NDB No. 12060
Nuts, acorn flour, full fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.00		1		1		1.70		
Energy	kcal	501		0	NC	4		142		
Energy	kj	2096				4		594		
Protein (N x 5.3)	g	7.49		1		1		2.12		
Total lipid (fat)	g	30.17		1		1		8.55		
Ash	g	1.69		1		1		0.48		
Carbohydrate, by difference	g	54.65		0	NC	4		15.49		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43		1		1		12		
Iron, Fe	mg	1.21		1		1		0.34		
Magnesium, Mg	mg	110		1		1		31		
Phosphorus, P	mg	103		1		1		29		
Potassium, K	mg	712		1		1		202		
Sodium, Na	mg	0		0		4		0		
Zinc, Zn	mg	0.64		1		1		0.18		
Copper, Cu	mg	0.611		1		1		0.173		
Manganese, Mn	mg	1.743		0		4		0.494		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.146		0		4		0.041		
Riboflavin	mg	0.154		0		4		0.044		
Niacin	mg	2.382		0		4		0.675		
Pantothenic acid	mg	0.931		0		4		0.264		
Vitamin B-6	mg	0.688		0		4		0.195		
Folate, total	mcg	114		0		4		32		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	114		0		4		32		
Folate, DFE	mcg_DFE	114		0	NC	4		32		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	3		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	51		0		4		14		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.923		0		1		1.112		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12060
Nuts, acorn flour, full fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	3.605		0		1		1.022		
17:0....g									
18:0....g	0.319		0		1		0.090		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	19.110		0		1		5.418		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	19.110		0		1		5.418		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.813		0		1		1.648		
18:2 undifferentiated....g	5.813		0		1		1.648		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.090		0		1		0.026		
Threonine....g	0.288		0		1		0.082		
Isoleucine....g	0.348		0		1		0.099		
Leucine....g	0.596		0		1		0.169		
Lysine....g	0.468		0		1		0.133		
Methionine....g	0.126		0		1		0.036		
Cystine....g	0.133		0		1		0.038		
Phenylalanine....g	0.328		0		1		0.093		
Tyrosine....g	0.227		0		1		0.064		
Valine....g	0.421		0		1		0.119		
Arginine....g	0.577		0		1		0.164		
Histidine....g	0.208		0		1		0.059		
Alanine....g	0.427		0		1		0.121		
Aspartic acid....g	0.774		0		1		0.219		
Glutamic acid....g	1.202		0		1		0.341		
Glycine....g	0.348		0		1		0.099		
Proline....g	0.300		0		1		0.085		
Serine....g	0.318		0		1		0.090		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12060
Nuts, acorn flour, full fat

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12059
Nuts, acorns, dried

Refuse: 38% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.06		2		1		1.43		
Energy	kcal	509		0	NC	4		144		
Energy	kj	2130				4		604		
Protein (N x 5.3)	g	8.10		2		1		2.30		
Total lipid (fat)	g	31.41		2		1		8.90		
Ash	g	1.78		2		1		0.50		
Carbohydrate, by difference	g	53.66		0	NC	4		15.21		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	54		1		1		15		
Iron, Fe	mg	1.04		1		1		0.29		
Magnesium, Mg	mg	82		1		1		23		
Phosphorus, P	mg	103		0		1		29		
Potassium, K	mg	709		1		1		201		
Sodium, Na	mg	0		1		1		0		
Zinc, Zn	mg	0.67		1		1		0.19		
Copper, Cu	mg	0.818		1		1		0.232		
Manganese, Mn	mg	1.363		0		4		0.386		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.149		0		1		0.042		
Riboflavin	mg	0.154		0		1		0.044		
Niacin	mg	2.406		0		1		0.682		
Pantothenic acid	mg	0.940		0		4		0.266		
Vitamin B-6	mg	0.695		0		4		0.197		
Folate, total	mcg	115		0		4		32		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	115		0		4		32		
Folate, DFE	mcg_DFE	115		0	NC	4		32		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	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	4.084		0		1		1.158		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12059
Nuts, acorns, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0 g									
15:0 g									
16:0 g	3.753		0		1		1.064		
17:0 g									
18:0 g	0.332		0		1		0.094		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	19.896		0		1		5.641		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	19.896		0		1		5.641		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	6.052		0		1		1.716		
18:2 undifferentiated g	6.052		0		1		1.716		
18:3 undifferentiated g									
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.098		0		1		0.028		
Threonine g	0.312		0		1		0.088		
Isoleucine g	0.376		0		1		0.107		
Leucine g	0.644		0		1		0.183		
Lysine g	0.505		0		1		0.143		
Methionine g	0.136		0		1		0.039		
Cystine g	0.144		0		1		0.041		
Phenylalanine g	0.354		0		1		0.100		
Tyrosine g	0.246		0		1		0.070		
Valine g	0.455		0		1		0.129		
Arginine g	0.623		0		1		0.177		
Histidine g	0.224		0		1		0.064		
Alanine g	0.461		0		1		0.131		
Aspartic acid g	0.837		0		1		0.237		
Glutamic acid g	1.299		0		1		0.368		
Glycine g	0.376		0		1		0.107		
Proline g	0.324		0		1		0.092		
Serine g	0.344		0		1		0.098		
Hydroxyproline g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12059
Nuts, acorns, dried

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 38% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	27.90		0		1		7.91		
Energy	kcal	387		0	NC	4		110		
Energy	kj	1619				4		459		
Protein (N x 5.3)	g	6.15		0		1		1.74		
Total lipid (fat)	g	23.86		0		1		6.76		
Ash	g	1.35		0		1		0.38		
Carbohydrate, by difference	g	40.75		0	NC	4		11.55		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	41		0		1		12		
Iron, Fe	mg	0.79		0		1		0.22		
Magnesium, Mg	mg	62		0		1		18		
Phosphorus, P	mg	79		0		1		22		
Potassium, K	mg	539		0		1		153		
Sodium, Na	mg	0		0		1		0		
Zinc, Zn	mg	0.51		0		1		0.14		
Copper, Cu	mg	0.621		0		1		0.176		
Manganese, Mn	mg	1.337		0		4		0.379		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.112		0		1		0.032		
Riboflavin	mg	0.118		0		1		0.033		
Niacin	mg	1.827		0		1		0.518		
Pantothenic acid	mg	0.715		0		4		0.203		
Vitamin B-6	mg	0.528		0		4		0.150		
Folate, total	mcg	87		0		4		25		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	87		0		4		25		
Folate, DFE	mcg_DFE	87		0	NC	4		25		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	39		0		4		11		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.102		0		1		0.879		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12058
Nuts, acorns, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	2.850		2		1		0.808		
17:0....g									
18:0....g	0.252		2		1		0.071		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.109		0		1		4.283		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	15.109		2		1		4.283		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.596		0		1		1.303		
18:2 undifferentiated....g	4.596		2		1		1.303		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.074		1		1		0.021		
Threonine....g	0.236		1		1		0.067		
Isoleucine....g	0.285		1		1		0.081		
Leucine....g	0.489		1		1		0.139		
Lysine....g	0.384		1		1		0.109		
Methionine....g	0.103		1		1		0.029		
Cystine....g	0.109		1		1		0.031		
Phenylalanine....g	0.269		1		1		0.076		
Tyrosine....g	0.187		1		1		0.053		
Valine....g	0.345		1		1		0.098		
Arginine....g	0.473		1		1		0.134		
Histidine....g	0.170		1		1		0.048		
Alanine....g	0.350		1		1		0.099		
Aspartic acid....g	0.635		1		1		0.180		
Glutamic acid....g	0.986		1		1		0.280		
Glycine....g	0.285		1		1		0.081		
Proline....g	0.246		1		1		0.070		
Serine....g	0.261		1		1		0.074		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12058
Nuts, acorns, raw

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.00		1		1		2.50	0.16	
Energy	kcal	633		0	NC	4		1583	101	
Energy	kj	2648		0		4		6621	424	
Protein (N x 5.18)	g	15.08		1		1		37.70	2.41	
Total lipid (fat)	g	59.10		1		1		147.75	9.46	
Ash	g	3.60		1		1		9.00	0.58	
Carbohydrate, by difference	g	21.22		0	NC	4		53.05	3.40	
Fiber, total dietary	g	3.7		0		4		9.3	0.6	
Sugars, total	g	4.90		0	BFZN	4		12.25	0.78	
Starch	g									
Minerals:										
Calcium, Ca	mg	270		0		1		675	43	
Iron, Fe	mg	3.70		0		1		9.25	0.59	
Magnesium, Mg	mg	303		0		1		758	48	
Phosphorus, P	mg	523		0		1		1308	84	
Potassium, K	mg	758		0		1		1895	121	
Sodium, Na	mg	450		1		1		1125	72	
Zinc, Zn	mg	3.05		1		1		7.63	0.49	
Copper, Cu	mg	0.900		1		1		2.250	0.144	
Manganese, Mn	mg	2.354		0		1		5.885	0.377	
Selenium, Se	mcg	4.9		0	BFSN	4		12.3	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.8	0.1	
Thiamin	mg	0.133		0		1		0.333	0.021	
Riboflavin	mg	0.611		0		1		1.528	0.098	
Niacin	mg	2.875		0		1		7.188	0.460	
Pantothenic acid	mg	0.259		0		1		0.648	0.041	
Vitamin B-6	mg	0.076		0		1		0.190	0.012	
Folate, total	mcg	65		0		1		163	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	65		0		1		163	10	
Folate, DFE	mcg_DFE	65		0	NC	4		163	10	
Choline, total	mg	52.1		0	BFZN	4		130.2	8.3	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	1		0	BFZN	4		2	0	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	1		0	NC	4		3	0	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	1		0	BFZN	4		3	0	
Vitamin E (alpha-tocopherol)	mg	26.00		0	BFZN	4		64.99	4.16	
Vitamin E, added	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	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	5.602		0		1		14.005	0.896	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 ... g	0.005		0		1		0.013	0.001	
13:0 ... g									
14:0 ... g	0.337		0		1		0.843	0.054	
15:0 ... g									
16:0 ... g	3.911		0		1		9.778	0.626	
17:0 ... g									
18:0 ... g	1.156		0		1		2.890	0.185	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	38.374		0		1		95.935	6.140	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.344		0		1		0.860	0.055	
17:1 ... g									
18:1 undifferentiated ... g	37.665		0		1		94.163	6.026	
20:1 ... g	0.056		0		1		0.140	0.009	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	12.402		0		1		31.005	1.984	
18:2 undifferentiated ... g	11.879		0		1		29.698	1.901	
18:3 undifferentiated ... g	0.423		0		1		1.058	0.068	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.271		0		1		0.678	0.043	
Threonine ... g	0.559		0		1		1.398	0.089	
Isoleucine ... g	0.655		0		1		1.638	0.105	
Leucine ... g	1.174		0		1		2.935	0.188	
Lysine ... g	0.504		0		1		1.260	0.081	
Methionine ... g	0.172		0		1		0.430	0.028	
Cystine ... g	0.271		0		1		0.678	0.043	
Phenylalanine ... g	0.842		0		1		2.105	0.135	
Tyrosine ... g	0.533		0		1		1.333	0.085	
Valine ... g	0.778		0		1		1.945	0.124	
Arginine ... g	1.887		0		1		4.718	0.302	
Histidine ... g	0.422		0		1		1.055	0.068	
Alanine ... g	0.713		0		1		1.783	0.114	
Aspartic acid ... g	1.776		0		1		4.440	0.284	
Glutamic acid ... g	4.487		0		1		11.218	0.718	
Glycine ... g	0.935		0		1		2.338	0.150	
Proline ... g	0.949		0		1		2.373	0.152	
Serine ... g	0.681		0		1		1.703	0.109	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12695

Nuts, almond butter, plain, with salt added

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00		1		1		2.50	0.16	
Energy....kcal	633		0	NC	4		1583	101	
Energy....kj	2648				4		6621	424	
Protein (N x 5.18)....g	15.08		1		1		37.70	2.41	
Total lipid (fat)....g	59.10		1		1		147.75	9.46	
Ash....g	3.60		1		1		9.00	0.58	
Carbohydrate, by difference....g	21.22		0	NC	4		53.05	3.40	
Fiber, total dietary....g	3.7		0		4		9.3	0.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	270		0		1		675	43	
Iron, Fe....mg	3.70		0		1		9.25	0.59	
Magnesium, Mg....mg	303		0		1		758	48	
Phosphorus, P....mg	523		0		1		1308	84	
Potassium, K....mg	758		0		1		1895	121	
Sodium, Na....mg	11		0		1		28	2	
Zinc, Zn....mg	3.05		1		1		7.63	0.49	
Copper, Cu....mg	0.900		1		1		2.250	0.144	
Manganese, Mn....mg	2.354		0		1		5.885	0.377	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		1.8	0.1	
Thiamin....mg	0.133		0		1		0.333	0.021	
Riboflavin....mg	0.611		0		1		1.528	0.098	
Niacin....mg	2.875		0		1		7.188	0.460	
Pantothenic acid....mg	0.259		0		1		0.648	0.041	
Vitamin B-6....mg	0.076		0		1		0.190	0.012	
Folate, total....mcg	65		0		1		163	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	65		0		1		163	10	
Folate, DFE....mcg_DFE	65		0	NC	4		163	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....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	5.602		0		1		14.005	0.896	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.005		0		1		0.013	0.001	
13:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.337		0		1		0.843	0.054	
15:0....g									
16:0....g	3.911		0		1		9.778	0.626	
17:0....g									
18:0....g	1.156		0		1		2.890	0.185	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	38.374		0		1		95.935	6.140	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.344		0		1		0.860	0.055	
17:1....g									
18:1 undifferentiated....g	37.665		0		1		94.163	6.026	
20:1....g	0.056		0		1		0.140	0.009	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	12.402		0		1		31.005	1.984	
18:2 undifferentiated....g	11.879		0		1		29.698	1.901	
18:3 undifferentiated....g	0.423		0		1		1.058	0.068	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.271		0		1		0.678	0.043	
Threonine....g	0.559		0		1		1.398	0.089	
Isoleucine....g	0.655		0		1		1.638	0.105	
Leucine....g	1.174		0		1		2.935	0.188	
Lysine....g	0.504		0		1		1.260	0.081	
Methionine....g	0.172		0		1		0.430	0.028	
Cystine....g	0.271		0		1		0.678	0.043	
Phenylalanine....g	0.842		0		1		2.105	0.135	
Tyrosine....g	0.533		0		1		1.333	0.085	
Valine....g	0.778		0		1		1.945	0.124	
Arginine....g	1.887		0		1		4.718	0.302	
Histidine....g	0.422		0		1		1.055	0.068	
Alanine....g	0.713		0		1		1.783	0.114	
Aspartic acid....g	1.776		0		1		4.440	0.284	
Glutamic acid....g	4.487		0		1		11.218	0.718	
Glycine....g	0.935		0		1		2.338	0.150	
Proline....g	0.949		0		1		2.373	0.152	
Serine....g	0.681		0		1		1.703	0.109	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12071
Nuts, almond paste

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	14.08		2	A	1		31.96	3.99	
Energy	kcal	458		0	NC	4		1040	130	
Energy	kj	1916		0		4		4350	543	
Protein (N x 5.18)	g	9.00		2	A	1		20.43	2.55	
Total lipid (fat)	g	27.74		2	A	1		62.97	7.86	
Ash	g	1.37		2	A	1		3.11	0.39	
Carbohydrate, by difference	g	47.81		0	NC	4		108.53	13.55	
Fiber, total dietary	g	4.8		2	A	1		10.9	1.4	
Sugars, total	g	36.25		0	FLA	4		82.30	10.28	
Starch	g									
Minerals:										
Calcium, Ca	mg	172		2	A	1		390	49	
Iron, Fe	mg	1.60		2	A	1		3.63	0.45	
Magnesium, Mg	mg	130		2	A	1		295	37	
Phosphorus, P	mg	258		2	A	1		586	73	
Potassium, K	mg	314		2	A	1		713	89	
Sodium, Na	mg	9		2	A	1		20	3	
Zinc, Zn	mg	1.48		2	A	1		3.36	0.42	
Copper, Cu	mg	0.454		2	A	1		1.031	0.129	
Manganese, Mn	mg	0.856		2	A	1		1.943	0.243	
Selenium, Se	mcg	4.2		0	BFSN	4		9.5	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1	A	1		0.2	0.0	
Thiamin	mg	0.082		2	A	1		0.186	0.023	
Riboflavin	mg	0.414		2	A	1		0.940	0.117	
Niacin	mg	1.422		2	A	1		3.228	0.403	
Pantothenic acid	mg	0.113		2	A	1		0.257	0.032	
Vitamin B-6	mg	0.036		2	A	1		0.082	0.010	
Folate, total	mcg	73		2	A	1		166	21	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	73		2	A	1		166	21	
Folate, DFE	mcg_DFE	73		0	NC	4		166	21	
Choline, total	mg	28.5		0	FLA	4		64.8	8.1	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		2	A	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		2	A	1		0	0	
Carotene, alpha	mcg	0		2	A	1		0	0	
Cryptoxanthin, beta	mcg	0		2	A	1		0	0	
Vitamin A, IU	IU	0		2	A	1		0	0	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	1		0	FLA	4		2	0	
Vitamin E (alpha-tocopherol)	mg	13.54		0	FLA	4		30.74	3.84	
Vitamin E, added	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	FLA	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	2.629		0	BFFN	4		5.968	0.745	
4:0	g	0.000		0	BFFN	4		0.000	0.000	
6:0	g	0.000		0	BFFN	4		0.000	0.000	
8:0	g	0.000		0	BFFN	4		0.000	0.000	
10:0	g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 12071
Nuts, almond paste

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0....g	0.003		0	BFFN	4		0.007	0.001	
13:0....g									
14:0....g	0.158		0	BFFN	4		0.359	0.045	
15:0....g									
16:0....g	1.836		0	BFFN	4		4.168	0.521	
17:0....g									
18:0....g	0.542		0	BFFN	4		1.230	0.154	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.012		0	BFFN	4		40.887	5.106	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.162		0	BFFN	4		0.368	0.046	
17:1....g									
18:1 undifferentiated....g	17.680		0	BFFN	4		40.134	5.012	
20:1....g	0.027		0	BFFN	4		0.061	0.008	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.821		0	BFFN	4		13.214	1.650	
18:2 undifferentiated....g	5.576		0	BFFN	4		12.658	1.581	
18:3 undifferentiated....g	0.199		0	BFFN	4		0.452	0.056	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 227g: 1 cup, firmly packed

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12061
Nuts, almonds (1, 2)
Prunus dulcis
Includes USDA commodity food A256, A264
Refuse: 60% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.70	0.046	75	A	1		4.47	4.33	5.08
Energy	kcal	575		0	NC	4		547	529	621
Energy	kj	2408		0	NC	4		2287	2215	2600
Protein (N x 5.18)	g	21.22	0.044	76	A	1		20.16	19.52	22.92
Total lipid (fat)	g	49.42	0.188	75	A	1		46.95	45.46	53.37
Ash	g	2.99	0.015	75	A	1		2.84	2.75	3.23
Carbohydrate, by difference	g	21.67		0	NC	4		20.58	19.93	23.40
Fiber, total dietary	g	12.2	0.194	74	A	1		11.6	11.2	13.2
Sugars, total	g	3.89		0	AS	1		3.70	3.58	4.21
Sucrose	g	3.60	0.037	78	A	1		3.42	3.32	3.89
Glucose (dextrose)	g	0.12	0.017	78	A	1		0.12	0.11	0.13
Fructose	g	0.09	0.017	78	A	1		0.08	0.08	0.09
Lactose	g	0.00	0.000	78	A	1		0.00	0.00	0.00
Maltose	g	0.04	0.000	78	A	1		0.03	0.03	0.04
Galactose	g	0.05	0.013	74	A	1		0.04	0.04	0.05
Starch	g	0.74	0.084	4	A	1		0.70	0.68	0.80
Minerals:										
Calcium, Ca	mg	264	3.300	74	A	1		251	243	285
Iron, Fe	mg	3.72	0.043	74	A	1		3.54	3.43	4.02
Magnesium, Mg	mg	268	1.269	73	A	1		255	247	290
Phosphorus, P	mg	484	3.052	73	A	1		460	446	523
Potassium, K	mg	705	3.872	73	A	1		670	649	762
Sodium, Na	mg	1	0.164	68	A	1		1	1	1
Zinc, Zn	mg	3.08	0.031	71	A	1		2.93	2.83	3.33
Copper, Cu	mg	0.996	0.015	71	A	1		0.946	0.916	1.076
Manganese, Mn	mg	2.285	0.031	73	A	1		2.171	2.102	2.468
Selenium, Se	mcg	2.5	0.361	26	A	1		2.3	2.3	2.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	49	A	1		0.0	0.0	0.0
Thiamin	mg	0.211	0.003	70	A	1		0.200	0.194	0.228
Riboflavin	mg	1.014	0.025	73	A	1		0.963	0.933	1.095
Niacin	mg	3.385	0.067	73	A	1		3.215	3.114	3.655
Pantothenic acid	mg	0.469	0.009	73	A	1		0.445	0.431	0.506
Vitamin B-6	mg	0.143	0.003	47	A	1		0.136	0.132	0.154
Folate, total	mcg	50	2.053	41	A	1		48	46	54
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	50	2.053	41	A	1		48	46	54
Folate, DFE	mcg_DFE	50		0	NC	4		48	46	54
Choline, total	mg	52.1		0	AS	1		49.5	47.9	56.2
Betaine	mg	0.5	0.051	5	A	1		0.5	0.5	0.5
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	1	0.094	26	A	1		1	1	1
Carotene, alpha	mcg	0	0.000	9	A	1		0	0	0
Cryptoxanthin, beta	mcg	0	0.000	8	A	1		0	0	0
Vitamin A, IU	IU	1		0	AS	1		1	1	1
Lycopene	mcg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin	mcg	1	0.000	8	A	1		1	1	1
Vitamin E (alpha-tocopherol)	mg	26.22	0.178	75	A	1		24.91	24.13	28.32
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.29	0.026	75	A	1		0.28	0.27	0.31
Tocopherol, gamma	mg	0.65	0.030	75	A	1		0.62	0.60	0.70
Tocopherol, delta	mg	0.05	0.007	74	A	1		0.05	0.05	0.05
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0	0.000	8	A	1		0.0	0.0	0.0

NDB No. 12061
Nuts, almonds (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.731		0	NC	4		3.544	3.433	4.030
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	53	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	52	A	1		0.000	0.000	0.000
13:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0....g	0.006	0.001	75	A	1		0.006	0.006	0.007
15:0....g	0.000	0.000	61	A	1		0.000	0.000	0.000
16:0....g	3.044	0.012	75	A	1		2.892	2.801	3.288
17:0....g	0.007	0.001	74	A	1		0.007	0.007	0.008
18:0....g	0.658	0.005	75	A	1		0.625	0.605	0.711
20:0....g	0.013	0.004	75	A	1		0.012	0.012	0.014
22:0....g	0.002	0.000	67	A	1		0.002	0.002	0.002
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	30.889		0	NC	4		29.345	28.418	33.360
14:1....g	0.000	0.000	56	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	51	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.243	0.002	75	JA	6		0.231	0.224	0.263
16:1 c....g	0.231	0.004	28	A	1		0.219	0.212	0.249
16:1 t....g	0.012	0.001	28	A	1		0.012	0.011	0.013
17:1....g	0.025	0.003	70	A	1		0.024	0.023	0.027
18:1 undifferentiated....g	30.611	0.174	75	JA	6		29.081	28.162	33.060
18:1 c....g	30.611	0.320	33	A	1		29.081	28.162	33.060
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	33	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.010	0.001	72	A	1		0.009	0.009	0.010
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	12.070		0	NC	4		11.467	11.105	13.036
18:2 undifferentiated....g	12.061	0.078	75	JA	6		11.458	11.096	13.025
18:2 n-6 c,c....g	12.055	0.119	46	A	1		11.452	11.090	13.019
18:2 CLAs....g	0.001	0.001	7	A	1		0.001	0.001	0.001
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005	0.001	44	A	1		0.004	0.004	0.005
18:3 undifferentiated....g	0.006	0.001	75	JA	6		0.006	0.005	0.006
18:3 n-3 c,c,c....g	0.006	0.001	52	A	1		0.006	0.005	0.006
18:3 n-6 c,c,c....g	0.000	0.000	52	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000	0.000	17	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.004	0.001	67	A	1		0.004	0.003	0.004
20:3 undifferentiated....g	0.000	0.000	56	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
21:5....g									
22:4....g									
22:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.017		0	NC	4		0.016	0.015	0.018
Fatty acids, total trans-monoenoic....g	0.012		0	NC	4		0.012	0.011	0.013
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.004	0.004	0.005
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Stigmasterol....mg	4	0.107	67	A	1		4	4	5
Campesterol....mg	5	0.045	67	A	1		5	5	5

NDB No. 12061
Nuts, almonds (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Beta-sitosterol....mg	132	0.889	67	A	1		125	121	142
Amino Acids:									
Tryptophan....g	0.214		0	A	1		0.203	0.197	0.231
Threonine....g	0.598		0	A	1		0.568	0.550	0.646
Isoleucine....g	0.702		0	A	1		0.667	0.646	0.759
Leucine....g	1.488		0	A	1		1.414	1.369	1.607
Lysine....g	0.580		0	A	1		0.551	0.534	0.626
Methionine....g	0.151		0	A	1		0.143	0.139	0.163
Cystine....g	0.189		0	A	1		0.180	0.174	0.204
Phenylalanine....g	1.120		0	A	1		1.064	1.031	1.210
Tyrosine....g	0.452		0	A	1		0.429	0.416	0.488
Valine....g	0.817		0	A	1		0.776	0.751	0.882
Arginine....g	2.446		0	A	1		2.324	2.250	2.642
Histidine....g	0.557		0	A	1		0.529	0.513	0.602
Alanine....g	1.027		0	A	1		0.976	0.945	1.109
Aspartic acid....g	2.911		0	A	1		2.765	2.678	3.144
Glutamic acid....g	6.810		0	A	1		6.469	6.265	7.354
Glycine....g	1.469		0	A	1		1.395	1.351	1.586
Proline....g	1.032		0	A	1		0.980	0.949	1.114
Serine....g	0.948		0	A	1		0.900	0.872	1.024
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 95g: 1 cup, ground

Measure 2 = 92g: 1 cup, sliced

Measure 3 = 108g: 1 cup, slivered

Footnotes:

1 Unroasted

2 Other phytosterols = 31 mg/100g; these include delta 5-avenasterol, sitostanol, campestanol, and other minor phytosterols.

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.47	0.319	3	A	1		6.49	0.41	1.27
Energy	kcal	581		0	NC	4		842	53	165
Energy	kj	2431		0	NC	4		3525	221	689
Protein (N x 5.18)	g	21.94	0.338	3	A	1		31.81	2.00	6.22
Total lipid (fat)	g	50.62	1.696	3	A	1		73.40	4.61	14.35
Ash	g	3.02	0.016	3	A	1		4.38	0.28	0.86
Carbohydrate, by difference	g	19.94		0	NC	4		28.92	1.81	5.65
Fiber, total dietary	g	10.4	0.802	3	A	1		15.0	0.9	2.9
Sugars, total	g	4.96	0.094	3	A	1		7.19	0.45	1.41
Sucrose	g	4.78	0.094	3	A	1		6.93	0.43	1.36
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.05	0.00	0.01
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose	g	0.14	0.000	3	A	1		0.21	0.01	0.04
Galactose	g									
Starch	g	1.03	0.037	3	A	1		1.49	0.09	0.29
Minerals:										
Calcium, Ca	mg	216	4.942	3	A	1		313	20	61
Iron, Fe	mg	3.72	0.204	3	A	1		5.39	0.34	1.05
Magnesium, Mg	mg	275	3.283	3	A	1		398	25	78
Phosphorus, P	mg	480	8.124	3	A	1		696	44	136
Potassium, K	mg	687	20.638	3	A	1		996	62	195
Sodium, Na	mg	28	3.624	3	A	1		41	3	8
Zinc, Zn	mg	3.12	0.248	3	A	1		4.52	0.28	0.88
Copper, Cu	mg	1.170	0.081	3	A	1		1.697	0.106	0.332
Manganese, Mn	mg	2.240	0.141	3	A	1		3.248	0.204	0.635
Selenium, Se	mcg	2.8		0	BFZN	4		4.0	0.3	0.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin	mg	0.200	0.008	3	A	1		0.290	0.018	0.057
Riboflavin	mg	0.560	0.081	3	A	1		0.812	0.051	0.159
Niacin	mg	3.660	0.124	3	A	1		5.307	0.333	1.038
Pantothenic acid	mg	0.311	0.024	3	A	1		0.451	0.028	0.088
Vitamin B-6	mg	0.120	0.000	3	A	1		0.174	0.011	0.034
Folate, total	mcg	30	1.706	3	A	1		44	3	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	30	1.706	3	A	1		44	3	9
Folate, DFE	mcg_DFE	30		0	NC	4		44	3	9
Choline, total	mg	52.1		0	BFZN	4		75.5	4.7	14.8
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	4		1	A	1		6	0	1
Carotene, alpha	mcg	0		1	A	1		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	7		1	AS	1		9	1	2
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	1		0	BFZN	4		2	0	0
Vitamin E (alpha-tocopherol)	mg	24.71	0.293	3	A	1		35.83	2.25	7.01
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.41	0.047	3	A	1		0.59	0.04	0.12
Tocopherol, gamma	mg	0.80	0.000	3	A	1		1.16	0.07	0.23
Tocopherol, delta	mg	0.27	0.065	3	A	1		0.40	0.02	0.08
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	0.0

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.890		0	NC	4		5.640	0.354	1.103
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	3.255	0.058	3	A	1		4.719	0.296	0.923
17:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0....g	0.635	0.038	3	A	1		0.921	0.058	0.180
20:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	32.287		0	NC	4		46.817	2.938	9.153
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.241	0.008	3	A	1		0.350	0.022	0.068
17:1....g									
18:1 undifferentiated....g	32.046	1.176	3	A	1		46.467	2.916	9.085
20:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	12.054		0	NC	4		17.478	1.097	3.417
18:2 undifferentiated....g	12.054	0.616	3	A	1		17.478	1.097	3.417
18:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	116		0	AS	1		168	11	33
Stigmasterol....mg	1		1	A	1		1	0	0
Campesterol....mg	6		1	A	1		8	1	2
Beta-sitosterol....mg	109		1	A	1		158	10	31
Amino Acids:									
Tryptophan....g	0.198		0	A	1		0.287	0.018	0.056
Threonine....g	0.700		0	A	1		1.014	0.064	0.198
Isoleucine....g	0.714		0	A	1		1.035	0.065	0.202
Leucine....g	1.517		0	A	1		2.199	0.138	0.430
Lysine....g	0.620		0	A	1		0.899	0.056	0.176
Methionine....g	0.194		0	A	1		0.282	0.018	0.055
Cystine....g	0.291		0	A	1		0.422	0.026	0.082
Phenylalanine....g	1.185		0	A	1		1.718	0.108	0.336
Tyrosine....g	0.547		0	A	1		0.793	0.050	0.155
Valine....g	0.825		0	A	1		1.196	0.075	0.234
Arginine....g	2.546		0	A	1		3.691	0.232	0.722
Histidine....g	0.611		0	A	1		0.886	0.056	0.173
Alanine....g	1.033		0	A	1		1.497	0.094	0.293
Aspartic acid....g	2.821		0	A	1		4.090	0.257	0.800
Glutamic acid....g	5.337		0	A	1		7.739	0.486	1.513
Glycine....g	1.515		0	A	1		2.197	0.138	0.430
Proline....g	1.000		0	A	1		1.450	0.091	0.283
Serine....g	1.037		0	A	1		1.504	0.094	0.294
Hydroxyproline....g									
Others:									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 145g: 1 cup whole kernels

Measure 2 = 9.1g: 1 tbsp

Measure 3 = 28.35g: 1 oz

Footnotes:

1 Unroasted

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.60	0.127	3	A	1		3.58	0.74	
Energy	kcal	597		0	NC	4		824	169	
Energy	kj	2499		0	NC	4		3449	709	
Protein (N x 5.18)	g	22.09	0.867	3	A	1		30.48	6.26	
Total lipid (fat)	g	52.83	1.022	3	A	1		72.91	14.98	
Ash	g	3.20	0.019	3	A	1		4.42	0.91	
Carbohydrate, by difference	g	19.29		0	NC	4		26.62	5.47	
Fiber, total dietary	g	11.8	0.517	3	A	1		16.3	3.3	
Sugars, total	g	4.90	0.158	3	A	1		6.76	1.39	
Sucrose	g	4.72	0.158	3	A	1		6.51	1.34	
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.05	0.01	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.14	0.000	3	A	1		0.20	0.04	
Galactose	g									
Starch	g	0.71	0.043	3	A	1		0.99	0.20	
Minerals:										
Calcium, Ca	mg	266	20.200	3	A	1		367	75	
Iron, Fe	mg	4.51	0.262	3	A	1		6.22	1.28	
Magnesium, Mg	mg	286	1.582	3	A	1		394	81	
Phosphorus, P	mg	489	13.083	3	A	1		675	139	
Potassium, K	mg	746	26.608	3	A	1		1029	211	
Sodium, Na	mg	339		528	A	1		468	96	
Zinc, Zn	mg	3.54	0.145	3	A	1		4.89	1.00	
Copper, Cu	mg	1.170	0.073	3	A	1		1.615	0.332	
Manganese, Mn	mg	2.620	0.063	3	A	1		3.616	0.743	
Selenium, Se	mcg	2.8		0	BFZN	4		3.8	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	mg	0.074	0.002	3	A	1		0.102	0.021	
Riboflavin	mg	0.859	0.010	3	A	1		1.185	0.243	
Niacin	mg	3.850	0.036	3	A	1		5.313	1.091	
Pantothenic acid	mg	0.229	0.017	3	A	1		0.315	0.065	
Vitamin B-6	mg	0.126	0.013	3	A	1		0.173	0.036	
Folate, total	mcg	33	2.732	3	A	1		45	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	33	2.732	3	A	1		45	9	
Folate, DFE	mcg_DFE	33		0	NC	4		45	9	
Choline, total	mg	52.1		0	BFZN	4		71.9	14.8	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	1		1	A	1		1	0	
Carotene, alpha	mcg	0		1	A	1		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	1		1	AS	1		2	0	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	1		0	BFZN	4		2	0	
Vitamin E (alpha-tocopherol)	mg	26.00	0.741	3	A	1		35.87	7.37	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.44	0.036	3	A	1		0.60	0.12	
Tocopherol, gamma	mg	0.87	0.096	3	A	1		1.19	0.25	
Tocopherol, delta	mg	0.14	0.000	3	A	1		0.20	0.04	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.047		0	NC	4		5.585	1.147	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g	0.000	0.000	3	A	1		0.000	0.000	
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	3.333	0.090	3	A	1		4.600	0.945	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.714	0.096	3	A	1		0.985	0.202	
20:0....g	0.000	0.000	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	33.658		0	NC	4		46.448	9.542	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.252	0.005	3	A	1		0.347	0.071	
17:1....g									
18:1 undifferentiated....g	33.406	0.530	3	A	1		46.101	9.471	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	12.649		0	NC	4		17.456	3.586	
18:2 undifferentiated....g	12.649	0.323	3	A	1		17.456	3.586	
18:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	118		1	A	1		163	33	
Stigmasterol....mg	4		1	A	1		6	1	
Campesterol....mg	3		1	A	1		4	1	
Beta-sitosterol....mg	110		1	A	1		152	31	
Amino Acids:									
Tryptophan....g	0.199		0	A	1		0.275	0.057	
Threonine....g	0.704		0	A	1		0.972	0.200	
Isoleucine....g	0.718		0	A	1		0.991	0.204	
Leucine....g	1.527		0	A	1		2.107	0.433	
Lysine....g	0.624		0	A	1		0.861	0.177	
Methionine....g	0.196		0	A	1		0.270	0.055	
Cystine....g	0.293		0	A	1		0.404	0.083	
Phenylalanine....g	1.193		0	A	1		1.646	0.338	
Tyrosine....g	0.551		0	A	1		0.760	0.156	
Valine....g	0.831		0	A	1		1.146	0.235	
Arginine....g	2.562		0	A	1		3.536	0.726	
Histidine....g	0.615		0	A	1		0.849	0.174	
Alanine....g	1.040		0	A	1		1.435	0.295	
Aspartic acid....g	2.839		0	A	1		3.918	0.805	
Glutamic acid....g	5.373		0	A	1		7.414	1.523	
Glycine....g	1.525		0	A	1		2.105	0.432	
Proline....g	1.006		0	A	1		1.389	0.285	
Serine....g	1.044		0	A	1		1.441	0.296	
Hydroxyproline....g									
Others:									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 138g: 1 cup whole kernels

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Includes USDA commodity food A255, A263
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.60	0.127	3	A	1		3.58	0.74	
Energy	kcal	597		0	NC	4		824	169	
Energy	kj	2499		0	NC	4		3449	709	
Protein (N x 5.18)	g	22.09	0.867	3	A	1		30.48	6.26	
Total lipid (fat)	g	52.83	1.022	3	A	1		72.91	14.98	
Ash	g	3.20	0.019	3	A	1		4.42	0.91	
Carbohydrate, by difference	g	19.29		0	NC	4		26.62	5.47	
Fiber, total dietary	g	11.8	0.517	3	A	1		16.3	3.3	
Sugars, total	g	4.90	0.158	3	A	1		6.76	1.39	
Sucrose	g	4.72	0.158	3	A	1		6.51	1.34	
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.05	0.01	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.14	0.000	3	A	1		0.20	0.04	
Galactose	g									
Starch	g	0.71	0.043	3	A	1		0.99	0.20	
Minerals:										
Calcium, Ca	mg	266	20.200	3	A	1		367	75	
Iron, Fe	mg	4.51	0.262	3	A	1		6.22	1.28	
Magnesium, Mg	mg	286	1.582	3	A	1		394	81	
Phosphorus, P	mg	489	13.083	3	A	1		675	139	
Potassium, K	mg	746	26.608	3	A	1		1029	211	
Sodium, Na	mg	1	0.036	3	A	1		1	0	
Zinc, Zn	mg	3.54	0.145	3	A	1		4.89	1.00	
Copper, Cu	mg	1.170	0.073	3	A	1		1.615	0.332	
Manganese, Mn	mg	2.620	0.063	3	A	1		3.616	0.743	
Selenium, Se	mcg	2.8		0	BFZN	4		3.8	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	mg	0.074	0.002	3	A	1		0.102	0.021	
Riboflavin	mg	0.859	0.010	3	A	1		1.185	0.243	
Niacin	mg	3.850	0.036	3	A	1		5.313	1.091	
Pantothenic acid	mg	0.229	0.017	3	A	1		0.315	0.065	
Vitamin B-6	mg	0.126	0.013	3	A	1		0.173	0.036	
Folate, total	mcg	33	2.732	3	A	1		45	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	33	2.732	3	A	1		45	9	
Folate, DFE	mcg_DFE	33		0	NC	4		45	9	
Choline, total	mg	52.1		0	BFZN	4		71.9	14.8	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	1		1	A	1		1	0	
Carotene, alpha	mcg	0		1	A	1		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	1		1	AS	1		2	0	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	1		0	BFZN	4		2	0	
Vitamin E (alpha-tocopherol)	mg	26.00	0.741	3	A	1		35.87	7.37	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.44	0.036	3	A	1		0.60	0.12	
Tocopherol, gamma	mg	0.87	0.096	3	A	1		1.19	0.25	
Tocopherol, delta	mg	0.14	0.000	3	A	1		0.20	0.04	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.047		0	NC	4		5.585	1.147	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g	0.000	0.000	3	A	1		0.000	0.000	
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	3.333	0.090	3	A	1		4.600	0.945	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.714	0.096	3	A	1		0.985	0.202	
20:0....g	0.000	0.000	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	33.658		0	NC	4		46.448	9.542	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.252	0.005	3	A	1		0.347	0.071	
17:1....g									
18:1 undifferentiated....g	33.406	0.530	3	A	1		46.101	9.471	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	12.649		0	NC	4		17.456	3.586	
18:2 undifferentiated....g	12.649	0.323	3	A	1		17.456	3.586	
18:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	118		1	A	1		163	33	
Stigmasterol....mg	4		1	A	1		6	1	
Campesterol....mg	3		1	A	1		4	1	
Beta-sitosterol....mg	110		1	A	1		152	31	
Amino Acids:									
Tryptophan....g	0.199		0	A	1		0.275	0.057	
Threonine....g	0.704		0	A	1		0.972	0.200	
Isoleucine....g	0.718		0	A	1		0.991	0.204	
Leucine....g	1.527		0	A	1		2.107	0.433	
Lysine....g	0.624		0	A	1		0.861	0.177	
Methionine....g	0.196		0	A	1		0.270	0.055	
Cystine....g	0.293		0	A	1		0.404	0.083	
Phenylalanine....g	1.193		0	A	1		1.646	0.338	
Tyrosine....g	0.551		0	A	1		0.760	0.156	
Valine....g	0.831		0	A	1		1.146	0.235	
Arginine....g	2.562		0	A	1		3.536	0.726	
Histidine....g	0.615		0	A	1		0.849	0.174	
Alanine....g	1.040		0	A	1		1.435	0.295	
Aspartic acid....g	2.839		0	A	1		3.918	0.805	
Glutamic acid....g	5.373		0	A	1		7.414	1.523	
Glycine....g	1.525		0	A	1		2.105	0.432	
Proline....g	1.006		0	A	1		1.389	0.285	
Serine....g	1.044		0	A	1		1.441	0.296	
Hydroxyproline....g									
Others:									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 138g: 1 cup whole kernels

