

# USDA National Nutrient Database for Standard Reference, Release 16

## Fatty acids, total polyunsaturated (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	16.510
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	16.483
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	16.420
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	13.374
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	10.523
21024	Fast foods, french toast sticks	141	5 sticks	9.941
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	9.674
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	9.432
11414	Potato salad, home-prepared	250	1 cup	9.343
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	9.323
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	8.935
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	8.710
15128	Fish, tuna salad	205	1 cup	8.450
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	8.383
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	7.983
20113	Noodles, chinese, chow mein	45	1 cup	7.799
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	7.296
19061	Snacks, trail mix, tropical	140	1 cup	7.224
06166	Sauce, homemade, white, medium	250	1 cup	7.155
18325	Pie, pecan, prepared from recipe	122	1 piece	6.966
18444	Pie, fried pies, cherry	128	1 pie	6.881
18319	Pie, fried pies, fruit	128	1 pie	6.881
21043	Fast foods, clams, breaded and fried	115	3/4 cup	6.774
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	6.542
21127	Fast foods, coleslaw	99	3/4 cup	6.394
12142	Nuts, pecans	28.35	1 oz (20 halves)	6.128
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5.889
18309	Pie, cherry, prepared from recipe	180	1 piece	5.845
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	5.834
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	5.706
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	5.671
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	5.664
11370	Potatoes, hashed brown, home-prepared	156	1 cup	5.565
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	5.445
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	5.420
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	5.324
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	5.288
18302	Pie, apple, prepared from recipe	155	1 piece	5.174
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	5.114
18367	Waffles, plain, prepared from recipe	75	1 waffle	5.089
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	5.083
11672	Potato pancakes, home-prepared	76	1 pancake	4.971
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	4.939

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	4.925
04133	Salad dressing, french, home recipe	14	1 tbsp	4.718
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	4.672
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	4.641
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	4.613
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	4.592
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	4.584
18306	Pie, blueberry, prepared from recipe	147	1 piece	4.528
04015	Salad dressing, russian dressing	15.3	1 tbsp	4.498
22906	Chicken pot pie, frozen entree	217	1 small pie	4.488
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	4.484
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	4.449
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	4.449
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	4.446
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	4.378
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	4.329
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	4.322
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	4.320
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	4.312
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	4.253
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	4.230
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	4.221
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	4.205
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	4.193
04582	Vegetable oil, canola	14	1 tbsp	4.144
18031	Bread, indian (navajo) fry	160	10-1/2" bread	4.141
18305	Pie, blueberry, commercially prepared	117	1 piece	4.123
18320	Pie, lemon meringue, commercially prepared	113	1 piece	4.122
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	3.962
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	3.955
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	3.948
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	3.940
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	3.824
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	3.774
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	3.770
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	3.760
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	3.734
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	3.704
18324	Pie, pecan, commercially prepared	113	1 piece	3.596
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	3.581
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	3.535
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	3.497

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12061	Nuts, almonds	28.35	1 oz (24 nuts)	3.463
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	3.450
19411	Snacks, potato chips, plain, salted	28.35	1 oz	3.450
18326	Pie, pumpkin, commercially prepared	109	1 piece	3.434
19015	Snacks, granola bars, hard, plain	28.35	1 bar	3.416
01164	Cheese sauce, prepared from recipe	243	1 cup	3.395
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	3.354
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	3.341
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	3.314
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	3.296
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	3.281
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.219
19193	Puddings, rice, ready-to-eat	113.4	4 oz	3.164
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	3.160
18116	Cake, gingerbread, prepared from recipe	74	1 piece	3.120
19422	Snacks, potato chips, reduced fat	28.35	1 oz	3.101
11658	Spinach souffle, home-prepared	136	1 cup	3.082
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	3.071
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	3.068
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	3.053
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	3.033
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	3.021
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	3.017
05292	Turkey patties, breaded, battered, fried	64	1 patty	3.014
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	2.935
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2.842
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	2.826
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	2.816
18327	Pie, pumpkin, prepared from recipe	155	1 piece	2.806
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	2.803
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	2.796
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	2.765
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	2.729
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	2.711
18310	Pie, chocolate creme, commercially prepared	113	1 piece	2.710
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	2.660
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	2.658
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	2.656
05306	Poultry food products, ground turkey, cooked	82	1 patty	2.649
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	2.623
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	2.619
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	2.611

