mcg | 0 | | 0 | O | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.56 | | 0 | BFZN | 4 | | 0.16 | 0.15 | 0.12 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 18.2 | | 0 | BFZN | 4 | | 5.2 | 4.9 | 3.8 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.229 | | 0 | NC | 4 | | 0.065 | 0.062 | 0.048 |
| 4:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.004 | | 0 | BFZN | 4 | | 0.001 | 0.001 | 0.001 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.120 | | 0 | BFZN | 4 | | 0.034 | 0.032 | 0.025 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.106 | | 0 | BFZN | 4 | | 0.030 | 0.029 | 0.022 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19013**
**Snacks, fruit leather, pieces**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.522 | | 0 | NC | 4 | | 0.148 | 0.141 | 0.110 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.522 | | 0 | BFZN | 4 | | 0.148 | 0.141 | 0.110 |
| 20:1.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.194 | | 0 | NC | 4 | | 0.055 | 0.052 | 0.041 |
| 18:2 undifferentiated.....g | 0.152 | | 0 | BFZN | 4 | | 0.043 | 0.041 | 0.032 |
| 18:3 undifferentiated.....g | 0.042 | | 0 | BFZN | 4 | | 0.012 | 0.011 | 0.009 |
| 18:4.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | 0.000 | 4 | LC | 8 | | 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 | 34 | | 0 | BFZN | 4 | | 9.698 | 9.236 | 7.184 |
| Carotene, alpha.....mcg | 1 | | 0 | BFZN | 4 | | 0.227 | 0.216 | 0.168 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | BFZN | 4 | | 0.133 | 0.126 | 0.098 |
| Lycopene.....mcg | 0 | | 0 | BFZN | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 51 | | 0 | BFZN | 4 | | 14.351 | 13.668 | 10.630 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 27g: 1 package

Measure 3 = 21g: 1 packet (.75 oz)

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19014**
**Snacks, fruit leather, rolls**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 10.20 | | 1 | AI | 13 | | 2.14 | 1.43 | |
| Energy | kcal | 371 | | 0 | NC | 4 | | 78 | 52 | |
| Energy | kj | 1552 | | 0 | NC | 4 | | 326 | 217 | |
| Protein (N x 6.25) | g | 0.10 | | 1 | AI | 13 | | 0.02 | 0.01 | |
| Total lipid (fat) | g | 3.00 | 0.510 | 17 | | 1 | | 0.63 | 0.42 | |
| Ash | g | 0.90 | 0.042 | 17 | | 1 | | 0.19 | 0.13 | |
| Carbohydrate, by difference | g | 85.70 | | 0 | NC | 4 | | 18.00 | 12.00 | |
| Fiber, total dietary | g | 3.3 | | 0 | FLA | 4 | | 0.7 | 0.5 | |
| Sugars, total | g | 48.21 | | 2 | LC | 8 | | 10.12 | 6.75 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 32 | 1.164 | 17 | | 1 | | 7 | 4 | |
| Iron, Fe | mg | 1.01 | 0.115 | 17 | | 1 | | 0.21 | 0.14 | |
| Magnesium, Mg | mg | 20 | 0.843 | 17 | | 1 | | 4 | 3 | |
| Phosphorus, P | mg | 31 | 1.230 | 16 | | 1 | | 7 | 4 | |
| Potassium, K | mg | 294 | 11.212 | 17 | | 1 | | 62 | 41 | |
| * Sodium, Na | mg | 317 | | 1 | AI | 13 | | 67 | 44 | |
| Zinc, Zn | mg | 0.19 | 0.012 | 7 | | 1 | | 0.04 | 0.03 | |
| Copper, Cu | mg | 0.171 | 0.006 | 7 | | 1 | | 0.036 | 0.024 | |
| Manganese, Mn | mg | 0.184 | 0.020 | 7 | | 1 | | 0.039 | 0.026 | |
| Selenium, Se | mcg | 0.4 | | 0 | FLA | 4 | | 0.1 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| * Vitamin C, total ascorbic acid | mg | 120.0 | | 1 | AI | 13 | | 25.2 | 16.8 | |
| Thiamin | mg | 0.073 | | 0 | FLA | 4 | | 0.015 | 0.010 | |
| Riboflavin | mg | 0.020 | | 1 | | 1 | | 0.004 | 0.003 | |
| Niacin | mg | 0.100 | | 1 | | 1 | | 0.021 | 0.014 | |
| Pantothenic acid | mg | 0.054 | | 0 | FLA | 4 | | 0.011 | 0.008 | |
| Vitamin B-6 | mg | 0.300 | 0.073 | 6 | | 1 | | 0.063 | 0.042 | |
| Folate, total | mcg | 4 | | 0 | FLA | 4 | | 1 | 1 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 4 | | 0 | FLA | 4 | | 1 | 1 | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 1 | 1 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 58 | | 0 | FLA | 4 | | 12 | 8 | |
| Vitamin A, RAE | mcg_RAE | 6 | | 0 | FLA | 4 | | 1 | 1 | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.56 | | 0 | FLA | 4 | | 0.12 | 0.08 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 18.2 | | 0 | FLA | 4 | | 3.8 | 2.6 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.650 | | 0 | | 4 | | 0.137 | 0.091 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.010 | | 1 | | 4 | | 0.002 | 0.001 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.340 | | 1 | | 4 | | 0.071 | 0.048 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.300 | | 1 | | 4 | | 0.063 | 0.042 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19014**
**Snacks, fruit leather, rolls**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 4 | | 0.311 | 0.207 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 1.480 | | 1 | | 4 | | 0.311 | 0.207 | |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.540 | | 0 | | 4 | | 0.113 | 0.076 | |
| 18:2 undifferentiated.....g | 0.430 | | 1 | | 4 | | 0.090 | 0.060 | |
| 18:3 undifferentiated.....g | 0.120 | | 1 | | 4 | | 0.025 | 0.017 | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 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 | FLA | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | | | | | | | | | |
| Threonine.....g | | | | | | | | | |
| Isoleucine.....g | | | | | | | | | |
| Leucine.....g | | | | | | | | | |
| Lysine.....g | | | | | | | | | |
| Methionine.....g | | | | | | | | | |
| Cystine.....g | | | | | | | | | |
| Phenylalanine.....g | | | | | | | | | |
| Tyrosine.....g | | | | | | | | | |
| Valine.....g | | | | | | | | | |
| Arginine.....g | | | | | | | | | |
| Histidine.....g | | | | | | | | | |
| Alanine.....g | | | | | | | | | |
| Aspartic acid.....g | | | | | | | | | |
| Glutamic acid.....g | | | | | | | | | |
| Glycine.....g | | | | | | | | | |
| Proline.....g | | | | | | | | | |
| Serine.....g | 0.041 | | 0 | | 4 | | 0.009 | 0.006 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.1 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 34 | | 0 | FLA | 4 | | 7.184 | 4.789 | |
| Carotene, alpha.....mcg | 1 | | 0 | FLA | 4 | | 0.168 | 0.112 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.098 | 0.066 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 51 | | 0 | FLA | 4 | | 10.630 | 7.087 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 21g: 1 large

Measure 2 = 14.0g: 1 small

*Vitamin or mineral added for enrichment or fortification

**NDB No. 19014**
**Snacks, fruit leather, rolls**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19334**
**Sugars, brown**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.77 | 0.116 | 7 | JO | 11 | | 3.89 | 2.56 | 0.06 |
| Energy | kcal | 377 | | 0 | NC | 4 | | 829 | 546 | 12 |
| Energy | kj | 1576 | | 0 | NC | 4 | | 3467 | 2285 | 50 |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat) | g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Ash | g | 0.90 | 0.121 | 5 | | 1 | | 1.98 | 1.31 | 0.03 |
| Carbohydrate, by difference | g | 97.33 | | 0 | NC | 4 | | 214.13 | 141.13 | 3.11 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 96.21 | | 0 | NR | 4 | | 211.67 | 139.51 | 3.08 |
| Sucrose | g | 90.61 | 1.598 | 9 | JO | 11 | | 199.35 | 131.39 | 2.90 |
| Glucose (dextrose) | g | 5.20 | | 1 | AI | 13 | | 11.44 | 7.54 | 0.17 |
| Fructose | g | 0.40 | | 1 | AI | 13 | | 0.88 | 0.58 | 0.01 |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 85 | 4.909 | 6 | | 1 | | 187 | 123 | 3 |
| Iron, Fe | mg | 1.91 | 0.267 | 6 | | 1 | | 4.20 | 2.77 | 0.06 |
| Magnesium, Mg | mg | 29 | 7.047 | 6 | | 1 | | 64 | 42 | 1 |
| Phosphorus, P | mg | 22 | 3.599 | 4 | | 1 | | 48 | 32 | 1 |
| Potassium, K | mg | 346 | 67.929 | 6 | | 1 | | 761 | 502 | 11 |
| Sodium, Na | mg | 39 | 7.367 | 6 | | 1 | | 86 | 57 | 1 |
| Zinc, Zn | mg | 0.18 | 0.049 | 6 | | 1 | | 0.40 | 0.26 | 0.01 |
| Copper, Cu | mg | 0.298 | 0.067 | 6 | | 1 | | 0.656 | 0.432 | 0.010 |
| Manganese, Mn | mg | 0.320 | 0.156 | 7 | | 1 | | 0.704 | 0.464 | 0.010 |
| Selenium, Se | mcg | 1.2 | 0.433 | 4 | AI | 13 | | 2.7 | 1.8 | 0.0 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.008 | 0.003 | 5 | | 1 | | 0.018 | 0.012 | 0.000 |
| Riboflavin | mg | 0.007 | 0.002 | 4 | | 1 | | 0.015 | 0.010 | 0.000 |
| Niacin | mg | 0.082 | 0.014 | 5 | | 1 | | 0.180 | 0.119 | 0.003 |
| Pantothenic acid | mg | 0.111 | 0.042 | 5 | | 1 | | 0.244 | 0.161 | 0.004 |
| Vitamin B-6 | mg | 0.026 | 0.010 | 5 | | 1 | | 0.057 | 0.038 | 0.001 |
| Folate, total | mcg | 1 | | 2 | | 1 | | 2 | 1 | 0 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | mcg | 1 | | 2 | | 1 | | 2 | 1 | 0 |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 1 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 1 | | 1 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | 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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |

**NDB No. 19334**
**Sugars, brown**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0 ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1 ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4 ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 ... g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Phytosterols ... mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta ... mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha ... mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta ... mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene ... mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin ... mcg | 0 | | 0 | NR | 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 = 220g: 1 cup, packed packed

Measure 2 = 145g: 1 cup, unpacked unpacked

Measure 3 = 3.2g: 1 tsp brownulated

**Calories Factors: Protein** 0 **Fat** 0 **Carbohydrate** 3.87

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19335**
**Sugars, granulated**

sucrose
**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.03 | 0.005 | 4 | MC | 9 | | 0.00 | 0.00 | 0.05 |
| Energy | kcal | 387 | | 0 | NC | 4 | | 11 | 16 | 774 |
| Energy | kj | 1619 | | 0 | NC | 4 | | 45 | 68 | 3238 |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat) | g | 0.00 | 0.005 | 3 | | 1 | | 0.00 | 0.00 | 0.00 |
| Ash | g | 0.00 | 0.015 | 6 | | 1 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference | g | 99.98 | | 0 | NC | 4 | | 2.80 | 4.20 | 199.95 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 99.91 | | 0 | NR | 4 | | 2.80 | 4.20 | 199.81 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 1 | 0.226 | 17 | A | 1 | | 0 | 0 | 2 |
| Iron, Fe | mg | 0.01 | 0.007 | 17 | A | 1 | | 0.00 | 0.00 | 0.02 |
| Magnesium, Mg | mg | 0 | 0.000 | 17 | A | 1 | | 0 | 0 | 0 |
| Phosphorus, P | mg | 0 | 0.000 | 17 | A | 1 | | 0 | 0 | 0 |
| Potassium, K | mg | 2 | 0.105 | 17 | A | 1 | | 0 | 0 | 5 |
| Sodium, Na | mg | 0 | 0.068 | 17 | A | 1 | | 0 | 0 | 1 |
| Zinc, Zn | mg | 0.00 | 0.001 | 17 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu | mg | 0.000 | 0.000 | 17 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Manganese, Mn | mg | 0.000 | 0.000 | 17 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Selenium, Se | mcg | 0.6 | | 2 | A | 1 | | 0.0 | 0.0 | 1.2 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.019 | 0.006 | 3 | | 1 | | 0.001 | 0.001 | 0.038 |
| Niacin | mg | 0.000 | 0.000 | 3 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid | mg | 0.000 | 0.000 | 3 | | 1 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6 | mg | 0.000 | 0.000 | 3 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total | mcg | 0 | 0.000 | 3 | | 1 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | 0.000 | 3 | | 1 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Vitamin E (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 | | 2 | JA | 6 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19335**
**Sugars, granulated**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| **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 = 2.8g: 1 serving packet