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.70	0.001	3		1		2.45	0.48	
Energy....kcal	594		0	NC	4		855	168	
Energy....kj	2485				4		3579	705	
Protein (N x 5.18)....g	18.17	0.240	3		1		26.16	5.15	
Total lipid (fat)....g	49.90	0.503	3		1		71.86	14.15	
Ash....g	2.33	0.291	3		1		3.36	0.66	
Carbohydrate, by difference....g	27.90		0	NC	4		40.18	7.91	
Fiber, total dietary....g	13.7		0		4		19.7	3.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	263	3.331	3		1		379	75	
Iron, Fe....mg	2.83	0.088	3		1		4.08	0.80	
Magnesium, Mg....mg	240	0.000	3		1		346	68	
Phosphorus, P....mg	400	5.774	3		1		576	113	
Potassium, K....mg	560	0.000	3		1		806	159	
Sodium, Na....mg	130	8.451	7		1		187	37	
Zinc, Zn....mg	2.60	0.000	3		1		3.74	0.74	
Copper, Cu....mg	0.970	0.085	3		1		1.397	0.275	
Manganese, Mn....mg	2.003		0		1		2.884	0.568	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		1.0	0.2	
Thiamin....mg	0.114	0.007	3		1		0.164	0.032	
Riboflavin....mg	0.953	0.034	3		1		1.372	0.270	
Niacin....mg	2.819	0.134	3		1		4.059	0.799	
Pantothenic acid....mg	0.258		0		1		0.372	0.073	
Vitamin B-6....mg	0.085		0		1		0.122	0.024	
Folate, total....mcg	32		2		1		46	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	32		2		1		46	9	
Folate, DFE....mcg_DFE	32		0	NC	4		46	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....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	4.730		0		1		6.811	1.341	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.005		0		1		0.007	0.001	
13:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.287		0		1		0.413	0.081	
15:0....g									
16:0....g	3.329		0		1		4.794	0.944	
17:0....g									
18:0....g	0.984		0		1		1.417	0.279	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	32.402		0		1		46.659	9.186	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.293		0		1		0.422	0.083	
17:1....g									
18:1 undifferentiated....g	32.061		0		1		46.168	9.089	
20:1....g	0.048		0		1		0.069	0.014	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.472		0		1		15.080	2.969	
18:2 undifferentiated....g	10.112		0		1		14.561	2.867	
18:3 undifferentiated....g	0.360		0		1		0.518	0.102	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.281		0		1		0.405	0.080	
Threonine....g	0.575		0		1		0.828	0.163	
Isoleucine....g	0.677		0		1		0.975	0.192	
Leucine....g	1.210		0		1		1.742	0.343	
Lysine....g	0.519		0		1		0.747	0.147	
Methionine....g	0.179		0		1		0.258	0.051	
Cystine....g	0.281		0		1		0.405	0.080	
Phenylalanine....g	0.870		0		1		1.253	0.247	
Tyrosine....g	0.551		0		1		0.793	0.156	
Valine....g	0.803		0		1		1.156	0.228	
Arginine....g	1.946		0		1		2.802	0.552	
Histidine....g	0.435		0		1		0.626	0.123	
Alanine....g	0.736		0		1		1.060	0.209	
Aspartic acid....g	1.831		0		1		2.637	0.519	
Glutamic acid....g	4.629		0		1		6.666	1.312	
Glycine....g	0.964		0		1		1.388	0.273	
Proline....g	0.978		0		1		1.408	0.277	
Serine....g	0.701		0		1		1.009	0.199	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 144g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz

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

NDB No. 12206

Nuts, almonds, honey roasted, unblanched

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80	0.156	3	A	1		4.39	0.79	
Energy	kcal	607		0	NC	4		954	172	
Energy	kj	2541		0	NC	4		3990	720	
Protein (N x 5.18)	g	21.23	1.142	3	A	1		33.33	6.02	
Total lipid (fat)	g	55.17	1.198	3	A	1		86.62	15.64	
Ash	g	3.13	0.036	3	A	1		4.91	0.89	
Carbohydrate, by difference	g	17.68		0	NC	4		27.75	5.01	
Fiber, total dietary	g	10.5	0.614	3	A	1		16.5	3.0	
Sugars, total	g	4.55	0.248	3	A	1		7.14	1.29	
Sucrose	g	4.38	0.248	3	A	1		6.87	1.24	
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.06	0.01	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.14	0.000	3	A	1		0.22	0.04	
Galactose	g									
Starch	g	0.56	0.324	3	A	1		0.87	0.16	
Minerals:										
Calcium, Ca	mg	291	21.223	3	A	1		457	82	
Iron, Fe	mg	3.68	0.292	3	A	1		5.78	1.04	
Magnesium, Mg	mg	274	7.803	3	A	1		431	78	
Phosphorus, P	mg	466	11.783	3	A	1		731	132	
Potassium, K	mg	699	14.581	3	A	1		1097	198	
Sodium, Na	mg	339		528	A	1		532	96	
Zinc, Zn	mg	3.07	0.248	3	A	1		4.81	0.87	
Copper, Cu	mg	0.955	0.118	3	A	1		1.499	0.271	
Manganese, Mn	mg	2.460	0.118	3	A	1		3.862	0.697	
Selenium, Se	mcg	2.8		0	BFZN	4		4.3	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	mg	0.092	0.009	3	A	1		0.145	0.026	
Riboflavin	mg	0.781	0.061	3	A	1		1.225	0.221	
Niacin	mg	3.665	0.118	3	A	1		5.754	1.039	
Pantothenic acid	mg	0.229	0.004	3	A	1		0.360	0.065	
Vitamin B-6	mg	0.118	0.013	3	A	1		0.184	0.033	
Folate, total	mcg	27	2.535	3	A	1		43	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	27	2.535	3	A	1		43	8	
Folate, DFE	mcg_DFE	27		0	NC	4		43	8	
Choline, total	mg	52.1		0	BFZN	4		81.7	14.8	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	1		1	A	1		1	0	
Carotene, alpha	mcg	0		1	A	1		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	1		1	AS	1		2	0	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	1		0	BFZN	4		2	0	
Vitamin E (alpha-tocopherol)	mg	25.97	1.043	3	A	1		40.77	7.36	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.42	0.045	3	A	1		0.65	0.12	
Tocopherol, gamma	mg	0.88	0.045	3	A	1		1.37	0.25	
Tocopherol, delta	mg	0.14	0.000	3	A	1		0.22	0.04	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.208		0	NC	4		6.606	1.193	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g	0.000	0.000	3	A	1		0.000	0.000	
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	3.303	0.079	3	A	1		5.186	0.936	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.905	0.100	3	A	1		1.420	0.256	
20:0....g	0.000	0.000	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	34.793		0	NC	4		54.625	9.864	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.215	0.025	3	A	1		0.338	0.061	
17:1....g									
18:1 undifferentiated....g	34.578	0.892	3	A	1		54.287	9.803	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	13.519		0	NC	4		21.225	3.833	
18:2 undifferentiated....g	13.519	1.034	3	A	1		21.225	3.833	
18:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	130		1	A	1		204	37	
Stigmasterol....mg	3		1	A	1		4	1	
Campesterol....mg	9		1	A	1		13	2	
Beta-sitosterol....mg	118		1	A	1		186	34	
Amino Acids:									
Tryptophan....g	0.192		0	A	1		0.301	0.054	
Threonine....g	0.677		0	A	1		1.063	0.192	
Isoleucine....g	0.691		0	A	1		1.084	0.196	
Leucine....g	1.467		0	A	1		2.304	0.416	
Lysine....g	0.600		0	A	1		0.942	0.170	
Methionine....g	0.188		0	A	1		0.295	0.053	
Cystine....g	0.282		0	A	1		0.442	0.080	
Phenylalanine....g	1.146		0	A	1		1.800	0.325	
Tyrosine....g	0.529		0	A	1		0.831	0.150	
Valine....g	0.798		0	A	1		1.253	0.226	
Arginine....g	2.463		0	A	1		3.867	0.698	
Histidine....g	0.592		0	A	1		0.929	0.168	
Alanine....g	0.999		0	A	1		1.569	0.283	
Aspartic acid....g	2.729		0	A	1		4.285	0.774	
Glutamic acid....g	5.165		0	A	1		8.108	1.464	
Glycine....g	1.466		0	A	1		2.302	0.416	
Proline....g	0.967		0	A	1		1.519	0.274	
Serine....g	1.004		0	A	1		1.576	0.285	
Hydroxyproline....g									
Others:									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 157g: 1 cup whole kernels

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

Footnotes:

1 Roasted in high oleic safflower oil

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80	0.156	3	A	1		4.39	0.79	
Energy	kcal	607		0	NC	4		954	172	
Energy	kj	2541		0	NC	4		3990	720	
Protein (N x 5.18)	g	21.23	1.142	3	A	1		33.33	6.02	
Total lipid (fat)	g	55.17	1.198	3	A	1		86.62	15.64	
Ash	g	3.13	0.036	3	A	1		4.91	0.89	
Carbohydrate, by difference	g	17.68		0	NC	4		27.75	5.01	
Fiber, total dietary	g	10.5	0.614	3	A	1		16.5	3.0	
Sugars, total	g	4.55	0.248	3	A	1		7.14	1.29	
Sucrose	g	4.38	0.248	3	A	1		6.87	1.24	
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.06	0.01	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.14	0.000	3	A	1		0.22	0.04	
Galactose	g									
Starch	g	0.56	0.324	3	A	1		0.87	0.16	
Minerals:										
Calcium, Ca	mg	291	21.223	3	A	1		457	82	
Iron, Fe	mg	3.68	0.292	3	A	1		5.78	1.04	
Magnesium, Mg	mg	274	7.803	3	A	1		431	78	
Phosphorus, P	mg	466	11.783	3	A	1		731	132	
Potassium, K	mg	699	14.581	3	A	1		1097	198	
Sodium, Na	mg	1	0.204	3	A	1		1	0	
Zinc, Zn	mg	3.07	0.248	3	A	1		4.81	0.87	
Copper, Cu	mg	0.955	0.118	3	A	1		1.499	0.271	
Manganese, Mn	mg	2.460	0.118	3	A	1		3.862	0.697	
Selenium, Se	mcg	2.8		0	BFZN	4		4.3	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	mg	0.092	0.009	3	A	1		0.145	0.026	
Riboflavin	mg	0.781	0.061	3	A	1		1.225	0.221	
Niacin	mg	3.665	0.118	3	A	1		5.754	1.039	
Pantothenic acid	mg	0.229	0.005	3	A	1		0.360	0.065	
Vitamin B-6	mg	0.118	0.013	3	A	1		0.184	0.033	
Folate, total	mcg	27	2.535	3	A	1		43	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	27	2.535	3	A	1		43	8	
Folate, DFE	mcg_DFE	27		0	NC	4		43	8	
Choline, total	mg	52.1		0	BFZN	4		81.7	14.8	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	1		1	A	1		1	0	
Carotene, alpha	mcg	0		1	A	1		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	1		1	AS	1		2	0	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	1		0	BFZN	4		2	0	
Vitamin E (alpha-tocopherol)	mg	25.97	1.044	3	A	1		40.77	7.36	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.42	0.045	3	A	1		0.65	0.12	
Tocopherol, gamma	mg	0.88	0.045	3	A	1		1.37	0.25	
Tocopherol, delta	mg	0.14	0.000	3	A	1		0.22	0.04	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.208		0	NC	4		6.606	1.193	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g	0.000	0.000	3	A	1		0.000	0.000	
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	3.303	0.079	3	A	1		5.186	0.936	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.905	0.100	3	A	1		1.420	0.256	
20:0....g	0.000	0.000	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	34.793		0	NC	4		54.625	9.864	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.215	0.025	3	A	1		0.338	0.061	
17:1....g									
18:1 undifferentiated....g	34.578	0.892	3	A	1		54.287	9.803	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	13.519		0	NC	4		21.225	3.833	
18:2 undifferentiated....g	13.519	1.034	3	A	1		21.225	3.833	
18:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	130		1	A	1		204	37	
Stigmasterol....mg	3		1	A	1		4	1	
Campesterol....mg	9		1	A	1		13	2	
Beta-sitosterol....mg	118		1	A	1		186	34	
Amino Acids:									
Tryptophan....g	0.192		0	A	1		0.301	0.054	
Threonine....g	0.677		0	A	1		1.063	0.192	
Isoleucine....g	0.691		0	A	1		1.084	0.196	
Leucine....g	1.467		0	A	1		2.304	0.416	
Lysine....g	0.600		0	A	1		0.942	0.170	
Methionine....g	0.188		0	A	1		0.295	0.053	
Cystine....g	0.282		0	A	1		0.442	0.080	
Phenylalanine....g	1.146		0	A	1		1.800	0.325	
Tyrosine....g	0.529		0	A	1		0.831	0.150	
Valine....g	0.798		0	A	1		1.253	0.226	
Arginine....g	2.463		0	A	1		3.867	0.698	
Histidine....g	0.592		0	A	1		0.929	0.168	
Alanine....g	0.999		0	A	1		1.569	0.283	
Aspartic acid....g	2.729		0	A	1		4.285	0.774	
Glutamic acid....g	5.165		0	A	1		8.108	1.464	
Glycine....g	1.466		0	A	1		2.302	0.416	
Proline....g	0.967		0	A	1		1.519	0.274	
Serine....g	1.004		0	A	1		1.576	0.285	
Hydroxyproline....g									
Others:									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 157g: 1 cup whole kernels

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

Footnotes:

1 Roasted in high oleic safflower oil

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 39% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.60		0		1		1.87		
Energy	kcal	576		0	NC	4		163		
Energy	kj	2410				4		683		
Protein (N x 5.3)	g	6.20		1		1		1.76		
Total lipid (fat)	g	50.00		0		1		14.18		
Ash	g	3.70		0		1		1.05		
Carbohydrate, by difference	g	33.50		0	NC	4		9.50		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1		1		0		
Iron, Fe	mg	2.46		0		4		0.70		
Magnesium, Mg	mg	0		1		1		0		
Phosphorus, P	mg	0		1		1		0		
Potassium, K	mg	1017		0		4		288		
Sodium, Na	mg	38		0		4		11		
Zinc, Zn	mg	0.36		0		4		0.10		
Copper, Cu	mg	0.670		0		4		0.190		
Manganese, Mn	mg	1.341		0		4		0.380		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	15.5		0		4		4.4		
Thiamin	mg	0.304		0		4		0.086		
Riboflavin	mg	0.371		0		4		0.105		
Niacin	mg	0.877		0		4		0.249		
Pantothenic acid	mg	0.925		0		4		0.262		
Vitamin B-6	mg	0.684		0		4		0.194		
Folate, total	mcg	113		0		4		32		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	113		0		4		32		
Folate, DFE	mcg_DFE	113		0	NC	4		32		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	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	5.719		0		1		1.621		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12077
Nuts, beechnuts, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.063		2		1		0.018		
15:0....g									
16:0....g	3.569		4		1		1.012		
17:0....g									
18:0....g	1.183		4		1		0.335		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	21.892		0		1		6.206		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.287		3		1		0.081		
17:1....g									
18:1 undifferentiated....g	18.849		4		1		5.344		
20:1....g	2.757		3		1		0.782		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	20.089		0		1		5.695		
18:2 undifferentiated....g	18.390		4		1		5.214		
18:3 undifferentiated....g	1.700		3		1		0.482		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0		1		0.020		
Threonine....g	0.221		0		1		0.063		
Isoleucine....g	0.245		0		1		0.069		
Leucine....g	0.367		0		1		0.104		
Lysine....g	0.367		0		1		0.104		
Methionine....g	0.146		0		1		0.041		
Cystine....g	0.197		0		1		0.056		
Phenylalanine....g	0.262		0		1		0.074		
Tyrosine....g	0.172		0		1		0.049		
Valine....g	0.346		0		1		0.098		
Arginine....g	0.443		0		1		0.126		
Histidine....g	0.172		0		1		0.049		
Alanine....g	0.414		0		1		0.117		
Aspartic acid....g	1.071		0		1		0.304		
Glutamic acid....g	0.800		0		1		0.227		
Glycine....g	0.319		0		1		0.090		
Proline....g	0.326		0		1		0.092		
Serine....g	0.310		0		1		0.088		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12077
Nuts, beechnuts, dried

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12078

Nuts, brazilnuts, dried, unblanched

Bertholletia excelsa

Refuse: 49% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.48	0.170	9	A	1		4.62	0.17	0.99
Energy	kcal	656		0	NC	4		872	33	186
Energy	kj	2743		0	NC	4		3649	137	778
Protein (N x 5.46)	g	14.32	0.146	7	A	1		19.05	0.72	4.06
Total lipid (fat)	g	66.43	0.237	7	A	1		88.36	3.32	18.83
Ash	g	3.51	0.033	7	A	1		4.66	0.18	0.99
Carbohydrate, by difference	g	12.27		0	NC	4		16.31	0.61	3.48
Fiber, total dietary	g	7.5	0.232	3	A	1		10.0	0.4	2.1
Sugars, total	g	2.33	0.078	7	A	1		3.10	0.12	0.66
Sucrose	g	2.33	0.078	7	A	1		3.10	0.12	0.66
Glucose (dextrose)	g	0.00	0.000	7	A	1		0.00	0.00	0.00
Fructose	g	0.00	0.000	7	A	1		0.00	0.00	0.00
Lactose	g	0.00	0.000	7	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	7	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	7	A	1		0.00	0.00	0.00
Starch	g	0.25	0.000	7	A	1		0.33	0.01	0.07
Minerals:										
Calcium, Ca	mg	160	5.660	7	A	1		213	8	45
Iron, Fe	mg	2.43	0.030	7	A	1		3.24	0.12	0.69
Magnesium, Mg	mg	376	3.746	7	A	1		500	19	107
Phosphorus, P	mg	725	5.614	7	A	1		964	36	206
Potassium, K	mg	659	8.853	7	A	1		876	33	187
Sodium, Na	mg	3	0.252	7	A	1		4	0	1
Zinc, Zn	mg	4.06	0.043	7	A	1		5.39	0.20	1.15
Copper, Cu	mg	1.743	0.021	7	A	1		2.318	0.087	0.494
Manganese, Mn	mg	1.223	0.052	7	A	1		1.626	0.061	0.347
Selenium, Se	mcg	1917.0	231.798	15	A	1		2549.7	95.9	543.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	3	A	1		1.0	0.0	0.2
Thiamin	mg	0.617	0.053	7	A	1		0.821	0.031	0.175
Riboflavin	mg	0.035	0.001	7	A	1		0.047	0.002	0.010
Niacin	mg	0.295	0.019	7	A	1		0.392	0.015	0.084
Pantothenic acid	mg	0.184	0.012	7	A	1		0.244	0.009	0.052
Vitamin B-6	mg	0.101	0.004	7	A	1		0.135	0.005	0.029
Folate, total	mcg	22	2.316	4	A	1		30	1	6
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	22	2.316	4	A	1		30	1	6
Folate, DFE	mcg_DFE	22		0	NC	4		30	1	6
Choline, total	mg	28.8		0	AS	1		38.2	1.4	8.2
Betaine	mg	0.4		2	A	1		0.6	0.0	0.1
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		1	A	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		1	A	1		0	0	0
Carotene, alpha	mcg	0		1	A	1		0	0	0
Cryptoxanthin, beta	mcg	0		1	A	1		0	0	0
Vitamin A, IU	IU	0		1	A	1		0	0	0
Lycopene	mcg	0		1	A	1		0	0	0
Lutein + zeaxanthin	mcg	0		1	A	1		0	0	0
Vitamin E (alpha-tocopherol)	mg	5.73	1.540	6	A	1		7.62	0.29	1.62
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	7.87	2.148	6	A	1		10.47	0.39	2.23
Tocopherol, delta	mg	0.77	0.657	6	A	1		1.02	0.04	0.22
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0	0.000	7	A	1		0.0	0.0	0.0

NDB No. 12078
Nuts, brazilnuts, dried, unblanched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	15.137		0	NC	4		20.133	0.757	4.291
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	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.052	0.000	3	A	1		0.069	0.003	0.015
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	9.085	0.200	3	A	1		12.083	0.454	2.576
17:0....g	0.047	0.012	3	A	1		0.062	0.002	0.013
18:0....g	5.794	0.145	3	A	1		7.706	0.290	1.643
20:0....g	0.160	0.007	3	A	1		0.213	0.008	0.045
22:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	24.548		0	NC	4		32.649	1.227	6.959
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.229	0.004	3	A	1		0.305	0.011	0.065
17:1....g	0.044	0.009	3	A	1		0.058	0.002	0.012
18:1 undifferentiated....g	24.223	0.835	3	A	1		32.217	1.211	6.867
20:1....g	0.052	0.000	3	A	1		0.069	0.003	0.015
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	20.577		0	NC	4		27.368	1.029	5.834
18:2 undifferentiated....g	20.543	0.492	3	A	1		27.322	1.027	5.824
18:3 undifferentiated....g	0.035		0	AS	1		0.046	0.002	0.010
18:3 n-3 c,c,c....g	0.017	0.000	3	A	1		0.023	0.001	0.005
18:3 n-6 c,c,c....g	0.017	0.000	3	A	1		0.023	0.001	0.005
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.141		0	A	1		0.188	0.007	0.040
Threonine....g	0.362		0	A	1		0.481	0.018	0.103
Isoleucine....g	0.516		0	A	1		0.686	0.026	0.146
Leucine....g	1.155		0	A	1		1.536	0.058	0.327
Lysine....g	0.492		0	A	1		0.654	0.025	0.139
Methionine....g	1.008		0	A	1		1.341	0.050	0.286
Cystine....g	0.367		0	A	1		0.487	0.018	0.104
Phenylalanine....g	0.630		0	A	1		0.839	0.032	0.179
Tyrosine....g	0.420		0	A	1		0.558	0.021	0.119
Valine....g	0.756		0	A	1		1.006	0.038	0.214
Arginine....g	2.148		0	A	1		2.857	0.107	0.609
Histidine....g	0.386		0	A	1		0.514	0.019	0.110
Alanine....g	0.577		0	A	1		0.768	0.029	0.164
Aspartic acid....g	1.346		0	A	1		1.790	0.067	0.382
Glutamic acid....g	3.147		0	A	1		4.185	0.157	0.892

NDB No. 12078
Nuts, brazilnuts, dried, unblanched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.718		0	A	1		0.955	0.036	0.204
Proline.....g	0.657		0	A	1		0.874	0.033	0.186
Serine.....g	0.683		0	A	1		0.908	0.034	0.194
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 133g: 1 cup, whole

Measure 2 = 5.0g: 1 kernel

Measure 3 = 28.35g: 1 oz (6 kernels)

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12084
Nuts, butternuts, dried
Juglans cinerea

Refuse: 73% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.34	0.330	4		1		4.01	0.95	0.10
Energy	kcal	612		0	NC	4		734	174	18
Energy	kj	2561				4		3073	726	77
Protein (N x 5.3)	g	24.90	1.353	6		1		29.88	7.06	0.75
Total lipid (fat)	g	56.98	0.540	12		1		68.38	16.15	1.71
Ash	g	2.73	0.215	4		1		3.28	0.77	0.08
Carbohydrate, by difference	g	12.05		0	NC	4		14.46	3.42	0.36
Fiber, total dietary	g	4.7		0		4		5.6	1.3	0.1
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	53	1.808	4		1		64	15	2
Iron, Fe	mg	4.02	0.197	4		1		4.82	1.14	0.12
Magnesium, Mg	mg	237	15.785	4		1		284	67	7
Phosphorus, P	mg	446	37.420	4		1		535	126	13
Potassium, K	mg	421	16.561	4		1		505	119	13
Sodium, Na	mg	1	0.136	4		1		1	0	0
Zinc, Zn	mg	3.13	0.454	4		1		3.76	0.89	0.09
Copper, Cu	mg	0.450	0.061	4		1		0.540	0.128	0.014
Manganese, Mn	mg	6.560	0.437	4		1		7.872	1.860	0.197
Selenium, Se	mcg	17.2		0	BFSN	4		20.6	4.9	0.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.2		0		4		3.8	0.9	0.1
Thiamin	mg	0.383		0		4		0.460	0.109	0.011
Riboflavin	mg	0.148		0		4		0.178	0.042	0.004
Niacin	mg	1.045		0		4		1.254	0.296	0.031
Pantothenic acid	mg	0.633		0		4		0.760	0.179	0.019
Vitamin B-6	mg	0.560		0		4		0.672	0.159	0.017
Folate, total	mcg	66		0		4		79	19	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	66		0		4		79	19	2
Folate, DFE	mcg_DFE	66		0	NC	4		79	19	2
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	6		0		4		7	2	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	124		0		4		149	35	4
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.306		0		1		1.567	0.370	0.039
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									

NDB No. 12084
Nuts, butternuts, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.872		1		1		1.046	0.247	0.026
17:0....g									
18:0....g	0.425		1		1		0.510	0.120	0.013
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.425		0		1		12.510	2.955	0.313
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	10.352		2		1		12.422	2.935	0.311
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	42.741		0		1		51.289	12.117	1.282
18:2 undifferentiated....g	33.727		2		1		40.472	9.562	1.012
18:3 undifferentiated....g	8.718		2		1		10.462	2.472	0.262
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.366		4		1		0.439	0.104	0.011
Threonine....g	0.940		2		1		1.128	0.266	0.028
Isoleucine....g	1.179		2		1		1.415	0.334	0.035
Leucine....g	2.199		2		1		2.639	0.623	0.066
Lysine....g	0.770		2		1		0.924	0.218	0.023
Methionine....g	0.611		6		1		0.733	0.173	0.018
Cystine....g	0.484		6		1		0.581	0.137	0.015
Phenylalanine....g	1.442		2		1		1.730	0.409	0.043
Tyrosine....g	0.977		2		1		1.172	0.277	0.029
Valine....g	1.541		2		1		1.849	0.437	0.046
Arginine....g	4.862		2		1		5.834	1.378	0.146
Histidine....g	0.808		2		1		0.970	0.229	0.024
Alanine....g	1.372		2		1		1.646	0.389	0.041
Aspartic acid....g	3.096		2		1		3.715	0.878	0.093
Glutamic acid....g	6.084		2		1		7.301	1.725	0.183
Glycine....g	1.508		2		1		1.810	0.428	0.045
Proline....g	1.236		2		1		1.483	0.350	0.037
Serine....g	1.640		2		1		1.968	0.465	0.049
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 120g: 1 cup

NDB No. 12084
Nuts, butternuts, dried

Measure 2 = 28.35g: 1 oz
Measure 3 = 3.0g: 1 nutmeat

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.96	0.889	3		1		0.47	0.84	
Energy	kcal	587		0	NC	4		94	166	
Energy	kj	2456		0		4		393	696	
Protein (N x 5.3)	g	17.56	0.592	3		1		2.81	4.98	
Total lipid (fat)	g	49.41	0.376	3		1		7.91	14.01	
Ash	g	2.50	0.105	3		1		0.40	0.71	
Carbohydrate, by difference	g	27.57		0	NC	4		4.41	7.82	
Fiber, total dietary	g	2.0		0		4		0.3	0.6	
Sugars, total	g	5.01		0	BFZN	4		0.80	1.42	
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0		1		7	12	
Iron, Fe	mg	5.03		0		1		0.80	1.43	
Magnesium, Mg	mg	258		0		1		41	73	
Phosphorus, P	mg	457		0		1		73	130	
Potassium, K	mg	546		0		1		87	155	
Sodium, Na	mg	614		0		1		98	174	
Zinc, Zn	mg	5.16		0		1		0.83	1.46	
Copper, Cu	mg	2.190		0		1		0.350	0.621	
Manganese, Mn	mg	0.815		0		4		0.130	0.231	
Selenium, Se	mcg	11.5		0	BFSN	4		1.8	3.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.312		0		1		0.050	0.088	
Riboflavin	mg	0.187		0		1		0.030	0.053	
Niacin	mg	1.599		0		1		0.256	0.453	
Pantothenic acid	mg	1.201		0		1		0.192	0.340	
Vitamin B-6	mg	0.252		0		1		0.040	0.071	
Folate, total	mcg	68		0		1		11	19	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	68		0		1		11	19	
Folate, DFE	mcg_DFE	68		0	NC	4		11	19	
Choline, total	mg	61.0		0	BFZN	4		9.8	17.3	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	BFZN	4		0	0	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	23		0	BFZN	4		4	6	
Vitamin E (alpha-tocopherol)	mg	0.92		0	BFZN	4		0.15	0.26	
Vitamin E, added	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	34.7		0	BFZN	4		5.6	9.9	
Lipids:										
Fatty acids, total saturated	g	9.763		0		1		1.562	2.768	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.140		0		1		0.022	0.040	
10:0	g	0.140		0		1		0.022	0.040	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 ... g	0.836		0		1		0.134	0.237	
13:0 ... g									
14:0 ... g	0.370		0		1		0.059	0.105	
15:0 ... g									
16:0 ... g	4.639		0		1		0.742	1.315	
17:0 ... g									
18:0 ... g	3.168		0		1		0.507	0.898	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	29.122		0		1		4.660	8.256	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.339		0		1		0.054	0.096	
17:1 ... g									
18:1 undifferentiated ... g	28.579		0		1		4.573	8.102	
20:1 ... g	0.148		0		1		0.024	0.042	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	8.354		0		1		1.337	2.368	
18:2 undifferentiated ... g	8.166		0		1		1.307	2.315	
18:3 undifferentiated ... g	0.171		0		1		0.027	0.048	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.272		0		1		0.044	0.077	
Threonine ... g	0.679		0		1		0.109	0.192	
Isoleucine ... g	0.838		0		1		0.134	0.238	
Leucine ... g	1.475		0		1		0.236	0.418	
Lysine ... g	0.938		0		1		0.150	0.266	
Methionine ... g	0.315		0		1		0.050	0.089	
Cystine ... g	0.325		0		1		0.052	0.092	
Phenylalanine ... g	0.908		0		1		0.145	0.257	
Tyrosine ... g	0.563		0		1		0.090	0.160	
Valine ... g	1.193		0		1		0.191	0.338	
Arginine ... g	1.998		0		1		0.320	0.566	
Histidine ... g	0.457		0		1		0.073	0.130	
Alanine ... g	0.805		0		1		0.129	0.228	
Aspartic acid ... g	1.727		0		1		0.276	0.490	
Glutamic acid ... g	4.159		0		1		0.665	1.179	
Glycine ... g	0.921		0		1		0.147	0.261	
Proline ... g	0.792		0		1		0.127	0.225	
Serine ... g	0.974		0		1		0.156	0.276	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12588

Nuts, cashew butter, plain, with salt added

Measure 1 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.96	0.889	3		1		0.47	0.84	
Energy....kcal	587		0	NC	4		94	166	
Energy....kj	2456				4		393	696	
Protein (N x 5.3)....g	17.56	0.592	3		1		2.81	4.98	
Total lipid (fat)....g	49.41	0.376	3		1		7.91	14.01	
Ash....g	2.50	0.105	3		1		0.40	0.71	
Carbohydrate, by difference....g	27.57		0	NC	4		4.41	7.82	
Fiber, total dietary....g	2.0		0		4		0.3	0.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	43		0		1		7	12	
Iron, Fe....mg	5.03		0		1		0.80	1.43	
Magnesium, Mg....mg	258		0		1		41	73	
Phosphorus, P....mg	457		0		1		73	130	
Potassium, K....mg	546		0		1		87	155	
Sodium, Na....mg	15		0		1		2	4	
Zinc, Zn....mg	5.16		0		1		0.83	1.46	
Copper, Cu....mg	2.190		0		1		0.350	0.621	
Manganese, Mn....mg	0.815		0		4		0.130	0.231	
Selenium, Se....mcg	11.5		0	BFSN	4		1.8	3.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.312		0		1		0.050	0.088	
Riboflavin....mg	0.187		0		1		0.030	0.053	
Niacin....mg	1.599		0		1		0.256	0.453	
Pantothenic acid....mg	1.201		0		1		0.192	0.340	
Vitamin B-6....mg	0.252		0		1		0.040	0.071	
Folate, total....mcg	68		0		1		11	19	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	68		0		1		11	19	
Folate, DFE....mcg_DFE	68		0	NC	4		11	19	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....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	9.763		0		1		1.562	2.768	
4:0....g									
6:0....g									
8:0....g	0.140		0		1		0.022	0.040	
10:0....g	0.140		0		1		0.022	0.040	
12:0....g	0.836		0		1		0.134	0.237	
13:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.370		0		1		0.059	0.105	
15:0....g									
16:0....g	4.639		0		1		0.742	1.315	
17:0....g									
18:0....g	3.168		0		1		0.507	0.898	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	29.122		0		1		4.660	8.256	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.339		0		1		0.054	0.096	
17:1....g									
18:1 undifferentiated....g	28.579		0		1		4.573	8.102	
20:1....g	0.148		0		1		0.024	0.042	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.354		0		1		1.337	2.368	
18:2 undifferentiated....g	8.166		0		1		1.307	2.315	
18:3 undifferentiated....g	0.171		0		1		0.027	0.048	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0		1		0.044	0.077	
Threonine....g	0.679		0		1		0.109	0.192	
Isoleucine....g	0.838		0		1		0.134	0.238	
Leucine....g	1.475		0		1		0.236	0.418	
Lysine....g	0.938		0		1		0.150	0.266	
Methionine....g	0.315		0		1		0.050	0.089	
Cystine....g	0.325		0		1		0.052	0.092	
Phenylalanine....g	0.908		0		1		0.145	0.257	
Tyrosine....g	0.563		0		1		0.090	0.160	
Valine....g	1.193		0		1		0.191	0.338	
Arginine....g	1.998		0		1		0.320	0.566	
Histidine....g	0.457		0		1		0.073	0.130	
Alanine....g	0.805		0		1		0.129	0.228	
Aspartic acid....g	1.727		0		1		0.276	0.490	
Glutamic acid....g	4.159		0		1		0.665	1.179	
Glycine....g	0.921		0		1		0.147	0.261	
Proline....g	0.792		0		1		0.127	0.225	
Serine....g	0.974		0		1		0.156	0.276	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.70		2		1		2.33	0.48	
Energy....kcal	574		0	NC	4		786	163	
Energy....kj	2402		0		4		3290	681	
Protein (N x 5.3)....g	15.31		2		1		20.97	4.34	
Total lipid (fat)....g	46.35		2		1		63.50	13.14	
Ash....g	3.95		2		1		5.41	1.12	
Carbohydrate, by difference....g	32.69		0	NC	4		44.79	9.27	
Fiber, total dietary....g	3.0		0		4		4.1	0.9	
Sugars, total....g	5.01		0	BFZN	4		6.86	1.42	
Starch....g									
Minerals:									
Calcium, Ca....mg	45		1		1		62	13	
Iron, Fe....mg	6.00		1		1		8.22	1.70	
Magnesium, Mg....mg	260		1		1		356	74	
Phosphorus, P....mg	490		1		1		671	139	
Potassium, K....mg	565		2		1		774	160	
Sodium, Na....mg	640		2		1		877	181	
Zinc, Zn....mg	5.60		1		1		7.67	1.59	
Copper, Cu....mg	2.220		0		1		3.041	0.629	
Manganese, Mn....mg	0.826		0		4		1.132	0.234	
Selenium, Se....mcg	11.7		0	BFSN	4		16.0	3.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.200		1		1		0.274	0.057	
Riboflavin....mg	0.200		1		1		0.274	0.057	
Niacin....mg	1.400		1		1		1.918	0.397	
Pantothenic acid....mg	1.217		0		1		1.667	0.345	
Vitamin B-6....mg	0.256		0		1		0.351	0.073	
Folate, total....mcg	69		0		1		95	20	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	69		0		1		95	20	
Folate, DFE....mcg_DFE	69		0	NC	4		95	20	
Choline, total....mg	61.0		0	BFZN	4		83.6	17.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	23		0	BFZN	4		31	6	
Vitamin E (alpha-tocopherol)....mg	0.92		0	BFZN	4		1.26	0.26	
Vitamin E, added....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	34.7		0	BFZN	4		47.6	9.9	
Lipids:									
Fatty acids, total saturated....g	9.157		0		1		12.545	2.596	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.132		1		1		0.181	0.037	
10:0....g	0.132		1		1		0.181	0.037	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 ... g	0.784		2		1		1.074	0.222	
13:0 ... g									
14:0 ... g	0.347		3		1		0.475	0.098	
15:0 ... g									
16:0 ... g	4.351		20		1		5.961	1.234	
17:0 ... g									
18:0 ... g	2.972		20		1		4.072	0.843	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	27.317		0		1		37.424	7.744	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.318		13		1		0.436	0.090	
17:1 ... g									
18:1 undifferentiated ... g	26.808		21		1		36.727	7.600	
20:1 ... g	0.139		4		1		0.190	0.039	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	7.836		0		1		10.735	2.222	
18:2 undifferentiated ... g	7.660		22		1		10.494	2.172	
18:3 undifferentiated ... g	0.161		8		1		0.221	0.046	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg	158		0		1		216	45	
Amino Acids:									
Tryptophan ... g	0.237		5		1		0.325	0.067	
Threonine ... g	0.592		10		1		0.811	0.168	
Isoleucine ... g	0.731		9		1		1.001	0.207	
Leucine ... g	1.285		10		1		1.760	0.364	
Lysine ... g	0.817		10		1		1.119	0.232	
Methionine ... g	0.274		10		1		0.375	0.078	
Cystine ... g	0.283		10		1		0.388	0.080	
Phenylalanine ... g	0.791		10		1		1.084	0.224	
Tyrosine ... g	0.491		10		1		0.673	0.139	
Valine ... g	1.040		10		1		1.425	0.295	
Arginine ... g	1.741		10		1		2.385	0.494	
Histidine ... g	0.399		10		1		0.547	0.113	
Alanine ... g	0.702		10		1		0.962	0.199	
Aspartic acid ... g	1.505		10		1		2.062	0.427	
Glutamic acid ... g	3.624		10		1		4.965	1.027	
Glycine ... g	0.803		10		1		1.100	0.228	
Proline ... g	0.690		10		1		0.945	0.196	
Serine ... g	0.849		10		1		1.163	0.241	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12585

Nuts, cashew nuts, dry roasted, with salt added

Measure 1 = 137g: 1 cup, halves and whole

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12085

Nuts, cashew nuts, dry roasted, without salt added

Anacardium occidentale

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.70		2		1		2.33	0.15	0.48
Energy....kcal	574		0	NC	4		786	49	163
Energy....kj	2402		0		4		3290	207	681
Protein (N x 5.3)....g	15.31		2		1		20.97	1.32	4.34
Total lipid (fat)....g	46.35		2		1		63.50	3.99	13.14
Ash....g	3.95		2		1		5.41	0.34	1.12
Carbohydrate, by difference....g	32.69		0	NC	4		44.79	2.81	9.27
Fiber, total dietary....g	3.0		0		4		4.1	0.3	0.9
Sugars, total....g	5.01		0	BFZN	4		6.86	0.43	1.42
Starch....g									
Minerals:									
Calcium, Ca....mg	45		1		1		62	4	13
Iron, Fe....mg	6.00		1		1		8.22	0.52	1.70
Magnesium, Mg....mg	260		1		1		356	22	74
Phosphorus, P....mg	490		1		1		671	42	139
Potassium, K....mg	565		2		1		774	49	160
Sodium, Na....mg	16		0		1		22	1	5
Zinc, Zn....mg	5.60		1		1		7.67	0.48	1.59
Copper, Cu....mg	2.220		0		1		3.041	0.191	0.629
Manganese, Mn....mg	0.826		0		4		1.132	0.071	0.234
Selenium, Se....mcg	11.7		0	BFSN	4		16.0	1.0	3.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.200		1		1		0.274	0.017	0.057
Riboflavin....mg	0.200		1		1		0.274	0.017	0.057
Niacin....mg	1.400		1		1		1.918	0.120	0.397
Pantothenic acid....mg	1.217		0		1		1.667	0.105	0.345
Vitamin B-6....mg	0.256		0		1		0.351	0.022	0.073
Folate, total....mcg	69		0		1		95	6	20
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	69		0		1		95	6	20
Folate, DFE....mcg_DFE	69		0	NC	4		95	6	20
Choline, total....mg	61.0		0	BFZN	4		83.6	5.2	17.3
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0		1		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	23		0	BFZN	4		31	2	6
Vitamin E (alpha-tocopherol)....mg	0.92		0	BFZN	4		1.26	0.08	0.26
Vitamin E, added....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	34.7		0	BFZN	4		47.6	3.0	9.9
Lipids:									
Fatty acids, total saturated....g	9.157		0		1		12.545	0.788	2.596
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.132		1		1		0.181	0.011	0.037
10:0....g	0.132		1		1		0.181	0.011	0.037