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	2.604
20033	Oat bran, raw	94	1 cup	2.600
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	2.572
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.547
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	2.520
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	2.498
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	2.497
05277	Chicken, canned, meat only, with broth	142	5 oz	2.485
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	2.484
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	2.454
21023	Breakfast items, french toast with butter	135	2 slices	2.444
21015	Fast foods, danish pastry, cheese	91	1 pastry	2.423
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	2.423
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	2.421
18308	Pie, cherry, commercially prepared	117	1 piece	2.404
16098	Peanut butter, smooth style, with salt	16	1 tbsp	2.382
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	2.361
16112	Miso	68.75	1 cup	2.357
18283	Muffins, oat bran	57	1 muffin	2.354
18139	Cake, white, prepared from recipe without frosting	74	1 piece	2.330
18031	Bread, indian (navajo) fry	90	5" bread	2.329
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.327
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	2.321
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	2.288
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	2.282
16097	Peanut butter, chunk style, with salt	16	1 tbsp	2.266
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	2.264
12120	Nuts, hazelnuts or filberts	28.35	1 oz	2.245
21078	Fast foods, nachos, with cheese	113	6-8 nachos	2.233
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	2.222
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	2.202
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	2.195
16008	Beans, baked, canned, with franks	259	1 cup	2.165
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	2.159
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	2.139
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	2.113
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	2.084
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	2.048
16120	Soy milk, fluid	245	1 cup	2.041
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	2.040
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	2.026
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.012

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	2.002
20020	Cornmeal, whole-grain, yellow	122	1 cup	1.998
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.981
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	1.972
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.966
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1.958
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	1.952
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	1.938
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	1.921
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	1.921
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	1.914
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	1.902
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	1.896
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	1.878
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.845
18279	Muffins, corn, commercially prepared	57	1 muffin	1.833
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	1.829
18245	Danish pastry, cheese	71	1 danish	1.828
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	1.827
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	1.822
07024	Frankfurter, chicken	45	1 frank	1.818
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.814
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1.805
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.805
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	1.758
21083	Fast foods, taco salad	198	1-1/2 cups	1.748
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	1.742
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.741
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.732
19087	Candies, confectioner's coating, white	170	1 cup	1.722
21118	Fast foods, hotdog, plain	98	1 sandwich	1.706
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	1.706
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.691
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.686
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.678
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	1.672
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	1.637
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	1.637
19080	Candies, semisweet chocolate	168	1 cup	1.630
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.627

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10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	1.624
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	1.624
11159	Coleslaw, home-prepared	120	1 cup	1.621
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1.616
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	1.604
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	1.583
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.577
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.568
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.558
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	1.540
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	1.539
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.537
21088	Tostada with guacamole	130.5	1 tostada	1.527
19201	Puddings, vanilla, ready-to-eat	113	4 oz	1.514
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	1.512
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	1.495
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	1.488
19035	Snacks, popcorn, oil-popped	11	1 cup	1.476
21082	Fast foods, taco	263	1 large	1.475
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	1.454
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	1.445
22904	Chili con carne with beans, canned entree	222	1 cup	1.443
04002	Lard	12.8	1 tbsp	1.434
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.429
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	1.428
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	1.428
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	1.428
18274	Muffins, blueberry, commercially prepared	57	1 muffin	1.422
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.412
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.407
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.404
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.392
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.373
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.364
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	1.352
04053	Oil, olive, salad or cooking	13.5	1 tbsp	1.350
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.349
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.346
01132	Egg, whole, cooked, scrambled	61	1 large	1.310
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	1.291
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	1.290