Measure 2 = 4.2g: 1 tsp

Measure 3 = 200g: 1 cup

**Calories Factors: Protein** **Fat** **Carbohydrate** 3.87

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19340**
**Sugars, maple**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 8.00 | | 1 | | 4 | | 0.24 | 2.27 | 2.24 |
| Energy | kcal | 354 | | 0 | | 4 | | 11 | 100 | 99 |
| Energy | kj | 1481 | | | | 4 | | 44 | 420 | 415 |
| Protein (N x 6.25) | g | 0.10 | | 1 | | 4 | | 0.00 | 0.03 | 0.03 |
| Total lipid (fat) | g | 0.20 | | 1 | | 4 | | 0.01 | 0.06 | 0.06 |
| Ash | g | 0.80 | | 1 | | 4 | | 0.02 | 0.23 | 0.22 |
| Carbohydrate, by difference | g | 90.90 | | 0 | NC | 4 | | 2.73 | 25.77 | 25.45 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 84.87 | | 0 | FLA | 4 | | 2.55 | 24.06 | 23.76 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 90 | | 1 | | 4 | | 3 | 26 | 25 |
| Iron, Fe | mg | 1.61 | | 1 | | 4 | | 0.05 | 0.46 | 0.45 |
| Magnesium, Mg | mg | 19 | | 1 | | 4 | | 1 | 5 | 5 |
| Phosphorus, P | mg | 3 | | 1 | | 4 | | 0 | 1 | 1 |
| Potassium, K | mg | 274 | | 1 | | 4 | | 8 | 78 | 77 |
| Sodium, Na | mg | 11 | | 1 | | 4 | | 0 | 3 | 3 |
| Zinc, Zn | mg | 6.06 | | 1 | | 4 | | 0.18 | 1.72 | 1.70 |
| Copper, Cu | mg | 0.099 | | 1 | | 4 | | 0.003 | 0.028 | 0.028 |
| Manganese, Mn | mg | 4.422 | | 1 | | 4 | | 0.133 | 1.254 | 1.238 |
| Selenium, Se | mcg | 0.8 | | 0 | BFSN | 4 | | 0.0 | 0.2 | 0.2 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.009 | | 1 | | 4 | | 0.000 | 0.003 | 0.003 |
| Riboflavin | mg | 0.013 | | 1 | | 4 | | 0.000 | 0.004 | 0.004 |
| Niacin | mg | 0.040 | | 1 | | 4 | | 0.001 | 0.011 | 0.011 |
| Pantothenic acid | mg | 0.048 | | 1 | | 4 | | 0.001 | 0.014 | 0.013 |
| Vitamin B-6 | mg | 0.003 | | 1 | | 4 | | 0.000 | 0.001 | 0.001 |
| Folate, total | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLA | 4 | | 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 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.036 | | 0 | | 4 | | 0.001 | 0.010 | 0.010 |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.036 | | 0 | | 4 | | 0.001 | 0.010 | 0.010 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.004 | | 0 | | 4 | | 0.000 | 0.001 | 0.001 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19340**
**Sugars, maple**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 4 | | 0.002 | 0.018 | 0.018 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.064 | | 0 | | 4 | | 0.002 | 0.018 | 0.018 |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.100 | | 0 | | 4 | | 0.003 | 0.028 | 0.028 |
| 18:2 undifferentiated.....g | 0.100 | | 0 | | 4 | | 0.003 | 0.028 | 0.028 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 3.0g: 1 tsp

Measure 2 = 28.35g: 1 oz

Measure 3 = 28g: 1 piece (1-3/4" x 1-1/4" x 1/2")

**Calories Factors: Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19336**
**Sugars, powdered**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 0.30 | 0.031 | 4 | | 1 | | 0.36 | 0.30 | 0.02 |
| Energy | kcal | 389 | | 0 | NC | 4 | | 467 | 389 | 31 |
| Energy | kj | 1629 | | 0 | NC | 4 | | 1954 | 1629 | 130 |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat) | g | 0.10 | 0.027 | 4 | | 1 | | 0.12 | 0.10 | 0.01 |
| Ash | g | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | 0.00 |
| Carbohydrate, by difference | g | 99.60 | | 0 | NC | 4 | | 119.52 | 99.60 | 7.97 |
| Fiber, total dietary | g | 0.0 | | 1 | LC | 8 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 97.91 | | 0 | FLA | 4 | | 117.49 | 97.91 | 7.83 |
| Sucrose | g | 96.32 | 0.446 | 7 | MC | 9 | | 115.58 | 96.32 | 7.71 |
| Glucose (dextrose) | g | | | | | | | | | |
| Fructose | g | | | | | | | | | |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 1 | | 0 | FLA | 4 | | 1 | 1 | 0 |
| Iron, Fe | mg | 0.02 | | 0 | FLA | 4 | | 0.02 | 0.02 | 0.00 |
| Magnesium, Mg | mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Phosphorus, P | mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Potassium, K | mg | 2 | | 0 | FLA | 4 | | 3 | 2 | 0 |
| Sodium, Na | mg | 1 | | 0 | FLA | 4 | | 1 | 1 | 0 |
| Zinc, Zn | mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | 0.00 |
| Copper, Cu | mg | 0.001 | | 0 | FLA | 4 | | 0.001 | 0.001 | 0.000 |
| Manganese, Mn | mg | 0.001 | | 0 | FLA | 4 | | 0.001 | 0.001 | 0.000 |
| Selenium, Se | mcg | 0.6 | | 0 | FLA | 4 | | 0.8 | 0.6 | 0.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Riboflavin | mg | 0.019 | | 0 | FLA | 4 | | 0.022 | 0.019 | 0.001 |
| Niacin | mg | 0.000 | 0.000 | 4 | | 1 | | 0.000 | 0.000 | 0.000 |
| Pantothenic acid | mg | 0.000 | 0.000 | 4 | | 1 | | 0.000 | 0.000 | 0.000 |
| Vitamin B-6 | mg | 0.000 | 0.000 | 4 | | 1 | | 0.000 | 0.000 | 0.000 |
| Folate, total | mcg | 0 | 0.000 | 4 | | 1 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLA | 4 | | 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 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.018 | | 0 | | 4 | | 0.022 | 0.018 | 0.001 |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0 | g | | | | | | | | | |

**NDB No. 19336**
**Sugars, powdered**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 16:0....g | 0.018 | | 0 | | 4 | | 0.022 | 0.018 | 0.001 |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.002 | | 0 | | 4 | | 0.002 | 0.002 | 0.000 |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.032 | | 0 | | 4 | | 0.038 | 0.032 | 0.003 |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.032 | | 0 | | 4 | | 0.038 | 0.032 | 0.003 |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.050 | | 0 | | 4 | | 0.060 | 0.050 | 0.004 |
| 18:2 undifferentiated....g | 0.050 | | 0 | | 4 | | 0.060 | 0.050 | 0.004 |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | 0.0 |
| Caffeine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Theobromine....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin....mcg | 0 | | 0 | FLA | 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 = 120g: 1 cup unsifted

Measure 2 = 100g: 1 cup sifted

Measure 3 = 8.0g: 1 tbsp unsifted

**Calories Factors: Protein** 3.5 **Fat** 8.4 **Carbohydrate** 3.9

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19345**

**Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup**

*Hershey Food Corp.*

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 64.32 | | 0 | NC | 4 | | 22.51 | | |
| Energy | kcal | 144 | | 0 | NC | 4 | | 50 | | |
| Energy | kj | 601 | | 0 | NC | 4 | | 210 | | |
| Protein | g | 0.71 | | 0 | FLM | 4 | | 0.25 | | |
| Total lipid (fat) | g | 0.52 | | 0 | FLM | 4 | | 0.18 | | |
| Ash | g | 0.44 | | 0 | FLM | 4 | | 0.16 | | |
| Carbohydrate, by difference | g | 34.01 | | 0 | NC | 4 | | 11.90 | | |
| Fiber, total dietary | g | 0.0 | | | LC | 8 | | 0.0 | | |
| Sugars, total | g | 28.57 | | | LC | 8 | | 10.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 11 | | 1 | MA | 12 | | 4 | | |
| Iron, Fe | mg | 0.62 | | 0 | FLM | 4 | | 0.22 | | |
| Magnesium, Mg | mg | 19 | | 0 | FLM | 4 | | 7 | | |
| Phosphorus, P | mg | 29 | | 0 | FLM | 4 | | 10 | | |
| Potassium, K | mg | 100 | | 0 | FLM | 4 | | 35 | | |
| Sodium, Na | mg | 100 | | | LC | 8 | | 35 | | |
| Zinc, Zn | mg | 0.26 | | 0 | FLM | 4 | | 0.09 | | |
| Copper, Cu | mg | 0.148 | | 0 | FLM | 4 | | 0.052 | | |
| Manganese, Mn | mg | 0.147 | | 0 | FLM | 4 | | 0.052 | | |
| Selenium, Se | mcg | 0.7 | | 0 | FLM | 4 | | 0.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | LC | 8 | | 0.0 | | |
| Thiamin | mg | 0.004 | | 0 | FLM | 4 | | 0.002 | | |
| Riboflavin | mg | 0.024 | | 0 | FLM | 4 | | 0.009 | | |
| Niacin | mg | 0.095 | | 0 | FLM | 4 | | 0.033 | | |
| Pantothenic acid | mg | 0.010 | | 0 | FLM | 4 | | 0.004 | | |
| Vitamin B-6 | mg | 0.005 | | 0 | FLM | 4 | | 0.002 | | |
| Folate, total | mcg | 1 | | 0 | FLM | 4 | | 0 | | |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | | |
| Folate, food | mcg | 1 | | 0 | FLM | 4 | | 0 | | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 0 | | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLM | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 0 | | | LC | 8 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLM | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | FLM | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLM | 4 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.1 | | 0 | FLM | 4 | | 0.0 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | | LC | 8 | | 0.000 | | |
| 4:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 8:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 10:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 12:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19345**

**Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 18:4.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 20:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:5 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| 22:6 n-3.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | | LC | 8 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 0.0 | | |
| Caffeine.....mg | 3 | | 0 | FLM | 4 | | 1 | | |
| Theobromine.....mg | 104 | | 0 | FLM | 4 | | 36 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | | |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | | |
| Lutein + zeaxanthin.....mcg | 1 | | 0 | FLM | 4 | | 0.521 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 35g: 2 tbsp