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 ... g	0.784		2		1		1.074	0.067	0.222
13:0 ... g									
14:0 ... g	0.347		3		1		0.475	0.030	0.098
15:0 ... g									
16:0 ... g	4.351		20		1		5.961	0.374	1.234
17:0 ... g									
18:0 ... g	2.972		20		1		4.072	0.256	0.843
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	27.317		0		1		37.424	2.349	7.744
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.318		13		1		0.436	0.027	0.090
17:1 ... g									
18:1 undifferentiated ... g	26.808		21		1		36.727	2.305	7.600
20:1 ... g	0.139		4		1		0.190	0.012	0.039
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	7.836		0		1		10.735	0.674	2.222
18:2 undifferentiated ... g	7.660		22		1		10.494	0.659	2.172
18:3 undifferentiated ... g	0.161		8		1		0.221	0.014	0.046
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	0
Phytosterols ... mg	158		0		1		216	14	45
Amino Acids:									
Tryptophan ... g	0.237		5		1		0.325	0.020	0.067
Threonine ... g	0.592		10		1		0.811	0.051	0.168
Isoleucine ... g	0.731		9		1		1.001	0.063	0.207
Leucine ... g	1.285		10		1		1.760	0.111	0.364
Lysine ... g	0.817		10		1		1.119	0.070	0.232
Methionine ... g	0.274		10		1		0.375	0.024	0.078
Cystine ... g	0.283		10		1		0.388	0.024	0.080
Phenylalanine ... g	0.791		10		1		1.084	0.068	0.224
Tyrosine ... g	0.491		10		1		0.673	0.042	0.139
Valine ... g	1.040		10		1		1.425	0.089	0.295
Arginine ... g	1.741		10		1		2.385	0.150	0.494
Histidine ... g	0.399		10		1		0.547	0.034	0.113
Alanine ... g	0.702		10		1		0.962	0.060	0.199
Aspartic acid ... g	1.505		10		1		2.062	0.129	0.427
Glutamic acid ... g	3.624		10		1		4.965	0.312	1.027
Glycine ... g	0.803		10		1		1.100	0.069	0.228
Proline ... g	0.690		10		1		0.945	0.059	0.196
Serine ... g	0.849		10		1		1.163	0.073	0.241
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	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:

NDB No. 12085

Nuts, cashew nuts, dry roasted, without salt added

Measure 1 = 137g: 1 cup, halves and whole

Measure 2 = 8.6g: 1 tbsp

Measure 3 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.34	0.206	7	A	1		3.01	3.01	0.66
Energy	kcal	581		0	NC	4		749	749	165
Energy	kj	2431		0	NC	4		3136	3136	689
Protein (N x 5.3)	g	16.84	0.353	8	A	1		21.73	21.73	4.77
Total lipid (fat)	g	47.77	1.866	3	A	1		61.62	61.62	13.54
Ash	g	2.89	0.078	6	A	1		3.73	3.73	0.82
Carbohydrate, by difference	g	30.16		0	NC	4		38.91	38.91	8.55
Fiber, total dietary	g	3.3		2	A	1		4.3	4.3	0.9
Sugars, total	g	5.01	0.549	8	A	1		6.46	6.46	1.42
Sucrose	g	4.84	0.608	8	A	1		6.25	6.25	1.37
Glucose (dextrose)	g	0.08	0.033	8	A	1		0.11	0.11	0.02
Fructose	g	0.08	0.033	8	A	1		0.11	0.11	0.02
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose	g	0.00		2	A	1		0.00	0.00	0.00
Starch	g	10.93	1.551	7	A	1		14.10	14.10	3.10
Minerals:										
Calcium, Ca	mg	43	0.639	8	A	1		56	56	12
Iron, Fe	mg	6.05	0.387	9	A	1		7.80	7.80	1.71
Magnesium, Mg	mg	273	16.425	8	A	1		352	352	77
Phosphorus, P	mg	531	37.185	8	A	1		686	686	151
Potassium, K	mg	632	20.071	8	A	1		815	815	179
Sodium, Na	mg	308	30.570	6	A	1		398	398	87
Zinc, Zn	mg	5.35	0.242	8	A	1		6.91	6.91	1.52
Copper, Cu	mg	2.043	0.098	8	A	1		2.635	2.635	0.579
Manganese, Mn	mg	1.668	0.097	8	A	1		2.152	2.152	0.473
Selenium, Se	mcg	20.3	6.297	7	A	1		26.2	26.2	5.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3	0.288	8	A	1		0.4	0.4	0.1
Thiamin	mg	0.363	0.043	8	A	1		0.469	0.469	0.103
Riboflavin	mg	0.218	0.014	8	A	1		0.281	0.281	0.062
Niacin	mg	1.736	0.429	8	A	1		2.239	2.239	0.492
Pantothenic acid	mg	0.880		2	A	1		1.135	1.135	0.249
Vitamin B-6	mg	0.323	0.091	8	A	1		0.417	0.417	0.092
Folate, total	mcg	25		2	A	1		33	33	7
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	25		2	A	1		33	33	7
Folate, DFE	mcg_DFE	25		0	NC	4		33	33	7
Choline, total	mg	61.0		0	AS	1		78.7	78.7	17.3
Betaine	mg	11.2	0.975	5	A	1		14.5	14.5	3.2
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0	0.000	8	A	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0	0.000	8	A	1		0	0	0
Carotene, alpha	mcg	0	0.000	8	A	1		0	0	0
Cryptoxanthin, beta	mcg	0	0.000	8	A	1		0	0	0
Vitamin A, IU	IU	0	0.000	8	A	1		0	0	0
Lycopene	mcg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin	mcg	23	1.524	8	AS	1		29	29	6
Vitamin E (alpha-tocopherol)	mg	0.92	0.244	5	A	1		1.18	1.18	0.26
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.03	0.018	5	A	1		0.04	0.04	0.01
Tocopherol, gamma	mg	5.40	0.369	5	A	1		6.97	6.97	1.53
Tocopherol, delta	mg	0.37	0.040	5	A	1		0.48	0.48	0.10
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	34.7	3.448	8	A	1		44.8	44.8	9.9

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.478		0	NC	4		10.937	10.937	2.404
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.016		2	A	1		0.021	0.021	0.005
10:0....g	0.016		2	A	1		0.021	0.021	0.005
12:0....g	0.016		2	A	1		0.021	0.021	0.005
13:0....g									
14:0....g	0.016		2	A	1		0.021	0.021	0.005
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	4.265		2	A	1		5.502	5.502	1.209
17:0....g	0.051		2	A	1		0.065	0.065	0.014
18:0....g	3.511		2	A	1		4.529	4.529	0.995
20:0....g	0.290		2	A	1		0.374	0.374	0.082
22:0....g	0.188		2	A	1		0.243	0.243	0.053
24:0....g	0.110		1	A	1		0.142	0.142	0.031
Fatty acids, total monounsaturated....g	25.923		0	NC	4		33.441	33.441	7.349
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.149		2	A	1		0.192	0.192	0.042
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	25.624		2	A	1		33.056	33.056	7.265
20:1....g	0.150		2	A	1		0.194	0.194	0.043
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.546		0	NC	4		11.024	11.024	2.423
18:2 undifferentiated....g	8.478		2	A	1		10.936	10.936	2.403
18:3 undifferentiated....g	0.068		2	A	1		0.088	0.088	0.019
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0	A	1		0.342	0.342	0.075
Threonine....g	0.636		0	A	1		0.820	0.820	0.180
Isoleucine....g	0.729		0	A	1		0.941	0.941	0.207
Leucine....g	1.361		0	A	1		1.756	1.756	0.386
Lysine....g	0.858		0	A	1		1.106	1.106	0.243
Methionine....g	0.334		0	A	1		0.431	0.431	0.095
Cystine....g	0.364		0	A	1		0.469	0.469	0.103
Phenylalanine....g	0.879		0	A	1		1.134	1.134	0.249
Tyrosine....g	0.469		0	A	1		0.606	0.606	0.133
Valine....g	1.011		0	A	1		1.305	1.305	0.287
Arginine....g	1.963		0	A	1		2.532	2.532	0.556
Histidine....g	0.421		0	A	1		0.544	0.544	0.119
Alanine....g	0.774		0	A	1		0.999	0.999	0.219
Aspartic acid....g	1.659		0	A	1		2.140	2.140	0.470
Glutamic acid....g	4.165		0	A	1		5.373	5.373	1.181
Glycine....g	0.866		0	A	1		1.117	1.117	0.245
Proline....g	0.751		0	A	1		0.968	0.968	0.213
Serine....g	0.997		0	A	1		1.286	1.286	0.283
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

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

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

Common Measures:

Measure 1 = 129g: 1 cup, whole

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

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.48	0.165	3	A	1		4.50	4.50	0.99
Energy	kcal	580		0	NC	4		748	748	164
Energy	kj	2426		0	NC	4		3130	3130	688
Protein (N x 5.3)	g	16.84	0.353	8	A	1		21.73	21.73	4.77
Total lipid (fat)	g	47.77	1.866	3	A	1		61.62	61.62	13.54
Ash	g	2.03	0.429	3	A	1		2.62	2.62	0.58
Carbohydrate, by difference	g	29.87		0	NC	4		38.54	38.54	8.47
Fiber, total dietary	g	3.3		2	A	1		4.3	4.3	0.9
Sugars, total	g	5.01	0.549	8	A	1		6.46	6.46	1.42
Sucrose	g	4.84	0.608	8	A	1		6.25	6.25	1.37
Glucose (dextrose)	g	0.08	0.033	8	A	1		0.11	0.11	0.02
Fructose	g	0.08	0.033	8	A	1		0.11	0.11	0.02
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose	g	0.00		2	A	1		0.00	0.00	0.00
Starch	g	10.93	1.551	7	A	1		14.10	14.10	3.10
Minerals:										
Calcium, Ca	mg	43	0.639	8	A	1		56	56	12
Iron, Fe	mg	6.05	0.387	9	A	1		7.80	7.80	1.71
Magnesium, Mg	mg	273	16.425	8	A	1		352	352	77
Phosphorus, P	mg	531	37.185	8	A	1		686	686	151
Potassium, K	mg	632	20.071	8	A	1		815	815	179
Sodium, Na	mg	13	2.326	3	A	1		17	17	4
Zinc, Zn	mg	5.35	0.242	8	A	1		6.91	6.91	1.52
Copper, Cu	mg	2.043	0.098	8	A	1		2.635	2.635	0.579
Manganese, Mn	mg	1.668	0.097	8	A	1		2.152	2.152	0.473
Selenium, Se	mcg	20.3	6.297	7	A	1		26.2	26.2	5.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3	0.288	8	A	1		0.4	0.4	0.1
Thiamin	mg	0.363	0.043	8	A	1		0.469	0.469	0.103
Riboflavin	mg	0.218	0.014	8	A	1		0.281	0.281	0.062
Niacin	mg	1.736	0.429	8	A	1		2.239	2.239	0.492
Pantothenic acid	mg	0.880		2	A	1		1.135	1.135	0.249
Vitamin B-6	mg	0.323	0.091	8	A	1		0.417	0.417	0.092
Folate, total	mcg	25		2	A	1		33	33	7
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	25		2	A	1		33	33	7
Folate, DFE	mcg_DFE	25		0	NC	4		33	33	7
Choline, total	mg	61.0		0	AS	1		78.7	78.7	17.3
Betaine	mg	11.2	0.975	5	A	1		14.5	14.5	3.2
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0	0.000	8	A	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0	0.000	8	A	1		0	0	0
Carotene, alpha	mcg	0	0.000	8	A	1		0	0	0
Cryptoxanthin, beta	mcg	0	0.000	8	A	1		0	0	0
Vitamin A, IU	IU	0	0.000	8	A	1		0	0	0
Lycopene	mcg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin	mcg	23	1.524	8	AS	1		29	29	6
Vitamin E (alpha-tocopherol)	mg	0.92	0.244	5	A	1		1.18	1.18	0.26
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.03	0.018	5	A	1		0.04	0.04	0.01
Tocopherol, gamma	mg	5.40	0.369	5	A	1		6.97	6.97	1.53
Tocopherol, delta	mg	0.37	0.040	5	A	1		0.48	0.48	0.10
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	34.7	3.448	8	A	1		44.8	44.8	9.9

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.478		0	NC	4		10.937	10.937	2.404
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.016		2	A	1		0.021	0.021	0.005
10:0....g	0.016		2	A	1		0.021	0.021	0.005
12:0....g	0.016		2	A	1		0.021	0.021	0.005
13:0....g									
14:0....g	0.016		2	A	1		0.021	0.021	0.005
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	4.265		2	A	1		5.502	5.502	1.209
17:0....g	0.051		2	A	1		0.065	0.065	0.014
18:0....g	3.511		2	A	1		4.529	4.529	0.995
20:0....g	0.290		2	A	1		0.374	0.374	0.082
22:0....g	0.188		2	A	1		0.243	0.243	0.053
24:0....g	0.110		1	A	1		0.142	0.142	0.031
Fatty acids, total monounsaturated....g	25.923		0	NC	4		33.441	33.441	7.349
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.149		2	A	1		0.192	0.192	0.042
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	25.624		2	A	1		33.056	33.056	7.265
20:1....g	0.150		2	A	1		0.194	0.194	0.043
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.546		0	NC	4		11.024	11.024	2.423
18:2 undifferentiated....g	8.478		2	A	1		10.936	10.936	2.403
18:3 undifferentiated....g	0.068		2	A	1		0.088	0.088	0.019
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0	A	1		0.342	0.342	0.075
Threonine....g	0.636		0	A	1		0.820	0.820	0.180
Isoleucine....g	0.729		0	A	1		0.941	0.941	0.207
Leucine....g	1.361		0	A	1		1.756	1.756	0.386
Lysine....g	0.858		0	A	1		1.106	1.106	0.243
Methionine....g	0.334		0	A	1		0.431	0.431	0.095
Cystine....g	0.364		0	A	1		0.469	0.469	0.103
Phenylalanine....g	0.879		0	A	1		1.134	1.134	0.249
Tyrosine....g	0.469		0	A	1		0.606	0.606	0.133
Valine....g	1.011		0	A	1		1.305	1.305	0.287
Arginine....g	1.963		0	A	1		2.532	2.532	0.556
Histidine....g	0.421		0	A	1		0.544	0.544	0.119
Alanine....g	0.774		0	A	1		0.999	0.999	0.219
Aspartic acid....g	1.659		0	A	1		2.140	2.140	0.470
Glutamic acid....g	4.165		0	A	1		5.373	5.373	1.181
Glycine....g	0.866		0	A	1		1.117	1.117	0.245
Proline....g	0.751		0	A	1		0.968	0.968	0.213
Serine....g	0.997		0	A	1		1.286	1.286	0.283
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

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

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

Common Measures:

Measure 1 = 129g: 1 cup, whole

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

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.20		2	A	1		1.47		
Energy	kcal	553		0	NC	4		157		
Energy	kj	2314		0	NC	4		656		
Protein (N x 5.3)	g	18.22		2	A	1		5.17		
Total lipid (fat)	g	43.85		0	O	4		12.43		
Ash	g	2.54		2	A	1		0.72		
Carbohydrate, by difference	g	30.19		0	NC	4		8.56		
Fiber, total dietary	g	3.3		0	BFSN	4		0.9		
Sugars, total	g	5.91		2	A	1		1.68		
Sucrose	g	5.81		2	A	1		1.65		
Glucose (dextrose)	g	0.05		2	A	1		0.01		
Fructose	g	0.05		2	A	1		0.01		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g	0.00		0	BFSN	4		0.00		
Starch	g	23.49		2	A	1		6.66		
Minerals:										
Calcium, Ca	mg	37		2	A	1		11		
Iron, Fe	mg	6.68		2	A	1		1.89		
Magnesium, Mg	mg	292		2	A	1		83		
Phosphorus, P	mg	593		2	A	1		168		
Potassium, K	mg	660		2	A	1		187		
Sodium, Na	mg	12		2	A	1		3		
Zinc, Zn	mg	5.78		2	A	1		1.64		
Copper, Cu	mg	2.195		2	A	1		0.622		
Manganese, Mn	mg	1.655		2	A	1		0.469		
Selenium, Se	mcg	19.9		0	BFSN	4		5.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		2	A	1		0.1		
Thiamin	mg	0.423		2	A	1		0.120		
Riboflavin	mg	0.058		2	A	1		0.016		
Niacin	mg	1.062		2	A	1		0.301		
Pantothenic acid	mg	0.864		0	BFSN	4		0.245		
Vitamin B-6	mg	0.417		2	A	1		0.118		
Folate, total	mcg	25		0	BFSN	4		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	25		0	BFSN	4		7		
Folate, DFE	mcg_DFE	25		0	NC	4		7		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	BFSN	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	22		0	BFSN	4		6		
Vitamin E (alpha-tocopherol)	mg	0.90		0	BFSN	4		0.26		
Tocopherol, beta	mg	0.03		0	BFSN	4		0.01		
Tocopherol, gamma	mg	5.31		0	BFSN	4		1.50		
Tocopherol, delta	mg	0.36		0	BFSN	4		0.10		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	34.1		0	BFSN	4		9.7		
Lipids:										
Fatty acids, total saturated	g	7.783		0	NC	4		2.207		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.000		0	BFFN	4		0.000		
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.015		0	BFFN	4		0.004		
10:0 g	0.015		0	BFFN	4		0.004		
12:0 g	0.015		0	BFFN	4		0.004		
13:0 g									
14:0 g	0.015		0	BFFN	4		0.004		
15:0 g	0.000		0	BFFN	4		0.000		
16:0 g	3.916		0	BFFN	4		1.110		
17:0 g	0.046		0	BFFN	4		0.013		
18:0 g	3.223		0	BFFN	4		0.914		
20:0 g	0.266		0	BFFN	4		0.075		
22:0 g	0.173		0	BFFN	4		0.049		
24:0 g	0.101		0	BFFN	4		0.029		
Fatty acids, total monounsaturated g	23.797		0	NC	4		6.747		
14:1 g	0.000		0	BFFN	4		0.000		
15:1 g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated g	0.136		0	BFFN	4		0.039		
17:1 g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated g	23.523		0	BFFN	4		6.669		
20:1 g	0.138		0	BFFN	4		0.039		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	7.845		0	NC	4		2.224		
18:2 undifferentiated g	7.782		0	BFFN	4		2.206		
18:3 undifferentiated g	0.062		0	BFFN	4		0.018		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000		
20:3 undifferentiated g	0.000		0	BFFN	4		0.000		
20:4 undifferentiated g	0.000		0	BFFN	4		0.000		
20:5 n-3 g	0.000		0	BFFN	4		0.000		
22:5 n-3 g	0.000		0	BFFN	4		0.000		
22:6 n-3 g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.287		0	A	1		0.081		
Threonine g	0.688		0	A	1		0.195		
Isoleucine g	0.789		0	A	1		0.224		
Leucine g	1.472		0	A	1		0.417		
Lysine g	0.928		0	A	1		0.263		
Methionine g	0.362		0	A	1		0.102		
Cystine g	0.393		0	A	1		0.112		
Phenylalanine g	0.951		0	A	1		0.270		
Tyrosine g	0.508		0	A	1		0.144		
Valine g	1.094		0	A	1		0.310		
Arginine g	2.123		0	A	1		0.602		
Histidine g	0.456		0	A	1		0.129		
Alanine g	0.837		0	A	1		0.237		
Aspartic acid g	1.795		0	A	1		0.509		
Glutamic acid g	4.506		0	A	1		1.277		
Glycine g	0.937		0	A	1		0.266		
Proline g	0.812		0	A	1		0.230		
Serine g	1.079		0	A	1		0.306		
Hydroxyproline g									

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

Common Measures:

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

Measure 1 = 28.35g: 1 oz

Footnotes:

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

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	61.57		0		1		17.46		
Energy....kcal	153		0	NC	4		43		
Energy....kj	640		0		4		181		
Protein (N x 5.3)....g	2.88		0		1		0.82		
Total lipid (fat)....g	0.76		0		1		0.22		
Ash....g	1.14		0		1		0.32		
Carbohydrate, by difference....g	33.64		0	NC	4		9.54		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0		1		3		
Iron, Fe....mg	0.97		0		1		0.27		
Magnesium, Mg....mg	58		0		1		16		
Phosphorus, P....mg	66		0		1		19		
Potassium, K....mg	306		0		1		87		
Sodium, Na....mg	2		0		1		1		
Zinc, Zn....mg	0.60		0		1		0.17		
Copper, Cu....mg	0.249		0		1		0.071		
Manganese, Mn....mg	1.097		0		1		0.311		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.7		0		4		7.0		
Thiamin....mg	0.110		0		4		0.031		
Riboflavin....mg	0.123		0		4		0.035		
Niacin....mg	0.548		0		4		0.155		
Pantothenic acid....mg	0.381		0		4		0.108		
Vitamin B-6....mg	0.281		0		4		0.080		
Folate, total....mcg	46		0		4		13		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	46		0		4		13		
Folate, DFE....mcg_DFE	46		0	NC	4		13		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	7		0		4		2		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	138		0		4		39		
Lycopene....mcg									
Lutein + zeaxanthin....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	0.112		0		1		0.032		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0 ... g									
15:0 ... g									
16:0 ... g	0.104		0		1		0.029		
17:0 ... g									
18:0 ... g	0.008		0		1		0.002		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.399		0		1		0.113		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.005		0		1		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.383		0		1		0.109		
20:1 ... g	0.007		0		1		0.002		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.197		0		1		0.056		
18:2 undifferentiated ... g	0.177		0		1		0.050		
18:3 undifferentiated ... g	0.019		0		1		0.005		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.034		0		1		0.010		
Threonine ... g	0.115		0		1		0.033		
Isoleucine ... g	0.108		0		1		0.031		
Leucine ... g	0.178		0		1		0.050		
Lysine ... g	0.156		0		1		0.044		
Methionine ... g	0.070		0		1		0.020		
Cystine ... g	0.075		0		1		0.021		
Phenylalanine ... g	0.130		0		1		0.037		
Tyrosine ... g	0.086		0		1		0.024		
Valine ... g	0.151		0		1		0.043		
Arginine ... g	0.295		0		1		0.084		
Histidine ... g	0.083		0		1		0.024		
Alanine ... g	0.137		0		1		0.039		
Aspartic acid ... g	0.584		0		1		0.166		
Glutamic acid ... g	0.368		0		1		0.104		
Glycine ... g	0.126		0		1		0.036		
Proline ... g	0.111		0		1		0.031		
Serine ... g	0.126		0		1		0.036		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12095

Nuts, chestnuts, chinese, boiled and steamed

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12094
Nuts, chestnuts, chinese, dried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.90		0		1		2.52		
Energy	kcal	363		0	NC	4		103		
Energy	kj	1519				4		431		
Protein (N x 5.3)	g	6.82		0		1		1.93		
Total lipid (fat)	g	1.81		0		1		0.51		
Ash	g	2.71		0		1		0.77		
Carbohydrate, by difference	g	79.76		0	NC	4		22.61		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29		0		1		8		
Iron, Fe	mg	2.29		0		1		0.65		
Magnesium, Mg	mg	137		0		1		39		
Phosphorus, P	mg	155		0		1		44		
Potassium, K	mg	726		0		1		206		
Sodium, Na	mg	5		0		1		1		
Zinc, Zn	mg	1.41		0		1		0.40		
Copper, Cu	mg	0.590		0		1		0.167		
Manganese, Mn	mg	2.601		0		1		0.737		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	58.5		0		4		16.6		
Thiamin	mg	0.260		0		4		0.074		
Riboflavin	mg	0.293		0		4		0.083		
Niacin	mg	1.300		0		4		0.369		
Pantothenic acid	mg	0.902		0		4		0.256		
Vitamin B-6	mg	0.666		0		4		0.189		
Folate, total	mcg	110		0		4		31		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	110		0		4		31		
Folate, DFE	mcg_DFE	110		0	NC	4		31		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	16		0		4		5		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	328		0		4		93		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.266		0		1		0.075		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12094
Nuts, chestnuts, chinese, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.246		0		1		0.070		
17:0....g									
18:0....g	0.019		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.945		0		1		0.268		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.909		0		1		0.258		
20:1....g	0.017		0		1		0.005		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.468		0		1		0.133		
18:2 undifferentiated....g	0.419		0		1		0.119		
18:3 undifferentiated....g	0.045		0		1		0.013		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0		1		0.023		
Threonine....g	0.272		0		1		0.077		
Isoleucine....g	0.255		0		1		0.072		
Leucine....g	0.421		0		1		0.119		
Lysine....g	0.371		0		1		0.105		
Methionine....g	0.165		0		1		0.047		
Cystine....g	0.179		0		1		0.051		
Phenylalanine....g	0.309		0		1		0.088		
Tyrosine....g	0.203		0		1		0.058		
Valine....g	0.358		0		1		0.101		
Arginine....g	0.699		0		1		0.198		
Histidine....g	0.197		0		1		0.056		
Alanine....g	0.324		0		1		0.092		
Aspartic acid....g	1.385		0		1		0.393		
Glutamic acid....g	0.873		0		1		0.247		
Glycine....g	0.299		0		1		0.085		
Proline....g	0.263		0		1		0.075		
Serine....g	0.299		0		1		0.085		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12094
Nuts, chestnuts, chinese, dried

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 16% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.95		1		1		12.46		
Energy	kcal	224		0	NC	4		64		
Energy	kj	937				4		266		
Protein (N x 5.3)	g	4.20		2		1		1.19		
Total lipid (fat)	g	1.11		2		1		0.31		
Ash	g	1.67		2		1		0.47		
Carbohydrate, by difference	g	49.07		0	NC	4		13.91		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		2		1		5		
Iron, Fe	mg	1.41		2		1		0.40		
Magnesium, Mg	mg	84		2		1		24		
Phosphorus, P	mg	96		2		1		27		
Potassium, K	mg	447		2		1		127		
Sodium, Na	mg	3		2		1		1		
Zinc, Zn	mg	0.87		2		1		0.25		
Copper, Cu	mg	0.363		2		1		0.103		
Manganese, Mn	mg	1.601		2		1		0.454		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	36.0		0		1		10.2		
Thiamin	mg	0.160		0		1		0.045		
Riboflavin	mg	0.180		0		1		0.051		
Niacin	mg	0.800		0		1		0.227		
Pantothenic acid	mg	0.555		0		4		0.157		
Vitamin B-6	mg	0.410		0		4		0.116		
Folate, total	mcg	68		0		4		19		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	68		0		4		19		
Folate, DFE	mcg_DFE	68		0	NC	4		19		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	10		0		1		3		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	202		0		1		57		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.164		0		1		0.046		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12093
Nuts, chestnuts, chinese, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.151		1		1		0.043		
17:0....g									
18:0....g	0.011		1		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.581		0		1		0.165		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		2		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.559		2		1		0.158		
20:1....g	0.010		1		1		0.003		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.288		0		1		0.082		
18:2 undifferentiated....g	0.258		2		1		0.073		
18:3 undifferentiated....g	0.028		2		1		0.008		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.049		2		1		0.014		
Threonine....g	0.167		2		1		0.047		
Isoleucine....g	0.157		2		1		0.045		
Leucine....g	0.259		2		1		0.073		
Lysine....g	0.228		2		1		0.065		
Methionine....g	0.101		2		1		0.029		
Cystine....g	0.110		2		1		0.031		
Phenylalanine....g	0.190		2		1		0.054		
Tyrosine....g	0.125		2		1		0.035		
Valine....g	0.220		2		1		0.062		
Arginine....g	0.430		2		1		0.122		
Histidine....g	0.121		2		1		0.034		
Alanine....g	0.200		2		1		0.057		
Aspartic acid....g	0.852		2		1		0.242		
Glutamic acid....g	0.537		2		1		0.152		
Glycine....g	0.184		2		1		0.052		
Proline....g	0.162		2		1		0.046		
Serine....g	0.184		2		1		0.052		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12093
Nuts, chestnuts, chinese, raw

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12096
Nuts, chestnuts, chinese, roasted

Refuse: 25% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.20		0		1		11.40		
Energy	kcal	239		0	NC	4		68		
Energy	kj	1000				4		283		
Protein (N x 5.3)	g	4.48		0		1		1.27		
Total lipid (fat)	g	1.19		0		1		0.34		
Ash	g	1.78		0		1		0.50		
Carbohydrate, by difference	g	52.36		0	NC	4		14.84		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		1		5		
Iron, Fe	mg	1.50		0		1		0.43		
Magnesium, Mg	mg	90		0		1		26		
Phosphorus, P	mg	102		0		1		29		
Potassium, K	mg	477		0		1		135		
Sodium, Na	mg	4		0		1		1		
Zinc, Zn	mg	0.93		0		1		0.26		
Copper, Cu	mg	0.387		0		1		0.110		
Manganese, Mn	mg	1.708		0		4		0.484		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	38.4		0		4		10.9		
Thiamin	mg	0.150		0		1		0.043		
Riboflavin	mg	0.090		0		1		0.026		
Niacin	mg	1.500		0		1		0.425		
Pantothenic acid	mg	0.592		0		4		0.168		
Vitamin B-6	mg	0.437		0		4		0.124		
Folate, total	mcg	72		0		4		20		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	72		0		4		20		
Folate, DFE	mcg_DFE	72		0	NC	4		20		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	5		0		1		1		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.175		0		1		0.050		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12096
Nuts, chestnuts, chinese, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.161		0		1		0.046		
17:0....g									
18:0....g	0.012		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.620		0		1		0.176		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.596		0		1		0.169		
20:1....g	0.011		0		1		0.003		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.307		0		1		0.087		
18:2 undifferentiated....g	0.275		0		1		0.078		
18:3 undifferentiated....g	0.030		0		1		0.009		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.052		0		1		0.015		
Threonine....g	0.178		0		1		0.050		
Isoleucine....g	0.167		0		1		0.047		
Leucine....g	0.276		0		1		0.078		
Lysine....g	0.243		0		1		0.069		
Methionine....g	0.108		0		1		0.031		
Cystine....g	0.117		0		1		0.033		
Phenylalanine....g	0.203		0		1		0.058		
Tyrosine....g	0.134		0		1		0.038		
Valine....g	0.235		0		1		0.067		
Arginine....g	0.459		0		1		0.130		
Histidine....g	0.129		0		1		0.037		
Alanine....g	0.213		0		1		0.060		
Aspartic acid....g	0.909		0		1		0.258		
Glutamic acid....g	0.573		0		1		0.162		
Glycine....g	0.196		0		1		0.056		
Proline....g	0.172		0		1		0.049		
Serine....g	0.196		0		1		0.056		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12096
Nuts, chestnuts, chinese, roasted

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.15		0		1		19.32		
Energy	kcal	131		0	NC	4		37		
Energy	kj	548				4		155		
Protein (N x 5.3)	g	2.00		1		1		0.57		
Total lipid (fat)	g	1.38		1		1		0.39		
Ash	g	0.71		0		1		0.20		
Carbohydrate, by difference	g	27.76		0	NC	4		7.87		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	46		0		1		13		
Iron, Fe	mg	1.73		0		1		0.49		
Magnesium, Mg	mg	54		0		1		15		
Phosphorus, P	mg	99		0		1		28		
Potassium, K	mg	715		0		1		203		
Sodium, Na	mg	27		0		1		8		
Zinc, Zn	mg	0.25		0		1		0.07		
Copper, Cu	mg	0.472		0		1		0.134		
Manganese, Mn	mg	0.854		0		1		0.242		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	26.7		0		4		7.6		
Thiamin	mg	0.148		0		4		0.042		
Riboflavin	mg	0.104		0		4		0.029		
Niacin	mg	0.731		0		4		0.207		
Pantothenic acid	mg	0.316		0		4		0.090		
Vitamin B-6	mg	0.233		0		4		0.066		
Folate, total	mcg	38		0		4		11		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	38		0		4		11		
Folate, DFE	mcg_DFE	38		0	NC	4		11		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	17		0		4		5		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.260		0		1		0.074		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.006		0		1		0.002		
15:0....g									
16:0....g	0.234		0		1		0.066		
17:0....g									
18:0....g	0.013		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.476		0		1		0.135		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.457		0		1		0.130		
20:1....g	0.006		0		1		0.002		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.545		0		1		0.155		
18:2 undifferentiated....g	0.487		0		1		0.138		
18:3 undifferentiated....g	0.058		0		1		0.016		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.006		
Threonine....g	0.071		0		1		0.020		
Isoleucine....g	0.079		0		1		0.022		
Leucine....g	0.118		0		1		0.033		
Lysine....g	0.118		0		1		0.033		
Methionine....g	0.047		0		1		0.013		
Cystine....g	0.063		0		1		0.018		
Phenylalanine....g	0.084		0		1		0.024		
Tyrosine....g	0.055		0		1		0.016		
Valine....g	0.112		0		1		0.032		
Arginine....g	0.143		0		1		0.041		
Histidine....g	0.055		0		1		0.016		
Alanine....g	0.133		0		1		0.038		
Aspartic acid....g	0.345		0		1		0.098		
Glutamic acid....g	0.258		0		1		0.073		
Glycine....g	0.103		0		1		0.029		
Proline....g	0.105		0		1		0.030		
Serine....g	0.100		0		1		0.028		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12101

Nuts, chestnuts, european, boiled and steamed

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

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	9.00		1		1		2.55		
Energy....kcal	369		0	NC	4		105		
Energy....kj	1544				4		438		
Protein (N x 5.3)....g	5.01		1		1		1.42		
Total lipid (fat)....g	3.91		1		1		1.11		
Ash....g	3.64		1		1		1.03		
Carbohydrate, by difference....g	78.43		0	NC	4		22.23		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	64		1		1		18		
Iron, Fe....mg	2.39		0		1		0.68		
Magnesium, Mg....mg	74		0		1		21		
Phosphorus, P....mg	137		1		1		39		
Potassium, K....mg	991		0		1		281		
Sodium, Na....mg	37		0		1		10		
Zinc, Zn....mg	0.35		0		1		0.10		
Copper, Cu....mg	0.653		0		1		0.185		
Manganese, Mn....mg	1.183		1		1		0.335		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	15.1		0		4		4.3		
Thiamin....mg	0.354		1		1		0.100		
Riboflavin....mg	0.054		1		1		0.015		
Niacin....mg	0.854		0		4		0.242		
Pantothenic acid....mg	0.901		0		4		0.255		
Vitamin B-6....mg	0.666		0		4		0.189		
Folate, total....mcg	110		0		4		31		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	110		0		4		31		
Folate, DFE....mcg_DFE	110		0	NC	4		31		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....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	0.736		0		1		0.209		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.017		0		1		0.005		
15:0....g									
16:0....g	0.664		0		1		0.188		
17:0....g									
18:0....g	0.037		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.349		0		1		0.382		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		0		1		0.010		
17:1....g									
18:1 undifferentiated....g	1.296		0		1		0.367		
20:1....g	0.017		0		1		0.005		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.546		0		1		0.438		
18:2 undifferentiated....g	1.381		0		1		0.392		
18:3 undifferentiated....g	0.165		0		1		0.047		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.056		0		1		0.016		
Threonine....g	0.179		0		1		0.051		
Isoleucine....g	0.198		0		1		0.056		
Leucine....g	0.297		0		1		0.084		
Lysine....g	0.297		0		1		0.084		
Methionine....g	0.118		0		1		0.033		
Cystine....g	0.159		0		1		0.045		
Phenylalanine....g	0.212		0		1		0.060		
Tyrosine....g	0.139		0		1		0.039		
Valine....g	0.280		0		1		0.079		
Arginine....g	0.359		0		1		0.102		
Histidine....g	0.139		0		1		0.039		
Alanine....g	0.335		0		1		0.095		
Aspartic acid....g	0.866		0		1		0.246		
Glutamic acid....g	0.647		0		1		0.183		
Glycine....g	0.258		0		1		0.073		
Proline....g	0.264		0		1		0.075		
Serine....g	0.251		0		1		0.071		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 20% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.45		2		1		2.68		
Energy	kcal	374		0	NC	4		106		
Energy	kj	1565				4		444		
Protein (N x 5.3)	g	6.39		2		1		1.81		
Total lipid (fat)	g	4.45		2		1		1.26		
Ash	g	2.40		1		1		0.68		
Carbohydrate, by difference	g	77.31		0	NC	4		21.92		
Fiber, total dietary	g	11.7		0		4		3.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	67		2		1		19		
Iron, Fe	mg	2.38		2		1		0.67		
Magnesium, Mg	mg	74		1		1		21		
Phosphorus, P	mg	175		2		1		50		
Potassium, K	mg	986		1		1		280		
Sodium, Na	mg	37		1		1		10		
Zinc, Zn	mg	0.35		1		1		0.10		
Copper, Cu	mg	0.650		1		1		0.184		
Manganese, Mn	mg	1.300		1		1		0.369		
Selenium, Se	mcg	1.8	0.358	5	A	1		0.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	15.0		1		1		4.3		
Thiamin	mg	0.295		2		1		0.084		
Riboflavin	mg	0.360		2		1		0.102		
Niacin	mg	0.850		2		1		0.241		
Pantothenic acid	mg	0.897		0		1		0.254		
Vitamin B-6	mg	0.663		0		1		0.188		
Folate, total	mcg	109		0		1		31		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	109		0		1		31		
Folate, DFE	mcg_DFE	109		0	NC	4		31		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		1		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		1		0		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.837		0		1		0.237		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.019		0		1		0.005		
15:0....g									
16:0....g	0.755		0		1		0.214		
17:0....g									
18:0....g	0.042		0		1		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.535		0		1		0.435		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.042		0		1		0.012		
17:1....g									
18:1 undifferentiated....g	1.473		0		1		0.418		
20:1....g	0.019		0		1		0.005		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.758		0		1		0.498		
18:2 undifferentiated....g	1.570		0		1		0.445		
18:3 undifferentiated....g	0.188		0		1		0.053		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3....g	0.000		0		1		0.000		
22:5 n-3....g	0.000		0		1		0.000		
22:6 n-3....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.071		0		1		0.020		
Threonine....g	0.228		0		1		0.065		
Isoleucine....g	0.252		0		1		0.071		
Leucine....g	0.378		0		1		0.107		
Lysine....g	0.378		0		1		0.107		
Methionine....g	0.151		0		1		0.043		
Cystine....g	0.202		0		1		0.057		
Phenylalanine....g	0.270		0		1		0.077		
Tyrosine....g	0.177		0		1		0.050		
Valine....g	0.357		0		1		0.101		
Arginine....g	0.457		0		1		0.130		
Histidine....g	0.177		0		1		0.050		
Alanine....g	0.427		0		1		0.121		
Aspartic acid....g	1.103		0		1		0.313		
Glutamic acid....g	0.824		0		1		0.234		
Glycine....g	0.329		0		1		0.093		
Proline....g	0.336		0		1		0.095		
Serine....g	0.319		0		1		0.090		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.00		1		1		14.74		
Energy	kcal	196		0	NC	4		56		
Energy	kj	820				4		232		
Protein (N x 5.3)	g	1.63		1		1		0.46		
Total lipid (fat)	g	1.25		1		1		0.35		
Ash	g	0.96		1		1		0.27		
Carbohydrate, by difference	g	44.17		0	NC	4		12.52		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		1		1		5		
Iron, Fe	mg	0.94		0		1		0.27		
Magnesium, Mg	mg	30		0		1		9		
Phosphorus, P	mg	38		1		1		11		
Potassium, K	mg	484		0		1		137		
Sodium, Na	mg	2		0		1		1		
Zinc, Zn	mg	0.49		0		1		0.14		
Copper, Cu	mg	0.418		0		1		0.119		
Manganese, Mn	mg	0.336		1		1		0.095		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	40.2		0		4		11.4		
Thiamin	mg	0.144		1		1		0.041		
Riboflavin	mg	0.016		1		1		0.005		
Niacin	mg	1.102		0		4		0.312		
Pantothenic acid	mg	0.476		0		4		0.135		
Vitamin B-6	mg	0.352		0		4		0.100		
Folate, total	mcg	58		0		4		16		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	58		0		4		16		
Folate, DFE	mcg_DFE	58		0	NC	4		16		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	26		0		4		7		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.235		0		1		0.067		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.005		0		1		0.001		
15:0....g									
16:0....g	0.212		0		1		0.060		
17:0....g									
18:0....g	0.012		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.430		0		1		0.122		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.413		0		1		0.117		
20:1....g	0.005		0		1		0.001		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.493		0		1		0.140		
18:2 undifferentiated....g	0.440		0		1		0.125		
18:3 undifferentiated....g	0.053		0		1		0.015		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.018		0		1		0.005		
Threonine....g	0.058		0		1		0.016		
Isoleucine....g	0.064		0		1		0.018		
Leucine....g	0.096		0		1		0.027		
Lysine....g	0.096		0		1		0.027		
Methionine....g	0.038		0		1		0.011		
Cystine....g	0.052		0		1		0.015		
Phenylalanine....g	0.069		0		1		0.020		
Tyrosine....g	0.045		0		1		0.013		
Valine....g	0.091		0		1		0.026		
Arginine....g	0.116		0		1		0.033		
Histidine....g	0.045		0		1		0.013		
Alanine....g	0.109		0		1		0.031		
Aspartic acid....g	0.281		0		1		0.080		
Glutamic acid....g	0.210		0		1		0.060		
Glycine....g	0.084		0		1		0.024		
Proline....g	0.086		0		1		0.024		
Serine....g	0.081		0		1		0.023		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12097