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18147	Cheesecake commercially prepared	80	1 piece	1.282
18151	Cookies, brownies, commercially prepared	56	1 brownie	1.265
22247	Macaroni and Cheese, canned entree	252	1 cup	1.260
15111	Fish, swordfish, cooked, dry heat	106	1 piece	1.253
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.243
07023	Frankfurter, beef and pork	45	1 frank	1.229
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	1.224
01128	Egg, whole, cooked, fried	46	1 large	1.224
18316	Pie, coconut custard, commercially prepared	104	1 piece	1.217
21119	Fast foods, hotdog, with chili	114	1 sandwich	1.188
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	1.181
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	1.177
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1.173
21051	Entrees, pizza with pepperoni	71	1 slice	1.165
18229	Crackers, standard snack-type, regular	12	4 crackers	1.145
07069	Salami, cooked, beef and pork	56.7	2 slices	1.145
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	1.144
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	1.139
20011	Buckwheat flour, whole-groat	120	1 cup	1.139
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	1.136
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	1.133
18360	Taco shells, baked	13.3	1 medium	1.130
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	1.122
20005	Barley, pearled, raw	200	1 cup	1.120
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.116
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	1.111
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	1.109
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	1.103
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	1.100
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.091
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	1.090
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	1.088
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	1.058
18235	Crackers, whole-wheat	16	4 crackers	1.055
19041	Snacks, pork skins, plain	28.35	1 oz	1.032
01095	Milk, canned, condensed, sweetened	306	1 cup	1.031
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.029
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	1.021
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	1.020
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.015
07065	Pork and beef sausage, fresh, cooked	26	2 links	1.014

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	1.008
07064	Pork sausage, fresh, cooked	27	1 patty	1.006
01143	Egg substitute, liquid	62.75	1/4 cup	1.006
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	1.005
15111	Fish, swordfish, cooked, dry heat	85	3 oz	1.005
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.005
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	1.004
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.003
20083	Wheat flour, white, bread, enriched	137	1 cup	0.996
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.986
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	0.986
18353	Rolls, hard (includes kaiser)	57	1 roll	0.980
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.980
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.973
07064	Pork sausage, fresh, cooked	26	2 links	0.969
21082	Fast foods, taco	171	1 small	0.959
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.952
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	0.948
18243	Croutons, seasoned	40	1 cup	0.947
01036	Cheese, ricotta, whole milk	246	1 cup	0.947
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.943
20080	Wheat flour, whole-grain	120	1 cup	0.935
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.935
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.928
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.918
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	0.915
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.910
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	0.906
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.903
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.901
06119	Gravy, chicken, canned	59.5	1/4 cup	0.893
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.892
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.889
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.886
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.885
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.885
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.879
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.876
07017	Chicken roll, light meat	56.7	2 slices	0.868
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.864
01057	Eggnog	254	1 cup	0.861
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.846

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.846
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.840
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.833
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.828
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.820
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.820
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.817
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.813
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.809
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.808
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.807
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.799
01123	Egg, whole, raw, fresh	58	1 extra large	0.791
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.791
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.782
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.782
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.765
20012	Bulgur, dry	140	1 cup	0.757
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.755
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.755
20034	Oat bran, cooked	219	1 cup	0.742
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.740
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.737
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.734
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.732
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.725
18268	French toast, frozen, ready-to-heat	59	1 slice	0.724
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.723
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.723
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.723
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.722
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.707
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.700
01125	Egg, yolk, raw, fresh	16.6	1 large	0.698
21077	Fast foods, frijoles with cheese	167	1 cup	0.696
01123	Egg, whole, raw, fresh	50	1 large	0.682
01131	Egg, whole, cooked, poached	50	1 large	0.680
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.676
05286	Turkey and gravy, frozen	142	5-oz package	0.667
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.665
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.662