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19348**
**Syrups, chocolate, fudge-type**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 21.80 | | 2 | A | 1 | | 66.27 | 8.28 | |
| Energy | kcal | 350 | | 0 | NC | 4 | | 1064 | 133 | |
| Energy | kj | 1465 | | 0 | NC | 4 | | 4453 | 557 | |
| Protein (N x 6.25) | g | 4.60 | | 1 | A | 1 | | 13.98 | 1.75 | |
| Total lipid (fat) | g | 8.90 | | 1 | A | 1 | | 27.06 | 3.38 | |
| Ash | g | 1.80 | | 1 | A | 1 | | 5.47 | 0.68 | |
| Carbohydrate, by difference | g | 62.90 | | 0 | NC | 4 | | 191.22 | 23.90 | |
| Fiber, total dietary | g | 2.8 | | 1 | A | 1 | | 8.5 | 1.1 | |
| Sugars, total | g | 58.77 | | 0 | FLM | 4 | | 178.66 | 22.33 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 100 | | 0 | FLM | 4 | | 305 | 38 | |
| Iron, Fe | mg | 1.57 | | 0 | FLM | 4 | | 4.78 | 0.60 | |
| Magnesium, Mg | mg | 64 | | 0 | FLM | 4 | | 193 | 24 | |
| Phosphorus, P | mg | 168 | | 0 | FLM | 4 | | 511 | 64 | |
| Potassium, K | mg | 451 | | 0 | FLM | 4 | | 1371 | 171 | |
| Sodium, Na | mg | 346 | | 1 | A | 1 | | 1052 | 131 | |
| Zinc, Zn | mg | 0.84 | | 0 | FLM | 4 | | 2.57 | 0.32 | |
| Copper, Cu | mg | 0.353 | | 0 | FLM | 4 | | 1.074 | 0.134 | |
| Manganese, Mn | mg | 0.394 | | 0 | FLM | 4 | | 1.199 | 0.150 | |
| Selenium, Se | mcg | 4.7 | | 0 | FLM | 4 | | 14.3 | 1.8 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 0 | FLM | 4 | | 0.4 | 0.1 | |
| Thiamin | mg | 0.070 | | 0 | FLM | 4 | | 0.213 | 0.027 | |
| Riboflavin | mg | 0.282 | | 0 | FLM | 4 | | 0.856 | 0.107 | |
| Niacin | mg | 0.367 | | 0 | FLM | 4 | | 1.117 | 0.140 | |
| Pantothenic acid | mg | 0.611 | | 0 | FLM | 4 | | 1.857 | 0.232 | |
| Vitamin B-6 | mg | 0.075 | | 0 | FLM | 4 | | 0.228 | 0.029 | |
| Folate, total | mcg | 5 | | 0 | FLM | 4 | | 14 | 2 | |
| Folic acid | mcg | 0 | | 0 | FLM | 4 | | 0 | 0 | |
| Folate, food | mcg | 5 | | 0 | FLM | 4 | | 14 | 2 | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 14 | 2 | |
| Vitamin B-12 | mcg | 0.28 | | 0 | FLM | 4 | | 0.85 | 0.11 | |
| Vitamin A, IU | IU | 16 | | 0 | FLM | 4 | | 49 | 6 | |
| Vitamin A, RAE | mcg_RAE | 5 | | 0 | FLM | 4 | | 14 | 2 | |
| Retinol | mcg | 4 | | 0 | FLM | 4 | | 13 | 2 | |
| Vitamin E (alpha-tocopherol) | mg | 2.49 | | 0 | FLM | 4 | | 7.57 | 0.95 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.2 | | 0 | FLM | 4 | | 6.8 | 0.9 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.980 | | 1 | A | 1 | | 12.099 | 1.512 | |
| 4:0 | g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.018 | | 1 | A | 1 | | 0.055 | 0.007 | |
| 10:0 | g | 0.047 | | 1 | A | 1 | | 0.143 | 0.018 | |
| 12:0 | g | 0.056 | | 1 | A | 1 | | 0.170 | 0.021 | |
| 13:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 14:0 | g | 0.237 | | 1 | A | 1 | | 0.720 | 0.090 | |
| 15:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 16:0 | g | 1.801 | | 1 | A | 1 | | 5.475 | 0.684 | |
| 17:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 18:0 | g | 0.756 | | 1 | A | 1 | | 2.298 | 0.287 | |
| 20:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 22:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 24:0 | g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |

**NDB No. 19348**
**Syrups, chocolate, fudge-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 | 3.857 | | 0 | | 4 | | 11.725 | 1.466 | |
| 14:1.....g | 0.000 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.067 | | 1 | A | 1 | | 0.204 | 0.025 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 3.780 | | 1 | A | 1 | | 11.491 | 1.436 | |
| 20:1.....g | 0.010 | | 1 | A | 1 | | 0.030 | 0.004 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.278 | | 0 | | 4 | | 0.845 | 0.106 | |
| 18:2 undifferentiated.....g | 0.249 | | 1 | A | 1 | | 0.757 | 0.095 | |
| 18:3 undifferentiated.....g | 0.024 | | 1 | A | 1 | | 0.073 | 0.009 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.005 | | 1 | A | 1 | | 0.015 | 0.002 | |
| 20:5 n-3.....g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 2 | | 0 | FLM | 4 | | 6 | 1 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.070 | | 0 | FLA | 4 | | 0.213 | 0.027 | |
| Threonine.....g | 0.226 | | 0 | FLA | 4 | | 0.687 | 0.086 | |
| Isoleucine.....g | 0.219 | | 0 | FLA | 4 | | 0.666 | 0.083 | |
| Leucine.....g | 0.352 | | 0 | FLA | 4 | | 1.070 | 0.134 | |
| Lysine.....g | 0.296 | | 0 | FLA | 4 | | 0.900 | 0.112 | |
| Methionine.....g | 0.070 | | 0 | FLA | 4 | | 0.213 | 0.027 | |
| Cystine.....g | 0.066 | | 0 | FLA | 4 | | 0.201 | 0.025 | |
| Phenylalanine.....g | 0.192 | | 0 | FLA | 4 | | 0.584 | 0.073 | |
| Tyrosine.....g | 0.161 | | 0 | FLA | 4 | | 0.489 | 0.061 | |
| Valine.....g | 0.269 | | 0 | FLA | 4 | | 0.818 | 0.102 | |
| Arginine.....g | 0.203 | | 0 | FLA | 4 | | 0.617 | 0.077 | |
| Histidine.....g | 0.086 | | 0 | FLA | 4 | | 0.261 | 0.033 | |
| Alanine.....g | 0.206 | | 0 | FLA | 4 | | 0.626 | 0.078 | |
| Aspartic acid.....g | 0.444 | | 0 | FLA | 4 | | 1.350 | 0.169 | |
| Glutamic acid.....g | 0.761 | | 0 | FLA | 4 | | 2.313 | 0.289 | |
| Glycine.....g | 0.154 | | 0 | FLA | 4 | | 0.468 | 0.059 | |
| Proline.....g | 0.255 | | 0 | FLA | 4 | | 0.775 | 0.097 | |
| Serine.....g | 0.213 | | 0 | FLA | 4 | | 0.648 | 0.081 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLM | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 7 | | 0 | FLM | 4 | | 22 | 3 | |
| Theobromine.....mg | 247 | | 0 | FLM | 4 | | 752 | 94 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 1 | | 0 | FLM | 4 | | 2.570 | 0.321 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLM | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 4 | | 0 | FLM | 4 | | 10.796 | 1.350 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 304g: 1 cup

Measure 2 = 38g: 2 tbsp

**NDB No. 19348**
**Syrups, chocolate, fudge-type**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19349**
**Syrups, corn, dark**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 22.01 | 0.790 | 6 | JO | 11 | | 72.19 | 4.40 | |
| Energy | kcal | 286 | | 0 | NC | 4 | | 937 | 57 | |
| Energy | kj | 1195 | | 0 | NC | 4 | | 3918 | 239 | |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.00 | 0.037 | 5 | | 1 | | 0.00 | 0.00 | |
| Ash | g | 0.40 | 0.074 | 4 | | 1 | | 1.31 | 0.08 | |
| Carbohydrate, by difference | g | 77.59 | | 0 | NC | 4 | | 254.50 | 15.52 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 77.59 | | 0 | NR | 4 | | 254.50 | 15.52 | |
| Sucrose | g | | | | | | | | | |
| Glucose (dextrose) | g | | | | | | | | | |
| Fructose | g | | | | | | | | | |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 18 | | 1 | | 1 | | 59 | 4 | |
| Iron, Fe | mg | 0.37 | | 1 | | 1 | | 1.21 | 0.07 | |
| Magnesium, Mg | mg | 8 | | 1 | | 1 | | 26 | 2 | |
| Phosphorus, P | mg | 11 | | 1 | | 1 | | 36 | 2 | |
| Potassium, K | mg | 44 | | 1 | | 1 | | 144 | 9 | |
| Sodium, Na | mg | 155 | | 2 | | 1 | | 508 | 31 | |
| Zinc, Zn | mg | 0.04 | 0.014 | 5 | | 1 | | 0.13 | 0.01 | |
| Copper, Cu | mg | 0.053 | 0.009 | 5 | | 1 | | 0.174 | 0.011 | |
| Manganese, Mn | mg | 0.100 | 0.007 | 5 | | 1 | | 0.328 | 0.020 | |
| Selenium, Se | mcg | 2.9 | | 1 | AI | 13 | | 9.5 | 0.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.011 | | 2 | | 1 | | 0.036 | 0.002 | |
| Riboflavin | mg | 0.009 | | 2 | | 1 | | 0.030 | 0.002 | |
| Niacin | mg | 0.020 | | 2 | | 1 | | 0.066 | 0.004 | |
| Pantothenic acid | mg | 0.023 | | 2 | | 1 | | 0.075 | 0.005 | |
| Vitamin B-6 | mg | 0.009 | | 2 | | 1 | | 0.030 | 0.002 | |
| Folate, total | mcg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |

**NDB No. 19349**
**Syrups, corn, dark**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 18:2 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Carotene, alpha....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Lycopene....mcg | 0 | | 0 | NR | 4 | | 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 = 328g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein** 0 **Fat** 0 **Carbohydrate** 3.68

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19351**
**Syrups, corn, high-fructose**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 24.00 | 1.499 | 6 | | 1 | | 74.40 | 4.56 | |
| Energy | kcal | 281 | | 0 | NC | 4 | | 871 | 53 | |
| Energy | kj | 1176 | | | | 4 | | 3645 | 223 | |
| Protein (N x 6.25) | g | 0.00 | 0.000 | 3 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.00 | 0.000 | 3 | | 1 | | 0.00 | 0.00 | |
| Ash | g | 0.00 | 0.004 | 6 | | 1 | | 0.00 | 0.00 | |
| Carbohydrate, by difference | g | 76.00 | | 0 | NC | 4 | | 235.60 | 14.44 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 76.00 | | 0 | NR | 4 | | 235.60 | 14.44 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | 0.051 | 19 | | 1 | | 0 | 0 | |
| Iron, Fe | mg | 0.03 | 0.009 | 19 | | 1 | | 0.09 | 0.01 | |
| Magnesium, Mg | mg | 0 | 0.015 | 19 | | 1 | | 0 | 0 | |
| Phosphorus, P | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Potassium, K | mg | 0 | 0.005 | 16 | | 1 | | 0 | 0 | |
| Sodium, Na | mg | 2 | 0.491 | 19 | | 1 | | 6 | 0 | |
| Zinc, Zn | mg | 0.02 | 0.008 | 19 | | 1 | | 0.06 | 0.00 | |
| Copper, Cu | mg | 0.029 | 0.005 | 10 | | 1 | | 0.090 | 0.006 | |
| Manganese, Mn | mg | 0.094 | | 1 | | 4 | | 0.291 | 0.018 | |
| Selenium, Se | mcg | 0.7 | | 0 | BFSN | 4 | | 2.2 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.019 | 0.009 | 3 | | 1 | | 0.059 | 0.004 | |
| Niacin | mg | 0.000 | 0.000 | 3 | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | 0.011 | 0.011 | 3 | | 1 | | 0.034 | 0.002 | |
| Vitamin B-6 | mg | 0.000 | 0.000 | 3 | | 1 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | NR | 4 | | 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 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19351**
**Syrups, corn, high-fructose**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 0 | | 7 | | 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 | | 0 | | 7 | | 0.000 | 0.000 | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | NR | 4 | | 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 = 310g: 1 cup

Measure 2 = 19g: 1 tbsp

**Calories Factors: Protein** **Fat** **Carbohydrate** 3.7

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19350**
**Syrups, corn, light**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 20.07 | 1.828 | 7 | JO | 11 | | 65.84 | 4.01 | |
| Energy | kcal | 293 | | 0 | NC | 4 | | 961 | 59 | |
| Energy | kj | 1226 | | 0 | NC | 4 | | 4021 | 245 | |
| Protein (N x 6.25) | g | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.10 | 0.100 | 6 | JA | 6 | | 0.33 | 0.02 | |
| Ash | g | 0.20 | 0.200 | 5 | JA | 6 | | 0.66 | 0.04 | |
| Carbohydrate, by difference | g | 79.63 | | 0 | NC | 4 | | 261.18 | 15.93 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 79.63 | | 0 | NR | 4 | | 261.18 | 15.93 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | | 1 | | 1 | | 10 | 1 | |
| Iron, Fe | mg | 0.05 | | 1 | | 1 | | 0.16 | 0.01 | |
| Magnesium, Mg | mg | 2 | | 1 | | 1 | | 7 | 0 | |
| Phosphorus, P | mg | 2 | | 1 | | 1 | | 7 | 0 | |
| Potassium, K | mg | 4 | | 1 | | 1 | | 13 | 1 | |
| Sodium, Na | mg | 121 | | 2 | | 1 | | 397 | 24 | |
| Zinc, Zn | mg | 0.02 | 0.004 | 5 | | 1 | | 0.07 | 0.00 | |
| Copper, Cu | mg | 0.010 | 0.005 | 5 | | 1 | | 0.033 | 0.002 | |
| Manganese, Mn | mg | 0.088 | 0.019 | 5 | | 1 | | 0.289 | 0.018 | |
| Selenium, Se | mcg | 0.7 | | 0 | BFSN | 4 | | 2.3 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.011 | | 2 | | 1 | | 0.036 | 0.002 | |
| Riboflavin | mg | 0.009 | | 2 | | 1 | | 0.030 | 0.002 | |
| Niacin | mg | 0.020 | | 2 | | 1 | | 0.066 | 0.004 | |
| Pantothenic acid | mg | 0.023 | | 2 | | 1 | | 0.075 | 0.005 | |
| Vitamin B-6 | mg | 0.009 | | 2 | | 1 | | 0.030 | 0.002 | |
| Folate, total | mcg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | 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 | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19350**
**Syrups, corn, light**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | NR | 4 | | 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 = 328g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein** 0 **Fat** 0 **Carbohydrate** 3.68