Nuts, chestnuts, european, raw, unpeeled

Castanea sativa

Refuse: 26% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	48.65	1.636	4		1		70.54	13.79	
Energy ... kcal	213		0	NC	4		309	60	
Energy ... kj	891				4		1292	253	
Protein (N x 5.3) ... g	2.42	0.028	4		1		3.51	0.69	
Total lipid (fat) ... g	2.26	0.132	4		1		3.28	0.64	
Ash ... g	1.13	0.037	4		1		1.64	0.32	
Carbohydrate, by difference ... g	45.54		0	NC	4		66.03	12.91	
Fiber, total dietary ... g	8.1		0		4		11.7	2.3	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	27	0.664	4		1		39	8	
Iron, Fe ... mg	1.01	0.210	4		1		1.46	0.29	
Magnesium, Mg ... mg	32	0.968	4		1		46	9	
Phosphorus, P ... mg	93	7.461	4		1		135	26	
Potassium, K ... mg	518	29.790	4		1		751	147	
Sodium, Na ... mg	3	0.603	4		1		4	1	
Zinc, Zn ... mg	0.52	0.028	4		1		0.75	0.15	
Copper, Cu ... mg	0.447	0.038	4		1		0.648	0.127	
Manganese, Mn ... mg	0.952	0.190	4		1		1.380	0.270	
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	43.0	6.880	4		1		62.4	12.2	
Thiamin ... mg	0.238	0.010	4		1		0.345	0.067	
Riboflavin ... mg	0.168	0.021	4		1		0.244	0.048	
Niacin ... mg	1.179	0.141	4		1		1.710	0.334	
Pantothenic acid ... mg	0.509	0.017	3		1		0.738	0.144	
Vitamin B-6 ... mg	0.376	0.036	5		1		0.545	0.107	
Folate, total ... mcg	62	4.334	3		1		90	18	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	62	4.334	3		1		90	18	
Folate, DFE ... mcg_DFE	62		0	NC	4		90	18	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	1	0.350	3		1		2	0	
Retinol ... mcg	0		0	Z	7		0	0	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	28	7.000	3		1		41	8	
Lycopene ... mcg									
Lutein + zeaxanthin ... 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	0.425		0		1		0.616	0.120	
4:0 ... g									
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g									
13:0 ... g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.010		17		1		0.015	0.003	
15:0....g									
16:0....g	0.384		22		1		0.557	0.109	
17:0....g									
18:0....g	0.021		22		1		0.030	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.780		0		1		1.131	0.221	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021		22		1		0.030	0.006	
17:1....g									
18:1 undifferentiated....g	0.749		22		1		1.086	0.212	
20:1....g	0.010		1		1		0.015	0.003	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.894		0		1		1.296	0.253	
18:2 undifferentiated....g	0.798		22		1		1.157	0.226	
18:3 undifferentiated....g	0.095		22		1		0.138	0.027	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	22		0		1		32	6	
Amino Acids:									
Tryptophan....g	0.027		2		1		0.039	0.008	
Threonine....g	0.086		2		1		0.125	0.024	
Isoleucine....g	0.095		2		1		0.138	0.027	
Leucine....g	0.143		2		1		0.207	0.041	
Lysine....g	0.143		2		1		0.207	0.041	
Methionine....g	0.057		2		1		0.083	0.016	
Cystine....g	0.077		2		1		0.112	0.022	
Phenylalanine....g	0.102		2		1		0.148	0.029	
Tyrosine....g	0.067		2		1		0.097	0.019	
Valine....g	0.135		2		1		0.196	0.038	
Arginine....g	0.173		2		1		0.251	0.049	
Histidine....g	0.067		2		1		0.097	0.019	
Alanine....g	0.161		2		1		0.233	0.046	
Aspartic acid....g	0.417		2		1		0.605	0.118	
Glutamic acid....g	0.312		2		1		0.452	0.088	
Glycine....g	0.124		2		1		0.180	0.035	
Proline....g	0.127		2		1		0.184	0.036	
Serine....g	0.121		2		1		0.175	0.034	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 145g: 1 cup

Measure 2 = 28.35g: 1 oz

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

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

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12167
Nuts, chestnuts, european, roasted

Refuse: 37% Shells and skins

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.48	1.716	4		1		57.89	11.48	34.00
Energy	kcal	245		0	NC	4		350	69	206
Energy	kj	1025		0		4		1466	291	861
Protein (N x 5.3)	g	3.17	0.461	4		1		4.53	0.90	2.66
Total lipid (fat)	g	2.20	0.132	4		1		3.15	0.62	1.85
Ash	g	1.20	0.050	4		1		1.72	0.34	1.01
Carbohydrate, by difference	g	52.96		0	NC	4		75.73	15.01	44.49
Fiber, total dietary	g	5.1		0		4		7.3	1.4	4.3
Sugars, total	g	10.60		0	T	4		15.16	3.01	8.90
Starch	g									
Minerals:										
Calcium, Ca	mg	29	0.837	4		1		41	8	24
Iron, Fe	mg	0.91	0.132	4		1		1.30	0.26	0.76
Magnesium, Mg	mg	33	0.651	3		1		47	9	28
Phosphorus, P	mg	107	13.425	4		1		153	30	90
Potassium, K	mg	592	15.409	3		1		847	168	497
Sodium, Na	mg	2	0.000	3		1		3	1	2
Zinc, Zn	mg	0.57	0.012	3		1		0.82	0.16	0.48
Copper, Cu	mg	0.507	0.003	3		1		0.725	0.144	0.426
Manganese, Mn	mg	1.180	0.222	3		1		1.687	0.335	0.991
Selenium, Se	mcg	1.2		0	BFSN	4		1.7	0.3	1.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	26.0	6.028	3		1		37.2	7.4	21.8
Thiamin	mg	0.243	0.028	4		1		0.347	0.069	0.204
Riboflavin	mg	0.175	0.008	4		1		0.250	0.050	0.147
Niacin	mg	1.342	0.162	4		1		1.919	0.380	1.127
Pantothenic acid	mg	0.554	0.020	3		1		0.792	0.157	0.465
Vitamin B-6	mg	0.497	0.057	3		1		0.711	0.141	0.417
Folate, total	mcg	70		2		1		100	20	59
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	70		2		1		100	20	59
Folate, DFE	mcg_DFE	70		0	NC	4		100	20	59
Choline, total	mg	1.5		0	BFFN	4		2.2	0.4	1.3
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	0	1
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	14		0	O	4		21	4	12
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	24	9.597	3		1		34	7	20
Lycopene	mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin	mcg	13		0	BFSN	4		18	4	11
Vitamin E (alpha-tocopherol)	mg	0.50		0	T	4		0.72	0.14	0.42
Vitamin E, added	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	7.8		0	BFSN	4		11.2	2.2	6.6
Lipids:										
Fatty acids, total saturated	g	0.414		0		1		0.592	0.117	0.348
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 12167
Nuts, chestnuts, european, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.010		0		1		0.014	0.003	0.008
15:0 g									
16:0 g	0.373		0		1		0.533	0.106	0.313
17:0 g									
18:0 g	0.021		0		1		0.030	0.006	0.018
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.759		0		1		1.085	0.215	0.638
14:1 g									
15:1 g									
16:1 undifferentiated g	0.021		0		1		0.030	0.006	0.018
17:1 g									
18:1 undifferentiated g	0.728		0		1		1.041	0.206	0.612
20:1 g	0.010		0		1		0.014	0.003	0.008
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.869		0		1		1.243	0.246	0.730
18:2 undifferentiated g	0.776		0		1		1.110	0.220	0.652
18:3 undifferentiated g	0.093		0		1		0.133	0.026	0.078
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.035		0		1		0.050	0.010	0.029
Threonine g	0.113		0		1		0.162	0.032	0.095
Isoleucine g	0.125		0		1		0.179	0.035	0.105
Leucine g	0.188		0		1		0.269	0.053	0.158
Lysine g	0.188		0		1		0.269	0.053	0.158
Methionine g	0.075		0		1		0.107	0.021	0.063
Cystine g	0.101		0		1		0.144	0.029	0.085
Phenylalanine g	0.134		0		1		0.192	0.038	0.113
Tyrosine g	0.088		0		1		0.126	0.025	0.074
Valine g	0.178		0		1		0.255	0.050	0.150
Arginine g	0.227		0		1		0.325	0.064	0.191
Histidine g	0.088		0		1		0.126	0.025	0.074
Alanine g	0.212		0		1		0.303	0.060	0.178
Aspartic acid g	0.549		0		1		0.785	0.156	0.461
Glutamic acid g	0.410		0		1		0.586	0.116	0.344
Glycine g	0.164		0		1		0.235	0.046	0.138
Proline g	0.167		0		1		0.239	0.047	0.140
Serine g	0.159		0		1		0.227	0.045	0.134
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	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:

NDB No. 12167

Nuts, chestnuts, european, roasted

Measure 1 = 143g: 1 cup

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

Measure 3 = 84g: 10 kernels

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.03		0		1		24.39		
Energy	kcal	56		0	NC	4		16		
Energy	kj	234				4		66		
Protein (N x 5.3)	g	0.82		0		1		0.23		
Total lipid (fat)	g	0.19		0		1		0.05		
Ash	g	0.33		0		1		0.09		
Carbohydrate, by difference	g	12.64		0	NC	4		3.58		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		3		
Iron, Fe	mg	0.53		0		1		0.15		
Magnesium, Mg	mg	18		0		1		5		
Phosphorus, P	mg	26		0		1		7		
Potassium, K	mg	119		0		1		34		
Sodium, Na	mg	5		0		1		1		
Zinc, Zn	mg	0.40		0		1		0.11		
Copper, Cu	mg	0.204		0		1		0.058		
Manganese, Mn	mg	0.576		0		1		0.163		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.5		0		1		2.7		
Thiamin	mg	0.125		0		1		0.035		
Riboflavin	mg	0.059		0		1		0.017		
Niacin	mg	0.543		0		1		0.154		
Pantothenic acid	mg	0.075		0		1		0.021		
Vitamin B-6	mg	0.102		0		4		0.029		
Folate, total	mcg	17		0		4		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	17		0		4		5		
Folate, DFE	mcg_DFE	17		0	NC	4		5		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	13		0		1		4		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.028		0		1		0.008		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.026		0		1		0.007		
17:0....g									
18:0....g	0.002		0		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.101		0		1		0.029		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.097		0		1		0.027		
20:1....g	0.002		0		1		0.001		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.050		0		1		0.014		
18:2 undifferentiated....g	0.045		0		1		0.013		
18:3 undifferentiated....g	0.005		0		1		0.001		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.003		
Threonine....g	0.033		0		1		0.009		
Isoleucine....g	0.040		0		1		0.011		
Leucine....g	0.051		0		1		0.014		
Lysine....g	0.053		0		1		0.015		
Methionine....g	0.020		0		1		0.006		
Cystine....g	0.024		0		1		0.007		
Phenylalanine....g	0.032		0		1		0.009		
Tyrosine....g	0.023		0		1		0.007		
Valine....g	0.049		0		1		0.014		
Arginine....g	0.054		0		1		0.015		
Histidine....g	0.020		0		1		0.006		
Alanine....g	0.073		0		1		0.021		
Aspartic acid....g	0.172		0		1		0.049		
Glutamic acid....g	0.156		0		1		0.044		
Glycine....g	0.041		0		1		0.012		
Proline....g	0.051		0		1		0.014		
Serine....g	0.040		0		1		0.011		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12203

Nuts, chestnuts, japanese, boiled and steamed

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12175
Nuts, chestnuts, japanese, dried

Refuse: 34% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.96		0		1		15.44	2.82	
Energy	kcal	360		0	NC	4		558	102	
Energy	kj	1506				4		2335	427	
Protein (N x 5.3)	g	5.25		0		1		8.14	1.49	
Total lipid (fat)	g	1.24		0		1		1.92	0.35	
Ash	g	2.11		0		1		3.27	0.60	
Carbohydrate, by difference	g	81.43		0	NC	4		126.22	23.09	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	72		0		1		112	20	
Iron, Fe	mg	3.38		0		1		5.24	0.96	
Magnesium, Mg	mg	115		0		1		178	33	
Phosphorus, P	mg	169		0		1		262	48	
Potassium, K	mg	768		0		1		1190	218	
Sodium, Na	mg	34		0		1		53	10	
Zinc, Zn	mg	2.57		0		1		3.98	0.73	
Copper, Cu	mg	1.312		0		1		2.034	0.372	
Manganese, Mn	mg	3.711		0		1		5.752	1.052	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	61.3		0		1		95.0	17.4	
Thiamin	mg	0.802		0		1		1.243	0.227	
Riboflavin	mg	0.380		0		1		0.589	0.108	
Niacin	mg	3.500		0		1		5.425	0.992	
Pantothenic acid	mg	0.481		0		1		0.746	0.136	
Vitamin B-6	mg	0.659		0		4		1.021	0.187	
Folate, total	mcg	109		0		4		168	31	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	109		0		4		168	31	
Folate, DFE	mcg_DFE	109		0	NC	4		168	31	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	4		0		1		7	1	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	86		0		1		133	24	
Lycopene	mcg									
Lutein + zeaxanthin	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	0.183		0		1		0.284	0.052	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12175
Nuts, chestnuts, japanese, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.169		0		1		0.262	0.048	
17:0....g									
18:0....g	0.013		0		1		0.020	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.650		0		1		1.008	0.184	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0		1		0.012	0.002	
17:1....g									
18:1 undifferentiated....g	0.624		0		1		0.967	0.177	
20:1....g	0.012		0		1		0.019	0.003	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.322		0		1		0.499	0.091	
18:2 undifferentiated....g	0.288		0		1		0.446	0.082	
18:3 undifferentiated....g	0.031		0		1		0.048	0.009	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.075		0		1		0.116	0.021	
Threonine....g	0.210		0		1		0.326	0.060	
Isoleucine....g	0.258		0		1		0.400	0.073	
Leucine....g	0.325		0		1		0.504	0.092	
Lysine....g	0.342		0		1		0.530	0.097	
Methionine....g	0.126		0		1		0.195	0.036	
Cystine....g	0.153		0		1		0.237	0.043	
Phenylalanine....g	0.205		0		1		0.318	0.058	
Tyrosine....g	0.150		0		1		0.233	0.043	
Valine....g	0.312		0		1		0.484	0.088	
Arginine....g	0.345		0		1		0.535	0.098	
Histidine....g	0.131		0		1		0.203	0.037	
Alanine....g	0.473		0		1		0.733	0.134	
Aspartic acid....g	1.106		0		1		1.714	0.314	
Glutamic acid....g	1.001		0		1		1.552	0.284	
Glycine....g	0.267		0		1		0.414	0.076	
Proline....g	0.328		0		1		0.508	0.093	
Serine....g	0.257		0		1		0.398	0.073	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 155g: 1 cup

Measure 2 = 28.35g: 1 oz

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

NDB No. 12175
Nuts, chestnuts, japanese, dried

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 34% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.41		0		1		17.41		
Energy	kcal	154		0	NC	4		44		
Energy	kj	644				4		183		
Protein (N x 5.3)	g	2.25		0		1		0.64		
Total lipid (fat)	g	0.53		0		1		0.15		
Ash	g	0.91		0		1		0.26		
Carbohydrate, by difference	g	34.91		0	NC	4		9.90		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	31		0		1		9		
Iron, Fe	mg	1.45		0		1		0.41		
Magnesium, Mg	mg	49		0		1		14		
Phosphorus, P	mg	72		0		1		20		
Potassium, K	mg	329		0		1		93		
Sodium, Na	mg	14		0		1		4		
Zinc, Zn	mg	1.10		0		1		0.31		
Copper, Cu	mg	0.562		0		1		0.159		
Manganese, Mn	mg	1.591		0		1		0.451		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	26.3		0		1		7.5		
Thiamin	mg	0.344		0		1		0.098		
Riboflavin	mg	0.163		0		1		0.046		
Niacin	mg	1.500		0		1		0.425		
Pantothenic acid	mg	0.206		0		1		0.058		
Vitamin B-6	mg	0.283		0		4		0.080		
Folate, total	mcg	47		0		4		13		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	47		0		4		13		
Folate, DFE	mcg_DFE	47		0	NC	4		13		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	37		0		1		10		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.078		0		1		0.022		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12202
Nuts, chestnuts, japanese, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.072		1		1		0.020		
17:0....g									
18:0....g	0.005		1		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.278		0		1		0.079		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		2		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.268		2		1		0.076		
20:1....g	0.005		1		1		0.001		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.138		0		1		0.039		
18:2 undifferentiated....g	0.123		2		1		0.035		
18:3 undifferentiated....g	0.013		2		1		0.004		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		4		1		0.009		
Threonine....g	0.090		4		1		0.026		
Isoleucine....g	0.111		4		1		0.031		
Leucine....g	0.139		4		1		0.039		
Lysine....g	0.147		4		1		0.042		
Methionine....g	0.054		0		1		0.015		
Cystine....g	0.065		0		1		0.018		
Phenylalanine....g	0.088		4		1		0.025		
Tyrosine....g	0.064		0		1		0.018		
Valine....g	0.134		4		1		0.038		
Arginine....g	0.148		4		1		0.042		
Histidine....g	0.056		4		1		0.016		
Alanine....g	0.203		4		1		0.058		
Aspartic acid....g	0.474		4		1		0.134		
Glutamic acid....g	0.429		4		1		0.122		
Glycine....g	0.114		4		1		0.032		
Proline....g	0.141		4		1		0.040		
Serine....g	0.110		4		1		0.031		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12202
Nuts, chestnuts, japanese, raw

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12204
Nuts, chestnuts, japanese, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.90		2		1		14.15		
Energy	kcal	201		0	NC	4		57		
Energy	kj	841				4		238		
Protein (N x 5.3)	g	2.97		0		1		0.84		
Total lipid (fat)	g	0.80		0		1		0.23		
Ash	g	1.20		0		1		0.34		
Carbohydrate, by difference	g	45.13		0	NC	4		12.79		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0		1		10		
Iron, Fe	mg	2.10		0		1		0.60		
Magnesium, Mg	mg	64		0		1		18		
Phosphorus, P	mg	93		0		1		26		
Potassium, K	mg	427		0		4		121		
Sodium, Na	mg	19		0		4		5		
Zinc, Zn	mg	1.43		0		1		0.41		
Copper, Cu	mg	0.730		0		1		0.207		
Manganese, Mn	mg	2.065		0		1		0.585		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	28.0		0		1		7.9		
Thiamin	mg	0.450		0		1		0.128		
Riboflavin	mg									
Niacin	mg	0.700		0		1		0.198		
Pantothenic acid	mg	0.466		0		4		0.132		
Vitamin B-6	mg	0.418		0		4		0.119		
Folate, total	mcg	59		0		4		17		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	59		0		4		17		
Folate, DFE	mcg_DFE	59		0	NC	4		17		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	4		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	74		0		1		21		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.118		0		1		0.033		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12204
Nuts, chestnuts, japanese, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.109		0		1		0.031		
17:0....g									
18:0....g	0.008		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.419		0		1		0.119		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.402		0		1		0.114		
20:1....g	0.007		0		1		0.002		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.207		0		1		0.059		
18:2 undifferentiated....g	0.186		0		1		0.053		
18:3 undifferentiated....g	0.020		0		1		0.006		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0		1		0.012		
Threonine....g	0.119		0		1		0.034		
Isoleucine....g	0.146		0		1		0.041		
Leucine....g	0.184		0		1		0.052		
Lysine....g	0.193		0		1		0.055		
Methionine....g	0.071		0		1		0.020		
Cystine....g	0.086		0		1		0.024		
Phenylalanine....g	0.116		0		1		0.033		
Tyrosine....g	0.085		0		1		0.024		
Valine....g	0.176		0		1		0.050		
Arginine....g	0.195		0		1		0.055		
Histidine....g	0.074		0		1		0.021		
Alanine....g	0.267		0		1		0.076		
Aspartic acid....g	0.625		0		1		0.177		
Glutamic acid....g	0.566		0		1		0.160		
Glycine....g	0.151		0		1		0.043		
Proline....g	0.185		0		1		0.052		
Serine....g	0.145		0		1		0.041		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12204
Nuts, chestnuts, japanese, roasted

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12116
Nuts, coconut cream, canned, sweetened

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.97		1	MA	12		85.75	5.50	
Energy	kcal	357		0	NC	4		1057	68	
Energy	kj	1494		0	NC	4		4423	284	
Protein (N x 5.3)	g	1.17		1	MA	12		3.47	0.22	
Total lipid (fat)	g	16.31		1	MA	12		48.28	3.10	
Ash	g	0.34		1	MA	12		1.01	0.06	
Carbohydrate, by difference	g	53.21		0	NC	4		157.50	10.11	
Fiber, total dietary	g	0.2		1	MA	12		0.5	0.0	
Sugars, total	g	51.50		1	MA	12		152.44	9.79	
Sucrose	g	51.50		1	MA	12		152.44	9.79	
Glucose (dextrose)	g	0.00		1	MA	12		0.00	0.00	
Fructose	g	0.00		1	MA	12		0.00	0.00	
Lactose	g	0.00		1	MA	12		0.00	0.00	
Maltose	g	0.00		1	MA	12		0.00	0.00	
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1	MA	12		11	1	
Iron, Fe	mg	0.13		1	MA	12		0.38	0.02	
Magnesium, Mg	mg	17		0		4		50	3	
Phosphorus, P	mg	22		1		1		65	4	
Potassium, K	mg	101		1		1		299	19	
Sodium, Na	mg	36		1	MA	12		108	7	
Zinc, Zn	mg	0.60		0		1		1.78	0.11	
Copper, Cu	mg	0.236		0		1		0.699	0.045	
Manganese, Mn	mg	0.815		0		1		2.412	0.155	
Selenium, Se	mcg	5.5		0	BFSN	4		16.3	1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MA	12		0.0	0.0	
Thiamin	mg	0.022		1		1		0.065	0.004	
Riboflavin	mg	0.040		1		1		0.118	0.008	
Niacin	mg	0.038		1		1		0.112	0.007	
Pantothenic acid	mg	0.163		0		4		0.482	0.031	
Vitamin B-6	mg	0.029		0		4		0.086	0.006	
Folate, total	mcg	14		0		4		42	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		0		4		42	3	
Folate, DFE	mcg_DFE	14		0	NC	4		42	3	
Choline, total	mg	6.6		0	BFSN	4		19.5	1.2	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		1	MA	12		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.13		0	BFSN	4		0.38	0.02	
Vitamin E, added	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	0.1		0	BFSN	4		0.3	0.0	

NDB No. 12116
Nuts, coconut cream, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	15.472		0	NC	4		45.798	2.940	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.082		1	MA	12		0.243	0.016	
8:0....g	1.409		1	MA	12		4.171	0.268	
10:0....g	1.115		1	MA	12		3.300	0.212	
12:0....g	8.442		1	MA	12		24.989	1.604	
13:0....g									
14:0....g	3.024		1	MA	12		8.950	0.575	
15:0....g									
16:0....g	1.105		1	MA	12		3.272	0.210	
17:0....g									
18:0....g	0.295		1	MA	12		0.873	0.056	
20:0....g	0.000		1	MA	12		0.000	0.000	
22:0....g	0.000		1	MA	12		0.000	0.000	
24:0....g	0.000		1	MA	12		0.000	0.000	
Fatty acids, total monounsaturated....g	0.679		0	NC	4		2.010	0.129	
14:1....g	0.000		1	MA	12		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000		1	MA	12		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.679		1	MA	12		2.010	0.129	
20:1....g	0.000		1	MA	12		0.000	0.000	
22:1 undifferentiated....g	0.000		1	MA	12		0.000	0.000	
24:1 c....g	0.000		1	MA	12		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.159		0	NC	4		0.469	0.030	
18:2 undifferentiated....g	0.159		1	MA	12		0.469	0.030	
18:3 undifferentiated....g	0.000		1	MA	12		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	0.000		1	MA	12		0.000	0.000	
20:4 undifferentiated....g	0.000		1	MA	12		0.000	0.000	
20:5 n-3....g	0.000		1	MA	12		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	MA	12		0.000	0.000	
Fatty acids, total trans....g	0.000		1	MA	12		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0	BFPN	4		0.040	0.003	
Threonine....g	0.043		0	BFPN	4		0.126	0.008	
Isoleucine....g	0.046		0	BFPN	4		0.137	0.009	
Leucine....g	0.087		0	BFPN	4		0.258	0.017	
Lysine....g	0.052		0	BFPN	4		0.153	0.010	
Methionine....g	0.022		0	BFPN	4		0.064	0.004	
Cystine....g	0.023		0	BFPN	4		0.068	0.004	
Phenylalanine....g	0.060		0	BFPN	4		0.177	0.011	
Tyrosine....g	0.036		0	BFPN	4		0.107	0.007	
Valine....g	0.071		0	BFPN	4		0.210	0.013	
Arginine....g	0.192		0	BFPN	4		0.570	0.037	
Histidine....g	0.027		0	BFPN	4		0.080	0.005	
Alanine....g	0.060		0	BFPN	4		0.178	0.011	
Aspartic acid....g	0.115		0	BFPN	4		0.339	0.022	
Glutamic acid....g	0.268		0	BFPN	4		0.794	0.051	
Glycine....g	0.056		0	BFPN	4		0.165	0.011	
Proline....g	0.048		0	BFPN	4		0.143	0.009	
Serine....g	0.061		0	BFPN	4		0.179	0.011	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 12116
Nuts, coconut cream, canned, sweetened

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

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

Common Measures:

Measure 1 = 296g: 1 cup

Measure 2 = 19g: 1 tbsp

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

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	53.90		1		1		129.36	8.09	
Energy....kcal	330		0	NC	4		792	50	
Energy....kj	1381				4		3314	207	
Protein (N x 5.3)....g	3.63		1		1		8.71	0.54	
Total lipid (fat)....g	34.68		1		1		83.23	5.20	
Ash....g	1.15		1		1		2.76	0.17	
Carbohydrate, by difference....g	6.65		0	NC	4		15.96	1.00	
Fiber, total dietary....g	2.2		0		4		5.3	0.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		1		1		26	2	
Iron, Fe....mg	2.28		1		1		5.47	0.34	
Magnesium, Mg....mg	28		0		4		67	4	
Phosphorus, P....mg	122		1		1		293	18	
Potassium, K....mg	325		0		1		780	49	
Sodium, Na....mg	4		0		1		10	1	
Zinc, Zn....mg	0.96		0		1		2.30	0.14	
Copper, Cu....mg	0.378		0		1		0.907	0.057	
Manganese, Mn....mg	1.304		0		1		3.130	0.196	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8		1		1		6.7	0.4	
Thiamin....mg	0.030		1		1		0.072	0.005	
Riboflavin....mg	0.000		1		1		0.000	0.000	
Niacin....mg	0.890		1		1		2.136	0.134	
Pantothenic acid....mg	0.261		0		4		0.626	0.039	
Vitamin B-6....mg	0.047		0		4		0.113	0.007	
Folate, total....mcg	23		0		4		55	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23		0		4		55	3	
Folate, DFE....mcg_DFE	23		0	NC	4		55	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		1		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....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	30.753		0		1		73.807	4.613	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.197		0		1		0.473	0.030	
8:0....g	2.430		0		1		5.832	0.365	
10:0....g	1.931		0		1		4.634	0.290	
12:0....g	15.385		0		1		36.924	2.308	
13:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	6.075		0		1		14.580	0.911	
15:0....g									
16:0....g	2.940		0		1		7.056	0.441	
17:0....g									
18:0....g	1.796		0		1		4.310	0.269	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.475		0		1		3.540	0.221	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.475		0		1		3.540	0.221	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.379		0		1		0.910	0.057	
18:2 undifferentiated....g	0.379		0		1		0.910	0.057	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		1		0.101	0.006	
Threonine....g	0.132		0		1		0.317	0.020	
Isoleucine....g	0.142		0		1		0.341	0.021	
Leucine....g	0.269		0		1		0.646	0.040	
Lysine....g	0.160		0		1		0.384	0.024	
Methionine....g	0.068		0		1		0.163	0.010	
Cystine....g	0.072		0		1		0.173	0.011	
Phenylalanine....g	0.184		0		1		0.442	0.028	
Tyrosine....g	0.112		0		1		0.269	0.017	
Valine....g	0.220		0		1		0.528	0.033	
Arginine....g	0.595		0		1		1.428	0.089	
Histidine....g	0.083		0		1		0.199	0.012	
Alanine....g	0.185		0		1		0.444	0.028	
Aspartic acid....g	0.354		0		1		0.850	0.053	
Glutamic acid....g	0.829		0		1		1.990	0.124	
Glycine....g	0.172		0		1		0.413	0.026	
Proline....g	0.150		0		1		0.360	0.023	
Serine....g	0.187		0		1		0.449	0.028	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 240g: 1 cup

NDB No. 12115

Nuts, coconut cream, raw (liquid expressed from grated meat)

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

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	1.67		0		1		0.47		
Energy....kcal	684		0	NC	4		194		
Energy....kj	2862				4		811		
Protein (N x 5.3)....g	5.30		0		1		1.50		
Total lipid (fat)....g	69.08		0		1		19.58		
Ash....g	2.44		0		1		0.69		
Carbohydrate, by difference....g	21.52		0	NC	4		6.10		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	26		0		1		7		
Iron, Fe....mg	3.36		0		1		0.95		
Magnesium, Mg....mg	92		0		1		26		
Phosphorus, P....mg	209		0		1		59		
Potassium, K....mg	551		0		1		156		
Sodium, Na....mg	37		0		1		10		
Zinc, Zn....mg	2.04		0		1		0.58		
Copper, Cu....mg	0.807		0		1		0.229		
Manganese, Mn....mg	2.783		0		1		0.789		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		0		4		0.4		
Thiamin....mg	0.061		0		4		0.017		
Riboflavin....mg	0.101		0		4		0.029		
Niacin....mg	0.611		0		4		0.173		
Pantothenic acid....mg	0.811		0		4		0.230		
Vitamin B-6....mg	0.304		0		4		0.086		
Folate, total....mcg	9		0		4		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0		4		3		
Folate, DFE....mcg_DFE	9		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....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	61.257		0		1		17.366		
4:0....g									
6:0....g	0.393		0		1		0.111		
8:0....g	4.840		0		1		1.372		
10:0....g	3.846		0		1		1.090		
12:0....g	30.646		0		1		8.688		
13:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	12.100		0		1		3.430		
15:0....g									
16:0....g	5.856		0		1		1.660		
17:0....g									
18:0....g	3.577		0		1		1.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.939		0		1		0.833		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	2.939		0		1		0.833		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.756		0		1		0.214		
18:2 undifferentiated....g	0.756		0		1		0.214		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.062		0		1		0.018		
Threonine....g	0.193		0		1		0.055		
Isoleucine....g	0.208		0		1		0.059		
Leucine....g	0.393		0		1		0.111		
Lysine....g	0.234		0		1		0.066		
Methionine....g	0.099		0		1		0.028		
Cystine....g	0.105		0		1		0.030		
Phenylalanine....g	0.269		0		1		0.076		
Tyrosine....g	0.164		0		1		0.046		
Valine....g	0.321		0		1		0.091		
Arginine....g	0.870		0		1		0.247		
Histidine....g	0.122		0		1		0.035		
Alanine....g	0.271		0		1		0.077		
Aspartic acid....g	0.518		0		1		0.147		
Glutamic acid....g	1.212		0		1		0.344		
Glycine....g	0.251		0		1		0.071		
Proline....g	0.219		0		1		0.062		
Serine....g	0.274		0		1		0.078		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0		1		0.85		
Energy	kcal	660		0	NC	4		187		
Energy	kj	2761		0		4		783		
Protein (N x 5.3)	g	6.88		0		1		1.95		
Total lipid (fat)	g	64.53		0		1		18.29		
Ash	g	1.94		0		1		0.55		
Carbohydrate, by difference	g	23.65		0	NC	4		6.70		
Fiber, total dietary	g	16.3		0		4		4.6		
Sugars, total	g	7.35		0	NR	4		2.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		7		
Iron, Fe	mg	3.32		0		1		0.94		
Magnesium, Mg	mg	90		0		1		26		
Phosphorus, P	mg	206		0		1		58		
Potassium, K	mg	543		0		1		154		
Sodium, Na	mg	37		0		1		10		
Zinc, Zn	mg	2.01		0		1		0.57		
Copper, Cu	mg	0.796		0		1		0.226		
Manganese, Mn	mg	2.745		0		1		0.778		
Selenium, Se	mcg	18.5		0	BFSN	4		5.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		1		0.4		
Thiamin	mg	0.060		0		1		0.017		
Riboflavin	mg	0.100		0		1		0.028		
Niacin	mg	0.603		0		1		0.171		
Pantothenic acid	mg	0.800		0		1		0.227		
Vitamin B-6	mg	0.300		0		1		0.085		
Folate, total	mcg	9		0		1		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	9		0		1		3		
Folate, DFE	mcg_DFE	9		0	NC	4		3		
Choline, total	mg	22.1		0	BFSN	4		6.3		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0		1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.44		0	BFSN	4		0.12		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	BFSN	4		0.1		
Lipids:										
Fatty acids, total saturated	g	57.218		0		1		16.221		
4:0	g	0.000		0		1		0.000		
6:0	g	0.367		0		1		0.104		
8:0	g	4.520		0		1		1.281		
10:0	g	3.592		0		1		1.018		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0....g	28.625		0		1		8.115		
13:0....g									
14:0....g	11.302		0		1		3.204		
15:0....g									
16:0....g	5.469		0		1		1.550		
17:0....g									
18:0....g	3.341		0		1		0.947		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.745		0		1		0.778		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	2.745		0		1		0.778		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.706		0		1		0.200		
18:2 undifferentiated....g	0.706		0		1		0.200		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3....g	0.000		0		1		0.000		
22:5 n-3....g	0.000		0		1		0.000		
22:6 n-3....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0		1		0.023		
Threonine....g	0.251		0		1		0.071		
Isoleucine....g	0.270		0		1		0.077		
Leucine....g	0.511		0		1		0.145		
Lysine....g	0.304		0		1		0.086		
Methionine....g	0.129		0		1		0.037		
Cystine....g	0.136		0		1		0.039		
Phenylalanine....g	0.349		0		1		0.099		
Tyrosine....g	0.213		0		1		0.060		
Valine....g	0.417		0		1		0.118		
Arginine....g	1.130		0		1		0.320		
Histidine....g	0.158		0		1		0.045		
Alanine....g	0.352		0		1		0.100		
Aspartic acid....g	0.673		0		1		0.191		
Glutamic acid....g	1.574		0		1		0.446		
Glycine....g	0.326		0		1		0.092		
Proline....g	0.284		0		1		0.081		
Serine....g	0.356		0		1		0.101		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

NDB No. 12108

Nuts, coconut meat, dried (desiccated), not sweetened

Measure 1 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12110

Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned

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

NDB No. 12110

Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	5.551		0		1		4.274	6.328	
15:0....g									
16:0....g	2.686		0		1		2.068	3.062	
17:0....g									
18:0....g	1.641		0		1		1.264	1.871	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.348		0		1		1.038	1.537	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	1.348		0		1		1.038	1.537	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.347		0		1		0.267	0.396	
18:2 undifferentiated....g	0.347		0		1		0.267	0.396	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.039		0		1		0.030	0.044	
Threonine....g	0.122		0		1		0.094	0.139	
Isoleucine....g	0.132		0		1		0.102	0.150	
Leucine....g	0.249		0		1		0.192	0.284	
Lysine....g	0.148		0		1		0.114	0.169	
Methionine....g	0.063		0		1		0.049	0.072	
Cystine....g	0.066		0		1		0.051	0.075	
Phenylalanine....g	0.170		0		1		0.131	0.194	
Tyrosine....g	0.104		0		1		0.080	0.119	
Valine....g	0.203		0		1		0.156	0.231	
Arginine....g	0.551		0		1		0.424	0.628	
Histidine....g	0.077		0		1		0.059	0.088	
Alanine....g	0.172		0		1		0.132	0.196	
Aspartic acid....g	0.328		0		1		0.253	0.374	
Glutamic acid....g	0.767		0		1		0.591	0.874	
Glycine....g	0.159		0		1		0.122	0.181	
Proline....g	0.139		0		1		0.107	0.158	
Serine....g	0.173		0		1		0.133	0.197	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 77g: 1 cup

Measure 2 = 114g: 4 oz

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12109

Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.46	1.807	3	A	1		13.14	4.38	
Energy	kcal	456		0	NC	4		388	129	
Energy	kj	1908		0	NC	4		1622	541	
Protein (N x 5.3)	g	3.13	0.153	3	A	1		2.66	0.89	
Total lipid (fat)	g	27.99	0.959	3	A	1		23.79	7.94	
Ash	g	1.57	0.048	3	A	1		1.34	0.45	
Carbohydrate, by difference	g	51.85		0	NC	4		44.07	14.70	
Fiber, total dietary	g	9.9	0.836	3	A	1		8.4	2.8	
Sugars, total	g	36.75	0.934	3	A	1		31.24	10.42	
Sucrose	g	36.21	0.944	3	A	1		30.78	10.26	
Glucose (dextrose)	g	0.53	0.023	3	A	1		0.45	0.15	
Fructose	g	0.01	0.000	3	A	1		0.01	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	
Starch	g	0.00	0.000	3	A	1		0.00	0.00	
Minerals:										
Calcium, Ca	mg	11	0.657	3	A	1		9	3	
Iron, Fe	mg	1.51	0.035	3	A	1		1.28	0.43	
Magnesium, Mg	mg	51	0.895	3	A	1		44	15	
Phosphorus, P	mg	100	2.867	3	A	1		85	28	
Potassium, K	mg	361	17.521	3	A	1		307	102	
Sodium, Na	mg	285	25.751	3	A	1		242	81	
Zinc, Zn	mg	0.71	0.025	3	A	1		0.61	0.20	
Copper, Cu	mg	0.295	0.018	3	A	1		0.251	0.084	
Manganese, Mn	mg	0.959	0.010	3	A	1		0.815	0.272	
Selenium, Se	mcg	16.1	1.068	3	A	1		13.7	4.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	mg	0.015	0.000	3	A	1		0.012	0.004	
Riboflavin	mg	0.015	0.000	3	A	1		0.012	0.004	
Niacin	mg	0.697	0.058	3	A	1		0.592	0.197	
Pantothenic acid	mg	0.140	0.006	3	A	1		0.119	0.040	
Vitamin B-6	mg	0.030	0.000	3	A	1		0.025	0.008	
Folate, total	mcg	3	1.333	3	A	1		3	1	
Folic acid	mcg	0	0.000	3	Z	7		0	0	
Folate, food	mcg	3	1.333	3	A	1		3	1	
Folate, DFE	mcg_DFE	3		0	NC	4		3	1	
Choline, total	mg	19.3		0	AS	1		16.4	5.5	
Betaine	mg	1.3		1	A	1		1.1	0.4	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	BFSN	4		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.03	0.000	3	A	1		0.03	0.01	
Tocopherol, delta	mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0	0.000	3	A	1		0.0	0.0	

NDB No. 12109

Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	26.396		0	NC	4		22.437	7.483	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.206	0.014	3	A	1		0.175	0.058	
8:0....g	2.362	0.152	3	A	1		2.007	0.670	
10:0....g	1.841	0.112	3	A	1		1.565	0.522	
12:0....g	13.780	0.882	3	A	1		11.713	3.907	
13:0....g									
14:0....g	5.103	0.344	3	A	1		4.337	1.447	
15:0....g	0.003	0.000	3	A	1		0.002	0.001	
16:0....g	2.242	0.158	3	A	1		1.906	0.636	
17:0....g	0.002	0.000	3	A	1		0.002	0.001	
18:0....g	0.825	0.068	3	A	1		0.701	0.234	
20:0....g	0.022	0.002	3	A	1		0.019	0.006	
22:0....g	0.004	0.001	3	A	1		0.003	0.001	
24:0....g	0.008	0.001	3	A	1		0.006	0.002	
Fatty acids, total monounsaturated....g	1.377		0	NC	4		1.171	0.390	
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	0.004	0.000	3	AS	1		0.003	0.001	
16:1 c....g	0.004	0.000	3	A	1		0.003	0.001	
16:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	1.363	0.095	3	AS	1		1.158	0.386	
18:1 c....g	1.363	0.095	3	A	1		1.158	0.386	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
18:1-11t (18:1t n-7)....g									
20:1....g	0.009	0.002	3	A	1		0.008	0.003	
22:1 undifferentiated....g	0.002	0.002	3	AS	1		0.001	0.000	
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t....g	0.002	0.002	3	A	1		0.001	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.222		0	NC	4		0.189	0.063	
18:2 undifferentiated....g	0.222	0.013	3	AS	1		0.188	0.063	
18:2 n-6 c,c....g	0.222	0.013	3	A	1		0.188	0.063	
18:2 CLAs....g	0.000	0.000	3	A	1		0.000	0.000	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.000	0.000	3	A	1		0.000	0.000	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	
18:3 n-3 c,c,c....g	0.000	0.000	3	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	
18:3i....g									
18:4....g	0.000	0.000	3	A	1		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	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	0.002		0	NC	4		0.001	0.000	
Fatty acids, total trans-monoenoic....g	0.002		0	NC	4		0.001	0.000	
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