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.662
20110	Noodles, egg, cooked, enriched	160	1 cup	0.653
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.645
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.642
07072	Salami, dry or hard, pork, beef	20	2 slices	0.642
01037	Cheese, ricotta, part skim milk	246	1 cup	0.640
07008	Bologna, beef and pork	56.7	2 slices	0.636
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.636
11399	Potato puffs, frozen, prepared	79	10 puffs	0.635
20037	Rice, brown, long-grain, cooked	195	1 cup	0.630
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.625
18239	Croissants, butter	57	1 croissant	0.624
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.619
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.617
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.616
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.612
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.612
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.611
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.610
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.608
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.603
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.603
01123	Egg, whole, raw, fresh	44	1 medium	0.600
18005	Bagels, cinnamon-raisin	89	4" bagel	0.597
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	0.596
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.595
15141	Crustaceans, crab, blue, canned	135	1 cup	0.594
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.594
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.591
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.584
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.580
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.578
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.577
18003	Bagels, egg	89	4" bagel	0.571
09038	Avocados, raw, California	28.35	1 oz	0.571
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.570
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.569
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.564
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.558
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.558
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.556

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.554
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.553
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.550
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.549
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.544
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.544
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.543
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.543
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.539
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.536
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.536
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.536
07022	Frankfurter, beef	45	1 frank	0.532
21042	Fast foods, chili con carne	253	1 cup	0.529
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.527
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.524
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.522
20084	Wheat flour, white, cake, enriched	137	1 cup	0.519
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.518
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.516
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.515
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.513
22905	Beef stew, canned entree	232	1 cup	0.510
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.510
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.507
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.506
16158	Hummus, commercial	14	1 tbsp	0.506
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.505
19089	Ice creams, vanilla, rich	74	1/2 cup	0.503
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.502
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.502
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.498
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.495
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.494
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.494
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.493
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.493
21049	Entrees, pizza with cheese	63	1 slice	0.491

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.488
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.488
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.487
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.484
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.480
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.476
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.476
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.476
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.475
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.475
09039	Avocados, raw, Florida	28.35	1 oz	0.475
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.473
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.471
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.470
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.469
14346	Shake, fast food, chocolate	333	16 fl oz	0.466
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.465
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.465
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.464
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.464
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.464
18040	Bread, oatmeal, toasted	25	1 slice	0.463
09302	Raspberries, raw	123	1 cup	0.461
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.460
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.460
18039	Bread, oatmeal	27	1 slice	0.460
18003	Bagels, egg	71	3-1/2" bagel	0.456
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.456
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.451
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.448
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.447
11461	Spinach, canned, drained solids	214	1 cup	0.447
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.445
18170	Cookies, fig bars	16	1 cookie	0.444
07027	Ham, chopped, not canned	21	2 slices	0.443
18027	Bread, egg	40	1/2" slice	0.442
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.441
20028	Couscous, dry	173	1 cup	0.436
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.434
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.434
01145	Butter, without salt	14.2	1 tbsp	0.432

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.428
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.425
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.425
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.419
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.412
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.411
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.410
18134	Cake, sponge, prepared from recipe	63	1 piece	0.409
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.409
01001	Butter, salted	14.2	1 tbsp	0.407
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.407
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.406
09042	Blackberries, raw	144	1 cup	0.403
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.400
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.399
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.397
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.397
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.397
18044	Bread, pumpernickel	32	1 slice	0.396
18045	Bread, pumpernickel, toasted	29	1 slice	0.394
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.391
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.391
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.390
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.390
21129	Fast foods, hush puppies	78	5 pieces	0.388
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.387
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.387
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.386
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.386
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.384
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.384
07073	Sandwich spread, pork, beef	15	1 tbsp	0.384
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.382
20100	Macaroni, cooked, enriched	140	1 cup	0.382
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.382
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.377
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.377
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0.375
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.375
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.375

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14347	Shake, fast food, vanilla	333	16 fl oz	0.370
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.366
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.366
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.365
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.361
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.358
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.358
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.357
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.357
01111	Milk shakes, thick vanilla	313	11 fl oz	0.354
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.350
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.350
20089	Wild rice, cooked	164	1 cup	0.349
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.347
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.347
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.340
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.339
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.339
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	0.336
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.336
20006	Barley, pearled, cooked	157	1 cup	0.336
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.333
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.331
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.331
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.331
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.331
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.329
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.328
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.327
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.323
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.323
16051	Beans, white, mature seeds, canned	262	1 cup	0.322
06174	Soup, stock, fish, home-prepared	233	1 cup	0.322
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.321
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.321
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.321
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.319
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.316
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.314
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.314
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.312