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 43026**
**Syrups, dietetic**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 50.00 | | | | 4 | | 120.00 | 7.50 | |
| Energy | kcal | 40 | | | | 1 | | 96 | 6 | |
| Energy | kj | 167 | | | | 1 | | 402 | 25 | |
| Protein | g | 0.80 | | | | 1 | | 1.92 | 0.12 | |
| Total lipid (fat) | g | 0.00 | | | | 1 | | 0.00 | 0.00 | |
| Ash | g | 0.07 | | 0 | FLC | 4 | | 0.17 | 0.01 | |
| Carbohydrate, by difference | g | 49.20 | | | | 4 | | 118.08 | 7.38 | |
| Fiber, total dietary | g | 3.0 | | 0 | FLC | 4 | | 7.2 | 0.5 | |
| Sugars, total | g | 2.37 | | 0 | FLC | 4 | | 5.68 | 0.36 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | | | | 4 | | 0 | 0 | |
| Iron, Fe | mg | 0.00 | | | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg | mg | 0 | | | | 4 | | 0 | 0 | |
| Phosphorus, P | mg | 0 | | | | 4 | | 0 | 0 | |
| Potassium, K | mg | 0 | | | | 4 | | 0 | 0 | |
| Sodium, Na | mg | 21 | | | | 4 | | 50 | 3 | |
| Zinc, Zn | mg | 0.00 | | | | 4 | | 0.00 | 0.00 | |
| Copper, Cu | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Manganese, Mn | mg | 0.000 | | 0 | FLC | 4 | | 0.001 | 0.000 | |
| Selenium, Se | mcg | 0.5 | | 0 | BFSN | 4 | | 1.2 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Niacin | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | 0.002 | | 0 | FLC | 4 | | 0.004 | 0.000 | |
| Vitamin B-6 | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | | | 7 | | 0.000 | 0.000 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 43026**
**Syrups, dietetic**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | | | 7 | | 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 | | | | 7 | | 0.000 | 0.000 | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | | | 7 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 42040**
**Syrups, grenadine**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 32.40 | | | | 4 | | 6.48 | 2.17 | |
| Energy | kcal | 266 | | 0 | NC | 4 | | 53 | 18 | |
| Energy | kj | 1115 | | 0 | NC | 4 | | 223 | 75 | |
| Protein (N x 6.25) | g | 0.00 | | | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.00 | | | | 4 | | 0.00 | 0.00 | |
| Ash | g | 1.00 | | 0 | O | 4 | | 0.20 | 0.07 | |
| Carbohydrate, by difference | g | 66.60 | | 0 | NC | 4 | | 13.32 | 4.46 | |
| Fiber, total dietary | g | 0.0 | | | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 66.60 | | 0 | NR | 4 | | 13.32 | 4.46 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 6 | | | | 4 | | 1 | 0 | |
| Iron, Fe | mg | 0.05 | | | | 4 | | 0.01 | 0.00 | |
| Magnesium, Mg | mg | 4 | | | | 4 | | 1 | 0 | |
| Phosphorus, P | mg | 4 | | | | 4 | | 1 | 0 | |
| Potassium, K | mg | 28 | | | | 4 | | 6 | 2 | |
| Sodium, Na | mg | 27 | | | | 4 | | 5 | 2 | |
| Zinc, Zn | mg | 0.13 | | | | 4 | | 0.03 | 0.01 | |
| Copper, Cu | mg | 0.026 | | | | 4 | | 0.005 | 0.002 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 0.6 | | 0 | BFSN | 4 | | 0.1 | 0.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.010 | | | | 4 | | 0.002 | 0.001 | |
| Niacin | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Folate, food | mcg | 0 | | | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | | | 7 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | BFSN | 4 | | 0.00 | 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 | 0.0 | |
| **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. 42040**
**Syrups, grenadine**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 = 20g: 1 tbsp

Measure 2 = 6.7g: 1 tsp

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19352**
**Syrups, malt**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 21.10 | | 1 | | 1 | | 81.02 | 5.06 | |
| Energy | kcal | 318 | | 0 | NC | 4 | | 1221 | 76 | |
| Energy | kj | 1331 | | | | 4 | | 5109 | 319 | |
| Protein (N x 6.25) | g | 6.20 | | 1 | | 1 | | 23.81 | 1.49 | |
| Total lipid (fat) | g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Ash | g | 1.30 | | 1 | | 1 | | 4.99 | 0.31 | |
| Carbohydrate, by difference | g | 71.30 | | 0 | NC | 4 | | 273.79 | 17.11 | |
| Fiber, total dietary | g | 0.0 | | 0 | BFZN | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 61 | | 1 | | 1 | | 234 | 15 | |
| Iron, Fe | mg | 0.96 | | 1 | | 1 | | 3.69 | 0.23 | |
| Magnesium, Mg | mg | 72 | | 1 | | 1 | | 276 | 17 | |
| Phosphorus, P | mg | 236 | | 1 | | 1 | | 906 | 57 | |
| Potassium, K | mg | 320 | | 1 | | 1 | | 1229 | 77 | |
| Sodium, Na | mg | 35 | | 1 | | 1 | | 134 | 8 | |
| Zinc, Zn | mg | 0.14 | | 1 | | 1 | | 0.54 | 0.03 | |
| Copper, Cu | mg | 0.200 | | 1 | | 1 | | 0.768 | 0.048 | |
| Manganese, Mn | mg | 0.100 | | 1 | | 1 | | 0.384 | 0.024 | |
| Selenium, Se | mcg | 12.3 | | 0 | BFSN | 4 | | 47.2 | 3.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.011 | | 1 | | 4 | | 0.042 | 0.003 | |
| Riboflavin | mg | 0.393 | | 1 | | 1 | | 1.509 | 0.094 | |
| Niacin | mg | 8.120 | | 1 | | 1 | | 31.181 | 1.949 | |
| Pantothenic acid | mg | 0.171 | | 1 | | 1 | | 0.657 | 0.041 | |
| Vitamin B-6 | mg | 0.500 | | 1 | | 1 | | 1.920 | 0.120 | |
| Folate, total | mcg | 12 | | 1 | | 1 | | 46 | 3 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 12 | | 1 | | 1 | | 46 | 3 | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | 46 | 3 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 1 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.000 | | 0 | CAFN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated | g | 0.000 | | 0 | CAFN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated | g | 0.000 | | 0 | CAFN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.075 | | 0 | | 1 | | 0.288 | 0.018 | |
| Threonine | g | 0.208 | | 0 | | 1 | | 0.799 | 0.050 | |
| Isoleucine | g | 0.210 | | 0 | | 1 | | 0.806 | 0.050 | |
| Leucine | g | 0.378 | | 0 | | 1 | | 1.452 | 0.091 | |
| Lysine | g | 0.267 | | 0 | | 1 | | 1.025 | 0.064 | |
| Methionine | g | 0.110 | | 0 | | 1 | | 0.422 | 0.026 | |
| Cystine | g | 0.065 | | 0 | | 1 | | 0.250 | 0.016 | |

**NDB No. 19352**
**Syrups, malt**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Phenylalanine....g | 0.260 | | 0 | | 1 | | 0.998 | 0.062 | |
| Tyrosine....g | 0.169 | | 0 | | 1 | | 0.649 | 0.041 | |
| Valine....g | 0.304 | | 0 | | 1 | | 1.167 | 0.073 | |
| Arginine....g | 0.283 | | 0 | | 1 | | 1.087 | 0.068 | |
| Histidine....g | 0.132 | | 0 | | 1 | | 0.507 | 0.032 | |
| Alanine....g | 0.271 | | 0 | | 1 | | 1.041 | 0.065 | |
| Aspartic acid....g | 0.558 | | 0 | | 1 | | 2.143 | 0.134 | |
| Glutamic acid....g | 1.006 | | 0 | | 1 | | 3.863 | 0.241 | |
| Glycine....g | 0.252 | | 0 | | 1 | | 0.968 | 0.060 | |
| Proline....g | 0.459 | | 0 | | 1 | | 1.763 | 0.110 | |
| Serine....g | 0.232 | | 0 | | 1 | | 0.891 | 0.056 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | z | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 384g: 1 cup

Measure 2 = 24g: 1 tbsp

**Calories Factors:** **Protein** 3.87 **Fat** 8.37 **Carbohydrate** 4.12

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19353**
**Syrups, maple**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 32.11 | 0.429 | 7 | JA | 6 | | 103.41 | 6.42 | |
| Energy | kcal | 261 | | 0 | NC | 4 | | 841 | 52 | |
| Energy | kj | 1093 | | 0 | NC | 4 | | 3520 | 219 | |
| Protein (N x 6.25) | g | 0.00 | 0.010 | 3 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.20 | 0.116 | 3 | | 1 | | 0.64 | 0.04 | |
| Ash | g | 0.60 | 0.019 | 3 | | 1 | | 1.93 | 0.12 | |
| Carbohydrate, by difference | g | 67.09 | | 0 | NC | 4 | | 216.02 | 13.42 | |
| Fiber, total dietary | g | 0.0 | | 2 | LC | 8 | | 0.0 | 0.0 | |
| Sugars, total | g | 59.52 | | 0 | NR | 4 | | 191.67 | 11.90 | |
| Sucrose | g | 56.28 | 1.650 | 9 | AI | 13 | | 181.21 | 11.26 | |
| Glucose (dextrose) | g | 2.37 | 0.591 | 9 | AI | 13 | | 7.64 | 0.47 | |
| Fructose | g | 0.88 | 0.190 | 9 | AI | 13 | | 2.82 | 0.18 | |
| Lactose | g | | | | | | | | | |
| Maltose | g | | | | | | | | | |
| Galactose | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 67 | 3.466 | 10 | | 1 | | 216 | 13 | |
| Iron, Fe | mg | 1.20 | | 1 | | 4 | | 3.86 | 0.24 | |
| Magnesium, Mg | mg | 14 | 2.204 | 11 | | 1 | | 45 | 3 | |
| Phosphorus, P | mg | 2 | 0.929 | 3 | | 1 | | 6 | 0 | |
| Potassium, K | mg | 204 | 12.020 | 10 | | 1 | | 657 | 41 | |
| Sodium, Na | mg | 9 | 3.455 | 13 | | 1 | | 29 | 2 | |
| Zinc, Zn | mg | 4.16 | 0.700 | 10 | | 1 | | 13.40 | 0.83 | |
| Copper, Cu | mg | 0.074 | 0.015 | 10 | | 1 | | 0.238 | 0.015 | |
| Manganese, Mn | mg | 3.298 | 0.974 | 10 | | 1 | | 10.620 | 0.660 | |
| Selenium, Se | mcg | 0.6 | | 0 | BFSN | 4 | | 1.9 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 2 | LC | 8 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.006 | 0.001 | 3 | | 1 | | 0.019 | 0.001 | |
| Riboflavin | mg | 0.010 | 0.004 | 3 | | 1 | | 0.032 | 0.002 | |
| Niacin | mg | 0.030 | 0.000 | 3 | | 1 | | 0.097 | 0.006 | |
| Pantothenic acid | mg | 0.036 | 0.003 | 3 | | 1 | | 0.116 | 0.007 | |
| Vitamin B-6 | mg | 0.002 | 0.002 | 3 | | 1 | | 0.006 | 0.000 | |
| Folate, total | mcg | 0 | 0.167 | 3 | | 1 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | 0.167 | 3 | | 1 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 2 | LC | 8 | | 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 | 0.00 | | 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 | 0.036 | | 0 | | 4 | | 0.116 | 0.007 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |

**NDB No. 19353**
**Syrups, maple**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.036 | | 0 | | 4 | | 0.116 | 0.007 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.004 | | 0 | | 4 | | 0.013 | 0.001 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.064 | | 0 | | 4 | | 0.206 | 0.013 | |
| 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 | 0.064 | | 0 | | 4 | | 0.206 | 0.013 | |
| 20:1....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.100 | | 0 | | 4 | | 0.322 | 0.020 | |
| 18:2 undifferentiated....g | 0.100 | | 0 | | 4 | | 0.322 | 0.020 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 0 | | 2 | LC | 8 | | 0 | 0 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Carotene, alpha....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | NR | 4 | | 0.000 | 0.000 | |
| Lycopene....mcg | 0 | | 0 | NR | 4 | | 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 = 322g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.87

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19355**
**Syrups, sorghum**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 22.70 | | 0 | O | 4 | | 74.91 | 4.77 | |
| Energy | kcal | 290 | | 0 | NC | 4 | | 957 | 61 | |
| Energy | kj | 1213 | | 0 | NC | 4 | | 4002 | 255 | |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Ash | g | 2.40 | | 1 | | 1 | | 7.92 | 0.50 | |
| Carbohydrate, by difference | g | 74.90 | | 0 | NC | 4 | | 247.17 | 15.73 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 74.90 | | 0 | NR | 4 | | 247.17 | 15.73 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 150 | | 1 | | 1 | | 495 | 32 | |
| Iron, Fe | mg | 3.80 | | 1 | | 1 | | 12.54 | 0.80 | |
| Magnesium, Mg | mg | 100 | | 1 | | 1 | | 330 | 21 | |
| Phosphorus, P | mg | 56 | | 1 | | 1 | | 185 | 12 | |
| Potassium, K | mg | 1000 | | 1 | | 1 | | 3300 | 210 | |
| Sodium, Na | mg | 8 | | 1 | | 1 | | 26 | 2 | |
| Zinc, Zn | mg | 0.41 | | 1 | | 1 | | 1.35 | 0.09 | |
| Copper, Cu | mg | 0.130 | | 1 | | 1 | | 0.429 | 0.027 | |
| Manganese, Mn | mg | 1.530 | | 1 | | 4 | | 5.049 | 0.321 | |
| Selenium, Se | mcg | 1.7 | | 1 | AI | 13 | | 5.6 | 0.4 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 1 | | 4 | | 0.330 | 0.021 | |
| Riboflavin | mg | 0.155 | | 1 | | 1 | | 0.512 | 0.033 | |
| Niacin | mg | 0.100 | | 1 | | 4 | | 0.330 | 0.021 | |
| Pantothenic acid | mg | 0.804 | | 1 | | 4 | | 2.653 | 0.169 | |
| Vitamin B-6 | mg | 0.670 | | 1 | | 4 | | 2.211 | 0.141 | |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19355**
**Syrups, sorghum**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 0 | | 7 | | 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 | | 0 | | 7 | | 0.000 | 0.000 | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 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 = 330g: 1 cup

Measure 2 = 21g: 1 tbsp

**Calories Factors: Protein** **Fat** **Carbohydrate** 3.87

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19361**
**Syrups, table blends, cane and 15% maple**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 30.10 | | 0 | BFZN | 4 | | 94.82 | 6.02 | |
| Energy | kcal | 278 | | 0 | NC | 4 | | 877 | 56 | |
| Energy | kj | 1165 | | 0 | NC | 4 | | 3669 | 233 | |
| Protein (N x 6.25) | g | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.03 | | 0 | FLA | 4 | | 0.11 | 0.01 | |
| Ash | g | 0.35 | | 0 | FLA | 4 | | 1.10 | 0.07 | |
| Carbohydrate, by difference | g | 69.52 | | 0 | NC | 4 | | 218.98 | 13.90 | |
| Fiber, total dietary | g | 0.1 | | 0 | FLA | 4 | | 0.5 | 0.0 | |
| Sugars, total | g | 69.37 | | 0 | NR | 4 | | 218.52 | 13.87 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 12 | | 0 | FLA | 4 | | 39 | 2 | |
| Iron, Fe | mg | 0.19 | | 0 | FLA | 4 | | 0.59 | 0.04 | |
| Magnesium, Mg | mg | 2 | | 0 | FLA | 4 | | 7 | 0 | |
| Phosphorus, P | mg | 0 | | 0 | FLA | 4 | | 1 | 0 | |
| Potassium, K | mg | 53 | | 0 | FLA | 4 | | 166 | 11 | |
| Sodium, Na | mg | 104 | | 0 | FLA | 4 | | 328 | 21 | |
| Zinc, Zn | mg | 0.63 | | 0 | FLA | 4 | | 1.98 | 0.13 | |
| Copper, Cu | mg | 0.017 | | 0 | FLA | 4 | | 0.053 | 0.003 | |
| Manganese, Mn | mg | 0.495 | | 0 | FLA | 4 | | 1.559 | 0.099 | |
| Selenium, Se | mcg | 0.5 | | 0 | FLA | 4 | | 1.5 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.001 | | 0 | FLA | 4 | | 0.003 | 0.000 | |
| Riboflavin | mg | 0.014 | | 0 | FLA | 4 | | 0.044 | 0.003 | |
| Niacin | mg | 0.005 | | 0 | FLA | 4 | | 0.015 | 0.001 | |
| Pantothenic acid | mg | 0.005 | | 0 | FLA | 4 | | 0.017 | 0.001 | |
| Vitamin B-6 | mg | 0.000 | | 0 | FLA | 4 | | 0.001 | 0.000 | |
| Folate, total | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.020 | | 0 | FLA | 4 | | 0.062 | 0.004 | |
| 4:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.018 | | 0 | FLA | 4 | | 0.056 | 0.004 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.002 | | 0 | FLA | 4 | | 0.006 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19361**
**Syrups, table blends, cane and 15% maple**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.032 | | 0 | FLA | 4 | | 0.101 | 0.006 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.001 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.031 | | 0 | FLA | 4 | | 0.098 | 0.006 | |
| 20:1.....g | 0.000 | | 0 | FLA | 4 | | 0.001 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.050 | | 0 | FLA | 4 | | 0.157 | 0.010 | |
| 18:2 undifferentiated.....g | 0.046 | | 0 | FLA | 4 | | 0.144 | 0.009 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | FLA | 4 | | 0.001 | 0.000 | |
| 20:5 n-3.....g | 0.004 | | 0 | FLA | 4 | | 0.012 | 0.001 | |
| 22:5 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLA | 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 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19362**
**Syrups, table blends, corn, refiner, and sugar**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 15.60 | | 1 | | 1 | | 49.30 | 3.12 | |
| Energy | kcal | 319 | | 0 | | 4 | | 1008 | 64 | |
| Energy | kj | 1335 | | | | 4 | | 4218 | 267 | |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Ash | g | 0.50 | | 1 | | 1 | | 1.58 | 0.10 | |
| Carbohydrate, by difference | g | 83.90 | | 0 | NC | 4 | | 265.12 | 16.78 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 23 | | 1 | | 1 | | 73 | 5 | |
| Iron, Fe | mg | 0.74 | | 1 | | 1 | | 2.34 | 0.15 | |
| Magnesium, Mg | mg | 9 | | 1 | | 1 | | 28 | 2 | |
| Phosphorus, P | mg | 8 | | 1 | | 1 | | 25 | 2 | |
| Potassium, K | mg | 63 | | 1 | | 1 | | 199 | 13 | |
| Sodium, Na | mg | 71 | | 1 | | 1 | | 224 | 14 | |
| Zinc, Zn | mg | 0.03 | | 1 | | 1 | | 0.09 | 0.01 | |
| Copper, Cu | mg | 0.060 | | 1 | | 1 | | 0.190 | 0.012 | |
| Manganese, Mn | mg | 0.088 | | 1 | | 4 | | 0.278 | 0.018 | |
| Selenium, Se | mcg | 0.8 | | 0 | BFSN | 4 | | 2.5 | 0.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.006 | | 1 | | 1 | | 0.019 | 0.001 | |
| Riboflavin | mg | 0.047 | | 1 | | 1 | | 0.149 | 0.009 | |
| Niacin | mg | 0.020 | | 1 | | 1 | | 0.063 | 0.004 | |
| Pantothenic acid | mg | 0.035 | | 1 | | 1 | | 0.111 | 0.007 | |
| Vitamin B-6 | mg | 0.009 | | 1 | | 4 | | 0.028 | 0.002 | |
| Folate, total | mcg | 3 | | 1 | | 1 | | 9 | 1 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 3 | | 1 | | 1 | | 9 | 1 | |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 9 | 1 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 316g: 1 cup

**NDB No. 19362**
**Syrups, table blends, corn, refiner, and sugar**

Measure 2 = 20g: 1 tbsp

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19129**
**Syrups, table blends, pancake**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 37.98 | | 0 | FLC | 4 | | 119.25 | 7.60 | |
| Energy | kcal | 234 | | 0 | NC | 4 | | 733 | 47 | |
| Energy | kj | 977 | | 0 | NC | 4 | | 3069 | 195 | |
| Protein (N x 6.25) | g | 0.00 | | 2 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.00 | | 2 | | 1 | | 0.00 | 0.00 | |
| Ash | g | 0.13 | | 0 | FLC | 4 | | 0.42 | 0.03 | |
| Carbohydrate, by difference | g | 61.47 | | 1 | LC | 8 | | 193.00 | 12.29 | |
| Fiber, total dietary | g | 0.7 | | 0 | FLC | 4 | | 2.3 | 0.1 | |
| Sugars, total | g | 60.71 | | 0 | FLC | 4 | | 190.63 | 12.14 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | 0.246 | 18 | A | 1 | | 10 | 1 | |
| Iron, Fe | mg | 0.03 | 0.011 | 18 | A | 1 | | 0.10 | 0.01 | |
| Magnesium, Mg | mg | 2 | 0.166 | 18 | A | 1 | | 6 | 0 | |
| Phosphorus, P | mg | 9 | 1.462 | 18 | A | 1 | | 29 | 2 | |
| Potassium, K | mg | 15 | 1.432 | 18 | A | 1 | | 48 | 3 | |
| Sodium, Na | mg | 82 | 7.230 | 18 | A | 1 | | 259 | 16 | |
| Zinc, Zn | mg | 0.08 | 0.017 | 18 | A | 1 | | 0.24 | 0.02 | |
| Copper, Cu | mg | 0.032 | | 0 | FLC | 4 | | 0.101 | 0.006 | |
| Manganese, Mn | mg | 0.068 | 0.013 | 18 | A | 1 | | 0.213 | 0.014 | |
| Selenium, Se | mcg | 0.0 | 0.037 | 20 | JA | 6 | | 0.1 | 0.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.006 | | 0 | FLC | 4 | | 0.019 | 0.001 | |
| Riboflavin | mg | 0.009 | | 0 | FLC | 4 | | 0.027 | 0.002 | |
| Niacin | mg | 0.011 | | 0 | FLC | 4 | | 0.034 | 0.002 | |
| Pantothenic acid | mg | 0.014 | | 0 | FLC | 4 | | 0.043 | 0.003 | |
| Vitamin B-6 | mg | 0.005 | | 0 | FLC | 4 | | 0.015 | 0.001 | |
| Folate, total | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 1 | LC | 8 | | 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. 19129**
**Syrups, table blends, pancake**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 1 | LC | 8 | | 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 | | 1 | LC | 8 | | 0.000 | 0.000 | |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 314g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19128**
**Syrups, table blends, pancake, reduced-calorie**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 54.90 | | 1 | | 4 | | 131.76 | 8.24 | 15.56 |
| Energy | kcal | 164 | | 0 | | 4 | | 394 | 25 | 46 |
| Energy | kj | 686 | | | | 4 | | 1647 | 103 | 195 |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Total lipid (fat) | g | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Ash | g | 0.70 | | 1 | | 4 | | 1.68 | 0.11 | 0.20 |
| Carbohydrate, by difference | g | 44.30 | | 0 | NC | 4 | | 106.32 | 6.65 | 12.56 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 32.80 | | 2 | LC | 8 | | 78.72 | 4.92 | 9.30 |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 1 | | 1 | | 4 | | 2 | 0 | 0 |
| Iron, Fe | mg | 0.02 | | 1 | | 4 | | 0.05 | 0.00 | 0.01 |
| Magnesium, Mg | mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Phosphorus, P | mg | 43 | | 1 | | 4 | | 103 | 6 | 12 |
| Potassium, K | mg | 3 | | 1 | | 4 | | 7 | 0 | 1 |
| Sodium, Na | mg | 200 | 17.901 | 4 | | 1 | | 480 | 30 | 57 |
| Zinc, Zn | mg | 0.02 | | 1 | | 4 | | 0.05 | 0.00 | 0.01 |
| Copper, Cu | mg | 0.003 | | 1 | | 4 | | 0.007 | 0.000 | 0.001 |
| Manganese, Mn | mg | 0.088 | | 1 | | 4 | | 0.211 | 0.013 | 0.025 |
| Selenium, Se | mcg | 0.4 | | 0 | BFSN | 4 | | 1.0 | 0.1 | 0.1 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.011 | | 1 | | 4 | | 0.026 | 0.002 | 0.003 |
| Riboflavin | mg | 0.009 | | 1 | | 4 | | 0.022 | 0.001 | 0.003 |
| Niacin | mg | 0.020 | | 1 | | 4 | | 0.048 | 0.003 | 0.006 |
| Pantothenic acid | mg | 0.023 | | 1 | | 4 | | 0.055 | 0.003 | 0.007 |
| Vitamin B-6 | mg | 0.000 | | 1 | | 4 | | 0.000 | 0.000 | 0.000 |
| Folate, total | mcg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, food | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLC | 4 | | 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 | FLC | 4 | | 0.0 | 0.0 | 0.0 |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19128**
**Syrups, table blends, pancake, reduced-calorie**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | | 7 | | 0.000 | 0.000 | 0.000 |
| 18:2 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | | 4 | | 0 | 0 | 0 |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | 0 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.090 | 0.006 | 0.011 |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin.....mcg | 1 | | 0 | FLC | 4 | | 1.263 | 0.079 | 0.149 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 28.35g: 1 oz