NDB No. 12109

Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.020		0	A	1		0.017	0.006	
Threonine....g	0.084		0	A	1		0.071	0.024	
Isoleucine....g	0.067		0	A	1		0.057	0.019	
Leucine....g	0.188		0	A	1		0.160	0.053	
Lysine....g	0.146		0	A	1		0.124	0.042	
Methionine....g	0.060		0	A	1		0.051	0.017	
Cystine....g	0.030		0	A	1		0.026	0.009	
Phenylalanine....g	0.131		0	A	1		0.111	0.037	
Tyrosine....g	0.057		0	A	1		0.048	0.016	
Valine....g	0.120		0	A	1		0.102	0.034	
Arginine....g	0.536		0	A	1		0.456	0.152	
Histidine....g	0.074		0	A	1		0.063	0.021	
Alanine....g	0.168		0	A	1		0.143	0.048	
Aspartic acid....g	0.339		0	A	1		0.288	0.096	
Glutamic acid....g	0.775		0	A	1		0.659	0.220	
Glycine....g	0.158		0	A	1		0.134	0.045	
Proline....g	0.164		0	A	1		0.140	0.047	
Serine....g	0.218		0	A	1		0.185	0.062	
Hydroxyproline....g	0.000	0.000	3	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 85g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.55		0		1		11.67	24.97	
Energy	kcal	501		0	NC	4		466	997	
Energy	kj	2096		0		4		1949	4171	
Protein (N x 5.3)	g	2.88		0		1		2.68	5.73	
Total lipid (fat)	g	35.49		0		1		33.01	70.63	
Ash	g	1.42		0		1		1.32	2.83	
Carbohydrate, by difference	g	47.67		0	NC	4		44.33	94.86	
Fiber, total dietary	g	4.5		0		4		4.2	9.0	
Sugars, total	g	43.17		0	NR	4		40.15	85.91	
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		14	30	
Iron, Fe	mg	1.92		0		1		1.79	3.82	
Magnesium, Mg	mg	50		0		1		47	100	
Phosphorus, P	mg	107		0		1		100	213	
Potassium, K	mg	337		0		1		313	671	
Sodium, Na	mg	262		0		1		244	521	
Zinc, Zn	mg	1.82		0		1		1.69	3.62	
Copper, Cu	mg	0.313		0		1		0.291	0.623	
Manganese, Mn	mg	2.475		0		1		2.302	4.925	
Selenium, Se	mcg	16.7		0	BFSN	4		15.5	33.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.7	1.4	
Thiamin	mg	0.031		0		1		0.029	0.062	
Riboflavin	mg	0.020		0		1		0.019	0.040	
Niacin	mg	0.474		0		1		0.441	0.943	
Pantothenic acid	mg	0.722		0		4		0.671	1.437	
Vitamin B-6	mg	0.271		0		4		0.252	0.539	
Folate, total	mcg	8		0		4		8	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		8	16	
Folate, DFE	mcg_DFE	8		0	NC	4		8	16	
Choline, total	mg	19.3		0	BFZN	4		18.0	38.4	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	BFSN	4		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.39		0	BFSN	4		0.37	0.78	
Vitamin E, added	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	0.3		0	BFSN	4		0.3	0.5	
Lipids:										
Fatty acids, total saturated	g	31.468		0		1		29.265	62.621	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.202		0		1		0.188	0.402	
8:0	g	2.486		0		1		2.312	4.947	
10:0	g	1.976		0		1		1.838	3.932	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0....g	15.743		0		1		14.641	31.329	
13:0....g									
14:0....g	6.216		0		1		5.781	12.370	
15:0....g									
16:0....g	3.008		0		1		2.797	5.986	
17:0....g									
18:0....g	1.838		0		1		1.709	3.658	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.510		0		1		1.404	3.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.510		0		1		1.404	3.005	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.388		0		1		0.361	0.772	
18:2 undifferentiated....g	0.388		0		1		0.361	0.772	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		1		0.032	0.068	
Threonine....g	0.105		0		1		0.098	0.209	
Isoleucine....g	0.113		0		1		0.105	0.225	
Leucine....g	0.214		0		1		0.199	0.426	
Lysine....g	0.127		0		1		0.118	0.253	
Methionine....g	0.054		0		1		0.050	0.107	
Cystine....g	0.057		0		1		0.053	0.113	
Phenylalanine....g	0.146		0		1		0.136	0.291	
Tyrosine....g	0.089		0		1		0.083	0.177	
Valine....g	0.175		0		1		0.163	0.348	
Arginine....g	0.473		0		1		0.440	0.941	
Histidine....g	0.066		0		1		0.061	0.131	
Alanine....g	0.147		0		1		0.137	0.293	
Aspartic acid....g	0.282		0		1		0.262	0.561	
Glutamic acid....g	0.659		0		1		0.613	1.311	
Glycine....g	0.137		0		1		0.127	0.273	
Proline....g	0.119		0		1		0.111	0.237	
Serine....g	0.149		0		1		0.139	0.297	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12179

Nuts, coconut meat, dried (desiccated), sweetened, shredded

Measure 1 = 93g: 1 cup, shredded

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.00		0		1		0.28		
Energy	kcal	592		0	NC	4		168		
Energy	kj	2477				4		702		
Protein (N x 5.3)	g	5.30		0		1		1.50		
Total lipid (fat)	g	47.00		0		1		13.32		
Ash	g	2.30		0		1		0.65		
Carbohydrate, by difference	g	44.40		0	NC	4		12.59		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		8		
Iron, Fe	mg	3.39		0		1		0.96		
Magnesium, Mg	mg	92		0		1		26		
Phosphorus, P	mg	211		0		1		60		
Potassium, K	mg	554		0		1		157		
Sodium, Na	mg	37		0		1		10		
Zinc, Zn	mg	2.05		0		1		0.58		
Copper, Cu	mg	0.812		0		1		0.230		
Manganese, Mn	mg	2.801		0		1		0.794		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		4		0.4		
Thiamin	mg	0.061		0		4		0.017		
Riboflavin	mg	0.102		0		4		0.029		
Niacin	mg	0.616		0		4		0.175		
Pantothenic acid	mg	0.817		0		4		0.232		
Vitamin B-6	mg	0.306		0		4		0.087		
Folate, total	mcg	9		0		4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	9		0		4		3		
Folate, DFE	mcg_DFE	9		0	NC	4		3		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	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	41.678		0		1		11.816		
4:0	g									
6:0	g	0.267		0		1		0.076		
8:0	g	3.293		0		1		0.934		
10:0	g	2.616		0		1		0.742		
12:0	g	20.851		0		1		5.911		
13:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	8.233		0		1		2.334		
15:0....g									
16:0....g	3.984		0		1		1.129		
17:0....g									
18:0....g	2.434		0		1		0.690		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.999		0		1		0.567		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	1.999		0		1		0.567		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.514		0		1		0.146		
18:2 undifferentiated....g	0.514		0		1		0.146		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.062		0		1		0.018		
Threonine....g	0.193		0		1		0.055		
Isoleucine....g	0.208		0		1		0.059		
Leucine....g	0.393		0		1		0.111		
Lysine....g	0.234		0		1		0.066		
Methionine....g	0.099		0		1		0.028		
Cystine....g	0.105		0		1		0.030		
Phenylalanine....g	0.269		0		1		0.076		
Tyrosine....g	0.164		0		1		0.046		
Valine....g	0.321		0		1		0.091		
Arginine....g	0.870		0		1		0.247		
Histidine....g	0.122		0		1		0.035		
Alanine....g	0.271		0		1		0.077		
Aspartic acid....g	0.518		0		1		0.147		
Glutamic acid....g	1.212		0		1		0.344		
Glycine....g	0.251		0		1		0.071		
Proline....g	0.219		0		1		0.062		
Serine....g	0.274		0		1		0.078		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12104
Nuts, coconut meat, raw (1)
Cocos nucifera

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

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.99	1.067	15		1		37.59	186.55	21.15
Energy	kcal	354		0	NC	4		283	1405	159
Energy	kj	1481		0		4		1185	5880	667
Protein (N x 5.3)	g	3.33	0.217	12		1		2.66	13.22	1.50
Total lipid (fat)	g	33.49	1.409	12		1		26.79	132.96	15.07
Ash	g	0.97	0.083	10		1		0.78	3.85	0.44
Carbohydrate, by difference	g	15.23		0	NC	4		12.18	60.46	6.85
Fiber, total dietary	g	9.0		0		1		7.2	35.7	4.1
Sugars, total	g	6.23		0	NR	4		4.98	24.73	2.80
Starch	g									
Minerals:										
Calcium, Ca	mg	14	2.600	5		1		11	56	6
Iron, Fe	mg	2.43	0.253	4		1		1.94	9.65	1.09
Magnesium, Mg	mg	32		2		1		26	127	14
Phosphorus, P	mg	113	13.483	5		1		90	449	51
Potassium, K	mg	356		2		1		285	1413	160
Sodium, Na	mg	20		2		1		16	79	9
Zinc, Zn	mg	1.10	0.264	3		1		0.88	4.37	0.50
Copper, Cu	mg	0.435		2		1		0.348	1.727	0.196
Manganese, Mn	mg	1.500		1		1		1.200	5.955	0.675
Selenium, Se	mcg	10.1		0	BFSN	4		8.1	40.1	4.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.3	1.267	3		1		2.6	13.1	1.5
Thiamin	mg	0.066	0.016	4		1		0.053	0.262	0.030
Riboflavin	mg	0.020	0.006	3		1		0.016	0.079	0.009
Niacin	mg	0.540		0		1		0.432	2.144	0.243
Pantothenic acid	mg	0.300		1		1		0.240	1.191	0.135
Vitamin B-6	mg	0.054	0.016	3		1		0.043	0.214	0.024
Folate, total	mcg	26	4.300	4		1		21	105	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	26	4.300	4		1		21	105	12
Folate, DFE	mcg_DFE	26		0	NC	4		21	105	12
Choline, total	mg	12.1		0	BFSN	4		9.7	48.1	5.4
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	BFFN	4		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		1		1		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.24		0	BNA	4		0.19	0.95	0.11
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		0	BNA	4		0.00	0.00	0.00
Tocopherol, gamma	mg	0.53		0	BNA	4		0.42	2.11	0.24
Tocopherol, delta	mg	0.00		0	BNA	4		0.00	0.00	0.00
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	BFFN	4		0.1	0.7	0.1
Lipids:										
Fatty acids, total saturated	g	29.698		0		1		23.758	117.901	13.364
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.191		26		1		0.153	0.758	0.086
8:0	g	2.346		126		1		1.877	9.314	1.056
10:0	g	1.864		129		1		1.491	7.400	0.839

NDB No. 12104
Nuts, coconut meat, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 g	14.858		130		1		11.886	58.986	6.686
13:0 g									
14:0 g	5.866		132		1		4.693	23.288	2.640
15:0 g									
16:0 g	2.839		132		1		2.271	11.271	1.278
17:0 g									
18:0 g	1.734		132		1		1.387	6.884	0.780
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.425		0		1		1.140	5.657	0.641
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	1.425		132		1		1.140	5.657	0.641
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.366		0		1		0.293	1.453	0.165
18:2 undifferentiated g	0.366		130		1		0.293	1.453	0.165
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg	47		0		1		38	187	21
Amino Acids:									
Tryptophan g	0.039		7		1		0.031	0.155	0.018
Threonine g	0.121		26		1		0.097	0.480	0.054
Isoleucine g	0.131		26		1		0.105	0.520	0.059
Leucine g	0.247		26		1		0.198	0.981	0.111
Lysine g	0.147		26		1		0.118	0.584	0.066
Methionine g	0.062		25		1		0.050	0.246	0.028
Cystine g	0.066		7		1		0.053	0.262	0.030
Phenylalanine g	0.169		26		1		0.135	0.671	0.076
Tyrosine g	0.103		23		1		0.082	0.409	0.046
Valine g	0.202		26		1		0.162	0.802	0.091
Arginine g	0.546		26		1		0.437	2.168	0.246
Histidine g	0.077		24		1		0.062	0.306	0.035
Alanine g	0.170		23		1		0.136	0.675	0.077
Aspartic acid g	0.325		23		1		0.260	1.290	0.146
Glutamic acid g	0.761		23		1		0.609	3.021	0.342
Glycine g	0.158		23		1		0.126	0.627	0.071
Proline g	0.138		23		1		0.110	0.548	0.062
Serine g	0.172		23		1		0.138	0.683	0.077
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

Common Measures:

NDB No. 12104
Nuts, coconut meat, raw (1)

Measure 1 = 80g: 1 cup, shredded
Measure 2 = 397g: 1 medium
Measure 3 = 45g: 1 piece (2" x 2" x 1/2")

Footnotes:
1 From mature coconut.

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12118

Nuts, coconut milk, canned (liquid expressed from grated meat and water)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.88	8.667	3		1		164.71	10.93	
Energy	kcal	197		0	NC	4		445	30	
Energy	kj	824		0		4		1863	124	
Protein (N x 5.3)	g	2.02	0.785	3		1		4.57	0.30	
Total lipid (fat)	g	21.33	8.350	3		1		48.21	3.20	
Ash	g	0.97		1		1		2.19	0.15	
Carbohydrate, by difference	g	2.81		0	NC	4		6.35	0.42	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		1		1		41	3	
Iron, Fe	mg	3.30		1		1		7.46	0.50	
Magnesium, Mg	mg	46		1		1		104	7	
Phosphorus, P	mg	96		1		1		217	14	
Potassium, K	mg	220		0		1		497	33	
Sodium, Na	mg	13		0		1		29	2	
Zinc, Zn	mg	0.56		0		1		1.27	0.08	
Copper, Cu	mg	0.223		0		1		0.504	0.033	
Manganese, Mn	mg	0.768		0		1		1.736	0.115	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		1		1		2.3	0.2	
Thiamin	mg	0.022		0		4		0.050	0.003	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.637		0		4		1.440	0.096	
Pantothenic acid	mg	0.153		0		4		0.346	0.023	
Vitamin B-6	mg	0.028		0		4		0.063	0.004	
Folate, total	mcg	14		0		4		31	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		0		4		31	2	
Folate, DFE	mcg_DFE	14		0	NC	4		31	2	
Choline, total	mg	8.5		0	AS	1		19.3	1.3	
Betaine	mg	0.0		1	A	1		0.0	0.0	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	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	18.915		0		1		42.748	2.837	
4:0	g									
6:0	g	0.121		0		1		0.273	0.018	
8:0	g	1.494		0		1		3.376	0.224	
10:0	g	1.187		0		1		2.683	0.178	
12:0	g	9.463		0		1		21.386	1.419	
13:0	g									

NDB No. 12118

Nuts, coconut milk, canned (liquid expressed from grated meat and water)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	3.736		0		1		8.443	0.560	
15:0....g									
16:0....g	1.808		0		1		4.086	0.271	
17:0....g									
18:0....g	1.104		0		1		2.495	0.166	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.907		0		1		2.050	0.136	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.907		0		1		2.050	0.136	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.233		0		1		0.527	0.035	
18:2 undifferentiated....g	0.233		0		1		0.527	0.035	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.024		0		1		0.054	0.004	
Threonine....g	0.074		0		1		0.167	0.011	
Isoleucine....g	0.079		0		1		0.179	0.012	
Leucine....g	0.150		0		1		0.339	0.023	
Lysine....g	0.089		0		1		0.201	0.013	
Methionine....g	0.038		0		1		0.086	0.006	
Cystine....g	0.040		0		1		0.090	0.006	
Phenylalanine....g	0.102		0		1		0.231	0.015	
Tyrosine....g	0.062		0		1		0.140	0.009	
Valine....g	0.122		0		1		0.276	0.018	
Arginine....g	0.331		0		1		0.748	0.050	
Histidine....g	0.046		0		1		0.104	0.007	
Alanine....g	0.103		0		1		0.233	0.015	
Aspartic acid....g	0.197		0		1		0.445	0.030	
Glutamic acid....g	0.462		0		1		1.044	0.069	
Glycine....g	0.096		0		1		0.217	0.014	
Proline....g	0.083		0		1		0.188	0.012	
Serine....g	0.104		0		1		0.235	0.016	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 226g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

NDB No. 12118

Nuts, coconut milk, canned (liquid expressed from grated meat and water)

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.42		1		1		171.41	10.71	
Energy	kcal	202		0	NC	4		485	30	
Energy	kj	845				4		2028	127	
Protein (N x 5.3)	g	1.61		1		1		3.86	0.24	
Total lipid (fat)	g	20.80		1		1		49.92	3.12	
Ash	g	0.59		1		1		1.42	0.09	
Carbohydrate, by difference	g	5.58		0	NC	4		13.39	0.84	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1		1		10	1	
Iron, Fe	mg	0.81		1		1		1.94	0.12	
Magnesium, Mg	mg	32		1		1		77	5	
Phosphorus, P	mg	59		1		1		142	9	
Potassium, K	mg	232		1		1		557	35	
Sodium, Na	mg	12		1		1		29	2	
Zinc, Zn	mg	0.59		0		1		1.42	0.09	
Copper, Cu	mg	0.235		0		1		0.564	0.035	
Manganese, Mn	mg	0.809		0		1		1.942	0.121	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0		4		2.6	0.2	
Thiamin	mg	0.023		0		4		0.055	0.003	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.671		0		4		1.610	0.101	
Pantothenic acid	mg	0.161		0		4		0.386	0.024	
Vitamin B-6	mg	0.030		0		4		0.072	0.005	
Folate, total	mcg	14		0		4		34	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		0		4		34	2	
Folate, DFE	mcg_DFE	14		0	NC	4		34	2	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	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	18.445		0		1		44.268	2.767	
4:0	g									
6:0	g	0.118		0		1		0.283	0.018	
8:0	g	1.457		0		1		3.497	0.219	
10:0	g	1.158		0		1		2.779	0.174	
12:0	g	9.228		0		1		22.147	1.384	
13:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	3.643		0		1		8.743	0.546	
15:0....g									
16:0....g	1.763		0		1		4.231	0.264	
17:0....g									
18:0....g	1.077		0		1		2.585	0.162	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.885		0		1		2.124	0.133	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.885		0		1		2.124	0.133	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.228		0		1		0.547	0.034	
18:2 undifferentiated....g	0.228		0		1		0.547	0.034	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0		1		0.046	0.003	
Threonine....g	0.059		0		1		0.142	0.009	
Isoleucine....g	0.063		0		1		0.151	0.009	
Leucine....g	0.119		0		1		0.286	0.018	
Lysine....g	0.071		0		1		0.170	0.011	
Methionine....g	0.030		0		1		0.072	0.005	
Cystine....g	0.032		0		1		0.077	0.005	
Phenylalanine....g	0.082		0		1		0.197	0.012	
Tyrosine....g	0.050		0		1		0.120	0.008	
Valine....g	0.098		0		1		0.235	0.015	
Arginine....g	0.264		0		1		0.634	0.040	
Histidine....g	0.037		0		1		0.089	0.006	
Alanine....g	0.082		0		1		0.197	0.012	
Aspartic acid....g	0.157		0		1		0.377	0.024	
Glutamic acid....g	0.368		0		1		0.883	0.055	
Glycine....g	0.076		0		1		0.182	0.011	
Proline....g	0.067		0		1		0.161	0.010	
Serine....g	0.083		0		1		0.199	0.012	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

NDB No. 12176

Nuts, coconut milk, frozen (liquid expressed from grated meat and water)

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.62	3.495	3		1		162.29	10.14	
Energy....kcal	230		0	NC	4		552	35	
Energy....kj	962		0		4		2310	144	
Protein (N x 5.3)....g	2.29		2		1		5.50	0.34	
Total lipid (fat)....g	23.84		2		1		57.22	3.58	
Ash....g	0.72		2		1		1.73	0.11	
Carbohydrate, by difference....g	5.54		0	NC	4		13.30	0.83	
Fiber, total dietary....g	2.2		0		4		5.3	0.3	
Sugars, total....g	3.34		0	NR	4		8.02	0.50	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1		1		38	2	
Iron, Fe....mg	1.64		1		1		3.94	0.25	
Magnesium, Mg....mg	37		1		1		89	6	
Phosphorus, P....mg	100		1		1		240	15	
Potassium, K....mg	263		0		1		631	39	
Sodium, Na....mg	15		1		1		36	2	
Zinc, Zn....mg	0.67		0		1		1.61	0.10	
Copper, Cu....mg	0.266		0		1		0.638	0.040	
Manganese, Mn....mg	0.916		0		1		2.198	0.137	
Selenium, Se....mcg	6.2		0	BFSN	4		14.9	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8		1		1		6.7	0.4	
Thiamin....mg	0.026		1		1		0.062	0.004	
Riboflavin....mg	0.000		1		1		0.000	0.000	
Niacin....mg	0.760		1		1		1.824	0.114	
Pantothenic acid....mg	0.183		0		4		0.439	0.027	
Vitamin B-6....mg	0.033		0		4		0.079	0.005	
Folate, total....mcg	16		0		4		39	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16		0		4		39	2	
Folate, DFE....mcg_DFE	16		0	NC	4		39	2	
Choline, total....mg	8.5		0	BFZN	4		20.5	1.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFSN	4		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFSN	4		0.35	0.02	
Vitamin E, added....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	0.1		0	BFSN	4		0.2	0.0	
Lipids:									
Fatty acids, total saturated....g	21.140		0		1		50.736	3.171	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.136		0		1		0.326	0.020	
8:0....g	1.670		0		1		4.008	0.251	
10:0....g	1.327		0		1		3.185	0.199	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 ... g	10.576		0		1		25.382	1.586	
13:0 ... g									
14:0 ... g	4.176		0		1		10.022	0.626	
15:0 ... g									
16:0 ... g	2.021		0		1		4.850	0.303	
17:0 ... g									
18:0 ... g	1.234		0		1		2.962	0.185	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.014		0		1		2.434	0.152	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	1.014		0		1		2.434	0.152	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.261		0		1		0.626	0.039	
18:2 undifferentiated ... g	0.261		0		1		0.626	0.039	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg	1		0		1		2	0	
Amino Acids:									
Tryptophan ... g	0.027		0		1		0.065	0.004	
Threonine ... g	0.083		0		1		0.199	0.012	
Isoleucine ... g	0.090		0		1		0.216	0.014	
Leucine ... g	0.170		0		1		0.408	0.026	
Lysine ... g	0.101		0		1		0.242	0.015	
Methionine ... g	0.043		0		1		0.103	0.006	
Cystine ... g	0.045		0		1		0.108	0.007	
Phenylalanine ... g	0.116		0		1		0.278	0.017	
Tyrosine ... g	0.071		0		1		0.170	0.011	
Valine ... g	0.139		0		1		0.334	0.021	
Arginine ... g	0.376		0		1		0.902	0.056	
Histidine ... g	0.053		0		1		0.127	0.008	
Alanine ... g	0.117		0		1		0.281	0.018	
Aspartic acid ... g	0.224		0		1		0.538	0.034	
Glutamic acid ... g	0.524		0		1		1.258	0.079	
Glycine ... g	0.108		0		1		0.259	0.016	
Proline ... g	0.095		0		1		0.228	0.014	
Serine ... g	0.118		0		1		0.283	0.018	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12117

Nuts, coconut milk, raw (liquid expressed from grated meat and water)

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.99	0.270	7		1		227.98	14.25	195.68
Energy	kcal	19		0	NC	4		46	3	39
Energy	kj	79		0		4		191	12	164
Protein (N x 5.3)	g	0.72	0.417	4		1		1.73	0.11	1.48
Total lipid (fat)	g	0.20	0.085	6		1		0.48	0.03	0.41
Ash	g	0.39	0.082	5		1		0.94	0.06	0.80
Carbohydrate, by difference	g	3.71		0	NC	4		8.90	0.56	7.64
Fiber, total dietary	g	1.1		0		4		2.6	0.2	2.3
Sugars, total	g	2.61		0	NR	4		6.26	0.39	5.38
Starch	g									
Minerals:										
Calcium, Ca	mg	24	3.347	4		1		58	4	49
Iron, Fe	mg	0.29	0.094	3		1		0.70	0.04	0.60
Magnesium, Mg	mg	25		1		1		60	4	52
Phosphorus, P	mg	20	4.800	3		1		48	3	41
Potassium, K	mg	250		1		1		600	38	515
Sodium, Na	mg	105		1		1		252	16	216
Zinc, Zn	mg	0.10		0		1		0.24	0.02	0.21
Copper, Cu	mg	0.040		1		1		0.096	0.006	0.082
Manganese, Mn	mg	0.142		0		4		0.341	0.021	0.293
Selenium, Se	mcg	1.0		0	BFSN	4		2.4	0.2	2.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4	0.879	4		1		5.8	0.4	4.9
Thiamin	mg	0.030	0.022	5		1		0.072	0.005	0.062
Riboflavin	mg	0.057	0.044	4		1		0.137	0.009	0.117
Niacin	mg	0.080	0.060	3		1		0.192	0.012	0.165
Pantothenic acid	mg	0.043		0		1		0.103	0.006	0.089
Vitamin B-6	mg	0.032		2		1		0.077	0.005	0.066
Folate, total	mcg	3		0		4		6	0	5
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0		4		6	0	5
Folate, DFE	mcg_DFE	3		0	NC	4		6	0	5
Choline, total	mg	1.1		0	BFSN	4		2.7	0.2	2.4
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	BFSN	4		0	0	0
Carotene, alpha	mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU	IU	0		1		1		0	0	0
Lycopene	mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin E, added	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	BFSN	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.176		0		1		0.422	0.026	0.363
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.001		0		1		0.002	0.000	0.002
8:0	g	0.014		0		1		0.034	0.002	0.029
10:0	g	0.011		0		1		0.026	0.002	0.023

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 g	0.088		0		1		0.211	0.013	0.181
13:0 g									
14:0 g	0.035		0		1		0.084	0.005	0.072
15:0 g									
16:0 g	0.017		0		1		0.041	0.003	0.035
17:0 g									
18:0 g	0.010		0		1		0.024	0.002	0.021
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.008		0		1		0.019	0.001	0.016
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.008		0		1		0.019	0.001	0.016
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.002		0		1		0.005	0.000	0.004
18:2 undifferentiated g	0.002		0		1		0.005	0.000	0.004
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.008		0		1		0.019	0.001	0.016
Threonine g	0.026		0		1		0.062	0.004	0.054
Isoleucine g	0.028		0		1		0.067	0.004	0.058
Leucine g	0.053		0		1		0.127	0.008	0.109
Lysine g	0.032		0		1		0.077	0.005	0.066
Methionine g	0.013		0		1		0.031	0.002	0.027
Cystine g	0.014		0		1		0.034	0.002	0.029
Phenylalanine g	0.037		0		1		0.089	0.006	0.076
Tyrosine g	0.022		0		1		0.053	0.003	0.045
Valine g	0.044		0		1		0.106	0.007	0.091
Arginine g	0.118		0		1		0.283	0.018	0.243
Histidine g	0.017		0		1		0.041	0.003	0.035
Alanine g	0.037		0		1		0.089	0.006	0.076
Aspartic acid g	0.070		0		1		0.168	0.011	0.144
Glutamic acid g	0.165		0		1		0.396	0.025	0.340
Glycine g	0.034		0		1		0.082	0.005	0.070
Proline g	0.030		0		1		0.072	0.005	0.062
Serine g	0.037		0		1		0.089	0.006	0.076
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	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:

NDB No. 12119

Nuts, coconut water (liquid from coconuts)

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 206g: 1 coconut yields

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12200
Nuts, formulated, wheat-based, all flavors except macadamia, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		1		1		0.57		
Energy	kcal	647		0	NC	4		183		
Energy	kj	2707				4		767		
Protein (N x 5.8)	g	13.11		1		1		3.72		
Total lipid (fat)	g	62.30		1		1		17.66		
Ash	g	1.80		1		1		0.51		
Carbohydrate, by difference	g	20.79		0	NC	4		5.89		
Fiber, total dietary	g	5.2		0		4		1.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22		1		1		6		
Iron, Fe	mg	2.60		1		1		0.74		
Magnesium, Mg	mg	59		0		4		17		
Phosphorus, P	mg	366		1		1		104		
Potassium, K	mg	320		1		1		91		
Sodium, Na	mg	91		1		1		26		
Zinc, Zn	mg	2.96		0		4		0.84		
Copper, Cu	mg	0.181		0		4		0.051		
Manganese, Mn	mg	6.949		0		4		1.970		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		4		0.0		
Thiamin	mg	0.400		1		1		0.113		
Riboflavin	mg	0.300		1		1		0.085		
Niacin	mg	1.500		1		1		0.425		
Pantothenic acid	mg	0.312		0		4		0.088		
Vitamin B-6	mg	0.348		0		4		0.099		
Folate, total	mcg	125		0		4		35		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	125		0		4		35		
Folate, DFE	mcg_DFE	125		0	NC	4		35		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	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	9.370		0		1		2.656		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12200

Nuts, formulated, wheat-based, all flavors except macadamia, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0 ... g	0.093		0		1		0.026		
15:0 ... g									
16:0 ... g	6.360		0		1		1.803		
17:0 ... g									
18:0 ... g	2.948		0		1		0.836		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	25.722		0		1		7.292		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.248		0		1		0.070		
17:1 ... g									
18:1 undifferentiated ... g	25.416		0		1		7.205		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	24.284		0		1		6.885		
18:2 undifferentiated ... g	22.448		0		1		6.364		
18:3 undifferentiated ... g	1.777		0		1		0.504		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.172		0		1		0.049		
Threonine ... g	0.552		0		1		0.156		
Isoleucine ... g	0.552		0		1		0.156		
Leucine ... g	0.972		0		1		0.276		
Lysine ... g	0.886		0		1		0.251		
Methionine ... g	0.274		0		1		0.078		
Cystine ... g	0.226		0		1		0.064		
Phenylalanine ... g	0.586		0		1		0.166		
Tyrosine ... g	0.486		0		1		0.138		
Valine ... g	0.712		0		1		0.202		
Arginine ... g	0.981		0		1		0.278		
Histidine ... g	0.380		0		1		0.108		
Alanine ... g	0.753		0		1		0.213		
Aspartic acid ... g	1.194		0		1		0.338		
Glutamic acid ... g	2.433		0		1		0.690		
Glycine ... g	0.699		0		1		0.198		
Proline ... g	0.857		0		1		0.243		
Serine ... g	0.674		0		1		0.191		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12200

Nuts, formulated, wheat-based, all flavors except macadamia, without salt

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12199

Nuts, formulated, wheat-based, flavored, macadamia flavored, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.10		1		1		0.88		
Energy	kcal	619		0	NC	4		175		
Energy	kj	2590				4		734		
Protein (N x 5.8)	g	11.19		1		1		3.17		
Total lipid (fat)	g	56.50		1		1		16.02		
Ash	g	1.30		1		1		0.37		
Carbohydrate, by difference	g	27.91		0	NC	4		7.91		
Fiber, total dietary	g	5.2		0		4		1.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		1		6		
Iron, Fe	mg	2.00		1		1		0.57		
Magnesium, Mg	mg	58		0		4		16		
Phosphorus, P	mg	301		1		1		85		
Potassium, K	mg	261		1		1		74		
Sodium, Na	mg	47		1		1		13		
Zinc, Zn	mg	2.92		0		4		0.83		
Copper, Cu	mg	0.179		0		4		0.051		
Manganese, Mn	mg	5.155		0		4		1.461		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		4		0.0		
Thiamin	mg	0.200		1		1		0.057		
Riboflavin	mg	0.200		1		1		0.057		
Niacin	mg	1.000		1		1		0.284		
Pantothenic acid	mg	0.308		0		4		0.087		
Vitamin B-6	mg	0.261		0		4		0.074		
Folate, total	mcg	94		0		4		27		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	94		0		4		27		
Folate, DFE	mcg_DFE	94		0	NC	4		27		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	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	8.482		0		1		2.405		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12199

Nuts, formulated, wheat-based, flavored, macadamia flavored, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.079		0		1		0.022		
15:0....g									
16:0....g	5.722		0		1		1.622		
17:0....g									
18:0....g	2.704		0		1		0.767		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	23.521		0		1		6.668		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.225		0		1		0.064		
17:1....g									
18:1 undifferentiated....g	23.242		0		1		6.589		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	21.867		0		1		6.199		
18:2 undifferentiated....g	20.230		0		1		5.735		
18:3 undifferentiated....g	1.583		0		1		0.449		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.139		0		1		0.039		
Threonine....g	0.475		0		1		0.135		
Isoleucine....g	0.486		0		1		0.138		
Leucine....g	0.853		0		1		0.242		
Lysine....g	0.766		0		1		0.217		
Methionine....g	0.239		0		1		0.068		
Cystine....g	0.185		0		1		0.052		
Phenylalanine....g	0.511		0		1		0.145		
Tyrosine....g	0.428		0		1		0.121		
Valine....g	0.621		0		1		0.176		
Arginine....g	0.816		0		1		0.231		
Histidine....g	0.324		0		1		0.092		
Alanine....g	0.623		0		1		0.177		
Aspartic acid....g	1.021		0		1		0.289		
Glutamic acid....g	2.115		0		1		0.600		
Glycine....g	0.575		0		1		0.163		
Proline....g	0.766		0		1		0.217		
Serine....g	0.587		0		1		0.166		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12199

Nuts, formulated, wheat-based, flavored, macadamia flavored, without salt

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12140
Nuts, formulated, wheat-based, unflavored, with salt added

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		1		1		0.71		
Energy	kcal	622		0	NC	4		176		
Energy	kj	2602				4		738		
Protein (N x 5.8)	g	13.82		1		1		3.92		
Total lipid (fat)	g	57.70		1		1		16.36		
Ash	g	2.30		1		1		0.65		
Carbohydrate, by difference	g	23.68		0	NC	4		6.71		
Fiber, total dietary	g	5.2		0		4		1.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		1		1		7		
Iron, Fe	mg	2.40		1		1		0.68		
Magnesium, Mg	mg	58		0		4		16		
Phosphorus, P	mg	371		1		1		105		
Potassium, K	mg	318		1		1		90		
Sodium, Na	mg	505		1		1		143		
Zinc, Zn	mg	2.94		0		4		0.83		
Copper, Cu	mg	0.180		0		4		0.051		
Manganese, Mn	mg	7.919		0		4		2.245		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		4		0.0		
Thiamin	mg	0.300		1		1		0.085		
Riboflavin	mg	0.300		1		1		0.085		
Niacin	mg	1.500		1		1		0.425		
Pantothenic acid	mg	0.310		0		4		0.088		
Vitamin B-6	mg	0.394		0		4		0.112		
Folate, total	mcg	142		0		4		40		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	142		0		4		40		
Folate, DFE	mcg_DFE	142		0	NC	4		40		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	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	8.701		0		1		2.467		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12140
Nuts, formulated, wheat-based, unflavored, with salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.094		0		1		0.027		
15:0....g									
16:0....g	5.957		0		1		1.689		
17:0....g									
18:0....g	2.687		0		1		0.762		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	23.545		0		1		6.675		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.230		0		1		0.065		
17:1....g									
18:1 undifferentiated....g	23.263		0		1		6.595		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	22.714		0		1		6.439		
18:2 undifferentiated....g	20.974		0		1		5.946		
18:3 undifferentiated....g	1.687		0		1		0.478		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.164		0		1		0.046		
Threonine....g	0.579		0		1		0.164		
Isoleucine....g	0.555		0		1		0.157		
Leucine....g	0.991		0		1		0.281		
Lysine....g	0.910		0		1		0.258		
Methionine....g	0.279		0		1		0.079		
Cystine....g	0.252		0		1		0.071		
Phenylalanine....g	0.603		0		1		0.171		
Tyrosine....g	0.484		0		1		0.137		
Valine....g	0.729		0		1		0.207		
Arginine....g	1.065		0		1		0.302		
Histidine....g	0.393		0		1		0.111		
Alanine....g	0.817		0		1		0.232		
Aspartic acid....g	1.267		0		1		0.359		
Glutamic acid....g	2.499		0		1		0.708		
Glycine....g	0.772		0		1		0.219		
Proline....g	0.846		0		1		0.240		
Serine....g	0.696		0		1		0.197		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12140

Nuts, formulated, wheat-based, unflavored, with salt added

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12129
Nuts, ginkgo nuts, canned

Refuse: 41% Liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	72.95		1		1		113.07	20.68	
Energy....kcal	111		0	NC	4		172	31	
Energy....kj	464				4		720	132	
Protein (N x 5.3)....g	2.29		1		1		3.55	0.65	
Total lipid (fat)....g	1.62		1		1		2.51	0.46	
Ash....g	1.04		1		1		1.61	0.29	
Carbohydrate, by difference....g	22.10		0	NC	4		34.26	6.27	
Fiber, total dietary....g	9.3		0		4		14.4	2.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		1		1		6	1	
Iron, Fe....mg	0.29		1		1		0.45	0.08	
Magnesium, Mg....mg	16		1		1		25	5	
Phosphorus, P....mg	54		1		1		84	15	
Potassium, K....mg	180		1		1		279	51	
Sodium, Na....mg	307		1		1		476	87	
Zinc, Zn....mg	0.21		0		1		0.33	0.06	
Copper, Cu....mg	0.166		0		1		0.257	0.047	
Manganese, Mn....mg	0.068		0		1		0.105	0.019	
Selenium, Se....mcg	0.5		0	BFZN	4		0.8	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.1		0		4		14.1	2.6	
Thiamin....mg	0.133		0		4		0.206	0.038	
Riboflavin....mg	0.054		0		4		0.084	0.015	
Niacin....mg	3.623		0		4		5.616	1.027	
Pantothenic acid....mg	0.097		0		4		0.150	0.027	
Vitamin B-6....mg	0.198		0		4		0.307	0.056	
Folate, total....mcg	33		0		4		51	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	33		0		4		51	9	
Folate, DFE....mcg_DFE	33		0	NC	4		51	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	17		0		4		26	5	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	337		0		4		522	96	
Lycopene....mcg									
Lutein + zeaxanthin....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	0.309		0		1		0.479	0.088	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									

NDB No. 12129
Nuts, ginkgo nuts, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0 g	0.006		0		1		0.009	0.002	
15:0 g									
16:0 g	0.278		0		1		0.431	0.079	
17:0 g									
18:0 g	0.015		0		1		0.023	0.004	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.599		0		1		0.928	0.170	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.077		0		1		0.119	0.022	
17:1 g									
18:1 undifferentiated g	0.495		0		1		0.767	0.140	
20:1 g	0.009		0		1		0.014	0.003	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.597		0		1		0.925	0.169	
18:2 undifferentiated g	0.559		0		1		0.866	0.158	
18:3 undifferentiated g	0.021		0		1		0.033	0.006	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.038		0		1		0.059	0.011	
Threonine g	0.142		0		1		0.220	0.040	
Isoleucine g	0.111		0		1		0.172	0.031	
Leucine g	0.168		0		1		0.260	0.048	
Lysine g	0.110		0		1		0.171	0.031	
Methionine g	0.029		0		1		0.045	0.008	
Cystine g	0.012		0		1		0.019	0.003	
Phenylalanine g	0.090		0		1		0.140	0.026	
Tyrosine g	0.032		0		1		0.050	0.009	
Valine g	0.150		0		1		0.233	0.043	
Arginine g	0.223		0		1		0.346	0.063	
Histidine g	0.054		0		1		0.084	0.015	
Alanine g	0.131		0		1		0.203	0.037	
Aspartic acid g	0.288		0		1		0.446	0.082	
Glutamic acid g	0.444		0		1		0.688	0.126	
Glycine g	0.123		0		1		0.191	0.035	
Proline g	0.184		0		1		0.285	0.052	
Serine g	0.154		0		1		0.239	0.044	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

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

NDB No. 12129
Nuts, ginkgo nuts, canned

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12128
Nuts, ginkgo nuts, dried

Refuse: 24% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.40		0		1		3.52		
Energy	kcal	348		0	NC	4		99		
Energy	kj	1456				4		413		
Protein (N x 5.3)	g	10.35		0		1		2.93		
Total lipid (fat)	g	2.00		1		1		0.57		
Ash	g	2.80		0		1		0.79		
Carbohydrate, by difference	g	72.45		0	NC	4		20.54		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0		1		6		
Iron, Fe	mg	1.60		0		1		0.45		
Magnesium, Mg	mg	53		0		1		15		
Phosphorus, P	mg	269		0		1		76		
Potassium, K	mg	998		0		1		283		
Sodium, Na	mg	13		0		1		4		
Zinc, Zn	mg	0.67	0.055	3		1		0.19		
Copper, Cu	mg	0.536	0.073	3		1		0.152		
Manganese, Mn	mg	0.220	0.020	3		1		0.062		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	29.3		0		1		8.3		
Thiamin	mg	0.430		0		1		0.122		
Riboflavin	mg	0.176		0		1		0.050		
Niacin	mg	11.732		0		1		3.326		
Pantothenic acid	mg	1.345		1		1		0.381		
Vitamin B-6	mg	0.641		0		4		0.182		
Folate, total	mcg	106		0		4		30		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	106		0		4		30		
Folate, DFE	mcg_DFE	106		0	NC	4		30		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	55		0		1		15		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1091		0		1		309		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.381		0		1		0.108		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12128
Nuts, ginkgo nuts, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0 ... g	0.008		0		1		0.002		
15:0 ... g									
16:0 ... g	0.343		0		1		0.097		
17:0 ... g									
18:0 ... g	0.019		0		1		0.005		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.739		0		1		0.210		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.095		0		1		0.027		
17:1 ... g									
18:1 undifferentiated ... g	0.611		0		1		0.173		
20:1 ... g	0.011		0		1		0.003		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.737		0		1		0.209		
18:2 undifferentiated ... g	0.690		0		1		0.196		
18:3 undifferentiated ... g	0.025		0		1		0.007		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.170		0		1		0.048		
Threonine ... g	0.640		0		1		0.181		
Isoleucine ... g	0.500		0		1		0.142		
Leucine ... g	0.755		0		1		0.214		
Lysine ... g	0.494		0		1		0.140		
Methionine ... g	0.133		0		1		0.038		
Cystine ... g	0.055		0		1		0.016		
Phenylalanine ... g	0.408		0		1		0.116		
Tyrosine ... g	0.146		0		1		0.041		
Valine ... g	0.677		0		1		0.192		
Arginine ... g	1.005		0		1		0.285		
Histidine ... g	0.244		0		1		0.069		
Alanine ... g	0.591		0		1		0.168		
Aspartic acid ... g	1.298		0		1		0.368		
Glutamic acid ... g	2.001		0		1		0.567		
Glycine ... g	0.554		0		1		0.157		
Proline ... g	0.830		0		1		0.235		
Serine ... g	0.695		0		1		0.197		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12128
Nuts, ginkgo nuts, dried