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.310
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.310
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.309
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.309
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.306
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.300
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.300
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.299
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.298
19095	Ice creams, vanilla	66	1/2 cup	0.298
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.296
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.294
06125	Gravy, turkey, canned	59.6	1/4 cup	0.292
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.292
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.292
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.288
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.287
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.286
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.285
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.282
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.281
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.281
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.280
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.279
18033	Bread, italian	20	1 slice	0.278
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.277
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.277
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.276
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.276
01040	Cheese, swiss	28.35	1 oz	0.276
01007	Cheese, camembert	38	1 wedge	0.275
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.275
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.274
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.274
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.273
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.272
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.272
19270	Ice creams, chocolate	66	1/2 cup	0.271
11819	Peppers, hot chili, red, raw	45	1 pepper	0.270
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.269
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.269
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.269
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.267
01009	Cheese, cheddar	28.35	1 oz	0.267

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.266
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.266
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.265
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.264
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.263
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.263
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.261
18177	Cookies, molasses	15	1 cookie, medium	0.259
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.259
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.259
09316	Strawberries, raw	166	1 cup	0.257
18220	Crackers, melba toast, plain	20	4 pieces	0.256
18060	Bread, rye	32	1 slice	0.256
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.256
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.251
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.249
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.248
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.247
18214	Crackers, cheese, regular	10	10 crackers	0.247
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.243
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.243
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.242
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.242
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.241
11549	Tomato products, canned, sauce	245	1 cup	0.240
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.240
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.240
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.238
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.237
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.236
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.234
21139	Fast foods, potato, mashed	80	1/3 cup	0.234
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.233
11821	Peppers, sweet, red, raw	149	1 cup	0.232
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.227
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.227
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0.227
01004	Cheese, blue	28.35	1 oz	0.227
18232	Crackers, wheat, regular	8	4 crackers	0.224
18055	Bread, reduced-calorie, wheat	23	1 slice	0.223
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.223

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.222
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.219
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.218
01035	Cheese, provolone	28.35	1 oz	0.218
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.217
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.216
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.215
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.214
09050	Blueberries, raw	145	1 cup	0.212
18061	Bread, rye, toasted	24	1 slice	0.211
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.210
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.210
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.209
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.209
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.208
09153	Lemon juice, canned or bottled	244	1 cup	0.207
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.206
09060	Carambola, (starfruit), raw	108	1 cup	0.206
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.206
11015	Asparagus, canned, drained solids	72	4 spears	0.204
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.204
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.201
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.201
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.201
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.200
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.200
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.200
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.200
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.200
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.199
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.196
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.195
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.194
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.194
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.194
02009	Spices, chili powder	2.6	1 tsp	0.194
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.191
01030	Cheese, muenster	28.35	1 oz	0.187
11821	Peppers, sweet, red, raw	119	1 pepper	0.186
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.185

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01031	Cheese, neufchatel	28.35	1 oz	0.184
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.184
01017	Cheese, cream	14.5	1 tbsp	0.183
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.181
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.181
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.180
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.180
20013	Bulgur, cooked	182	1 cup	0.178
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.178
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.177
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.177
18048	Bread, raisin, toasted, enriched	24	1 slice	0.177
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.177
18047	Bread, raisin, enriched	26	1 slice	0.177
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.176
11264	Mushrooms, canned, drained solids	156	1 cup	0.176
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.175
02028	Spices, paprika	2.1	1 tsp	0.175
09060	Carambola, (starfruit), raw	91	1 fruit	0.174
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.173
18053	Bread, reduced-calorie, rye	23	1 slice	0.173
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.173
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.172
18217	Crackers, matzo, plain	28.35	1 matzo	0.171
18025	Bread, cracked-wheat	25	1 slice	0.171
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.170
11655	Carrot juice, canned	236	1 cup	0.168
01019	Cheese, feta	28.35	1 oz	0.168
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.167
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.166
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.166
12104	Nuts, coconut meat, raw	45	1 piece	0.165
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.164
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.163
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.162
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.160
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.160
11205	Cucumber, with peel, raw	301	1 large	0.160
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.159
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.158
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.158
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.157
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.156