**Calories Factors: Protein** **Fat** **Carbohydrate** 3.7

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19360**
**Syrups, table blends, pancake, with 2% maple**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 30.10 | 1.274 | 3 | | 1 | | 94.82 | 6.02 | |
| Energy | kcal | 265 | | 0 | NC | 4 | | 835 | 53 | |
| Energy | kj | 1109 | | | | 4 | | 3493 | 222 | |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.10 | 0.060 | 3 | | 1 | | 0.32 | 0.02 | |
| Ash | g | 0.20 | 0.064 | 3 | | 1 | | 0.63 | 0.04 | |
| Carbohydrate, by difference | g | 69.60 | | 0 | NC | 4 | | 219.24 | 13.92 | |
| Fiber, total dietary | g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 63.90 | | 0 | FLC | 4 | | 201.29 | 12.78 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 5 | | 2 | | 1 | | 16 | 1 | |
| Iron, Fe | mg | 0.07 | | 2 | | 1 | | 0.22 | 0.01 | |
| Magnesium, Mg | mg | 2 | | 2 | | 1 | | 6 | 0 | |
| Phosphorus, P | mg | 10 | | 2 | | 1 | | 32 | 2 | |
| Potassium, K | mg | 6 | | 1 | | 1 | | 19 | 1 | |
| Sodium, Na | mg | 61 | 10.136 | 7 | | 1 | | 192 | 12 | |
| Zinc, Zn | mg | 0.23 | | 2 | | 1 | | 0.72 | 0.05 | |
| Copper, Cu | mg | 0.045 | | 2 | | 1 | | 0.142 | 0.009 | |
| Manganese, Mn | mg | 0.185 | | 2 | | 1 | | 0.583 | 0.037 | |
| Selenium, Se | mcg | 0.4 | | 0 | FLC | 4 | | 1.4 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.005 | | 2 | | 1 | | 0.016 | 0.001 | |
| Riboflavin | mg | 0.017 | | 2 | | 1 | | 0.054 | 0.003 | |
| Niacin | mg | 0.003 | | 0 | FLC | 4 | | 0.009 | 0.001 | |
| Pantothenic acid | mg | 0.008 | | 2 | | 1 | | 0.025 | 0.002 | |
| Vitamin B-6 | mg | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.018 | | 0 | | 4 | | 0.057 | 0.004 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.018 | | 0 | | 4 | | 0.057 | 0.004 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.002 | | 0 | | 4 | | 0.006 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19360**
**Syrups, table blends, pancake, with 2% maple**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.032 | | 0 | | 4 | | 0.101 | 0.006 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.032 | | 0 | | 4 | | 0.101 | 0.006 | |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.050 | | 0 | | 4 | | 0.158 | 0.010 | |
| 18:2 undifferentiated.....g | 0.050 | | 0 | | 4 | | 0.158 | 0.010 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 1 | LC | 8 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19720**
**Syrups, table blends, pancake, with 2% maple, with added potassium**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 30.10 | 1.274 | 3 | | 1 | | 94.82 | 6.02 | |
| Energy | kcal | 265 | | 0 | NC | 4 | | 835 | 53 | |
| Energy | kj | 1109 | | | | 4 | | 3493 | 222 | |
| Protein (N x 6.25) | g | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 0.10 | 0.060 | 3 | | 1 | | 0.32 | 0.02 | |
| Ash | g | 0.20 | 0.064 | 3 | | 1 | | 0.63 | 0.04 | |
| Carbohydrate, by difference | g | 69.60 | | 0 | NC | 4 | | 219.24 | 13.92 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 5 | | 2 | | 1 | | 16 | 1 | |
| Iron, Fe | mg | 0.07 | | 2 | | 1 | | 0.22 | 0.01 | |
| Magnesium, Mg | mg | 2 | | 2 | | 1 | | 6 | 0 | |
| Phosphorus, P | mg | 10 | | 2 | | 1 | | 32 | 2 | |
| Potassium, K | mg | 22 | | 0 | | 1 | | 69 | 4 | |
| Sodium, Na | mg | 61 | 10.136 | 7 | | 1 | | 192 | 12 | |
| Zinc, Zn | mg | 0.23 | | 2 | | 1 | | 0.72 | 0.05 | |
| Copper, Cu | mg | 0.045 | | 2 | | 1 | | 0.142 | 0.009 | |
| Manganese, Mn | mg | 0.185 | | 2 | | 1 | | 0.583 | 0.037 | |
| Selenium, Se | mcg | 0.6 | | 0 | BFSN | 4 | | 1.9 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.005 | | 2 | | 1 | | 0.016 | 0.001 | |
| Riboflavin | mg | 0.017 | | 2 | | 1 | | 0.054 | 0.003 | |
| Niacin | mg | 0.020 | | 1 | | 4 | | 0.063 | 0.004 | |
| Pantothenic acid | mg | 0.008 | | 2 | | 1 | | 0.025 | 0.002 | |
| Vitamin B-6 | mg | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 2 | | 1 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (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 | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 0 | | 1 | | 4 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 315g: 1 cup

**NDB No. 19720**

**Syrups, table blends, pancake, with 2% maple, with added potassium**

Measure 2 = 20g: 1 tbsp

**Calories Factors:** **Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19113**
**Syrups, table blends, pancake, with butter**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 24.00 | | 0 | | 1 | | 75.60 | 4.80 | |
| Energy | kcal | 296 | | 0 | NC | 4 | | 932 | 59 | |
| Energy | kj | 1238 | | | | 4 | | 3901 | 248 | |
| Protein (N x 0) | g | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Total lipid (fat) | g | 1.60 | | 0 | | 1 | | 5.04 | 0.32 | |
| Ash | g | 0.20 | | 0 | | 1 | | 0.63 | 0.04 | |
| Carbohydrate, by difference | g | 74.10 | | 0 | NC | 4 | | 233.42 | 14.82 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 2 | | 0 | | 1 | | 6 | 0 | |
| Iron, Fe | mg | 0.09 | | 0 | | 1 | | 0.28 | 0.02 | |
| Magnesium, Mg | mg | 2 | | 0 | | 1 | | 6 | 0 | |
| Phosphorus, P | mg | 10 | | 0 | | 1 | | 32 | 2 | |
| Potassium, K | mg | 3 | | 0 | | 1 | | 9 | 1 | |
| Sodium, Na | mg | 98 | | 0 | | 1 | | 309 | 20 | |
| Zinc, Zn | mg | 0.04 | | 0 | | 1 | | 0.13 | 0.01 | |
| Copper, Cu | mg | 0.209 | | 0 | | 1 | | 0.658 | 0.042 | |
| Manganese, Mn | mg | 0.086 | | 0 | | 1 | | 0.271 | 0.017 | |
| Selenium, Se | mcg | 0.7 | | 0 | RA | 4 | | 2.2 | 0.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.011 | | 0 | | 1 | | 0.035 | 0.002 | |
| Riboflavin | mg | 0.009 | | 0 | | 1 | | 0.028 | 0.002 | |
| Niacin | mg | 0.020 | | 0 | | 1 | | 0.063 | 0.004 | |
| Pantothenic acid | mg | 0.025 | | 0 | | 1 | | 0.079 | 0.005 | |
| Vitamin B-6 | mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Folate, total | mcg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Folate, DFE | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 61 | | 0 | | 1 | | 192 | 12 | |
| Vitamin A, RAE | mcg_RAE | 14 | | 0 | NC | 4 | | 44 | 3 | |
| Retinol | mcg | 13 | | 0 | NC | 4 | | 41 | 3 | |
| Vitamin E (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 | 1.010 | | 0 | | 1 | | 3.182 | 0.202 | |
| 4:0 | g | 0.050 | | 0 | | 1 | | 0.158 | 0.010 | |
| 6:0 | g | 0.030 | | 0 | | 1 | | 0.095 | 0.006 | |
| 8:0 | g | 0.020 | | 0 | | 1 | | 0.063 | 0.004 | |
| 10:0 | g | 0.040 | | 0 | | 1 | | 0.126 | 0.008 | |
| 12:0 | g | 0.050 | | 0 | | 1 | | 0.158 | 0.010 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.160 | | 0 | | 1 | | 0.504 | 0.032 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.430 | | 0 | | 1 | | 1.355 | 0.086 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.200 | | 0 | | 1 | | 0.630 | 0.040 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19113**
**Syrups, table blends, pancake, with butter**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.470 | | 0 | | 1 | | 1.481 | 0.094 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.040 | | 0 | | 1 | | 0.126 | 0.008 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.410 | | 0 | | 1 | | 1.292 | 0.082 | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.060 | | 0 | | 1 | | 0.189 | 0.012 | |
| 18:2 undifferentiated.....g | 0.040 | | 0 | | 1 | | 0.126 | 0.008 | |
| 18:3 undifferentiated.....g | 0.020 | | 0 | | 1 | | 0.063 | 0.004 | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 4 | | 0 | | 1 | | 13 | 1 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Threonine.....g | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | |
| Isoleucine.....g | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | |
| Leucine.....g | 0.002 | | 0 | | 1 | | 0.006 | 0.000 | |
| Lysine.....g | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | |
| Methionine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Cystine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phenylalanine.....g | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | |
| Tyrosine.....g | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | |
| Valine.....g | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | |
| Arginine.....g | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | |
| Histidine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Alanine.....g | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | |
| Aspartic acid.....g | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | |
| Glutamic acid.....g | 0.004 | | 0 | | 1 | | 0.013 | 0.001 | |
| Glycine.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Proline.....g | 0.002 | | 0 | | 1 | | 0.006 | 0.000 | |
| Serine.....g | 0.001 | | 0 | | 1 | | 0.003 | 0.000 | |
| Hydroxyproline.....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19364**
**Toppings, butterscotch or caramel**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 32.00 | | 1 | | 4 | | 13.12 | | |
| Energy | kcal | 252 | | 0 | | 4 | | 103 | | |
| Energy | kj | 1054 | | | | 4 | | 432 | | |
| Protein (N x 6.38) | g | 1.50 | | 2 | | 1 | | 0.62 | | |
| Total lipid (fat) | g | 0.10 | | 2 | | 1 | | 0.04 | | |
| Ash | g | 0.50 | | 1 | | 4 | | 0.21 | | |
| Carbohydrate, by difference | g | 65.90 | | 0 | NC | 4 | | 27.02 | | |
| Fiber, total dietary | g | 0.9 | | 0 | | 4 | | 0.4 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 53 | | 2 | | 1 | | 22 | | |
| Iron, Fe | mg | 0.20 | | 2 | | 1 | | 0.08 | | |
| Magnesium, Mg | mg | 7 | | 1 | | 1 | | 3 | | |
| Phosphorus, P | mg | 47 | | 1 | | 4 | | 19 | | |
| Potassium, K | mg | 84 | | 1 | | 4 | | 34 | | |
| Sodium, Na | mg | 349 | | 1 | | 4 | | 143 | | |
| Zinc, Zn | mg | 0.19 | | 1 | | 4 | | 0.08 | | |
| Copper, Cu | mg | 0.024 | | 1 | | 4 | | 0.010 | | |
| Manganese, Mn | mg | 0.050 | | 1 | | 4 | | 0.021 | | |
| Selenium, Se | mcg | 0.0 | | 0 | BFFN | 4 | | 0.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 1 | | 4 | | 0.1 | | |
| Thiamin | mg | 0.012 | | 1 | | 4 | | 0.005 | | |
| Riboflavin | mg | 0.095 | | 2 | | 1 | | 0.039 | | |
| Niacin | mg | 0.039 | | 1 | | 4 | | 0.016 | | |
| Pantothenic acid | mg | 0.158 | | 1 | | 4 | | 0.065 | | |
| Vitamin B-6 | mg | 0.014 | | 1 | | 4 | | 0.006 | | |
| Folate, total | mcg | 2 | | 1 | | 4 | | 1 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 2 | | 1 | | 4 | | 1 | | |
| Folate, DFE | mcg_DFE | 2 | | 0 | NC | 4 | | 1 | | |
| Vitamin B-12 | mcg | 0.09 | | 1 | | 4 | | 0.04 | | |
| Vitamin A, IU | IU | 90 | | 1 | | 4 | | 37 | | |
| Vitamin A, RAE | mcg_RAE | 27 | | 0 | NC | 4 | | 11 | | |
| Retinol | mcg | 27 | | 0 | O | 4 | | 11 | | |
| Vitamin E (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 | 0.110 | | 0 | | 1 | | 0.045 | | |
| 4:0 | g | 0.000 | | 1 | | 1 | | 0.000 | | |
| 6:0 | g | 0.000 | | 1 | | 1 | | 0.000 | | |
| 8:0 | g | 0.010 | | 1 | | 1 | | 0.004 | | |
| 10:0 | g | 0.010 | | 1 | | 1 | | 0.004 | | |
| 12:0 | g | 0.040 | | 1 | | 1 | | 0.016 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.020 | | 1 | | 1 | | 0.008 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.020 | | 1 | | 1 | | 0.008 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.010 | | 1 | | 1 | | 0.004 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19364**
**Toppings, butterscotch or caramel**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.020 | | 0 | | 1 | | 0.008 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.020 | | 1 | | 1 | | 0.008 | | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 18:2 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | | |
| 18:3 undifferentiated.....g | 0.000 | | 1 | | 1 | | 0.000 | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 1 | | 1 | | 4 | | 0 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.020 | | 0 | | 1 | | 0.008 | | |
| Threonine.....g | 0.066 | | 0 | | 1 | | 0.027 | | |
| Isoleucine.....g | 0.088 | | 0 | | 1 | | 0.036 | | |
| Leucine.....g | 0.143 | | 0 | | 1 | | 0.059 | | |
| Lysine.....g | 0.116 | | 0 | | 1 | | 0.048 | | |
| Methionine.....g | 0.036 | | 0 | | 1 | | 0.015 | | |
| Cystine.....g | 0.013 | | 0 | | 1 | | 0.005 | | |
| Phenylalanine.....g | 0.070 | | 0 | | 1 | | 0.029 | | |
| Tyrosine.....g | 0.070 | | 0 | | 1 | | 0.029 | | |
| Valine.....g | 0.098 | | 0 | | 1 | | 0.040 | | |
| Arginine.....g | 0.053 | | 0 | | 1 | | 0.022 | | |
| Histidine.....g | 0.040 | | 0 | | 1 | | 0.016 | | |
| Alanine.....g | 0.050 | | 0 | | 1 | | 0.021 | | |
| Aspartic acid.....g | 0.111 | | 0 | | 1 | | 0.046 | | |
| Glutamic acid.....g | 0.305 | | 0 | | 1 | | 0.125 | | |
| Glycine.....g | 0.031 | | 0 | | 1 | | 0.013 | | |
| Proline.....g | 0.141 | | 0 | | 1 | | 0.058 | | |
| Serine.....g | 0.079 | | 0 | | 1 | | 0.032 | | |
| Hydroxyproline.....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 41g: 2 tbsp