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 24% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	55.20		1		1		15.65		
Energy ... kcal	182		0	NC	4		52		
Energy ... kj	761				4		216		
Protein (N x 5.3) ... g	4.32		1		1		1.22		
Total lipid (fat) ... g	1.68		2		1		0.48		
Ash ... g	1.20		1		1		0.34		
Carbohydrate, by difference ... g	37.60		0	NC	4		10.66		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	2		1		1		1		
Iron, Fe ... mg	1.00		1		1		0.28		
Magnesium, Mg ... mg	27		0		1		8		
Phosphorus, P ... mg	124		1		1		35		
Potassium, K ... mg	510		0		1		145		
Sodium, Na ... mg	7		0		1		2		
Zinc, Zn ... mg	0.34		0		1		0.10		
Copper, Cu ... mg	0.274		0		1		0.078		
Manganese, Mn ... mg	0.113		0		1		0.032		
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	15.0		1		1		4.3		
Thiamin ... mg	0.220		1		1		0.062		
Riboflavin ... mg	0.090		1		1		0.026		
Niacin ... mg	6.000		1		1		1.701		
Pantothenic acid ... mg	0.160		1		1		0.045		
Vitamin B-6 ... mg	0.328		0		4		0.093		
Folate, total ... mcg	54		0		4		15		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	54		0		4		15		
Folate, DFE ... mcg_DFE	54		0	NC	4		15		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	28		1		1		8		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	558		1		1		158		
Lycopene ... mcg									
Lutein + zeaxanthin ... 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	0.319		0		1		0.090		
4:0 ... g									
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g									
13:0 ... g									

NDB No. 12127
Nuts, ginkgo nuts, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.006		1		1		0.002		
15:0....g									
16:0....g	0.288		2		1		0.082		
17:0....g									
18:0....g	0.016		2		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.619		0		1		0.175		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.079		2		1		0.022		
17:1....g									
18:1 undifferentiated....g	0.512		2		1		0.145		
20:1....g	0.010		1		1		0.003		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.618		0		1		0.175		
18:2 undifferentiated....g	0.578		2		1		0.164		
18:3 undifferentiated....g	0.021		2		1		0.006		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.071		2		1		0.020		
Threonine....g	0.268		2		1		0.076		
Isoleucine....g	0.209		2		1		0.059		
Leucine....g	0.316		2		1		0.090		
Lysine....g	0.206		2		1		0.058		
Methionine....g	0.055		2		1		0.016		
Cystine....g	0.023		2		1		0.007		
Phenylalanine....g	0.171		2		1		0.048		
Tyrosine....g	0.061		2		1		0.017		
Valine....g	0.283		2		1		0.080		
Arginine....g	0.420		2		1		0.119		
Histidine....g	0.102		2		1		0.029		
Alanine....g	0.247		2		1		0.070		
Aspartic acid....g	0.543		2		1		0.154		
Glutamic acid....g	0.836		2		1		0.237		
Glycine....g	0.232		2		1		0.066		
Proline....g	0.347		2		1		0.098		
Serine....g	0.290		2		1		0.082		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12127
Nuts, ginkgo nuts, raw

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 54% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.31	0.196	4	A	1		6.11	3.98	7.17
Energy	kcal	628		0	NC	4		723	471	848
Energy	kj	2629		0	NC	4		3023	1972	3549
Protein (N x 5.3)	g	14.95	0.156	4	A	1		17.19	11.21	20.18
Total lipid (fat)	g	60.75	0.386	4	A	1		69.86	45.56	82.01
Ash	g	2.29	0.017	4	A	1		2.63	1.72	3.09
Carbohydrate, by difference	g	16.70		0	NC	4		19.21	12.53	22.55
Fiber, total dietary	g	9.7	0.374	4	A	1		11.1	7.3	13.1
Sugars, total	g	4.34	0.071	4	A	1		4.99	3.26	5.86
Sucrose	g	4.20	0.071	4	A	1		4.83	3.15	5.67
Glucose (dextrose)	g	0.07	0.000	4	A	1		0.08	0.05	0.10
Fructose	g	0.07	0.000	4	A	1		0.08	0.05	0.10
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose	g									
Starch	g	0.48	0.068	4	A	1		0.55	0.36	0.64
Minerals:										
Calcium, Ca	mg	114	1.031	4	A	1		131	86	154
Iron, Fe	mg	4.70	0.071	4	A	1		5.41	3.53	6.35
Magnesium, Mg	mg	163	2.496	4	A	1		188	122	220
Phosphorus, P	mg	290	5.774	4	A	1		334	218	392
Potassium, K	mg	680	7.920	4	A	1		782	510	918
Sodium, Na	mg	0	0.048	4	A	1		1	0	1
Zinc, Zn	mg	2.45	0.029	4	A	1		2.82	1.84	3.31
Copper, Cu	mg	1.725	0.025	4	A	1		1.984	1.294	2.329
Manganese, Mn	mg	6.175	0.165	4	A	1		7.101	4.631	8.336
Selenium, Se	mcg	2.4	0.561	8	A	1		2.7	1.8	3.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.3	0.479	4	A	1		7.2	4.7	8.4
Thiamin	mg	0.643	0.011	4	A	1		0.739	0.482	0.867
Riboflavin	mg	0.113	0.003	4	A	1		0.129	0.084	0.152
Niacin	mg	1.800	0.071	4	A	1		2.070	1.350	2.430
Pantothenic acid	mg	0.918	0.006	4	A	1		1.055	0.688	1.239
Vitamin B-6	mg	0.563	0.008	4	A	1		0.647	0.422	0.759
Folate, total	mcg	113	1.810	4	A	1		129	84	152
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	113	1.810	4	A	1		129	84	152
Folate, DFE	mcg_DFE	113		0	NC	4		129	84	152
Choline, total	mg	45.6		0	AS	1		52.5	34.2	61.6
Betaine	mg	0.4	0.099	5	A	1		0.5	0.3	0.5
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	1		0	AS	1		1	1	1
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	11	10.238	5	A	1		12	8	14
Carotene, alpha	mcg	3	3.015	5	A	1		3	2	4
Cryptoxanthin, beta	mcg	0	0.000	4	A	1		0	0	0
Vitamin A, IU	IU	20		0	AS	1		23	15	27
Lycopene	mcg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin	mcg	92	9.565	4	A	1		106	69	124
Vitamin E (alpha-tocopherol)	mg	15.03	0.395	4	A	1		17.28	11.27	20.28
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.33	0.025	4	A	1		0.37	0.24	0.44
Tocopherol, gamma	mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	14.2	1.137	8	A	1		16.4	10.7	19.2

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.464		0	NC	4		5.134	3.348	6.027
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0....g	3.097	0.023	4	A	1		3.562	2.323	4.181
17:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0....g	1.265	0.041	4	A	1		1.455	0.949	1.708
20:0....g	0.102	0.028	4	A	1		0.117	0.077	0.138
22:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	45.652		0	NC	4		52.499	34.239	61.630
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.116	0.001	4	A	1		0.133	0.087	0.156
17:1....g									
18:1 undifferentiated....g	45.405	0.249	4	A	1		52.215	34.053	61.296
20:1....g	0.131	0.014	4	A	1		0.151	0.098	0.177
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	7.920		0	NC	4		9.108	5.940	10.692
18:2 undifferentiated....g	7.833	0.116	4	A	1		9.008	5.875	10.574
18:3 undifferentiated....g	0.087	0.029	4	A	1		0.100	0.065	0.117
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	96		1	A	1		110	72	130
Stigmasterol....mg	1		1	A	1		1	1	1
Campesterol....mg	6		1	A	1		6	4	8
Beta-sitosterol....mg	89		1	A	1		102	67	120
Amino Acids:									
Tryptophan....g	0.193		0	A	1		0.222	0.145	0.260
Threonine....g	0.497		0	A	1		0.571	0.373	0.671
Isoleucine....g	0.545		0	A	1		0.627	0.409	0.736
Leucine....g	1.063		0	A	1		1.223	0.798	1.436
Lysine....g	0.420		0	A	1		0.483	0.315	0.567
Methionine....g	0.221		0	A	1		0.254	0.166	0.299
Cystine....g	0.277		0	A	1		0.318	0.208	0.374
Phenylalanine....g	0.663		0	A	1		0.763	0.497	0.895
Tyrosine....g	0.362		0	A	1		0.416	0.271	0.489
Valine....g	0.701		0	A	1		0.807	0.526	0.947
Arginine....g	2.211		0	A	1		2.543	1.659	2.985
Histidine....g	0.432		0	A	1		0.497	0.324	0.583
Alanine....g	0.730		0	A	1		0.839	0.547	0.985
Aspartic acid....g	1.679		0	A	1		1.931	1.259	2.267
Glutamic acid....g	3.710		0	A	1		4.266	2.782	5.008
Glycine....g	0.724		0	A	1		0.832	0.543	0.977
Proline....g	0.561		0	A	1		0.645	0.420	0.757
Serine....g	0.735		0	A	1		0.846	0.552	0.993
Hydroxyproline....g									
Others:									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 115g: 1 cup, chopped

Measure 2 = 75g: 1 cup, ground

Measure 3 = 135g: 1 cup, whole

Footnotes:

1 Unroasted

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.79		2	A	1		1.64		
Energy	kcal	629		0	NC	4		178		
Energy	kj	2630		0	NC	4		746		
Protein (N x 5.3)	g	13.70		2	A	1		3.88		
Total lipid (fat)	g	61.15		2	A	1		17.34		
Ash	g	2.36		2	A	1		0.67		
Carbohydrate, by difference	g	17.00		0	NC	4		4.82		
Fiber, total dietary	g	11.0		2	A	1		3.1		
Sugars, total	g	3.49		2	A	1		0.99		
Sucrose	g	3.35		2	A	1		0.95		
Glucose (dextrose)	g	0.07		2	A	1		0.02		
Fructose	g	0.07		2	A	1		0.02		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g									
Starch	g	0.93		2	A	1		0.26		
Minerals:										
Calcium, Ca	mg	149		2	A	1		42		
Iron, Fe	mg	3.30		2	A	1		0.94		
Magnesium, Mg	mg	160		2	A	1		45		
Phosphorus, P	mg	310		2	A	1		88		
Potassium, K	mg	658		2	A	1		187		
Sodium, Na	mg	0		2	A	1		0		
Zinc, Zn	mg	2.20		2	A	1		0.62		
Copper, Cu	mg	1.600		2	A	1		0.454		
Manganese, Mn	mg	12.650		2	A	1		3.586		
Selenium, Se	mcg	4.1		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		2	A	1		0.6		
Thiamin	mg	0.475		2	A	1		0.135		
Riboflavin	mg	0.110		2	A	1		0.031		
Niacin	mg	1.550		2	A	1		0.439		
Pantothenic acid	mg	0.815		2	A	1		0.231		
Vitamin B-6	mg	0.585		2	A	1		0.166		
Folate, total	mcg	78		2	A	1		22		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	78		2	A	1		22		
Folate, DFE	mcg_DFE	78		0	NC	4		22		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		1	AS	1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	23		1	A	1		6		
Carotene, alpha	mcg	2		1	A	1		0		
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	40		1	AS	1		11		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	17.50		2	A	1		4.96		
Tocopherol, beta	mg	0.35		2	A	1		0.10		
Tocopherol, gamma	mg	2.15		2	A	1		0.61		
Tocopherol, delta	mg	0.14		2	A	1		0.04		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.669		0	NC	4		1.324		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g									
6:0 g									
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g	0.000		2	A	1		0.000		
14:0 g	0.000		2	A	1		0.000		
15:0 g	0.000		2	A	1		0.000		
16:0 g	3.176		2	A	1		0.900		
17:0 g	0.000		2	A	1		0.000		
18:0 g	1.434		2	A	1		0.407		
20:0 g	0.059		2	A	1		0.017		
22:0 g	0.000		2	A	1		0.000		
24:0 g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated g	48.192		0	NC	4		13.662		
14:1 g	0.000		2	A	1		0.000		
15:1 g									
16:1 undifferentiated g	0.116		2	A	1		0.033		
17:1 g									
18:1 undifferentiated g	47.958		2	A	1		13.596		
20:1 g	0.118		2	A	1		0.033		
22:1 undifferentiated g	0.000		2	A	1		0.000		
24:1 c g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated g	5.558		0	NC	4		1.576		
18:2 undifferentiated g	5.499		2	A	1		1.559		
18:3 undifferentiated g	0.058		2	A	1		0.017		
18:4 g									
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:4 undifferentiated g	0.000		2	A	1		0.000		
20:5 n-3 g	0.000		2	A	1		0.000		
22:5 n-3 g	0.000		2	A	1		0.000		
22:6 n-3 g	0.000		2	A	1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg	116		2	A	1		33		
Stigmasterol mg	1		1	A	1		0		
Campesterol mg	7		1	A	1		2		
Beta-sitosterol mg	108		1	A	1		31		
Amino Acids:									
Tryptophan g	0.177		0	A	1		0.050		
Threonine g	0.455		0	A	1		0.129		
Isoleucine g	0.499		0	A	1		0.142		
Leucine g	0.974		0	A	1		0.276		
Lysine g	0.385		0	A	1		0.109		
Methionine g	0.203		0	A	1		0.057		
Cystine g	0.254		0	A	1		0.072		
Phenylalanine g	0.608		0	A	1		0.172		
Tyrosine g	0.332		0	A	1		0.094		
Valine g	0.643		0	A	1		0.182		
Arginine g	2.026		0	A	1		0.574		
Histidine g	0.396		0	A	1		0.112		
Alanine g	0.669		0	A	1		0.190		
Aspartic acid g	1.539		0	A	1		0.436		
Glutamic acid g	3.399		0	A	1		0.964		
Glycine g	0.663		0	A	1		0.188		
Proline g	0.514		0	A	1		0.146		
Serine g	0.674		0	A	1		0.191		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg									
Theobromine mg									

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Footnotes:

1 Unroasted

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.52	0.335	4	A	1		0.71		
Energy	kcal	646		0	NC	4		183		
Energy	kj	2703		0	NC	4		766		
Protein (N x 5.3)	g	15.03	0.421	4	A	1		4.26		
Total lipid (fat)	g	62.40	0.916	4	A	1		17.69		
Ash	g	2.45	0.019	4	A	1		0.70		
Carbohydrate, by difference	g	17.60		0	NC	4		4.99		
Fiber, total dietary	g	9.4	0.617	4	A	1		2.7		
Sugars, total	g	4.89	0.307	4	A	1		1.39		
Sucrose	g	4.75	0.307	4	A	1		1.35		
Glucose (dextrose)	g	0.07	0.000	4	A	1		0.02		
Fructose	g	0.07	0.000	4	A	1		0.02		
Lactose	g	0.00	0.000	4	A	1		0.00		
Maltose	g	0.00	0.000	4	A	1		0.00		
Galactose	g									
Starch	g	1.10	0.034	4	A	1		0.31		
Minerals:										
Calcium, Ca	mg	123	3.663	4	A	1		35		
Iron, Fe	mg	4.38	0.138	4	A	1		1.24		
Magnesium, Mg	mg	173	6.033	4	A	1		49		
Phosphorus, P	mg	310	8.165	4	A	1		88		
Potassium, K	mg	755	13.934	4	A	1		214		
Sodium, Na	mg	0	0.065	4	A	1		0		
Zinc, Zn	mg	2.50	0.000	4	A	1		0.71		
Copper, Cu	mg	1.750	0.087	4	A	1		0.496		
Manganese, Mn	mg	5.550	0.417	4	A	1		1.573		
Selenium, Se	mcg	4.1		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.8	0.629	4	A	1		1.1		
Thiamin	mg	0.338	0.036	4	A	1		0.096		
Riboflavin	mg	0.123	0.005	4	A	1		0.035		
Niacin	mg	2.050	0.065	4	A	1		0.581		
Pantothenic acid	mg	0.923	0.031	4	A	1		0.262		
Vitamin B-6	mg	0.620	0.017	4	A	1		0.176		
Folate, total	mcg	88	5.375	4	A	1		25		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	88	5.375	4	A	1		25		
Folate, DFE	mcg_DFE	88		0	NC	4		25		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	3		1	A	1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	36		1	A	1		10		
Carotene, alpha	mcg	1		1	A	1		0		
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	61		1	A	1		17		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	15.28	0.704	4	A	1		4.33		
Tocopherol, beta	mg	0.33	0.048	4	A	1		0.09		
Tocopherol, gamma	mg	0.00	0.000	4	A	1		0.00		
Tocopherol, delta	mg	0.00	0.000	4	A	1		0.00		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.511		0	NC	4		1.279		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g									
6:0 g									
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.000	0.000	4	A	1		0.000		
12:0 g	0.000	0.000	4	A	1		0.000		
13:0 g	0.000	0.000	4	A	1		0.000		
14:0 g	0.000	0.000	4	A	1		0.000		
15:0 g	0.000	0.000	4	A	1		0.000		
16:0 g	3.181	0.038	4	A	1		0.902		
17:0 g	0.000	0.000	4	A	1		0.000		
18:0 g	1.271	0.072	4	A	1		0.360		
20:0 g	0.060	0.001	4	A	1		0.017		
22:0 g	0.000	0.000	4	A	1		0.000		
24:0 g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated g	46.608		0	NC	4		13.213		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g									
16:1 undifferentiated g	0.119	0.002	4	A	1		0.034		
17:1 g									
18:1 undifferentiated g	46.354	1.012	4	A	1		13.141		
20:1 g	0.134	0.013	4	A	1		0.038		
22:1 undifferentiated g	0.000	0.000	4	A	1		0.000		
24:1 c g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated g	8.463		0	NC	4		2.399		
18:2 undifferentiated g	8.403	0.272	4	A	1		2.382		
18:3 undifferentiated g	0.060	0.001	4	A	1		0.017		
18:4 g									
20:2 n-6 c,c g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated g	0.000	0.000	4	A	1		0.000		
20:5 n-3 g	0.000	0.000	4	A	1		0.000		
22:5 n-3 g	0.000	0.000	4	A	1		0.000		
22:6 n-3 g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg	110		1	A	1		31		
Stigmasterol mg	1		1	A	1		0		
Campesterol mg	6		1	A	1		2		
Beta-sitosterol mg	103		1	A	1		29		
Amino Acids:									
Tryptophan g	0.194		0	A	1		0.055		
Threonine g	0.499		0	A	1		0.142		
Isoleucine g	0.548		0	A	1		0.155		
Leucine g	1.069		0	A	1		0.303		
Lysine g	0.422		0	A	1		0.120		
Methionine g	0.222		0	A	1		0.063		
Cystine g	0.278		0	A	1		0.079		
Phenylalanine g	0.667		0	A	1		0.189		
Tyrosine g	0.364		0	A	1		0.103		
Valine g	0.705		0	A	1		0.200		
Arginine g	2.222		0	A	1		0.630		
Histidine g	0.434		0	A	1		0.123		
Alanine g	0.733		0	A	1		0.208		
Aspartic acid g	1.687		0	A	1		0.478		
Glutamic acid g	3.728		0	A	1		1.057		
Glycine g	0.727		0	A	1		0.206		
Proline g	0.563		0	A	1		0.160		
Serine g	0.739		0	A	1		0.210		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg									
Theobromine mg									

NDB No. 12122

Nuts, hazelnuts or filberts, dry roasted, without salt added

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 68% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.65	0.136	4		1		3.18	0.75	0.08
Energy	kcal	657		0	NC	4		788	186	20
Energy	kj	2749				4		3299	779	82
Protein (N x 5.3)	g	12.72	0.869	8		1		15.26	3.61	0.38
Total lipid (fat)	g	64.37	1.540	18		1		77.24	18.25	1.93
Ash	g	2.00	0.134	6		1		2.40	0.57	0.06
Carbohydrate, by difference	g	18.25		0	NC	4		21.90	5.17	0.55
Fiber, total dietary	g	6.4		0		4		7.7	1.8	0.2
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	61	4.371	8		1		73	17	2
Iron, Fe	mg	2.12	0.036	8		1		2.54	0.60	0.06
Magnesium, Mg	mg	173	7.756	8		1		208	49	5
Phosphorus, P	mg	336	18.968	8		1		403	95	10
Potassium, K	mg	436	26.350	8		1		523	124	13
Sodium, Na	mg	1	0.046	8		1		1	0	0
Zinc, Zn	mg	4.31	0.111	8		1		5.17	1.22	0.13
Copper, Cu	mg	0.738	0.017	8		1		0.886	0.209	0.022
Manganese, Mn	mg	4.610		0		4		5.532	1.307	0.138
Selenium, Se	mcg	8.1		1	A	1		9.7	2.3	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		2.4	0.6	0.1
Thiamin	mg	0.867		0		4		1.040	0.246	0.026
Riboflavin	mg	0.131		0		4		0.157	0.037	0.004
Niacin	mg	0.907		0		4		1.088	0.257	0.027
Pantothenic acid	mg	1.746		0		4		2.095	0.495	0.052
Vitamin B-6	mg	0.192		0		4		0.230	0.054	0.006
Folate, total	mcg	40		0		4		48	11	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	40		0		4		48	11	1
Folate, DFE	mcg_DFE	40		0	NC	4		48	11	1
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	7		0		4		8	2	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	131		0		4		157	37	4
Lycopene	mcg									
Lutein + zeaxanthin	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	7.038		0		1		8.446	1.995	0.211
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									

NDB No. 12130
Nuts, hickorynuts, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0 g	0.000		0		1		0.000	0.000	0.000
15:0 g									
16:0 g	5.417		1		1		6.500	1.536	0.163
17:0 g									
18:0 g	1.416		1		1		1.699	0.401	0.042
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	32.611		0		1		39.133	9.245	0.978
14:1 g									
15:1 g									
16:1 undifferentiated g	0.277		2		1		0.332	0.079	0.008
17:1 g									
18:1 undifferentiated g	32.011		2		1		38.413	9.075	0.960
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	21.886		0		1		26.263	6.205	0.657
18:2 undifferentiated g	20.623		2		1		24.748	5.847	0.619
18:3 undifferentiated g	1.047		2		1		1.256	0.297	0.031
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.139		8		1		0.167	0.039	0.004
Threonine g	0.422		4		1		0.506	0.120	0.013
Isoleucine g	0.576		4		1		0.691	0.163	0.017
Leucine g	1.027		4		1		1.232	0.291	0.031
Lysine g	0.497		4		1		0.596	0.141	0.015
Methionine g	0.300		12		1		0.360	0.085	0.009
Cystine g	0.271		12		1		0.325	0.077	0.008
Phenylalanine g	0.713		4		1		0.856	0.202	0.021
Tyrosine g	0.454		4		1		0.545	0.129	0.014
Valine g	0.730		4		1		0.876	0.207	0.022
Arginine g	2.086		4		1		2.503	0.591	0.063
Histidine g	0.389		4		1		0.467	0.110	0.012
Alanine g	0.662		4		1		0.794	0.188	0.020
Aspartic acid g	1.368		4		1		1.642	0.388	0.041
Glutamic acid g	2.885		4		1		3.462	0.818	0.087
Glycine g	0.708		4		1		0.850	0.201	0.021
Proline g	0.571		4		1		0.685	0.162	0.017
Serine g	0.806		4		1		0.967	0.229	0.024
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 120g: 1 cup

NDB No. 12130
Nuts, hickorynuts, dried

Measure 2 = 28.35g: 1 oz
Measure 3 = 3.0g: 1 nut

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.61	0.126	4	A	1		2.12	0.46	
Energy	kcal	716		0	NC	4		945	203	
Energy	kj	2996		0	NC	4		3955	849	
Protein (N x 5.3)	g	7.79	0.286	4	A	1		10.28	2.21	
Total lipid (fat)	g	76.08	1.039	4	A	1		100.43	21.57	
Ash	g	1.70	0.120	4	A	1		2.24	0.48	
Carbohydrate, by difference	g	12.83		0	NC	4		16.94	3.64	
Fiber, total dietary	g	8.0	0.709	4	A	1		10.5	2.3	
Sugars, total	g	4.14	0.187	4	A	1		5.46	1.17	
Sucrose	g	4.00	0.187	4	A	1		5.28	1.13	
Glucose (dextrose)	g	0.07	0.000	4	A	1		0.09	0.02	
Fructose	g	0.07	0.000	4	A	1		0.09	0.02	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	
Galactose	g									
Starch	g	1.05	0.026	4	A	1		1.39	0.30	
Minerals:										
Calcium, Ca	mg	70	14.558	4	A	1		92	20	
Iron, Fe	mg	2.65	0.536	4	A	1		3.49	0.75	
Magnesium, Mg	mg	118	2.182	4	A	1		156	34	
Phosphorus, P	mg	198	6.281	4	A	1		261	56	
Potassium, K	mg	363	14.047	4	A	1		479	103	
Sodium, Na	mg	265	52.815	4	A	1		349	75	
Zinc, Zn	mg	1.29	0.055	4	A	1		1.70	0.36	
Copper, Cu	mg	0.570	0.226	4	A	1		0.752	0.162	
Manganese, Mn	mg	3.036	1.563	4	A	1		4.008	0.861	
Selenium, Se	mcg	11.7	0.965	8	A	1		15.5	3.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	4	A	1		0.9	0.2	
Thiamin	mg	0.710	0.000	4	A	1		0.937	0.201	
Riboflavin	mg	0.087	0.003	4	A	1		0.115	0.025	
Niacin	mg	2.274	0.151	4	A	1		3.002	0.645	
Pantothenic acid	mg	0.603	0.018	4	A	1		0.795	0.171	
Vitamin B-6	mg	0.359	0.025	4	A	1		0.474	0.102	
Folate, total	mcg	10	0.943	4	A	1		13	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10	0.943	4	A	1		13	3	
Folate, DFE	mcg_DFE	10		0	NC	4		13	3	
Choline, total	mg	44.6		0	AS	1		58.9	12.6	
Betaine	mg	0.3	0.015	5	A	1		0.4	0.1	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0	0.000	9	A	1		0	0	
Carotene, alpha	mcg	0	0.000	9	A	1		0	0	
Cryptoxanthin, beta	mcg	0	0.000	8	A	1		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0	0.000	8	A	1		0	0	
Lutein + zeaxanthin	mcg	0	0.000	8	A	1		0	0	
Vitamin E (alpha-tocopherol)	mg	0.57	0.110	4	A	1		0.75	0.16	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0	0.000	3	A	1		0.0	0.0	

NDB No. 12632

Nuts, macadamia nuts, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.947		0	NC	4		15.771	3.387	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.075	0.008	4	A	1		0.099	0.021	
13:0....g	0.000	0.000	4	A	1		0.000	0.000	
14:0....g	0.668	0.067	4	A	1		0.882	0.189	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	5.932	0.070	4	A	1		7.831	1.682	
17:0....g	0.156	0.041	4	A	1		0.206	0.044	
18:0....g	2.280	0.178	4	A	1		3.009	0.646	
20:0....g	1.944	0.063	4	A	1		2.566	0.551	
22:0....g	0.621	0.011	4	A	1		0.820	0.176	
24:0....g	0.272	0.013	4	A	1		0.359	0.077	
Fatty acids, total monounsaturated....g	59.275		0	NC	4		78.243	16.805	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	12.725	0.493	4	A	1		16.797	3.607	
17:1....g									
18:1 undifferentiated....g	44.377	0.935	4	A	1		58.578	12.581	
20:1....g	1.925	0.076	4	A	1		2.541	0.546	
22:1 undifferentiated....g	0.237	0.016	4	A	1		0.313	0.067	
24:1 c....g	0.011	0.010	4	A	1		0.015	0.003	
Fatty acids, total polyunsaturated....g	1.498		0	NC	4		1.978	0.425	
18:2 undifferentiated....g	1.303	0.108	4	A	1		1.719	0.369	
18:3 undifferentiated....g	0.196	0.021	4	A	1		0.259	0.056	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	114		1	A	1		150	32	
Stigmasterol....mg	0		1	A	1		0	0	
Campesterol....mg	7		1	A	1		10	2	
Beta-sitosterol....mg	107		1	A	1		141	30	
Amino Acids:									
Tryptophan....g	0.066		0	A	1		0.087	0.019	
Threonine....g	0.364		0	A	1		0.480	0.103	
Isoleucine....g	0.309		0	A	1		0.407	0.088	
Leucine....g	0.592		0	A	1		0.782	0.168	
Lysine....g	0.018		0	A	1		0.023	0.005	
Methionine....g	0.023		0	A	1		0.030	0.007	
Cystine....g	0.005		0	A	1		0.007	0.002	
Phenylalanine....g	0.654		0	A	1		0.863	0.185	
Tyrosine....g	0.503		0	A	1		0.664	0.143	
Valine....g	0.357		0	A	1		0.471	0.101	
Arginine....g	1.380		0	A	1		1.822	0.391	
Histidine....g	0.192		0	A	1		0.254	0.054	
Alanine....g	0.382		0	A	1		0.504	0.108	
Aspartic acid....g	1.082		0	A	1		1.428	0.307	
Glutamic acid....g	2.231		0	A	1		2.945	0.633	
Glycine....g	0.447		0	A	1		0.590	0.127	
Proline....g	0.460		0	A	1		0.608	0.131	
Serine....g	0.413		0	A	1		0.545	0.117	
Hydroxyproline....g									
Others:									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 132g: 1 cup, whole or halves

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.61	0.126	4	A	1		2.12	0.46	
Energy	kcal	718		0	NC	4		948	204	
Energy	kj	3005		0	NC	4		3967	852	
Protein (N x 5.3)	g	7.79	0.286	4	A	1		10.28	2.21	
Total lipid (fat)	g	76.08	1.039	4	A	1		100.43	21.57	
Ash	g	1.14	0.022	4	A	1		1.51	0.32	
Carbohydrate, by difference	g	13.38		0	NC	4		17.67	3.79	
Fiber, total dietary	g	8.0	0.709	4	A	1		10.5	2.3	
Sugars, total	g	4.14	0.187	4	A	1		5.46	1.17	
Sucrose	g	4.00	0.187	4	A	1		5.28	1.13	
Glucose (dextrose)	g	0.07	0.000	4	A	1		0.09	0.02	
Fructose	g	0.07	0.000	4	A	1		0.09	0.02	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	
Galactose	g									
Starch	g	1.05	0.026	4	A	1		1.39	0.30	
Minerals:										
Calcium, Ca	mg	70	14.558	4	A	1		92	20	
Iron, Fe	mg	2.65	0.536	4	A	1		3.49	0.75	
Magnesium, Mg	mg	118	2.182	4	A	1		156	34	
Phosphorus, P	mg	198	6.281	4	A	1		261	56	
Potassium, K	mg	363	14.047	4	A	1		479	103	
Sodium, Na	mg	4	0.693	4	A	1		6	1	
Zinc, Zn	mg	1.29	0.055	4	A	1		1.70	0.36	
Copper, Cu	mg	0.570	0.226	4	A	1		0.752	0.162	
Manganese, Mn	mg	3.036	1.563	4	A	1		4.008	0.861	
Selenium, Se	mcg	11.7	0.965	8	A	1		15.5	3.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	4	A	1		0.9	0.2	
Thiamin	mg	0.710	0.000	4	A	1		0.937	0.201	
Riboflavin	mg	0.087	0.003	4	A	1		0.115	0.025	
Niacin	mg	2.274	0.151	4	A	1		3.002	0.645	
Pantothenic acid	mg	0.603	0.018	4	A	1		0.795	0.171	
Vitamin B-6	mg	0.359	0.025	4	A	1		0.474	0.102	
Folate, total	mcg	10	0.943	4	A	1		13	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10	0.943	4	A	1		13	3	
Folate, DFE	mcg_DFE	10		0	NC	4		13	3	
Choline, total	mg	44.6		0	AS	1		58.9	12.6	
Betaine	mg	0.3	0.015	5	A	1		0.4	0.1	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0	0.000	8	A	1		0	0	
Carotene, alpha	mcg	0	0.000	8	A	1		0	0	
Cryptoxanthin, beta	mcg	0	0.000	8	A	1		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0	0.000	8	A	1		0	0	
Lutein + zeaxanthin	mcg	0	0.000	8	A	1		0	0	
Vitamin E (alpha-tocopherol)	mg	0.57	0.110	4	A	1		0.75	0.16	
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	11.947		0	NC	4		15.771	3.387	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.075	0.008	4	A	1		0.099	0.021	
13:0....g	0.000	0.000	4	A	1		0.000	0.000	
14:0....g	0.668	0.067	4	A	1		0.882	0.189	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	5.932	0.070	4	A	1		7.831	1.682	
17:0....g	0.156	0.041	4	A	1		0.206	0.044	
18:0....g	2.280	0.178	4	A	1		3.009	0.646	
20:0....g	1.944	0.063	4	A	1		2.566	0.551	
22:0....g	0.621	0.011	4	A	1		0.820	0.176	
24:0....g	0.272	0.013	4	A	1		0.359	0.077	
Fatty acids, total monounsaturated....g	59.275		0	NC	4		78.243	16.805	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	12.725	0.493	4	A	1		16.797	3.607	
17:1....g									
18:1 undifferentiated....g	44.377	0.935	4	A	1		58.578	12.581	
20:1....g	1.925	0.076	4	A	1		2.541	0.546	
22:1 undifferentiated....g	0.237	0.016	4	A	1		0.313	0.067	
24:1 c....g	0.011	0.010	4	A	1		0.015	0.003	
Fatty acids, total polyunsaturated....g	1.498		0	NC	4		1.978	0.425	
18:2 undifferentiated....g	1.303	0.108	4	A	1		1.719	0.369	
18:3 undifferentiated....g	0.196	0.021	4	A	1		0.259	0.056	
18:4....g	0.000		0	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	114		1	A	1		150	32	
Stigmasterol....mg	0		1	A	1		0	0	
Campesterol....mg	7		1	A	1		10	2	
Beta-sitosterol....mg	107		1	A	1		141	30	
Amino Acids:									
Tryptophan....g	0.066		0	A	1		0.087	0.019	
Threonine....g	0.364		0	A	1		0.480	0.103	
Isoleucine....g	0.309		0	A	1		0.407	0.088	
Leucine....g	0.592		0	A	1		0.782	0.168	
Lysine....g	0.018		0	A	1		0.023	0.005	
Methionine....g	0.023		0	A	1		0.030	0.007	
Cystine....g	0.005		0	A	1		0.007	0.002	
Phenylalanine....g	0.654		0	A	1		0.863	0.185	
Tyrosine....g	0.503		0	A	1		0.664	0.143	
Valine....g	0.357		0	A	1		0.471	0.101	
Arginine....g	1.380		0	A	1		1.822	0.391	
Histidine....g	0.192		0	A	1		0.254	0.054	
Alanine....g	0.382		0	A	1		0.504	0.108	
Aspartic acid....g	1.082		0	A	1		1.428	0.307	
Glutamic acid....g	2.231		0	A	1		2.945	0.633	
Glycine....g	0.447		0	A	1		0.590	0.127	
Proline....g	0.460		0	A	1		0.608	0.131	
Serine....g	0.413		0	A	1		0.545	0.117	
Hydroxyproline....g									

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

NDB No. 12132

Nuts, macadamia nuts, dry roasted, without salt added

Common Measures:

Measure 1 = 132g: 1 cup, whole or halves

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12131

Nuts, macadamia nuts, raw (1)

Macadamia integrifolia, M. tetraphylla

Refuse: 69% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.36	0.068	3	A	1		1.83	0.39	
Energy....kcal	718		0	NC	4		962	204	
Energy....kj	3004		0	NC	4		4025	852	
Protein (N x 5.3)....g	7.91	0.351	3	A	1		10.60	2.24	
Total lipid (fat)....g	75.77	1.147	3	A	1		101.53	21.48	
Ash....g	1.14	0.034	3	A	1		1.52	0.32	
Carbohydrate, by difference....g	13.82		0	NC	4		18.52	3.92	
Fiber, total dietary....g	8.6	0.911	3	A	1		11.5	2.4	
Sugars, total....g	4.57	0.180	3	A	1		6.12	1.30	
Sucrose....g	4.43	0.180	3	A	1		5.93	1.25	
Glucose (dextrose)....g	0.07	0.000	3	A	1		0.10	0.02	
Fructose....g	0.07	0.000	3	A	1		0.10	0.02	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g									
Starch....g	1.05	0.024	3	A	1		1.40	0.30	
Minerals:									
Calcium, Ca....mg	85	11.267	3	A	1		113	24	
Iron, Fe....mg	3.69	0.728	3	A	1		4.94	1.04	
Magnesium, Mg....mg	130	50.738	3	A	1		174	37	
Phosphorus, P....mg	188	11.570	3	A	1		252	53	
Potassium, K....mg	368	10.067	3	A	1		493	104	
Sodium, Na....mg	5	1.066	3	A	1		6	1	
Zinc, Zn....mg	1.30	0.093	3	A	1		1.74	0.37	
Copper, Cu....mg	0.756	0.228	3	A	1		1.013	0.214	
Manganese, Mn....mg	4.131	4.216	3	A	1		5.536	1.171	
Selenium, Se....mcg	3.6		1	A	1		4.8	1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.255	3	A	1		1.6	0.3	
Thiamin....mg	1.195	0.255	3	A	1		1.601	0.339	
Riboflavin....mg	0.162	0.322	3	A	1		0.217	0.046	
Niacin....mg	2.473	0.337	3	A	1		3.313	0.701	
Pantothenic acid....mg	0.758	0.078	3	A	1		1.016	0.215	
Vitamin B-6....mg	0.275	0.032	3	A	1		0.368	0.078	
Folate, total....mcg	11	1.433	3	A	1		15	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11	1.433	3	A	1		15	3	
Folate, DFE....mcg_DFE	11		0	NC	4		15	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0			BFZN	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.54	0.090	3	A	1		0.72	0.15	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	12.061		0	NC	4		16.162	3.419	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000	0.000	3	A	1		0.000	0.000	
10:0 g	0.000	0.000	3	A	1		0.000	0.000	
12:0 g	0.076	0.013	3	A	1		0.101	0.021	
13:0 g	0.000	0.000	3	A	1		0.000	0.000	
14:0 g	0.659	0.100	3	A	1		0.883	0.187	
15:0 g	0.000	0.000	3	A	1		0.000	0.000	
16:0 g	6.036	0.035	3	A	1		8.088	1.711	
17:0 g	0.124	0.056	3	A	1		0.166	0.035	
18:0 g	2.329	0.238	3	A	1		3.121	0.660	
20:0 g	1.940	0.094	3	A	1		2.600	0.550	
22:0 g	0.616	0.002	3	A	1		0.826	0.175	
24:0 g	0.281	0.013	3	A	1		0.377	0.080	
Fatty acids, total monounsaturated g	58.877		0	NC	4		78.895	16.691	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	12.981	0.682	3	A	1		17.395	3.680	
17:1 g									
18:1 undifferentiated g	43.755	1.251	3	A	1		58.631	12.404	
20:1 g	1.890	0.047	3	A	1		2.533	0.536	
22:1 undifferentiated g	0.233	0.020	3	A	1		0.312	0.066	
24:1 c g	0.018	0.012	3	A	1		0.024	0.005	
Fatty acids, total polyunsaturated g	1.502		0	NC	4		2.013	0.426	
18:2 undifferentiated g	1.296	0.090	3	A	1		1.737	0.368	
18:3 undifferentiated g	0.206	0.018	3	A	1		0.276	0.058	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	116		1	A	1		155	33	
Stigmasterol mg	0		1	A	1		0	0	
Campesterol mg	8		1	A	1		10	2	
Beta-sitosterol mg	108		1	A	1		145	31	
Amino Acids:									
Tryptophan g	0.067		0	A	1		0.089	0.019	
Threonine g	0.370		0	A	1		0.495	0.105	
Isoleucine g	0.314		0	A	1		0.420	0.089	
Leucine g	0.602		0	A	1		0.807	0.171	
Lysine g	0.018		0	A	1		0.024	0.005	
Methionine g	0.023		0	A	1		0.031	0.007	
Cystine g	0.006		0	A	1		0.007	0.002	
Phenylalanine g	0.665		0	A	1		0.891	0.188	
Tyrosine g	0.511		0	A	1		0.685	0.145	
Valine g	0.363		0	A	1		0.486	0.103	
Arginine g	1.402		0	A	1		1.879	0.398	
Histidine g	0.195		0	A	1		0.261	0.055	
Alanine g	0.388		0	A	1		0.520	0.110	
Aspartic acid g	1.099		0	A	1		1.473	0.312	
Glutamic acid g	2.267		0	A	1		3.038	0.643	
Glycine g	0.454		0	A	1		0.608	0.129	
Proline g	0.468		0	A	1		0.627	0.133	
Serine g	0.419		0	A	1		0.562	0.119	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 134g: 1 cup, whole or halves

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

Footnotes:

1 Unroasted

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12635
Nuts, mixed nuts, dry roasted, with peanuts, with salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.75		0		1		2.40	0.50	
Energy....kcal	594		0	NC	4		814	168	
Energy....kj	2485		0		4		3405	705	
Protein (N x 5.3)....g	17.30		0		1		23.70	4.90	
Total lipid (fat)....g	51.45		0		1		70.49	14.59	
Ash....g	4.15		0		1		5.69	1.18	
Carbohydrate, by difference....g	25.35		0	NC	4		34.73	7.19	
Fiber, total dietary....g	9.0		0		4		12.3	2.6	
Sugars, total....g	4.64		0	RA	4		6.36	1.32	
Starch....g									
Minerals:									
Calcium, Ca....mg	70		0		1		96	20	
Iron, Fe....mg	3.70		0		1		5.07	1.05	
Magnesium, Mg....mg	225		0		1		308	64	
Phosphorus, P....mg	435		0		1		596	123	
Potassium, K....mg	597		0		1		818	169	
Sodium, Na....mg	669		0		1		917	190	
Zinc, Zn....mg	3.80		0		1		5.21	1.08	
Copper, Cu....mg	1.279		0		1		1.752	0.363	
Manganese, Mn....mg	1.937		0		1		2.654	0.549	
Selenium, Se....mcg	7.5		0	RF	4		10.3	2.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.5	0.1	
Thiamin....mg	0.200		0		1		0.274	0.057	
Riboflavin....mg	0.200		0		1		0.274	0.057	
Niacin....mg	4.700		0		1		6.439	1.332	
Pantothenic acid....mg	1.205		0		1		1.651	0.342	
Vitamin B-6....mg	0.296		0		1		0.406	0.084	
Folate, total....mcg	50		0		1		69	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	50		0		1		69	14	
Folate, DFE....mcg_DFE	50		0	NC	4		69	14	
Choline, total....mg	54.3		0	RA	4		74.4	15.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RA	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	3		0	RA	4		4	1	
Carotene, alpha....mcg	0		0	RA	4		1	0	
Cryptoxanthin, beta....mcg	0		0	RA	4		0	0	
Vitamin A, IU....IU	5		0	RA	4		7	2	
Lycopene....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin....mcg	21		0	RA	4		29	6	
Vitamin E (alpha-tocopherol)....mg	10.94		0	RA	4		14.98	3.10	
Vitamin E, added....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	12.9		0	RA	4		17.7	3.7	
Lipids:									
Fatty acids, total saturated....g	6.899		0		1		9.452	1.956	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.045		0		1		0.062	0.013	
10:0....g	0.045		0		1		0.062	0.013	

NDB No. 12635
Nuts, mixed nuts, dry roasted, with peanuts, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 g	0.271		0		1		0.371	0.077	
13:0 g									
14:0 g	0.216		0		1		0.296	0.061	
15:0 g									
16:0 g	4.213		0		1		5.772	1.194	
17:0 g									
18:0 g	1.749		0		1		2.396	0.496	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	31.395		0		1		43.011	8.900	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.223		0		1		0.306	0.063	
17:1 g									
18:1 undifferentiated g	30.802		0		1		42.199	8.732	
20:1 g	0.259		0		1		0.355	0.073	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	10.768		0		1		14.752	3.053	
18:2 undifferentiated g	10.535		0		1		14.433	2.987	
18:3 undifferentiated g	0.190		0		1		0.260	0.054	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.264		0		1		0.362	0.075	
Threonine g	0.597		0		1		0.818	0.169	
Isoleucine g	0.744		0		1		1.019	0.211	
Leucine g	1.371		0		1		1.878	0.389	
Lysine g	0.712		0		1		0.975	0.202	
Methionine g	0.228		0		1		0.312	0.065	
Cystine g	0.287		0		1		0.393	0.081	
Phenylalanine g	0.953		0		1		1.306	0.270	
Tyrosine g	0.676		0		1		0.926	0.192	
Valine g	0.934		0		1		1.280	0.265	
Arginine g	2.242		0		1		3.072	0.636	
Histidine g	0.480		0		1		0.658	0.136	
Alanine g	0.806		0		1		1.104	0.229	
Aspartic acid g	2.056		0		1		2.817	0.583	
Glutamic acid g	4.423		0		1		6.060	1.254	
Glycine g	1.064		0		1		1.458	0.302	
Proline g	0.875		0		1		1.199	0.248	
Serine g	0.917		0		1		1.256	0.260	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12635

Nuts, mixed nuts, dry roasted, with peanuts, with salt added

Measure 1 = 137g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12135
Nuts, mixed nuts, dry roasted, with peanuts, without salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.75		0		1		2.40	0.50	
Energy....kcal	594		0	NC	4		814	168	
Energy....kj	2485				4		3405	705	
Protein (N x 5.3)....g	17.30		0		1		23.70	4.90	
Total lipid (fat)....g	51.45		0		1		70.49	14.59	
Ash....g	4.15		0		1		5.69	1.18	
Carbohydrate, by difference....g	25.35		0	NC	4		34.73	7.19	
Fiber, total dietary....g	9.0		0		4		12.3	2.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	70		0		1		96	20	
Iron, Fe....mg	3.70		0		1		5.07	1.05	
Magnesium, Mg....mg	225		0		1		308	64	
Phosphorus, P....mg	435		0		1		596	123	
Potassium, K....mg	597		0		1		818	169	
Sodium, Na....mg	12		0		1		16	3	
Zinc, Zn....mg	3.80		0		1		5.21	1.08	
Copper, Cu....mg	1.279		0		1		1.752	0.363	
Manganese, Mn....mg	1.937		0		1		2.654	0.549	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.5	0.1	
Thiamin....mg	0.200		0		1		0.274	0.057	
Riboflavin....mg	0.200		0		1		0.274	0.057	
Niacin....mg	4.700		0		1		6.439	1.332	
Pantothenic acid....mg	1.205		0		1		1.651	0.342	
Vitamin B-6....mg	0.296		0		1		0.406	0.084	
Folate, total....mcg	50		0		1		69	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	50		0		1		69	14	
Folate, DFE....mcg_DFE	50		0	NC	4		69	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0		1		1	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	15		0		1		21	4	
Lycopene....mcg									
Lutein + zeaxanthin....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	6.899		0		1		9.452	1.956	
4:0....g									
6:0....g									
8:0....g	0.045		0		1		0.062	0.013	
10:0....g	0.045		0		1		0.062	0.013	
12:0....g	0.271		0		1		0.371	0.077	
13:0....g									

NDB No. 12135
Nuts, mixed nuts, dry roasted, with peanuts, without salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.216		0		1		0.296	0.061	
15:0....g									
16:0....g	4.213		0		1		5.772	1.194	
17:0....g									
18:0....g	1.749		0		1		2.396	0.496	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	31.395		0		1		43.011	8.900	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.223		0		1		0.306	0.063	
17:1....g									
18:1 undifferentiated....g	30.802		0		1		42.199	8.732	
20:1....g	0.259		0		1		0.355	0.073	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.768		0		1		14.752	3.053	
18:2 undifferentiated....g	10.535		0		1		14.433	2.987	
18:3 undifferentiated....g	0.190		0		1		0.260	0.054	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.264		0		1		0.362	0.075	
Threonine....g	0.597		0		1		0.818	0.169	
Isoleucine....g	0.744		0		1		1.019	0.211	
Leucine....g	1.371		0		1		1.878	0.389	
Lysine....g	0.712		0		1		0.975	0.202	
Methionine....g	0.228		0		1		0.312	0.065	
Cystine....g	0.287		0		1		0.393	0.081	
Phenylalanine....g	0.953		0		1		1.306	0.270	
Tyrosine....g	0.676		0		1		0.926	0.192	
Valine....g	0.934		0		1		1.280	0.265	
Arginine....g	2.242		0		1		3.072	0.636	
Histidine....g	0.480		0		1		0.658	0.136	
Alanine....g	0.806		0		1		1.104	0.229	
Aspartic acid....g	2.056		0		1		2.817	0.583	
Glutamic acid....g	4.423		0		1		6.060	1.254	
Glycine....g	1.064		0		1		1.458	0.302	
Proline....g	0.875		0		1		1.199	0.248	
Serine....g	0.917		0		1		1.256	0.260	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 137g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 12135
Nuts, mixed nuts, dry roasted, with peanuts, without salt added

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12137
Nuts, mixed nuts, oil roasted, with peanuts, without salt added

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.03		0		1		2.88	0.18	0.58
Energy	kcal	617		0	NC	4		876	55	175
Energy	kj	2582				4		3666	230	732
Protein (N x 5.3)	g	16.76		0		1		23.80	1.49	4.75
Total lipid (fat)	g	56.33		0		1		79.99	5.01	15.97
Ash	g	3.47		0		1		4.93	0.31	0.98
Carbohydrate, by difference	g	21.41		0	NC	4		30.40	1.91	6.07
Fiber, total dietary	g	9.9		0		1		14.1	0.9	2.8
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	108		0		1		153	10	31
Iron, Fe	mg	3.21		0		1		4.56	0.29	0.91
Magnesium, Mg	mg	235		0		1		334	21	67
Phosphorus, P	mg	464		0		1		659	41	132
Potassium, K	mg	581		0		1		825	52	165
Sodium, Na	mg	11		0		1		16	1	3
Zinc, Zn	mg	5.08		0		1		7.21	0.45	1.44
Copper, Cu	mg	1.661		0		1		2.359	0.148	0.471
Manganese, Mn	mg	1.892		0		1		2.687	0.168	0.536
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.7	0.0	0.1
Thiamin	mg	0.498		0		1		0.707	0.044	0.141
Riboflavin	mg	0.222		0		1		0.315	0.020	0.063
Niacin	mg	5.061		0		1		7.187	0.450	1.435
Pantothenic acid	mg	1.248		0		1		1.772	0.111	0.354
Vitamin B-6	mg	0.240		0		1		0.341	0.021	0.068
Folate, total	mcg	83		0		1		118	7	24
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	83		0		1		118	7	24
Folate, DFE	mcg_DFE	83		0	NC	4		118	7	24
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	1		0		1		1	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	19		0		1		27	2	5
Lycopene	mcg									
Lutein + zeaxanthin	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	8.725		0		1		12.390	0.777	2.474
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.050		0		1		0.071	0.004	0.014
10:0	g	0.050		0		1		0.071	0.004	0.014
12:0	g	0.296		0		1		0.420	0.026	0.084
13:0	g									

NDB No. 12137
Nuts, mixed nuts, oil roasted, with peanuts, without salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.255		0		1		0.362	0.023	0.072
15:0....g									
16:0....g	5.238		0		1		7.438	0.466	1.485
17:0....g									
18:0....g	2.423		0		1		3.441	0.216	0.687
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	31.695		0		1		45.007	2.821	8.986
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.238		0		1		0.338	0.021	0.067
17:1....g									
18:1 undifferentiated....g	31.048		0		1		44.088	2.763	8.802
20:1....g	0.299		0		1		0.425	0.027	0.085
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	13.299		0		1		18.885	1.184	3.770
18:2 undifferentiated....g	13.067		0		1		18.555	1.163	3.704
18:3 undifferentiated....g	0.176		0		1		0.250	0.016	0.050
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.247		0		1		0.351	0.022	0.070
Threonine....g	0.569		0		1		0.808	0.051	0.161
Isoleucine....g	0.724		0		1		1.028	0.064	0.205
Leucine....g	1.344		0		1		1.908	0.120	0.381
Lysine....g	0.658		0		1		0.934	0.059	0.187
Methionine....g	0.338		0		1		0.480	0.030	0.096
Cystine....g	0.294		0		1		0.417	0.026	0.083
Phenylalanine....g	0.920		0		1		1.306	0.082	0.261
Tyrosine....g	0.655		0		1		0.930	0.058	0.186
Valine....g	0.936		0		1		1.329	0.083	0.265
Arginine....g	2.024		0		1		2.874	0.180	0.574
Histidine....g	0.471		0		1		0.669	0.042	0.134
Alanine....g	0.772		0		1		1.096	0.069	0.219
Aspartic acid....g	1.958		0		1		2.780	0.174	0.555
Glutamic acid....g	4.128		0		1		5.862	0.367	1.170
Glycine....g	1.006		0		1		1.429	0.090	0.285
Proline....g	0.822		0		1		1.167	0.073	0.233
Serine....g	0.911		0		1		1.294	0.081	0.258
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 142g: 1 cup

NDB No. 12137

Nuts, mixed nuts, oil roasted, with peanuts, without salt added

Measure 2 = 8.9g: 1 tbsp

Measure 3 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12138

Nuts, mixed nuts, oil roasted, without peanuts, without salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	3.15		0		1		4.54	0.89	
Energy....kcal	615		0	NC	4		886	174	
Energy....kj	2573				4		3705	729	
Protein (N x 5.3)....g	15.52		0		1		22.35	4.40	
Total lipid (fat)....g	56.17		0		1		80.88	15.92	
Ash....g	2.89		0		1		4.16	0.82	
Carbohydrate, by difference....g	22.27		0	NC	4		32.07	6.31	
Fiber, total dietary....g	5.5		0		1		7.9	1.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	106		0		1		153	30	
Iron, Fe....mg	2.57		0		1		3.70	0.73	
Magnesium, Mg....mg	251		0		1		361	71	
Phosphorus, P....mg	449		0		1		647	127	
Potassium, K....mg	544		0		1		783	154	
Sodium, Na....mg	11		0		1		16	3	
Zinc, Zn....mg	4.66		0		1		6.71	1.32	
Copper, Cu....mg	1.795		0		1		2.585	0.509	
Manganese, Mn....mg	1.547		0		1		2.228	0.439	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		1		0.7	0.1	
Thiamin....mg	0.504		0		1		0.726	0.143	
Riboflavin....mg	0.486		0		1		0.700	0.138	
Niacin....mg	1.964		0		1		2.828	0.557	
Pantothenic acid....mg	0.962		0		1		1.385	0.273	
Vitamin B-6....mg	0.180		0		1		0.259	0.051	
Folate, total....mcg	56		0		1		81	16	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	56		0		1		81	16	
Folate, DFE....mcg_DFE	56		0	NC	4		81	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0		1		1	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	20		0		1		29	6	
Lycopene....mcg									
Lutein + zeaxanthin....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	9.087		0		1		13.085	2.576	
4:0....g									
6:0....g									
8:0....g	0.078		0		1		0.112	0.022	
10:0....g	0.078		0		1		0.112	0.022	
12:0....g	0.467		0		1		0.672	0.132	
13:0....g									

NDB No. 12138
Nuts, mixed nuts, oil roasted, without peanuts, without salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.342		0		1		0.492	0.097	
15:0....g									
16:0....g	4.932		0		1		7.102	1.398	
17:0....g									
18:0....g	2.783		0		1		4.008	0.789	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	33.137		0		1		47.717	9.394	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.329		0		1		0.474	0.093	
17:1....g									
18:1 undifferentiated....g	32.517		0		1		46.824	9.219	
20:1....g	0.149		0		1		0.215	0.042	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.449		0		1		16.487	3.246	
18:2 undifferentiated....g	11.137		0		1		16.037	3.157	
18:3 undifferentiated....g	0.249		0		1		0.359	0.071	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.252		0		1		0.363	0.071	
Threonine....g	0.568		0		1		0.818	0.161	
Isoleucine....g	0.703		0		1		1.012	0.199	
Leucine....g	1.265		0		1		1.822	0.359	
Lysine....g	0.682		0		1		0.982	0.193	
Methionine....g	0.346		0		1		0.498	0.098	
Cystine....g	0.302		0		1		0.435	0.086	
Phenylalanine....g	0.820		0		1		1.181	0.232	
Tyrosine....g	0.510		0		1		0.734	0.145	
Valine....g	0.952		0		1		1.371	0.270	
Arginine....g	1.989		0		1		2.864	0.564	
Histidine....g	0.416		0		1		0.599	0.118	
Alanine....g	0.715		0		1		1.030	0.203	
Aspartic acid....g	1.617		0		1		2.328	0.458	
Glutamic acid....g	3.872		0		1		5.576	1.098	
Glycine....g	0.844		0		1		1.215	0.239	
Proline....g	0.773		0		1		1.113	0.219	
Serine....g	1.620		0		1		2.333	0.459	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 12138

Nuts, mixed nuts, oil roasted, without peanuts, without salt added

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12637

Nuts, mixed nuts, with peanuts, oil roasted, with salt added

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.03		0		1		2.88	0.58	0.28
Energy	kcal	617		0	NC	4		876	175	86
Energy	kj	2582		0		4		3666	732	361
Protein (N x 5.3)	g	16.76		0		1		23.80	4.75	2.35
Total lipid (fat)	g	56.33		0		1		79.99	15.97	7.89
Ash	g	3.47		0		1		4.93	0.98	0.49
Carbohydrate, by difference	g	21.41		0	NC	4		30.40	6.07	3.00
Fiber, total dietary	g	9.0		0		4		12.8	2.6	1.3
Sugars, total	g	4.28		0	RA	4		6.08	1.21	0.60
Starch	g									
Minerals:										
Calcium, Ca	mg	108		0		1		153	31	15
Iron, Fe	mg	3.21		0		1		4.56	0.91	0.45
Magnesium, Mg	mg	235		0		1		334	67	33
Phosphorus, P	mg	464		0		1		659	132	65
Potassium, K	mg	581		0		1		825	165	81
Sodium, Na	mg	419	4.328	3	LC	8		595	119	59
Zinc, Zn	mg	5.08		0		1		7.21	1.44	0.71
Copper, Cu	mg	1.661		0		1		2.359	0.471	0.233
Manganese, Mn	mg	1.892		0		1		2.687	0.536	0.265
Selenium, Se	mcg	140.9		0	RA	4		200.1	39.9	19.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.7	0.1	0.1
Thiamin	mg	0.498		0		1		0.707	0.141	0.070
Riboflavin	mg	0.222		0		1		0.315	0.063	0.031
Niacin	mg	5.061		0		1		7.187	1.435	0.709
Pantothenic acid	mg	1.248		0		1		1.772	0.354	0.175
Vitamin B-6	mg	0.240		0		1		0.341	0.068	0.034
Folate, total	mcg	83		0		1		118	24	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	83		0		1		118	24	12
Folate, DFE	mcg_DFE	83		0	NC	4		118	24	12
Choline, total	mg	53.3		0	RA	4		75.6	15.1	7.5
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	RA	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	2		0	RA	4		2	0	0
Carotene, alpha	mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	RA	4		1	0	0
Vitamin A, IU	IU	3		0	RA	4		5	1	0
Lycopene	mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin	mcg	10		0	RA	4		14	3	1
Vitamin E (alpha-tocopherol)	mg	8.30		0	RA	4		11.78	2.35	1.16
Vitamin E, added	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	8.4		0	RA	4		11.9	2.4	1.2
Lipids:										
Fatty acids, total saturated	g	8.725		0		1		12.390	2.474	1.222
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.050		0		1		0.071	0.014	0.007
10:0	g	0.050		0		1		0.071	0.014	0.007

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 ....g	0.296		0		1		0.420	0.084	0.041
13:0 ....g									
14:0 ....g	0.255		0		1		0.362	0.072	0.036
15:0 ....g									
16:0 ....g	5.238		0		1		7.438	1.485	0.733
17:0 ....g									
18:0 ....g	2.423		0		1		3.441	0.687	0.339
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	31.695		0		1		45.007	8.986	4.437
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.238		0		1		0.338	0.067	0.033
17:1 ....g									
18:1 undifferentiated ....g	31.048		0		1		44.088	8.802	4.347
20:1 ....g	0.299		0		1		0.425	0.085	0.042
22:1 undifferentiated ....g	0.000		0		1		0.000	0.000	0.000
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	13.299		0		1		18.885	3.770	1.862
18:2 undifferentiated ....g	13.067		0		1		18.555	3.704	1.829
18:3 undifferentiated ....g	0.176		0		1		0.250	0.050	0.025
18:4 ....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0	Z	7		0	0	0
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.247		0		1		0.351	0.070	0.035
Threonine ....g	0.569		0		1		0.808	0.161	0.080
Isoleucine ....g	0.724		0		1		1.028	0.205	0.101
Leucine ....g	1.344		0		1		1.908	0.381	0.188
Lysine ....g	0.658		0		1		0.934	0.187	0.092
Methionine ....g	0.338		0		1		0.480	0.096	0.047
Cystine ....g	0.294		0		1		0.417	0.083	0.041
Phenylalanine ....g	0.920		0		1		1.306	0.261	0.129
Tyrosine ....g	0.655		0		1		0.930	0.186	0.092
Valine ....g	0.936		0		1		1.329	0.265	0.131
Arginine ....g	2.024		0		1		2.874	0.574	0.283
Histidine ....g	0.471		0		1		0.669	0.134	0.066
Alanine ....g	0.772		0		1		1.096	0.219	0.108
Aspartic acid ....g	1.958		0		1		2.780	0.555	0.274
Glutamic acid ....g	4.128		0		1		5.862	1.170	0.578
Glycine ....g	1.006		0		1		1.429	0.285	0.141
Proline ....g	0.822		0		1		1.167	0.233	0.115
Serine ....g	0.911		0		1		1.294	0.258	0.128
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	0.0
Caffeine ....mg	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:

NDB No. 12637

Nuts, mixed nuts, with peanuts, oil roasted, with salt added

Measure 1 = 142g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 14.0g: 10 nuts, assorted

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.15		0		1		4.54	0.89	
Energy	kcal	615		0	NC	4		886	174	
Energy	kj	2573		0		4		3705	729	
Protein (N x 5.3)	g	15.52		0		1		22.35	4.40	
Total lipid (fat)	g	56.17		0		1		80.88	15.92	
Ash	g	2.89		0		1		4.16	0.82	
Carbohydrate, by difference	g	22.27		0	NC	4		32.07	6.31	
Fiber, total dietary	g	5.5		0		4		7.9	1.6	
Sugars, total	g	4.38		0	RA	4		6.30	1.24	
Starch	g									
Minerals:										
Calcium, Ca	mg	106		0		1		153	30	
Iron, Fe	mg	2.57		0		1		3.70	0.73	
Magnesium, Mg	mg	251		0		1		361	71	
Phosphorus, P	mg	449		0		1		647	127	
Potassium, K	mg	544		0		1		783	154	
Sodium, Na	mg	306	43.482	3	LC	8		441	87	
Zinc, Zn	mg	4.66		0		1		6.71	1.32	
Copper, Cu	mg	1.795		0		1		2.585	0.509	
Manganese, Mn	mg	1.547		0		1		2.228	0.439	
Selenium, Se	mcg	421.5		0	RF	4		607.0	119.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.7	0.1	
Thiamin	mg	0.504		0		1		0.726	0.143	
Riboflavin	mg	0.486		0		1		0.700	0.138	
Niacin	mg	1.964		0		1		2.828	0.557	
Pantothenic acid	mg	0.962		0		1		1.385	0.273	
Vitamin B-6	mg	0.180		0		1		0.259	0.051	
Folate, total	mcg	56		0		1		81	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	56		0		1		81	16	
Folate, DFE	mcg_DFE	56		0	NC	4		81	16	
Choline, total	mg	51.2		0	RA	4		73.7	14.5	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	RA	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	4		0	RA	4		6	1	
Carotene, alpha	mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta	mcg	1		0	RA	4		1	0	
Vitamin A, IU	IU	8		0	RA	4		11	2	
Lycopene	mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin	mcg	22		0	RA	4		32	6	
Vitamin E (alpha-tocopherol)	mg	8.20		0	RA	4		11.80	2.32	
Vitamin E, added	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	17.9		0	RA	4		25.7	5.1	
Lipids:										
Fatty acids, total saturated	g	9.087		0		1		13.085	2.576	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.078		0		1		0.112	0.022	
10:0	g	0.078		0		1		0.112	0.022	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0....g	0.467		0		1		0.672	0.132	
13:0....g									
14:0....g	0.342		0		1		0.492	0.097	
15:0....g									
16:0....g	4.932		0		1		7.102	1.398	
17:0....g									
18:0....g	2.783		0		1		4.008	0.789	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	33.137		0		1		47.717	9.394	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.329		0		1		0.474	0.093	
17:1....g									
18:1 undifferentiated....g	32.517		0		1		46.824	9.219	
20:1....g	0.149		0		1		0.215	0.042	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.449		0		1		16.487	3.246	
18:2 undifferentiated....g	11.137		0		1		16.037	3.157	
18:3 undifferentiated....g	0.249		0		1		0.359	0.071	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.252		0		1		0.363	0.071	
Threonine....g	0.568		0		1		0.818	0.161	
Isoleucine....g	0.703		0		1		1.012	0.199	
Leucine....g	1.265		0		1		1.822	0.359	
Lysine....g	0.682		0		1		0.982	0.193	
Methionine....g	0.346		0		1		0.498	0.098	
Cystine....g	0.302		0		1		0.435	0.086	
Phenylalanine....g	0.820		0		1		1.181	0.232	
Tyrosine....g	0.510		0		1		0.734	0.145	
Valine....g	0.952		0		1		1.371	0.270	
Arginine....g	1.989		0		1		2.864	0.564	
Histidine....g	0.416		0		1		0.599	0.118	
Alanine....g	0.715		0		1		1.030	0.203	
Aspartic acid....g	1.617		0		1		2.328	0.458	
Glutamic acid....g	3.872		0		1		5.576	1.098	
Glycine....g	0.844		0		1		1.215	0.239	
Proline....g	0.773		0		1		1.113	0.219	
Serine....g	1.620		0		1		2.333	0.459	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12638

Nuts, mixed nuts, without peanuts, oil roasted, with salt added

Measure 1 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 47% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.52	0.114	3	A	1		3.84	3.49	1.00
Energy	kcal	691		0	NC	4		753	684	196
Energy	kj	2889		0	NC	4		3149	2860	819
Protein (N x 5.3)	g	9.17	0.088	3	A	1		9.99	9.08	2.60
Total lipid (fat)	g	71.97	0.120	3	A	1		78.44	71.25	20.40
Ash	g	1.49	0.055	3	A	1		1.62	1.47	0.42
Carbohydrate, by difference	g	13.86		0	NC	4		15.10	13.72	3.93
Fiber, total dietary	g	9.6	0.406	3	A	1		10.5	9.5	2.7
Sugars, total	g	3.97	0.153	3	A	1		4.33	3.93	1.13
Sucrose	g	3.90	0.153	3	A	1		4.25	3.86	1.11
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.04	0.04	0.01
Fructose	g	0.04	0.000	3	A	1		0.04	0.04	0.01
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose	g									
Starch	g	0.46	0.049	3	A	1		0.50	0.46	0.13
Minerals:										
Calcium, Ca	mg	70	4.767	3	A	1		76	69	20
Iron, Fe	mg	2.53	0.260	3	A	1		2.76	2.51	0.72
Magnesium, Mg	mg	121	4.096	3	A	1		132	119	34
Phosphorus, P	mg	277	17.638	3	A	1		302	274	78
Potassium, K	mg	410	17.247	3	A	1		447	406	116
Sodium, Na	mg	0	0.000	3	A	1		0	0	0
Zinc, Zn	mg	4.53	0.133	3	A	1		4.94	4.49	1.29
Copper, Cu	mg	1.200	0.058	3	A	1		1.308	1.188	0.340
Manganese, Mn	mg	4.500	1.050	3	A	1		4.905	4.455	1.276
Selenium, Se	mcg	3.8	0.114	9	A	1		4.1	3.7	1.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1	0.430	3	A	1		1.2	1.1	0.3
Thiamin	mg	0.660	0.021	3	A	1		0.719	0.653	0.187
Riboflavin	mg	0.130	0.030	3	A	1		0.142	0.129	0.037
Niacin	mg	1.167	0.033	3	A	1		1.272	1.155	0.331
Pantothenic acid	mg	0.863	0.078	3	A	1		0.941	0.855	0.245
Vitamin B-6	mg	0.210	0.021	3	A	1		0.229	0.208	0.060
Folate, total	mcg	22	3.808	3	A	1		24	21	6
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	22	3.808	3	A	1		24	21	6
Folate, DFE	mcg_DFE	22		0	NC	4		24	21	6
Choline, total	mg	40.5		0	AS	1		44.1	40.1	11.5
Betaine	mg	0.7	0.074	5	A	1		0.8	0.7	0.2
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	3		0	AS	1		3	3	1
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	29	1.105	9	A	1		32	29	8
Carotene, alpha	mcg	0	0.000	9	A	1		0	0	0
Cryptoxanthin, beta	mcg	9	1.711	8	A	1		10	9	3
Vitamin A, IU	IU	56		0	AS	1		61	56	16
Lycopene	mcg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin	mcg	17	1.653	8	A	1		19	17	5
Vitamin E (alpha-tocopherol)	mg	1.40	0.076	9	A	1		1.52	1.38	0.40
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.39	0.113	9	A	1		0.43	0.39	0.11
Tocopherol, gamma	mg	24.44	1.498	9	A	1		26.64	24.19	6.93
Tocopherol, delta	mg	0.47	0.085	9	A	1		0.51	0.46	0.13
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.5	0.413	8	A	1		3.8	3.5	1.0

NDB No. 12142
Nuts, pecans (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.180		0	NC	4		6.736	6.118	1.752
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0....g	4.366	0.213	3	A	1		4.758	4.322	1.238
17:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0....g	1.745	0.022	3	A	1		1.902	1.728	0.495
20:0....g	0.069	0.000	3	A	1		0.075	0.068	0.020
22:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	40.801		0	NC	4		44.473	40.393	11.567
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	40.594	2.143	3	A	1		44.247	40.188	11.508
20:1....g	0.207	0.000	3	A	1		0.226	0.205	0.059
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	21.614		0	NC	4		23.559	21.398	6.128
18:2 undifferentiated....g	20.628	1.806	3	A	1		22.484	20.421	5.848
18:3 undifferentiated....g	0.986	0.044	3	A	1		1.075	0.977	0.280
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	102		1	A	1		111	101	29
Stigmasterol....mg	3	0.827	3	A	1		4	3	1
Campesterol....mg	5	0.845	3	A	1		6	5	2
Beta-sitosterol....mg	89	5.494	3	A	1		97	88	25
Amino Acids:									
Tryptophan....g	0.093		0	A	1		0.101	0.092	0.026
Threonine....g	0.306		0	A	1		0.333	0.303	0.087
Isoleucine....g	0.336		0	A	1		0.366	0.333	0.095
Leucine....g	0.598		0	A	1		0.651	0.592	0.169
Lysine....g	0.287		0	A	1		0.313	0.284	0.081
Methionine....g	0.183		0	A	1		0.199	0.181	0.052
Cystine....g	0.152		0	A	1		0.166	0.151	0.043
Phenylalanine....g	0.426		0	A	1		0.464	0.422	0.121
Tyrosine....g	0.215		0	A	1		0.234	0.213	0.061
Valine....g	0.411		0	A	1		0.448	0.407	0.117
Arginine....g	1.177		0	A	1		1.283	1.165	0.334
Histidine....g	0.262		0	A	1		0.285	0.259	0.074
Alanine....g	0.397		0	A	1		0.432	0.393	0.112
Aspartic acid....g	0.929		0	A	1		1.013	0.920	0.263
Glutamic acid....g	1.829		0	A	1		1.993	1.810	0.518
Glycine....g	0.453		0	A	1		0.493	0.448	0.128
Proline....g	0.363		0	A	1		0.395	0.359	0.103
Serine....g	0.474		0	A	1		0.517	0.469	0.134
Hydroxyproline....g									
Others:									

NDB No. 12142
Nuts, pecans (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 109g: 1 cup, chopped

Measure 2 = 99g: 1 cup, halves

Measure 3 = 28.35g: 1 oz (19 halves)

Footnotes:

1 Unroasted

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.12	0.090	3	A	1		0.32		
Energy	kcal	710		0	NC	4		201		
Energy	kj	2969		0	NC	4		842		
Protein (N x 5.3)	g	9.50	0.100	3	A	1		2.69		
Total lipid (fat)	g	74.27	0.376	3	A	1		21.05		
Ash	g	1.56	0.077	3	A	1		0.44		
Carbohydrate, by difference	g	13.55		0	NC	4		3.84		
Fiber, total dietary	g	9.4	0.697	3	A	1		2.7		
Sugars, total	g	4.06	0.247	3	A	1		1.15		
Sucrose	g	4.00	0.252	3	A	1		1.13		
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.01		
Fructose	g	0.04	0.000	3	A	1		0.01		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.00	0.000	3	A	1		0.00		
Galactose	g									
Starch	g	0.24	0.078	3	A	1		0.07		
Minerals:										
Calcium, Ca	mg	72	10.367	3	A	1		21		
Iron, Fe	mg	2.80	0.153	3	A	1		0.79		
Magnesium, Mg	mg	132	6.119	3	A	1		38		
Phosphorus, P	mg	293	20.276	3	A	1		83		
Potassium, K	mg	424	32.512	3	A	1		120		
Sodium, Na	mg	383		0	S	4		109		
Zinc, Zn	mg	5.07	0.437	3	A	1		1.44		
Copper, Cu	mg	1.167	0.176	3	A	1		0.331		
Manganese, Mn	mg	3.933	0.935	3	A	1		1.115		
Selenium, Se	mcg	4.0		1	A	1		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	3	A	1		0.2		
Thiamin	mg	0.450	0.025	3	A	1		0.128		
Riboflavin	mg	0.107	0.007	3	A	1		0.030		
Niacin	mg	1.167	0.067	3	A	1		0.331		
Pantothenic acid	mg	0.703	0.108	3	A	1		0.199		
Vitamin B-6	mg	0.187	0.023	3	A	1		0.053		
Folate, total	mcg	16	4.661	3	A	1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16	4.661	3	A	1		4		
Folate, DFE	mcg_DFE	16		0	NC	4		4		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	7		1	AS	1		2		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	84		1	A	1		24		
Carotene, alpha	mcg	0		1	A	1		0		
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	140		1	AS	1		40		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	1.30	0.058	3	A	1		0.37		
Tocopherol, beta	mg	0.14	0.000	3	A	1		0.04		
Tocopherol, gamma	mg	23.57	2.022	3	A	1		6.68		
Tocopherol, delta	mg	0.77	0.120	3	A	1		0.22		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.283		0	NC	4		1.781		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g	0.000	0.000	3	A	1		0.000		
14:0....g	0.000	0.000	3	A	1		0.000		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	4.387	0.222	3	A	1		1.244		
17:0....g	0.000	0.000	3	A	1		0.000		
18:0....g	1.825	0.025	3	A	1		0.517		
20:0....g	0.071	0.000	3	A	1		0.020		
22:0....g	0.000	0.000	3	A	1		0.000		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	43.957		0	NC	4		12.462		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	43.743	2.616	3	A	1		12.401		
20:1....g	0.214	0.001	3	A	1		0.061		
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	20.572		0	NC	4		5.832		
18:2 undifferentiated....g	19.578	2.218	3	A	1		5.550		
18:3 undifferentiated....g	0.994	0.039	3	A	1		0.282		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:5 n-3....g	0.000	0.000	3	A	1		0.000		
22:5 n-3....g	0.000	0.000	3	A	1		0.000		
22:6 n-3....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	85		1		1		24		
Stigmasterol....mg	2		1	A	1		1		
Campesterol....mg	4		1	A	1		1		
Beta-sitosterol....mg	78		1	A	1		22		
Amino Acids:									
Tryptophan....g	0.096		0	A	1		0.027		
Threonine....g	0.317		0	A	1		0.090		
Isoleucine....g	0.348		0	A	1		0.099		
Leucine....g	0.619		0	A	1		0.176		
Lysine....g	0.297		0	A	1		0.084		
Methionine....g	0.189		0	A	1		0.054		
Cystine....g	0.158		0	A	1		0.045		
Phenylalanine....g	0.441		0	A	1		0.125		
Tyrosine....g	0.223		0	A	1		0.063		
Valine....g	0.426		0	A	1		0.121		
Arginine....g	1.220		0	A	1		0.346		
Histidine....g	0.271		0	A	1		0.077		
Alanine....g	0.411		0	A	1		0.117		
Aspartic acid....g	0.963		0	A	1		0.273		
Glutamic acid....g	1.895		0	A	1		0.537		
Glycine....g	0.469		0	A	1		0.133		
Proline....g	0.376		0	A	1		0.107		
Serine....g	0.491		0	A	1		0.139		
Hydroxyproline....g									

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

NDB No. 12643

Nuts, pecans, dry roasted, with salt added

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.12	0.090	3	A	1		0.32		
Energy	kcal	710		0	NC	4		201		
Energy	kj	2969		0	NC	4		842		
Protein (N x 5.3)	g	9.50	0.100	3	A	1		2.69		
Total lipid (fat)	g	74.27	0.376	3	A	1		21.05		
Ash	g	1.56	0.077	3	A	1		0.44		
Carbohydrate, by difference	g	13.55		0	NC	4		3.84		
Fiber, total dietary	g	9.4	0.697	3	A	1		2.7		
Sugars, total	g	4.06	0.247	3	A	1		1.15		
Sucrose	g	4.00	0.252	3	A	1		1.13		
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.01		
Fructose	g	0.04	0.000	3	A	1		0.01		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.00	0.000	3	A	1		0.00		
Galactose	g									
Starch	g	0.24	0.078	3	A	1		0.07		
Minerals:										
Calcium, Ca	mg	72	10.367	3	A	1		21		
Iron, Fe	mg	2.80	0.153	3	A	1		0.79		
Magnesium, Mg	mg	132	6.119	3	A	1		38		
Phosphorus, P	mg	293	20.276	3	A	1		83		
Potassium, K	mg	424	32.512	3	A	1		120		
Sodium, Na	mg	1	0.088	3	A	1		0		
Zinc, Zn	mg	5.07	0.437	3	A	1		1.44		
Copper, Cu	mg	1.167	0.176	3	A	1		0.331		
Manganese, Mn	mg	3.933	0.935	3	A	1		1.115		
Selenium, Se	mcg	4.0		1	A	1		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	3	A	1		0.2		
Thiamin	mg	0.450	0.025	3	A	1		0.128		
Riboflavin	mg	0.107	0.007	3	A	1		0.030		
Niacin	mg	1.167	0.067	3	A	1		0.331		
Pantothenic acid	mg	0.703	0.108	3	A	1		0.199		
Vitamin B-6	mg	0.187	0.023	3	A	1		0.053		
Folate, total	mcg	16	4.661	3	A	1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16	4.661	3	A	1		4		
Folate, DFE	mcg_DFE	16		0	NC	4		4		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	7		1	AS	1		2		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	84		1	A	1		24		
Carotene, alpha	mcg	0		1	A	1		0		
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	140		1	AS	1		40		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	1.30	0.058	3	A	1		0.37		
Tocopherol, beta	mg	0.14	0.000	3	A	1		0.04		
Tocopherol, gamma	mg	23.57	2.022	3	A	1		6.68		
Tocopherol, delta	mg	0.77	0.120	3	A	1		0.22		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.283		0	NC	4		1.781		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g	0.000	0.000	3	A	1		0.000		
14:0....g	0.000	0.000	3	A	1		0.000		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	4.387	0.222	3	A	1		1.244		
17:0....g	0.000	0.000	3	A	1		0.000		
18:0....g	1.825	0.025	3	A	1		0.517		
20:0....g	0.071	0.000	3	A	1		0.020		
22:0....g	0.000	0.000	3	A	1		0.000		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	43.957		0	NC	4		12.462		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	43.743	2.616	3	A	1		12.401		
20:1....g	0.214	0.001	3	A	1		0.061		
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	20.572		0	NC	4		5.832		
18:2 undifferentiated....g	19.578	2.218	3	A	1		5.550		
18:3 undifferentiated....g	0.994	0.039	3	A	1		0.282		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:5 n-3....g	0.000	0.000	3	A	1		0.000		
22:5 n-3....g	0.000	0.000	3	A	1		0.000		
22:6 n-3....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	85		1	A	1		24		
Stigmasterol....mg	2		1	A	1		1		
Campesterol....mg	4		1	A	1		1		
Beta-sitosterol....mg	78		1	A	1		22		
Amino Acids:									
Tryptophan....g	0.096		0	A	1		0.027		
Threonine....g	0.317		0	A	1		0.090		
Isoleucine....g	0.348		0	A	1		0.099		
Leucine....g	0.619		0	A	1		0.176		
Lysine....g	0.297		0	A	1		0.084		
Methionine....g	0.189		0	A	1		0.054		
Cystine....g	0.158		0	A	1		0.045		
Phenylalanine....g	0.441		0	A	1		0.125		
Tyrosine....g	0.223		0	A	1		0.063		
Valine....g	0.426		0	A	1		0.121		
Arginine....g	1.220		0	A	1		0.346		
Histidine....g	0.271		0	A	1		0.077		
Alanine....g	0.411		0	A	1		0.117		
Aspartic acid....g	0.963		0	A	1		0.273		
Glutamic acid....g	1.895		0	A	1		0.537		
Glycine....g	0.469		0	A	1		0.133		
Proline....g	0.376		0	A	1		0.107		
Serine....g	0.491		0	A	1		0.139		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.13	0.035	3	A	1		1.24	0.32	
Energy	kcal	715		0	NC	4		786	203	
Energy	kj	2990		0	NC	4		3289	848	
Protein (N x 5.3)	g	9.20	0.058	3	A	1		10.12	2.61	
Total lipid (fat)	g	75.23	0.521	3	A	1		82.76	21.33	
Ash	g	1.42	0.064	3	A	1		1.57	0.40	
Carbohydrate, by difference	g	13.01		0	NC	4		14.31	3.69	
Fiber, total dietary	g	9.5	0.394	3	A	1		10.4	2.7	
Sugars, total	g	3.97	0.265	3	A	1		4.37	1.13	
Sucrose	g	3.90	0.265	3	A	1		4.29	1.11	
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.04	0.01	
Fructose	g	0.04	0.000	3	A	1		0.04	0.01	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Galactose	g									
Starch	g	0.28	0.023	3	A	1		0.31	0.08	
Minerals:										
Calcium, Ca	mg	67	6.278	3	A	1		74	19	
Iron, Fe	mg	2.47	0.203	3	A	1		2.71	0.70	
Magnesium, Mg	mg	121	4.333	3	A	1		133	34	
Phosphorus, P	mg	263	18.559	3	A	1		290	75	
Potassium, K	mg	392	6.489	3	A	1		432	111	
Sodium, Na	mg	393		0	S	4		432	111	
Zinc, Zn	mg	4.47	0.033	3	A	1		4.91	1.27	
Copper, Cu	mg	1.200	0.058	3	A	1		1.320	0.340	
Manganese, Mn	mg	3.700	1.114	3	A	1		4.070	1.049	
Selenium, Se	mcg	6.0		1	A	1		6.6	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	3	A	1		0.8	0.2	
Thiamin	mg	0.473	0.018	3	A	1		0.521	0.134	
Riboflavin	mg	0.110	0.006	3	A	1		0.121	0.031	
Niacin	mg	1.200	0.000	3	A	1		1.320	0.340	
Pantothenic acid	mg	0.737	0.081	3	A	1		0.810	0.209	
Vitamin B-6	mg	0.187	0.015	3	A	1		0.205	0.053	
Folate, total	mcg	15	1.444	3	A	1		16	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15	1.444	3	A	1		16	4	
Folate, DFE	mcg_DFE	15		0	NC	4		16	4	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	5		1	AS	1		6	1	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	62		1	A	1		68	18	
Carotene, alpha	mcg	0		1	A	1		0	0	
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	104		1	AS	1		114	29	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	2.53	0.145	3	A	1		2.79	0.72	
Tocopherol, beta	mg	0.35	0.107	3	A	1		0.38	0.10	
Tocopherol, gamma	mg	24.20	2.470	3	A	1		26.62	6.86	
Tocopherol, delta	mg	1.07	0.260	3	A	1		1.17	0.30	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.238		0	NC	4		7.962	2.052	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g									
6:0 g									
8:0 g	0.000	0.000	3	A	1		0.000	0.000	
10:0 g	0.000	0.000	3	A	1		0.000	0.000	
12:0 g	0.000	0.000	3	A	1		0.000	0.000	
13:0 g	0.000	0.000	3	A	1		0.000	0.000	
14:0 g	0.000	0.000	3	A	1		0.000	0.000	
15:0 g	0.000	0.000	3	A	1		0.000	0.000	
16:0 g	4.969	0.055	3	A	1		5.466	1.409	
17:0 g	0.000	0.000	3	A	1		0.000	0.000	
18:0 g	1.849	0.036	3	A	1		2.034	0.524	
20:0 g	0.145	0.001	3	A	1		0.159	0.041	
22:0 g	0.162	0.055	3	A	1		0.178	0.046	
24:0 g	0.114	0.031	3	A	1		0.125	0.032	
Fatty acids, total monounsaturated g	40.970		0	NC	4		45.067	11.615	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.024	0.024	3	A	1		0.027	0.007	
17:1 g									
18:1 undifferentiated g	40.681	2.216	3	A	1		44.749	11.533	
20:1 g	0.265	0.023	3	A	1		0.291	0.075	
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	23.584		0	NC	4		25.942	6.686	
18:2 undifferentiated g	22.552	1.604	3	A	1		24.808	6.394	
18:3 undifferentiated g	1.031	0.025	3	A	1		1.134	0.292	
18:4 g									
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	108		1		1		119	31	
Stigmasterol mg	5		1	A	1		5	1	
Campesterol mg	7		1	A	1		8	2	
Beta-sitosterol mg	96		1	A	1		106	27	
Amino Acids:									
Tryptophan g	0.093		0	A	1		0.102	0.026	
Threonine g	0.307		0	A	1		0.337	0.087	
Isoleucine g	0.337		0	A	1		0.371	0.096	
Leucine g	0.600		0	A	1		0.660	0.170	
Lysine g	0.288		0	A	1		0.317	0.082	
Methionine g	0.183		0	A	1		0.202	0.052	
Cystine g	0.153		0	A	1		0.168	0.043	
Phenylalanine g	0.428		0	A	1		0.470	0.121	
Tyrosine g	0.216		0	A	1		0.237	0.061	
Valine g	0.413		0	A	1		0.454	0.117	
Arginine g	1.181		0	A	1		1.300	0.335	
Histidine g	0.262		0	A	1		0.289	0.074	
Alanine g	0.398		0	A	1		0.438	0.113	
Aspartic acid g	0.933		0	A	1		1.026	0.264	
Glutamic acid g	1.835		0	A	1		2.019	0.520	
Glycine g	0.454		0	A	1		0.500	0.129	
Proline g	0.364		0	A	1		0.400	0.103	
Serine g	0.476		0	A	1		0.523	0.135	
Hydroxyproline g									