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.155
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.154
09191	Nectarines, raw	136	1 nectarine	0.154
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.153
19034	Snacks, popcorn, air-popped	8	1 cup	0.152
09340	Pears, asian, raw	275	1 pear	0.151
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.151
18041	Bread, pita, white, enriched	28	4" pita	0.150
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.149
09236	Peaches, raw	170	1 cup	0.146
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.146
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.144
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.144
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.143
09326	Watermelon, raw	286	1 wedge	0.143
11954	Tomatillos, raw	34	1 medium	0.142
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.138
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.137
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.136
19036	Snacks, popcorn, cakes	10	1 cake	0.135
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.135
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.134
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.134
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.134
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.133
01052	Cream, fluid, light whipping	15	1 tbsp	0.133
09055	Blueberries, frozen, sweetened	230	1 cup	0.131
09094	Figs, dried, uncooked	38	2 figs	0.131
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.131
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.131
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.131
09181	Melons, cantaloupe, raw	160	1 cup	0.130
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.130
18057	Bread, reduced-calorie, white	23	1 slice	0.129
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.126
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.124
09277	Plantains, raw	179	1 medium	0.124
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.123
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.123
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.122
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.120
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.119
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.118
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.117

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.117
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.116
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.115
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.114
19014	Snacks, fruit leather, rolls	21	1 large	0.113
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.113
11124	Carrots, raw	110	1 cup	0.112
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.112
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.112
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.111
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.110
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.110
09040	Bananas, raw	150	1 cup	0.110
11081	Beets, cooked, boiled, drained	170	1 cup	0.109
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.108
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.108
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.107
09176	Mangos, raw	207	1 mango	0.106
19088	Ice creams, vanilla, light	66	1/2 cup	0.104
18086	Cake, angelfood, commercially prepared	28	1 piece	0.103
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.102
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.102
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.101
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.101
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.101
11641	Squash, summer, all varieties, raw	113	1 cup	0.101
20029	Couscous, cooked	157	1 cup	0.100
09184	Melons, honeydew, raw	170	1 cup	0.100
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.100
09206	Orange juice, raw	248	1 cup	0.099
11282	Onions, raw	160	1 cup	0.099
11135	Cauliflower, raw	100	1 cup	0.099
11260	Mushrooms, raw	70	1 cup	0.097
11143	Celery, raw	120	1 cup	0.097
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	0.095
09184	Melons, honeydew, raw	160	1/8 melon	0.094
09226	Papayas, raw	304	1 papaya	0.094
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.093
01056	Cream, sour, cultured	12	1 tbsp	0.093
11333	Peppers, sweet, green, raw	149	1 cup	0.092
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.092
11578	Vegetable juice cocktail, canned	242	1 cup	0.092
11251	Lettuce, cos or romaine, raw	56	1 cup	0.090
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.090

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.089
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.089
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.088
11112	Cabbage, red, raw	70	1 cup	0.088
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.087
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.087
11084	Beets, canned, drained solids	170	1 cup	0.087
09040	Bananas, raw	118	1 banana	0.086
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.085
09207	Orange juice, canned, unsweetened	249	1 cup	0.085
09236	Peaches, raw	98	1 peach	0.084
09176	Mangos, raw	165	1 cup	0.084
19071	Candies, carob	28.35	1 oz	0.084
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.082
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.082
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.082
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.081
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.081
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.080
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.079
02027	Spices, oregano, dried	1.5	1 tsp	0.078
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.078
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.077
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.077
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.077
09326	Watermelon, raw	152	1 cup	0.076
02007	Spices, celery seed	2	1 tsp	0.074
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.074
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.074
11333	Peppers, sweet, green, raw	119	1 pepper	0.074
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.074
11124	Carrots, raw	72	1 carrot	0.073
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.073
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.073
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.073
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.073
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.072
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.071
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.071
09003	Apples, raw, with skin	138	1 apple	0.070
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.070
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.070