**Calories Factors: Protein** 4.27 **Fat** 8.8 **Carbohydrate** 3.7

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19365**
**Toppings, marshmallow cream**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 19.80 | | 1 | A | 1 | | 5.61 | 39.20 | |
| Energy | kcal | 322 | | 0 | NC | 4 | | 91 | 638 | |
| Energy | kj | 1347 | | | | 4 | | 382 | 2668 | |
| Protein (N x 0) | g | 0.80 | | 1 | A | 1 | | 0.23 | 1.58 | |
| Total lipid (fat) | g | 0.30 | | 1 | A | 1 | | 0.09 | 0.59 | |
| Ash | g | 0.10 | | 1 | A | 1 | | 0.03 | 0.20 | |
| Carbohydrate, by difference | g | 79.00 | | 0 | NC | 4 | | 22.40 | 156.42 | |
| Fiber, total dietary | g | 0.1 | | 0 | BFSN | 4 | | 0.0 | 0.2 | |
| Sugars, total | g | 46.80 | | 1 | A | 1 | | 13.27 | 92.66 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | | 0 | BFSN | 4 | | 1 | 6 | |
| Iron, Fe | mg | 0.22 | | 0 | BFSN | 4 | | 0.06 | 0.44 | |
| Magnesium, Mg | mg | 2 | | 0 | BFSN | 4 | | 1 | 4 | |
| Phosphorus, P | mg | 8 | | 0 | BFSN | 4 | | 2 | 16 | |
| Potassium, K | mg | 5 | | 0 | BFSN | 4 | | 1 | 10 | |
| Sodium, Na | mg | 80 | 12.963 | 3 | LC | 8 | | 23 | 158 | |
| Zinc, Zn | mg | 0.04 | | 0 | BFSN | 4 | | 0.01 | 0.08 | |
| Copper, Cu | mg | 0.095 | | 0 | BFSN | 4 | | 0.027 | 0.188 | |
| Manganese, Mn | mg | 0.008 | | 0 | BFSN | 4 | | 0.002 | 0.016 | |
| Selenium, Se | mcg | 1.9 | | 0 | BFZN | 4 | | 0.5 | 3.8 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | BFSN | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.001 | | 0 | BFSN | 4 | | 0.000 | 0.002 | |
| Riboflavin | mg | 0.001 | | 0 | BFSN | 4 | | 0.000 | 0.002 | |
| Niacin | mg | 0.076 | | 0 | BFSN | 4 | | 0.022 | 0.150 | |
| Pantothenic acid | mg | 0.005 | | 0 | BFSN | 4 | | 0.001 | 0.010 | |
| Vitamin B-6 | mg | 0.002 | | 0 | BFSN | 4 | | 0.001 | 0.004 | |
| Folate, total | mcg | 1 | | 0 | BFSN | 4 | | 0 | 2 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 1 | | 0 | BFSN | 4 | | 0 | 2 | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 2 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | BFSN | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 1 | | 0 | BFSN | 4 | | 0 | 2 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | | 7 | | 0.00 | 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 | 0.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.056 | | 0 | BFFN | 4 | | 0.016 | 0.111 | |
| 4:0 | g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.001 | | 0 | BFFN | 4 | | 0.000 | 0.002 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.040 | | 0 | BFFN | 4 | | 0.011 | 0.079 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.015 | | 0 | BFFN | 4 | | 0.004 | 0.030 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19365**
**Toppings, marshmallow cream**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 0.080 | | 0 | BFFN | 4 | | 0.023 | 0.158 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.004 | | 0 | BFFN | 4 | | 0.001 | 0.008 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.076 | | 0 | BFFN | 4 | | 0.022 | 0.150 | |
| 20:1.....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.047 | | 0 | BFFN | 4 | | 0.013 | 0.093 | |
| 18:2 undifferentiated.....g | 0.045 | | 0 | BFFN | 4 | | 0.013 | 0.089 | |
| 18:3 undifferentiated.....g | 0.001 | | 0 | BFFN | 4 | | 0.000 | 0.002 | |
| 18:4.....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.001 | | 0 | BFFN | 4 | | 0.000 | 0.002 | |
| 20:5 n-3.....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Threonine.....g | 0.034 | | 0 | | 4 | | 0.010 | 0.067 | |
| Isoleucine.....g | 0.028 | | 0 | | 4 | | 0.008 | 0.055 | |
| Leucine.....g | 0.064 | | 0 | | 4 | | 0.018 | 0.127 | |
| Lysine.....g | 0.075 | | 0 | | 4 | | 0.021 | 0.149 | |
| Methionine.....g | 0.015 | | 0 | | 4 | | 0.004 | 0.030 | |
| Cystine.....g | 0.002 | | 0 | | 4 | | 0.001 | 0.004 | |
| Phenylalanine.....g | 0.041 | | 0 | | 4 | | 0.012 | 0.081 | |
| Tyrosine.....g | 0.010 | | 0 | | 4 | | 0.003 | 0.020 | |
| Valine.....g | 0.049 | | 0 | | 4 | | 0.014 | 0.097 | |
| Arginine.....g | 0.144 | | 0 | | 4 | | 0.041 | 0.285 | |
| Histidine.....g | 0.017 | | 0 | | 4 | | 0.005 | 0.034 | |
| Alanine.....g | 0.176 | | 0 | | 4 | | 0.050 | 0.348 | |
| Aspartic acid.....g | 0.118 | | 0 | | 4 | | 0.033 | 0.234 | |
| Glutamic acid.....g | 0.203 | | 0 | | 4 | | 0.058 | 0.402 | |
| Glycine.....g | 0.407 | | 0 | | 4 | | 0.115 | 0.806 | |
| Proline.....g | 0.269 | | 0 | | 4 | | 0.076 | 0.533 | |
| Serine.....g | 0.059 | | 0 | | 4 | | 0.017 | 0.117 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | BFSN | 4 | | 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 = 198g: 1 jar