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.070
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.070
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.070
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.070
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.069
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.069
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.069
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.069
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.068
11282	Onions, raw	110	1 whole	0.068
09340	Pears, asian, raw	122	1 pear	0.067
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.067
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.067
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.067
11961	Hearts of palm, canned	33	1 piece	0.067
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.066
09266	Pineapple, raw, all varieties	155	1 cup	0.065
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.065
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.064
01049	Cream, fluid, half and half	15	1 tbsp	0.064
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.063
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.063
09223	Tangerine juice, canned, sweetened	249	1 cup	0.062
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.062
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.062
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.061
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.060
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.060
09404	Grapefruit juice, pink, raw	247	1 cup	0.059
09128	Grapefruit juice, white, raw	247	1 cup	0.059
19097	Sherbet, orange	74	1/2 cup	0.059
01032	Cheese, parmesan, grated	5	1 tbsp	0.059
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.058
11540	Tomato juice, canned, with salt added	243	1 cup	0.058
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.058
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.057
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.057
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.056
09181	Melons, cantaloupe, raw	69	1/8 melon	0.056
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.056
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.055
11205	Cucumber, with peel, raw	104	1 cup	0.055
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.055
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.055

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09298	Raisins, seedless	145	1 cup	0.054
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.053
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.053
09150	Lemons, raw, without peel	58	1 lemon	0.052
02015	Spices, curry powder	2	1 tsp	0.051
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.051
09278	Plantains, cooked	154	1 cup	0.051
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.050
11937	Pickles, cucumber, dill	65	1 pickle	0.050
11457	Spinach, raw	30	1 cup	0.050
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.049
11670	Peppers, hot chili, green, raw	45	1 pepper	0.049
09252	Pears, raw	166	1 pear	0.048
06116	Gravy, beef, canned	58.25	1/4 cup	0.047
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.047
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.046
11253	Lettuce, green leaf, raw	56	1 cup	0.046
09200	Oranges, raw, all commercial varieties	180	1 cup	0.045
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.045
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.044
18226	Crackers, rye, wafers, plain	11	1 wafer	0.044
11213	Endive, raw	50	1 cup	0.044
09226	Papayas, raw	140	1 cup	0.043
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.043
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.042
11109	Cabbage, raw	70	1 cup	0.042
09004	Apples, raw, without skin	110	1 cup	0.041
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.040
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.040
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.039
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.039
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.038
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.038
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.037
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.037
11424	Pumpkin, canned, without salt	245	1 cup	0.037
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.036
11935	Catsup	15	1 tbsp	0.036
09070	Cherries, sweet, raw	68	10 cherries	0.035
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.035
09206	Orange juice, raw	86	juice from 1 orange	0.034
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.034
09087	Dates, deglet noor	178	1 cup	0.034

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.034
11114	Cabbage, savoy, raw	70	1 cup	0.034
11090	Broccoli, raw	88	1 cup	0.033
09200	Oranges, raw, all commercial varieties	131	1 orange	0.033
11143	Celery, raw	40	1 stalk	0.032
11081	Beets, cooked, boiled, drained	50	1 beet	0.032
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.031
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.031
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.030
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.030
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.030
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.029
09279	Plums, raw	66	1 plum	0.029
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.028
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.028
09316	Strawberries, raw	18	1 strawberry	0.028
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.027
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.027
09021	Apricots, raw	35	1 apricot	0.027
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.026
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.026
11364	Potatoes, baked, skin, without salt	58	1 skin	0.025
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.025
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.024
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.024
02030	Spices, pepper, black	2.1	1 tsp	0.024
19116	Candies, marshmallows	50	1 cup	0.024
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.023
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.023
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.023
11955	Tomatoes, sun-dried	2	1 piece	0.022
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.022
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.022
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.021
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.021
19353	Syrups, maple	20	1 tbsp	0.020
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.020
13350	Beef, cured, dried	28.35	1 oz	0.020
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.020
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.020
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.019
11943	Pimento, canned	12	1 tbsp	0.019