**NDB No. 19365**
**Toppings, marshmallow cream**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19367**
**Toppings, nuts in syrup**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 14.69 | | 0 | FLA | 4 | | 48.19 | 6.02 | |
| Energy | kcal | 448 | | 0 | NC | 4 | | 1470 | 184 | |
| Energy | kj | 1876 | | 0 | NC | 4 | | 6152 | 769 | |
| Protein (N x 6.25) | g | 4.50 | | 2 | | 1 | | 14.76 | 1.85 | |
| Total lipid (fat) | g | 22.00 | | 2 | | 1 | | 72.16 | 9.02 | |
| Ash | g | 0.73 | | 0 | FLA | 4 | | 2.40 | 0.30 | |
| Carbohydrate, by difference | g | 58.08 | | 0 | NC | 4 | | 190.49 | 23.81 | |
| Fiber, total dietary | g | 2.3 | | 0 | FLA | 4 | | 7.4 | 0.9 | |
| Sugars, total | g | 53.72 | | 0 | FLA | 4 | | 176.21 | 22.03 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 35 | | 0 | FLA | 4 | | 114 | 14 | |
| Iron, Fe | mg | 1.05 | | 2 | | 1 | | 3.44 | 0.43 | |
| Magnesium, Mg | mg | 54 | | 0 | FLA | 4 | | 178 | 22 | |
| Phosphorus, P | mg | 118 | | 0 | FLA | 4 | | 386 | 48 | |
| Potassium, K | mg | 151 | | 0 | FLA | 4 | | 495 | 62 | |
| Sodium, Na | mg | 42 | | 1 | | 4 | | 138 | 17 | |
| Zinc, Zn | mg | 1.05 | | 0 | FLA | 4 | | 3.45 | 0.43 | |
| Copper, Cu | mg | 0.540 | | 0 | FLA | 4 | | 1.771 | 0.221 | |
| Manganese, Mn | mg | 1.207 | | 0 | FLA | 4 | | 3.958 | 0.495 | |
| Selenium, Se | mcg | 2.1 | | 0 | FLA | 4 | | 6.9 | 0.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 0 | FLA | 4 | | 1.1 | 0.1 | |
| Thiamin | mg | 0.180 | | 2 | | 1 | | 0.590 | 0.074 | |
| Riboflavin | mg | 0.120 | | 1 | | 1 | | 0.394 | 0.049 | |
| Niacin | mg | 0.373 | | 0 | FLA | 4 | | 1.223 | 0.153 | |
| Pantothenic acid | mg | 0.207 | | 0 | FLA | 4 | | 0.679 | 0.085 | |
| Vitamin B-6 | mg | 0.178 | | 0 | FLA | 4 | | 0.583 | 0.073 | |
| Folate, total | mcg | 26 | | 0 | FLA | 4 | | 86 | 11 | |
| Folic acid | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Folate, food | mcg | 26 | | 0 | FLA | 4 | | 86 | 11 | |
| Folate, DFE | mcg_DFE | 26 | | 0 | NC | 4 | | 86 | 11 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLA | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 7 | | 0 | FLA | 4 | | 21 | 3 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | FLA | 4 | | 1 | 0 | |
| Retinol | mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.23 | | 0 | FLA | 4 | | 0.77 | 0.10 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.9 | | 0 | FLA | 4 | | 2.9 | 0.4 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.960 | | 0 | | 1 | | 6.429 | 0.804 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.070 | | 1 | | 1 | | 0.230 | 0.029 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.510 | | 1 | | 1 | | 4.953 | 0.619 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.380 | | 1 | | 1 | | 1.246 | 0.156 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19367**
**Toppings, nuts in syrup**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 4.970 | | 0 | | 1 | | 16.302 | 2.038 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.060 | | 1 | | 1 | | 0.197 | 0.025 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 4.730 | | 1 | | 1 | | 15.514 | 1.939 | |
| 20:1.....g | 0.190 | | 1 | | 1 | | 0.623 | 0.078 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 13.730 | | 0 | | 1 | | 45.034 | 5.629 | |
| 18:2 undifferentiated.....g | 11.300 | | 1 | | 1 | | 37.064 | 4.633 | |
| 18:3 undifferentiated.....g | 2.420 | | 1 | | 1 | | 7.938 | 0.992 | |
| 18:4.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.010 | | 1 | | 1 | | 0.033 | 0.004 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.059 | | 0 | | 1 | | 0.194 | 0.024 | |
| Threonine.....g | 0.139 | | 0 | | 1 | | 0.456 | 0.057 | |
| Isoleucine.....g | 0.176 | | 0 | | 1 | | 0.577 | 0.072 | |
| Leucine.....g | 0.309 | | 0 | | 1 | | 1.014 | 0.127 | |
| Lysine.....g | 0.121 | | 0 | | 1 | | 0.397 | 0.050 | |
| Methionine.....g | 0.087 | | 0 | | 1 | | 0.285 | 0.036 | |
| Cystine.....g | 0.108 | | 0 | | 1 | | 0.354 | 0.044 | |
| Phenylalanine.....g | 0.196 | | 0 | | 1 | | 0.643 | 0.080 | |
| Tyrosine.....g | 0.137 | | 0 | | 1 | | 0.449 | 0.056 | |
| Valine.....g | 0.225 | | 0 | | 1 | | 0.738 | 0.092 | |
| Arginine.....g | 0.655 | | 0 | | 1 | | 2.148 | 0.269 | |
| Histidine.....g | 0.112 | | 0 | | 1 | | 0.367 | 0.046 | |
| Alanine.....g | 0.190 | | 0 | | 1 | | 0.623 | 0.078 | |
| Aspartic acid.....g | 0.459 | | 0 | | 1 | | 1.506 | 0.188 | |
| Glutamic acid.....g | 0.875 | | 0 | | 1 | | 2.870 | 0.359 | |
| Glycine.....g | 0.235 | | 0 | | 1 | | 0.771 | 0.096 | |
| Proline.....g | 0.172 | | 0 | | 1 | | 0.564 | 0.071 | |
| Serine.....g | 0.244 | | 0 | | 1 | | 0.800 | 0.100 | |
| Hydroxyproline.....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLA | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLA | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 4 | | 0 | FLA | 4 | | 12.885 | 1.611 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 3 | | 0 | FLA | 4 | | 9.476 | 1.185 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 328g: 1 cup

Measure 2 = 41g: 2 tbsp

**NDB No. 19367**
**Toppings, nuts in syrup**

**Calories Factors: Protein** 4 **Fat** 9 **Carbohydrate** 4

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19366**
**Toppings, pineapple**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 33.00 | | 1 | | 4 | | 112.20 | 13.86 | |
| Energy | kcal | 253 | | 0 | | 4 | | 860 | 106 | |
| Energy | kj | 1059 | | | | 4 | | 3599 | 445 | |
| Protein (N x 6.25) | g | 0.10 | | 0 | | 4 | | 0.34 | 0.04 | |
| Total lipid (fat) | g | 0.10 | | 1 | | 4 | | 0.34 | 0.04 | |
| Ash | g | 0.40 | | 1 | | 4 | | 1.36 | 0.17 | |
| Carbohydrate, by difference | g | 66.40 | | 0 | NC | 4 | | 225.76 | 27.89 | |
| Fiber, total dietary | g | 0.4 | | 0 | FLC | 4 | | 1.5 | 0.2 | |
| Sugars, total | g | 64.52 | | 0 | FLC | 4 | | 219.38 | 27.10 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 6 | | 0 | FLC | 4 | | 21 | 3 | |
| Iron, Fe | mg | 0.12 | | 0 | FLC | 4 | | 0.42 | 0.05 | |
| Magnesium, Mg | mg | 6 | | 0 | FLC | 4 | | 19 | 2 | |
| Phosphorus, P | mg | 3 | | 0 | FLC | 4 | | 10 | 1 | |
| Potassium, K | mg | 43 | | 0 | FLC | 4 | | 146 | 18 | |
| Sodium, Na | mg | 42 | | 0 | FLC | 4 | | 141 | 17 | |
| Zinc, Zn | mg | 0.05 | | 0 | FLC | 4 | | 0.17 | 0.02 | |
| Copper, Cu | mg | 0.052 | | 0 | FLC | 4 | | 0.175 | 0.022 | |
| Manganese, Mn | mg | 0.070 | | 0 | FLC | 4 | | 0.239 | 0.030 | |
| Selenium, Se | mcg | 0.7 | | 0 | FLC | 4 | | 2.3 | 0.3 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 3.1 | | 0 | FLC | 4 | | 10.7 | 1.3 | |
| Thiamin | mg | 0.038 | | 0 | FLC | 4 | | 0.128 | 0.016 | |
| Riboflavin | mg | 0.018 | | 0 | FLC | 4 | | 0.062 | 0.008 | |
| Niacin | mg | 0.101 | | 0 | FLC | 4 | | 0.345 | 0.043 | |
| Pantothenic acid | mg | 0.012 | | 0 | FLC | 4 | | 0.042 | 0.005 | |
| Vitamin B-6 | mg | 0.028 | | 0 | FLC | 4 | | 0.096 | 0.012 | |
| Folate, total | mcg | 2 | | 0 | FLC | 4 | | 6 | 1 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 2 | | 0 | FLC | 4 | | 6 | 1 | |
| Folate, DFE | mcg_DFE | 2 | | 0 | NC | 4 | | 6 | 1 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 17 | | 0 | FLC | 4 | | 57 | 7 | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | FLC | 4 | | 3 | 0 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.01 | | 0 | FLC | 4 | | 0.02 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.2 | | 0 | FLC | 4 | | 0.8 | 0.1 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.018 | | 0 | | 4 | | 0.061 | 0.008 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.018 | | 0 | | 4 | | 0.061 | 0.008 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.002 | | 0 | | 4 | | 0.007 | 0.001 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19366**
**Toppings, pineapple**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.032 | | 0 | | 4 | | 0.109 | 0.013 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.032 | | 0 | | 4 | | 0.109 | 0.013 | |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.050 | | 0 | | 4 | | 0.170 | 0.021 | |
| 18:2 undifferentiated.....g | 0.050 | | 0 | | 4 | | 0.170 | 0.021 | |
| 18:3 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | FLC | 4 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 10 | | 0 | FLC | 4 | | 34.000 | 4.200 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 0 | | 0 | FLC | 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 = 340g: 1 cup

Measure 2 = 42g: 2 tbsp

**Calories Factors: Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

**Food Group:** 19 Sweets

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

**NDB No. 19137**
**Toppings, strawberry**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 33.00 | | 1 | | 4 | | 112.20 | 13.86 | |
| Energy | kcal | 254 | | 0 | | 4 | | 864 | 107 | |
| Energy | kj | 1063 | | | | 4 | | 3613 | 446 | |
| Protein (N x 6.25) | g | 0.20 | | 0 | | 4 | | 0.68 | 0.08 | |
| Total lipid (fat) | g | 0.10 | | 0 | | 4 | | 0.34 | 0.04 | |
| Ash | g | 0.40 | | 1 | | 4 | | 1.36 | 0.17 | |
| Carbohydrate, by difference | g | 66.30 | | 0 | NC | 4 | | 225.42 | 27.85 | |
| Fiber, total dietary | g | 0.7 | | 0 | FLC | 4 | | 2.4 | 0.3 | |
| Sugars, total | g | 65.00 | | 1 | LC | 8 | | 221.00 | 27.30 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 6 | | 0 | FLC | 4 | | 22 | 3 | |
| Iron, Fe | mg | 0.28 | | 0 | FLC | 4 | | 0.95 | 0.12 | |
| Magnesium, Mg | mg | 4 | | 0 | FLC | 4 | | 15 | 2 | |
| Phosphorus, P | mg | 5 | | 0 | FLC | 4 | | 17 | 2 | |
| Potassium, K | mg | 51 | | 0 | FLC | 4 | | 172 | 21 | |
| Sodium, Na | mg | 21 | | 0 | | 4 | | 71 | 9 | |
| Zinc, Zn | mg | 0.06 | | 0 | FLC | 4 | | 0.20 | 0.02 | |
| Copper, Cu | mg | 0.032 | | 0 | FLC | 4 | | 0.110 | 0.014 | |
| Manganese, Mn | mg | 0.167 | | 0 | FLC | 4 | | 0.568 | 0.070 | |
| Selenium, Se | mcg | 0.8 | | 0 | FLC | 4 | | 2.6 | 0.3 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 13.7 | | 0 | FLC | 4 | | 46.7 | 5.8 | |
| Thiamin | mg | 0.011 | | 0 | FLC | 4 | | 0.037 | 0.005 | |
| Riboflavin | mg | 0.024 | | 0 | FLC | 4 | | 0.080 | 0.010 | |
| Niacin | mg | 0.161 | | 0 | FLC | 4 | | 0.546 | 0.067 | |
| Pantothenic acid | mg | 0.048 | | 0 | FLC | 4 | | 0.165 | 0.020 | |
| Vitamin B-6 | mg | 0.012 | | 0 | FLC | 4 | | 0.042 | 0.005 | |
| Folate, total | mcg | 6 | | 0 | FLC | 4 | | 19 | 2 | |
| Folic acid | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Folate, food | mcg | 6 | | 0 | FLC | 4 | | 19 | 2 | |
| Folate, DFE | mcg_DFE | 6 | | 0 | NC | 4 | | 19 | 2 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | FLC | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 18 | | 0 | | 4 | | 61 | 8 | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | FLC | 4 | | 3 | 0 | |
| Retinol | mcg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.10 | | 0 | FLC | 4 | | 0.32 | 0.04 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.7 | | 0 | FLC | 4 | | 2.5 | 0.3 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.005 | | 0 | | 4 | | 0.017 | 0.002 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.004 | | 0 | | 4 | | 0.014 | 0.002 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.001 | | 0 | | 4 | | 0.003 | 0.000 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 19137**
**Toppings, strawberry**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number 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 | 0.014 | | 0 | | 4 | | 0.048 | 0.006 | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 0.014 | | 0 | | 4 | | 0.048 | 0.006 | |
| 20:1.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.050 | | 0 | | 4 | | 0.170 | 0.021 | |
| 18:2 undifferentiated.....g | 0.029 | | 0 | | 4 | | 0.099 | 0.012 | |
| 18:3 undifferentiated.....g | 0.021 | | 0 | | 4 | | 0.071 | 0.009 | |
| 18:4.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3.....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Phytosterols.....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| Theobromine.....mg | 0 | | 0 | FLC | 4 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta.....mcg | 9 | | 0 | FLC | 4 | | 30.600 | 3.780 | |
| Carotene, alpha.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lycopene.....mcg | 0 | | 0 | FLC | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin.....mcg | 9 | | 0 | FLC | 4 | | 29.844 | 3.687 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 340g: 1 cup

Measure 2 = 42g: 2 tbsp

**Calories Factors: Protein** 3.36 **Fat** 8.37 **Carbohydrate** 3.8

**Food Group:** 19 Sweets

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