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09316	Strawberries, raw	12	1 strawberry	0.019
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.018
11740	Broccoli, flower clusters, raw	11	1 floweret	0.018
19074	Candies, caramels	10.1	1 piece	0.018
11945	Pickle relish, sweet	15	1 tbsp	0.018
09294	Prune juice, canned	256	1 cup	0.018
16055	Carob flour	8	1 tbsp	0.017
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.017
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.017
02055	Horseradish, prepared	5	1 tsp	0.017
11457	Spinach, raw	10	1 leaf	0.017
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.016
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.016
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.016
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.015
11935	Catsup	6	1 packet	0.014
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.014
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.014
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.014
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.014
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.013
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.013
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.013
11135	Cauliflower, raw	13	1 floweret	0.013
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.013
11297	Parsley, raw	10	10 sprigs	0.012
11084	Beets, canned, drained solids	24	1 beet	0.012
02010	Spices, cinnamon, ground	2.3	1 tsp	0.012
11090	Broccoli, raw	31	1 spear	0.012
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.011
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.011
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.011
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.011
02020	Spices, garlic powder	2.8	1 tsp	0.011
09160	Lime juice, raw	38	juice of 1 lime	0.010
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.010
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.010
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.010
01072	Dessert topping, pressurized	4	1 tbsp	0.010
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.010
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.009
02026	Spices, onion powder	2.1	1 tsp	0.009
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.009
01186	Cheese, cream, fat free	15.6	1 tbsp	0.009

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11284	Onions, dehydrated flakes	5	1 tbsp	0.009
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.009
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.009
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.009
11282	Onions, raw	14	1 slice	0.009
11206	Cucumber, peeled, raw	280	1 large	0.008
11253	Lettuce, green leaf, raw	10	1 leaf	0.008
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.008
11156	Chives, raw	3	1 tbsp	0.008
09087	Dates, deglet noor	41.5	5 dates	0.008
11215	Garlic, raw	3	1 clove	0.007
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.007
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.007
11960	Carrots, baby, raw	10	1 medium	0.007
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.006
11333	Peppers, sweet, green, raw	10	1 ring	0.006
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.006
02029	Spices, parsley, dried	1.3	1 tbsp	0.006
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.006
09298	Raisins, seedless	14	1 packet	0.005
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.005
14181	Chocolate syrup	18.75	1 tbsp	0.005
11445	Seaweed, kelp, raw	10	2 tbsp	0.005
20068	Tapioca, pearl, dry	152	1 cup	0.005
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.004
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.004
19336	Sugars, powdered	8	1 tbsp	0.004
11677	Shallots, raw	10	1 tbsp	0.004
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.004
11206	Cucumber, peeled, raw	119	1 cup	0.004
14277	Grape drink, canned	250	8 fl oz	0.003
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.002
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.002
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.002
11429	Radishes, raw	4.5	1 radish	0.002
20027	Cornstarch	8.064	1 tbsp	0.002
11226	Jerusalem-artichokes, raw	150	1 cup	0.002
02045	Dill weed, fresh	1	5 sprigs	0.001
19300	Jellies	19	1 tbsp	0.001
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.001
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.001
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02050	Vanilla extract	4.2	1 tsp	0.000
19350	Syrups, corn, light	20	1 tbsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19334	Sugars, brown	3.2	1 tsp	0.000
19305	Molasses, blackstrap	20	1 tbsp	0.000
19297	Jams and preserves	20	1 tbsp	0.000
19294	Fruit butters, apple	17	1 tbsp	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
19296	Honey	21	1 tbsp	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
02048	Vinegar, cider	15	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19107	Candies, hard	3	1 small piece	0.000
19107	Candies, hard	6	1 piece	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
01124	Egg, white, raw, fresh	33.4	1 large	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
02047	Salt, table	6	1 tsp	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14429	Water, municipal	237	8 fl oz	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
09152	Lemon juice, raw	47	juice of 1 lemon	0.000