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

NDB No. 12644

Nuts, pecans, oil roasted, with salt added (1)

Common Measures:

Measure 1 = 110g: 1 cup

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

Footnotes:

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.13	0.035	3	A	1		1.24	0.32	
Energy	kcal	715		0	NC	4		786	203	
Energy	kj	2990		0	NC	4		3289	848	
Protein (N x 5.3)	g	9.20	0.058	3	A	1		10.12	2.61	
Total lipid (fat)	g	75.23	0.521	3	A	1		82.76	21.33	
Ash	g	1.42	0.064	3	A	1		1.57	0.40	
Carbohydrate, by difference	g	13.01		0	NC	4		14.31	3.69	
Fiber, total dietary	g	9.5	0.394	3	A	1		10.4	2.7	
Sugars, total	g	3.97	0.265	3	A	1		4.37	1.13	
Sucrose	g	3.90	0.265	3	A	1		4.29	1.11	
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.04	0.01	
Fructose	g	0.04	0.000	3	A	1		0.04	0.01	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Galactose	g									
Starch	g	0.28	0.023	3	A	1		0.31	0.08	
Minerals:										
Calcium, Ca	mg	67	6.278	3	A	1		74	19	
Iron, Fe	mg	2.47	0.203	3	A	1		2.71	0.70	
Magnesium, Mg	mg	121	4.333	3	A	1		133	34	
Phosphorus, P	mg	263	18.559	3	A	1		290	75	
Potassium, K	mg	392	6.489	3	A	1		432	111	
Sodium, Na	mg	1	0.684	3	A	1		1	0	
Zinc, Zn	mg	4.47	0.033	3	A	1		4.91	1.27	
Copper, Cu	mg	1.200	0.058	3	A	1		1.320	0.340	
Manganese, Mn	mg	3.700	1.114	3	A	1		4.070	1.049	
Selenium, Se	mcg	6.0		1	A	1		6.6	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	3	A	1		0.8	0.2	
Thiamin	mg	0.473	0.018	3	A	1		0.521	0.134	
Riboflavin	mg	0.110	0.006	3	A	1		0.121	0.031	
Niacin	mg	1.200	0.000	3	A	1		1.320	0.340	
Pantothenic acid	mg	0.737	0.081	3	A	1		0.810	0.209	
Vitamin B-6	mg	0.187	0.015	3	A	1		0.205	0.053	
Folate, total	mcg	15	1.444	3	A	1		16	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15	1.444	3	A	1		16	4	
Folate, DFE	mcg_DFE	15		0	NC	4		16	4	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	5		1	AS	1		6	1	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	62		1	A	1		68	18	
Carotene, alpha	mcg	0		1	A	1		0	0	
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	104		1	AS	1		114	29	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	2.53	0.145	3	A	1		2.79	0.72	
Tocopherol, beta	mg	0.35	0.107	3	A	1		0.38	0.10	
Tocopherol, gamma	mg	24.20	2.470	3	A	1		26.62	6.86	
Tocopherol, delta	mg	1.07	0.260	3	A	1		1.17	0.30	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.238		0	NC	4		7.962	2.052	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g									
6:0 g									
8:0 g	0.000	0.000	3	A	1		0.000	0.000	
10:0 g	0.000	0.000	3	A	1		0.000	0.000	
12:0 g	0.000	0.000	3	A	1		0.000	0.000	
13:0 g	0.000	0.000	3	A	1		0.000	0.000	
14:0 g	0.000	0.000	3	A	1		0.000	0.000	
15:0 g	0.000	0.000	3	A	1		0.000	0.000	
16:0 g	4.969	0.055	3	A	1		5.466	1.409	
17:0 g	0.000	0.000	3	A	1		0.000	0.000	
18:0 g	1.849	0.036	3	A	1		2.034	0.524	
20:0 g	0.145	0.001	3	A	1		0.159	0.041	
22:0 g	0.162	0.055	3	A	1		0.178	0.046	
24:0 g	0.114	0.031	3	A	1		0.125	0.032	
Fatty acids, total monounsaturated g	40.970		0	NC	4		45.067	11.615	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.024	0.024	3	A	1		0.027	0.007	
17:1 g									
18:1 undifferentiated g	40.681	2.216	3	A	1		44.749	11.533	
20:1 g	0.265	0.023	3	A	1		0.291	0.075	
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	23.584		0	NC	4		25.942	6.686	
18:2 undifferentiated g	22.552	1.604	3	A	1		24.808	6.394	
18:3 undifferentiated g	1.031	0.025	3	A	1		1.134	0.292	
18:4 g									
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	108		1	A	1		119	31	
Stigmasterol mg	5		1	A	1		5	1	
Campesterol mg	7		1	A	1		8	2	
Beta-sitosterol mg	96		1	A	1		106	27	
Amino Acids:									
Tryptophan g	0.093		0	A	1		0.102	0.026	
Threonine g	0.307		0	A	1		0.337	0.087	
Isoleucine g	0.337		0	A	1		0.371	0.096	
Leucine g	0.600		0	A	1		0.660	0.170	
Lysine g	0.288		0	A	1		0.317	0.082	
Methionine g	0.183		0	A	1		0.202	0.052	
Cystine g	0.153		0	A	1		0.168	0.043	
Phenylalanine g	0.428		0	A	1		0.470	0.121	
Tyrosine g	0.216		0	A	1		0.237	0.061	
Valine g	0.413		0	A	1		0.454	0.117	
Arginine g	1.181		0	A	1		1.300	0.335	
Histidine g	0.262		0	A	1		0.289	0.074	
Alanine g	0.398		0	A	1		0.438	0.113	
Aspartic acid g	0.933		0	A	1		1.026	0.264	
Glutamic acid g	1.835		0	A	1		2.019	0.520	
Glycine g	0.454		0	A	1		0.500	0.129	
Proline g	0.364		0	A	1		0.400	0.103	
Serine g	0.476		0	A	1		0.523	0.135	
Hydroxyproline g									

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

NDB No. 12144

Nuts, pecans, oil roasted, without salt added (1)

Common Measures:

Measure 1 = 110g: 1 cup

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

Footnotes:

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 81% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.77		1		1		3.32	0.79	
Energy	kcal	719		0	NC	4		863	204	
Energy	kj	3008				4		3610	853	
Protein (N x 5.3)	g	10.80		1		1		12.96	3.06	
Total lipid (fat)	g	79.55		1		1		95.46	22.55	
Ash	g	2.91		0		1		3.49	0.82	
Carbohydrate, by difference	g	3.98		0	NC	4		4.78	1.13	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	145		0		1		174	41	
Iron, Fe	mg	3.53		0		1		4.24	1.00	
Magnesium, Mg	mg	302		0		4		362	86	
Phosphorus, P	mg	575		0		1		690	163	
Potassium, K	mg	507		0		1		608	144	
Sodium, Na	mg	3		0		1		4	1	
Zinc, Zn	mg	2.97		0		4		3.56	0.84	
Copper, Cu	mg	0.958		0		4		1.150	0.272	
Manganese, Mn	mg	2.313		0		4		2.776	0.656	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		4		0.7	0.2	
Thiamin	mg	0.913		0		1		1.096	0.259	
Riboflavin	mg	0.093		0		1		0.112	0.026	
Niacin	mg	0.519		0		1		0.623	0.147	
Pantothenic acid	mg	0.479		0		4		0.575	0.136	
Vitamin B-6	mg	0.115		0		4		0.138	0.033	
Folate, total	mcg	60		0		4		72	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	60		0		4		72	17	
Folate, DFE	mcg_DFE	60		0	NC	4		72	17	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0		1		2	1	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	41		0		1		49	12	
Lycopene	mcg									
Lutein + zeaxanthin	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	31.184		0		1		37.421	8.841	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12145
Nuts, pilinuts-canarytree, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	22.035		1		1		26.442	6.247	
17:0....g									
18:0....g	9.148		1		1		10.978	2.593	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	37.229		0		1		44.675	10.554	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	37.229		1		1		44.675	10.554	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.605		0		1		9.126	2.156	
18:2 undifferentiated....g	7.605		1		1		9.126	2.156	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.189		0		1		0.227	0.054	
Threonine....g	0.407		1		1		0.488	0.115	
Isoleucine....g	0.483		1		1		0.580	0.137	
Leucine....g	0.890		1		1		1.068	0.252	
Lysine....g	0.369		1		1		0.443	0.105	
Methionine....g	0.395		1		1		0.474	0.112	
Cystine....g	0.189		0		1		0.227	0.054	
Phenylalanine....g	0.497		1		1		0.596	0.141	
Tyrosine....g	0.381		1		1		0.457	0.108	
Valine....g	0.701		1		1		0.841	0.199	
Arginine....g	1.516		1		1		1.819	0.430	
Histidine....g	0.255		1		1		0.306	0.072	
Alanine....g	0.509		1		1		0.611	0.144	
Aspartic acid....g	1.222		1		1		1.466	0.346	
Glutamic acid....g	2.393		1		1		2.872	0.678	
Glycine....g	0.650		1		1		0.780	0.184	
Proline....g	0.471		1		1		0.565	0.134	
Serine....g	0.599		1		1		0.719	0.170	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 120g: 1 cup

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

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

NDB No. 12145
Nuts, pilinuts-canarytree, dried

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12147
Nuts, pine nuts, dried (1)
Pinus spp.

Refuse: 23% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.28	0.094	8	A	1		3.07	0.65	0.04
Energy	kcal	673		0	NC	4		908	191	11
Energy	kj	2816		0	NC	4		3801	798	48
Protein (N x 5.3)	g	13.69	0.156	8	A	1		18.49	3.88	0.23
Total lipid (fat)	g	68.37	0.249	8	A	1		92.29	19.38	1.16
Ash	g	2.59	0.032	8	A	1		3.50	0.73	0.04
Carbohydrate, by difference	g	13.08		0	NC	4		17.65	3.71	0.22
Fiber, total dietary	g	3.7	0.052	5	A	1		5.1	1.1	0.1
Sugars, total	g	3.59	0.085	4	A	1		4.85	1.02	0.06
Sucrose	g	3.45	0.085	4	A	1		4.65	0.98	0.06
Glucose (dextrose)	g	0.07	0.000	4	A	1		0.10	0.02	0.00
Fructose	g	0.07	0.000	4	A	1		0.10	0.02	0.00
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch	g	1.43		1	A	1		1.93	0.41	0.02
Minerals:										
Calcium, Ca	mg	16	0.955	8	A	1		22	5	0
Iron, Fe	mg	5.53	0.133	8	A	1		7.46	1.57	0.09
Magnesium, Mg	mg	251	2.969	8	A	1		339	71	4
Phosphorus, P	mg	575	9.507	8	A	1		777	163	10
Potassium, K	mg	597	11.408	8	A	1		806	169	10
Sodium, Na	mg	2	0.000	4	A	1		2	0	0
Zinc, Zn	mg	6.45	0.075	8	A	1		8.71	1.83	0.11
Copper, Cu	mg	1.324	0.015	8	A	1		1.787	0.375	0.023
Manganese, Mn	mg	8.802	0.309	8	A	1		11.883	2.496	0.150
Selenium, Se	mcg	0.7	0.069	4	A	1		0.9	0.2	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8	0.198	7	A	1		1.0	0.2	0.0
Thiamin	mg	0.364	0.026	8	A	1		0.491	0.103	0.006
Riboflavin	mg	0.227	0.010	4	A	1		0.306	0.064	0.004
Niacin	mg	4.387	0.210	8	A	1		5.923	1.244	0.075
Pantothenic acid	mg	0.313	0.008	7	A	1		0.422	0.089	0.005
Vitamin B-6	mg	0.094	0.004	8	A	1		0.126	0.027	0.002
Folate, total	mcg	34	0.737	6	A	1		46	10	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	34	0.737	6	A	1		46	10	1
Folate, DFE	mcg_DFE	34		0	NC	4		46	10	1
Choline, total	mg	55.8	1.046	5	AS	1		75.3	15.8	0.9
Betaine	mg	0.4	0.015	5	A	1		0.5	0.1	0.0
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	17		0	BNA	4		23	5	0
Carotene, alpha	mcg	0		0	BNA	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BNA	4		0	0	0
Vitamin A, IU	IU	29		0		4		39	8	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	9		0	BFZN	4		12	3	0
Vitamin E (alpha-tocopherol)	mg	9.33	0.288	4	A	1		12.59	2.64	0.16
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	11.15	0.202	4	A	1		15.05	3.16	0.19
Tocopherol, delta	mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	53.9	1.736	7	A	1		72.8	15.3	0.9

NDB No. 12147
Nuts, pine nuts, dried (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.899		0	NC	4		6.614	1.389	0.083
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	0.000	7	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
16:0....g	3.212	0.058	7	A	1		4.337	0.911	0.055
17:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
18:0....g	1.390	0.019	7	A	1		1.876	0.394	0.024
20:0....g	0.229	0.006	7	A	1		0.309	0.065	0.004
22:0....g	0.068	0.002	7	A	1		0.092	0.019	0.001
24:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	18.764		0	NC	4		25.331	5.320	0.319
14:1....g	0.000	0.000	7	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	7	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.017	0.007	7	A	1		0.023	0.005	0.000
17:1....g	0.000	0.000	7	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	17.947	0.313	7	A	1		24.228	5.088	0.305
20:1....g	0.801	0.021	7	A	1		1.081	0.227	0.014
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	34.071		0	NC	4		45.996	9.659	0.579
18:2 undifferentiated....g	33.150	0.429	7	A	1		44.752	9.398	0.564
18:3 undifferentiated....g	0.164		0	AS	1		0.222	0.047	0.003
18:3 n-3 c,c,c....g	0.112	0.002	4	A	1		0.151	0.032	0.002
18:3 n-6 c,c,c....g	0.052	0.000	4	A	1		0.070	0.015	0.001
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.404	0.006	7	A	1		0.545	0.115	0.007
20:3 undifferentiated....g	0.353	0.003	7	A	1		0.476	0.100	0.006
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	7	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	3	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	141		0		1		190	40	2
Amino Acids:									
Tryptophan....g	0.107		0	A	1		0.144	0.030	0.002
Threonine....g	0.370		0	A	1		0.499	0.105	0.006
Isoleucine....g	0.542		0	A	1		0.732	0.154	0.009
Leucine....g	0.991		0	A	1		1.337	0.281	0.017
Lysine....g	0.540		0	A	1		0.729	0.153	0.009
Methionine....g	0.259		0	A	1		0.349	0.073	0.004
Cystine....g	0.289		0	A	1		0.390	0.082	0.005
Phenylalanine....g	0.524		0	A	1		0.708	0.149	0.009
Tyrosine....g	0.509		0	A	1		0.687	0.144	0.009
Valine....g	0.687		0	A	1		0.927	0.195	0.012
Arginine....g	2.413		0	A	1		3.257	0.684	0.041
Histidine....g	0.341		0	A	1		0.460	0.097	0.006
Alanine....g	0.684		0	A	1		0.924	0.194	0.012
Aspartic acid....g	1.303		0	A	1		1.759	0.369	0.022
Glutamic acid....g	2.926		0	A	1		3.951	0.830	0.050

NDB No. 12147
Nuts, pine nuts, dried (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine....g	0.691		0	A	1		0.932	0.196	0.012
Proline....g	0.673		0	A	1		0.909	0.191	0.011
Serine....g	0.835		0	A	1		1.127	0.237	0.014
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz (167 kernels)

Measure 3 = 1.7g: 10 nuts

Footnotes:

1 Includes pignolia (Pinus pinea) and Korean (Pinus koraiensis).

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 43% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.90		1		1		1.67	0.06	
Energy....kcal	629		0	NC	4		178	6	
Energy....kj	2632				4		746	26	
Protein (N x 5.3)....g	11.57		1		1		3.28	0.12	
Total lipid (fat)....g	60.98		1		1		17.29	0.61	
Ash....g	2.26		1		1		0.64	0.02	
Carbohydrate, by difference....g	19.30		0	NC	4		5.47	0.19	
Fiber, total dietary....g	10.7		0		4		3.0	0.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2		1		2	0	
Iron, Fe....mg	3.06		2		1		0.87	0.03	
Magnesium, Mg....mg	234		2		1		66	2	
Phosphorus, P....mg	35		2		1		10	0	
Potassium, K....mg	628		2		1		178	6	
Sodium, Na....mg	72		2		1		20	1	
Zinc, Zn....mg	4.28		2		1		1.21	0.04	
Copper, Cu....mg	1.035		2		1		0.293	0.010	
Manganese, Mn....mg	4.333		0		4		1.228	0.043	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		0		1		0.6	0.0	
Thiamin....mg	1.243		0		1		0.352	0.012	
Riboflavin....mg	0.223		0		1		0.063	0.002	
Niacin....mg	4.370		0		1		1.239	0.044	
Pantothenic acid....mg	0.210		0		4		0.060	0.002	
Vitamin B-6....mg	0.111		0		4		0.031	0.001	
Folate, total....mcg	58		0		4		16	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	58		0		4		16	1	
Folate, DFE....mcg_DFE	58		0	NC	4		16	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	29		0		1		8	0	
Lycopene....mcg									
Lutein + zeaxanthin....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	9.377		0		1		2.658	0.094	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	4.416		0		1		1.252	0.044	
17:0....g									
18:0....g	2.011		0		1		0.570	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	22.942		0		1		6.504	0.229	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.250		0		1		0.071	0.003	
17:1....g									
18:1 undifferentiated....g	21.528		0		1		6.103	0.215	
20:1....g	1.164		0		1		0.330	0.012	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	25.668		0		1		7.277	0.257	
18:2 undifferentiated....g	24.882		0		1		7.054	0.249	
18:3 undifferentiated....g	0.787		0		1		0.223	0.008	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		0		1		0.041	0.001	
Threonine....g	0.367		0		1		0.104	0.004	
Isoleucine....g	0.450		0		1		0.128	0.005	
Leucine....g	0.834		0		1		0.236	0.008	
Lysine....g	0.434		0		1		0.123	0.004	
Methionine....g	0.207		0		1		0.059	0.002	
Cystine....g	0.210		0		1		0.060	0.002	
Phenylalanine....g	0.443		0		1		0.126	0.004	
Tyrosine....g	0.424		0		1		0.120	0.004	
Valine....g	0.598		0		1		0.170	0.006	
Arginine....g	2.251		0		1		0.638	0.023	
Histidine....g	0.277		0		1		0.079	0.003	
Alanine....g	0.605		0		1		0.172	0.006	
Aspartic acid....g	1.054		0		1		0.299	0.011	
Glutamic acid....g	1.969		0		1		0.558	0.020	
Glycine....g	0.589		0		1		0.167	0.006	
Proline....g	0.622		0		1		0.176	0.006	
Serine....g	0.491		0		1		0.139	0.005	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 1.0g: 10 nuts

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 47% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.03	0.244	4	A	1		2.50	0.58	0.01
Energy	kcal	568		0	NC	4		698	161	4
Energy	kj	2376		0	NC	4		2922	674	17
Protein (N x 5.3)	g	21.35	0.423	11	A	1		26.26	6.05	0.15
Total lipid (fat)	g	45.97	0.882	11	A	1		56.54	13.03	0.32
Ash	g	3.87	0.097	4	A	1		4.76	1.10	0.03
Carbohydrate, by difference	g	26.78		0	NC	4		32.93	7.59	0.19
Fiber, total dietary	g	10.3	0.023	11	A	1		12.7	2.9	0.1
Sugars, total	g	7.81	0.611	11	A	1		9.61	2.22	0.05
Sucrose	g	7.26	0.430	11	A	1		8.92	2.06	0.05
Glucose (dextrose)	g	0.23	0.123	11	A	1		0.29	0.07	0.00
Fructose	g	0.13	0.009	11	A	1		0.16	0.04	0.00
Lactose	g	0.00	0.000	11	A	1		0.00	0.00	0.00
Maltose	g	0.19	0.048	11	A	1		0.23	0.05	0.00
Galactose	g									
Starch	g	1.38	0.113	4	A	1		1.69	0.39	0.01
Minerals:										
Calcium, Ca	mg	110	8.282	11	A	1		135	31	1
Iron, Fe	mg	4.20	0.074	11	A	1		5.17	1.19	0.03
Magnesium, Mg	mg	120	1.250	4	A	1		148	34	1
Phosphorus, P	mg	485	6.455	4	A	1		597	137	3
Potassium, K	mg	1042	32.857	11	A	1		1282	295	7
Sodium, Na	mg	405	42.708	16	A	1		498	115	3
Zinc, Zn	mg	2.30	0.041	4	A	1		2.83	0.65	0.02
Copper, Cu	mg	1.325	0.025	4	A	1		1.630	0.376	0.009
Manganese, Mn	mg	1.275	0.075	4	A	1		1.568	0.361	0.009
Selenium, Se	mcg	9.3	0.693	9	A	1		11.4	2.6	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3	0.250	4	A	1		2.8	0.6	0.0
Thiamin	mg	0.840	0.013	4	A	1		1.033	0.238	0.006
Riboflavin	mg	0.158	0.017	4	A	1		0.194	0.045	0.001
Niacin	mg	1.425	0.048	4	A	1		1.753	0.404	0.010
Pantothenic acid	mg	0.513	0.012	4	A	1		0.630	0.145	0.004
Vitamin B-6	mg	1.274	0.384	12	A	1		1.567	0.361	0.009
Folate, total	mcg	50	1.402	4	A	1		62	14	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	50	1.402	4	A	1		62	14	0
Folate, DFE	mcg_DFE	50		0	NC	4		62	14	0
Choline, total	mg	71.4		0	AS	1		87.9	20.2	0.5
Betaine	mg	0.8	0.043	8	A	1		1.0	0.2	0.0
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	13	6.780	12	A	1		16	4	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	157	81.359	12	A	1		193	45	1
Carotene, alpha	mcg	0	0.000	12	A	1		0	0	0
Cryptoxanthin, beta	mcg	0	0.000	8	A	1		0	0	0
Vitamin A, IU	IU	262	135.598	12	A	1		322	74	2
Lycopene	mcg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin	mcg	1205	15.656	8	A	1		1482	342	8
Vitamin E (alpha-tocopherol)	mg	1.93	0.103	4	A	1		2.37	0.55	0.01
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.14	0.000	4	A	1		0.17	0.04	0.00
Tocopherol, gamma	mg	22.45	0.278	4	A	1		27.61	6.36	0.16
Tocopherol, delta	mg	0.73	0.025	4	A	1		0.89	0.21	0.01
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	13.2	0.584	8	A	1		16.3	3.7	0.1

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.555		0	NC	4		6.832	1.575	0.039
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0....g	4.945	0.043	4	A	1		6.082	1.402	0.035
17:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0....g	0.514	0.021	4	A	1		0.633	0.146	0.004
20:0....g	0.055	0.011	4	A	1		0.068	0.016	0.000
22:0....g	0.041	0.003	4	A	1		0.050	0.012	0.000
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	24.216		0	NC	4		29.786	6.865	0.170
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.457	0.013	4	A	1		0.562	0.130	0.003
17:1....g									
18:1 undifferentiated....g	23.583	0.104	4	A	1		29.007	6.686	0.165
20:1....g	0.176	0.000	4	A	1		0.216	0.050	0.001
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	13.899		0	NC	4		17.095	3.940	0.097
18:2 undifferentiated....g	13.636	0.110	4	A	1		16.773	3.866	0.095
18:3 undifferentiated....g	0.262	0.000	4	A	1		0.323	0.074	0.002
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	214		1	A	1		263	61	1
Stigmasterol....mg	4		1	A	1		5	1	0
Campesterol....mg	10		1	A	1		13	3	0
Beta-sitosterol....mg	199		1	A	1		244	56	1
Amino Acids:									
Tryptophan....g	0.284		0	A	1		0.349	0.080	0.002
Threonine....g	0.699		0	A	1		0.860	0.198	0.005
Isoleucine....g	0.935		0	A	1		1.150	0.265	0.007
Leucine....g	1.616		0	A	1		1.987	0.458	0.011
Lysine....g	1.196		0	A	1		1.471	0.339	0.008
Methionine....g	0.351		0	A	1		0.432	0.100	0.002
Cystine....g	0.371		0	A	1		0.457	0.105	0.003
Phenylalanine....g	1.104		0	A	1		1.358	0.313	0.008
Tyrosine....g	0.432		0	A	1		0.531	0.122	0.003
Valine....g	1.288		0	A	1		1.585	0.365	0.009
Arginine....g	2.108		0	A	1		2.593	0.598	0.015
Histidine....g	0.527		0	A	1		0.648	0.149	0.004
Alanine....g	0.957		0	A	1		1.177	0.271	0.007
Aspartic acid....g	1.888		0	A	1		2.323	0.535	0.013
Glutamic acid....g	3.970		0	A	1		4.883	1.126	0.028
Glycine....g	0.991		0	A	1		1.218	0.281	0.007
Proline....g	0.844		0	A	1		1.038	0.239	0.006
Serine....g	1.274		0	A	1		1.566	0.361	0.009
Hydroxyproline....g									
Others:									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 123g: 1 cup

Measure 2 = 28.35g: 1 oz (49 kernels)

Measure 3 = 0.7g: 1 kernel

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 47% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.99	0.115	11	A	1		2.44	0.56	0.01
Energy	kcal	571		0	NC	4		703	162	4
Energy	kj	2391		0	NC	4		2940	678	17
Protein (N x 5.3)	g	21.35	0.423	11	A	1		26.26	6.05	0.15
Total lipid (fat)	g	45.97	0.882	11	A	1		56.54	13.03	0.32
Ash	g	3.05	0.078	11	A	1		3.75	0.86	0.02
Carbohydrate, by difference	g	27.65		0	NC	4		34.00	7.84	0.19
Fiber, total dietary	g	10.3	0.023	11	A	1		12.7	2.9	0.1
Sugars, total	g	7.81	0.611	11	A	1		9.61	2.22	0.05
Sucrose	g	7.26	0.430	11	A	1		8.92	2.06	0.05
Glucose (dextrose)	g	0.23	0.123	11	A	1		0.29	0.07	0.00
Fructose	g	0.13	0.009	11	A	1		0.16	0.04	0.00
Lactose	g	0.00	0.000	11	A	1		0.00	0.00	0.00
Maltose	g	0.19	0.048	11	A	1		0.23	0.05	0.00
Galactose	g									
Starch	g	1.38	0.113	4	A	1		1.69	0.39	0.01
Minerals:										
Calcium, Ca	mg	110	8.282	11	A	1		135	31	1
Iron, Fe	mg	4.20	0.074	11	A	1		5.17	1.19	0.03
Magnesium, Mg	mg	120	1.250	4	A	1		148	34	1
Phosphorus, P	mg	485	6.455	4	A	1		597	137	3
Potassium, K	mg	1042	32.857	11	A	1		1282	295	7
Sodium, Na	mg	10	3.860	4	A	1		13	3	0
Zinc, Zn	mg	2.30	0.041	4	A	1		2.83	0.65	0.02
Copper, Cu	mg	1.325	0.025	4	A	1		1.630	0.376	0.009
Manganese, Mn	mg	1.275	0.075	4	A	1		1.568	0.361	0.009
Selenium, Se	mcg	9.3	0.693	9	A	1		11.4	2.6	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3	0.250	4	A	1		2.8	0.6	0.0
Thiamin	mg	0.840	0.013	4	A	1		1.033	0.238	0.006
Riboflavin	mg	0.158	0.017	4	A	1		0.194	0.045	0.001
Niacin	mg	1.425	0.048	4	A	1		1.753	0.404	0.010
Pantothenic acid	mg	0.513	0.012	4	A	1		0.630	0.145	0.004
Vitamin B-6	mg	1.274	0.384	12	A	1		1.567	0.361	0.009
Folate, total	mcg	50	1.402	4	A	1		62	14	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	50	1.402	4	A	1		62	14	0
Folate, DFE	mcg_DFE	50		0	NC	4		62	14	0
Choline, total	mg	71.4		0	AS	1		87.9	20.2	0.5
Betaine	mg	0.8	0.043	8	A	1		1.0	0.2	0.0
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	13	6.780	12	A	1		16	4	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	157	81.359	12	A	1		193	45	1
Carotene, alpha	mcg	0	0.000	12	A	1		0	0	0
Cryptoxanthin, beta	mcg	0	0.000	8	A	1		0	0	0
Vitamin A, IU	IU	262	135.598	12	A	1		322	74	2
Lycopene	mcg	0	0.000	8	A	1		0	0	0
Lutein + zeaxanthin	mcg	1205	15.656	8	A	1		1482	342	8
Vitamin E (alpha-tocopherol)	mg	1.93	0.103	4	A	1		2.37	0.55	0.01
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.14	0.000	4	A	1		0.17	0.04	0.00
Tocopherol, gamma	mg	22.45	0.278	4	A	1		27.61	6.36	0.16
Tocopherol, delta	mg	0.73	0.025	4	A	1		0.89	0.21	0.01
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	13.2	0.584	8	A	1		16.3	3.7	0.1

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.555		0	NC	4		6.832	1.575	0.039
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0....g	4.945	0.043	4	A	1		6.082	1.402	0.035
17:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0....g	0.514	0.021	4	A	1		0.633	0.146	0.004
20:0....g	0.055	0.011	4	A	1		0.068	0.016	0.000
22:0....g	0.041	0.003	4	A	1		0.050	0.012	0.000
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	24.216		0	NC	4		29.786	6.865	0.170
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.457	0.013	4	A	1		0.562	0.130	0.003
17:1....g									
18:1 undifferentiated....g	23.583	0.104	4	A	1		29.007	6.686	0.165
20:1....g	0.176	0.000	4	A	1		0.216	0.050	0.001
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	13.899		0	NC	4		17.095	3.940	0.097
18:2 undifferentiated....g	13.636	0.110	4	A	1		16.773	3.866	0.095
18:3 undifferentiated....g	0.262	0.000	4	A	1		0.323	0.074	0.002
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	214		0	A	1		263	61	1
Stigmasterol....mg	4		1	A	1		5	1	0
Campesterol....mg	10		1	A	1		13	3	0
Beta-sitosterol....mg	199		1	A	1		244	56	1
Amino Acids:									
Tryptophan....g	0.284		0	A	1		0.349	0.080	0.002
Threonine....g	0.699		0	A	1		0.860	0.198	0.005
Isoleucine....g	0.935		0	A	1		1.150	0.265	0.007
Leucine....g	1.616		0	A	1		1.987	0.458	0.011
Lysine....g	1.196		0	A	1		1.471	0.339	0.008
Methionine....g	0.351		0	A	1		0.432	0.100	0.002
Cystine....g	0.371		0	A	1		0.457	0.105	0.003
Phenylalanine....g	1.104		0	A	1		1.358	0.313	0.008
Tyrosine....g	0.432		0	A	1		0.531	0.122	0.003
Valine....g	1.288		0	A	1		1.585	0.365	0.009
Arginine....g	2.108		0	A	1		2.593	0.598	0.015
Histidine....g	0.527		0	A	1		0.648	0.149	0.004
Alanine....g	0.957		0	A	1		1.177	0.271	0.007
Aspartic acid....g	1.888		0	A	1		2.323	0.535	0.013
Glutamic acid....g	3.970		0	A	1		4.883	1.126	0.028
Glycine....g	0.991		0	A	1		1.218	0.281	0.007
Proline....g	0.844		0	A	1		1.038	0.239	0.006
Serine....g	1.274		0	A	1		1.566	0.361	0.009
Hydroxyproline....g									
Others:									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 123g: 1 cup

Measure 2 = 28.35g: 1 oz (49 kernels)

Measure 3 = 0.7g: 1 kernel

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 47% Shells

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.97	0.276	8	A	1		4.88	1.12	0.03
Energy	kcal	557		0	NC	4		685	158	4
Energy	kj	2332		0	NC	4		2868	661	16
Protein (N x 5.3)	g	20.61	0.186	8	A	1		25.36	5.84	0.14
Total lipid (fat)	g	44.44	1.664	8	A	1		54.66	12.60	0.31
Ash	g	3.02	0.061	8	A	1		3.71	0.86	0.02
Carbohydrate, by difference	g	27.97		0	NC	4		34.40	7.93	0.20
Fiber, total dietary	g	10.3	0.353	8	A	1		12.6	2.9	0.1
Sugars, total	g	7.64	0.305	8	A	1		9.39	2.17	0.05
Sucrose	g	7.00	0.100	8	A	1		8.61	1.98	0.05
Glucose (dextrose)	g	0.27	0.113	8	A	1		0.34	0.08	0.00
Fructose	g	0.17	0.035	8	A	1		0.20	0.05	0.00
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose	g	0.20	0.058	8	A	1		0.25	0.06	0.00
Galactose	g									
Starch	g	1.67		1	A	1		2.05	0.47	0.01
Minerals:										
Calcium, Ca	mg	107	0.214	8	A	1		132	30	1
Iron, Fe	mg	4.15	0.151	8	A	1		5.11	1.18	0.03
Magnesium, Mg	mg	121		1	A	1		149	34	1
Phosphorus, P	mg	490		1	A	1		603	139	3
Potassium, K	mg	1025	64.643	8	A	1		1261	291	7
Sodium, Na	mg	1		1	A	1		2	0	0
Zinc, Zn	mg	2.20		1	A	1		2.71	0.62	0.02
Copper, Cu	mg	1.300		1	A	1		1.599	0.369	0.009
Manganese, Mn	mg	1.200		1	A	1		1.476	0.340	0.008
Selenium, Se	mcg	7.0		1	A	1		8.6	2.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.0		1	A	1		6.2	1.4	0.0
Thiamin	mg	0.870		1	A	1		1.070	0.247	0.006
Riboflavin	mg	0.160		1	A	1		0.197	0.045	0.001
Niacin	mg	1.300		1	A	1		1.599	0.369	0.009
Pantothenic acid	mg	0.520		1	A	1		0.640	0.147	0.004
Vitamin B-6	mg	1.700		1	A	1		2.091	0.482	0.012
Folate, total	mcg	51		1	A	1		62	14	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	51		1	A	1		62	14	0
Folate, DFE	mcg_DFE	51		0	NC	4		62	14	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	28		1	AS	1		34	8	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	332		1	A	1		408	94	2
Carotene, alpha	mcg	0		1	A	1		0	0	0
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	553		1	AS	1		680	157	4
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	2.30		1	A	1		2.83	0.65	0.02
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	22.60		1	A	1		27.80	6.41	0.16
Tocopherol, delta	mg	0.80		1	A	1		0.98	0.23	0.01
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.440		0	NC	4		6.691	1.542	0.038

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g	0.000		1	A	1		0.000	0.000	0.000
14:0 g	0.000		1	A	1		0.000	0.000	0.000
15:0 g	0.000		1	A	1		0.000	0.000	0.000
16:0 g	4.889		1	A	1		6.013	1.386	0.034
17:0 g	0.000		1	A	1		0.000	0.000	0.000
18:0 g	0.466		1	A	1		0.573	0.132	0.003
20:0 g	0.043		1	A	1		0.052	0.012	0.000
22:0 g	0.043		1	A	1		0.052	0.012	0.000
24:0 g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	23.319		0	NC	4		28.683	6.611	0.163
14:1 g	0.000		1	A	1		0.000	0.000	0.000
15:1 g									
16:1 undifferentiated g	0.463		1	A	1		0.570	0.131	0.003
17:1 g									
18:1 undifferentiated g	22.686		1	A	1		27.904	6.432	0.159
20:1 g	0.170		1	A	1		0.209	0.048	0.001
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	13.455		0	NC	4		16.550	3.814	0.094
18:2 undifferentiated g	13.201		1	A	1		16.237	3.743	0.092
18:3 undifferentiated g	0.254		1	A	1		0.312	0.072	0.002
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3 g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg	214		1		1		263	61	1
Stigmasterol mg	5		1	A	1		7	2	0
Campesterol mg	10		1	A	1		13	3	0
Beta-sitosterol mg	198		1	A	1		243	56	1
Amino Acids:									
Tryptophan g	0.273		0	A	1		0.336	0.077	0.002
Threonine g	0.673		0	A	1		0.827	0.191	0.005
Isoleucine g	0.900		0	A	1		1.107	0.255	0.006
Leucine g	1.554		0	A	1		1.912	0.441	0.011
Lysine g	1.151		0	A	1		1.415	0.326	0.008
Methionine g	0.338		0	A	1		0.416	0.096	0.002
Cystine g	0.357		0	A	1		0.440	0.101	0.003
Phenylalanine g	1.062		0	A	1		1.306	0.301	0.007
Tyrosine g	0.415		0	A	1		0.511	0.118	0.003
Valine g	1.239		0	A	1		1.524	0.351	0.009
Arginine g	2.028		0	A	1		2.494	0.575	0.014
Histidine g	0.507		0	A	1		0.623	0.144	0.004
Alanine g	0.921		0	A	1		1.133	0.261	0.006
Aspartic acid g	1.817		0	A	1		2.234	0.515	0.013
Glutamic acid g	3.819		0	A	1		4.697	1.083	0.027
Glycine g	0.953		0	A	1		1.172	0.270	0.007
Proline g	0.812		0	A	1		0.998	0.230	0.006
Serine g	1.225		0	A	1		1.507	0.347	0.009
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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 123g: 1 cup

Measure 2 = 28.35g: 1 oz (49 kernels)

Measure 3 = 0.7g: 1 kernel

Footnotes:

1 Unroasted

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 76% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.56	0.199	11	A	1		5.70	0.36	1.29
Energy....kcal	618		0	NC	4		772	48	175
Energy....kj	2584		0	NC	4		3230	202	733
Protein (N x 5.3)....g	24.06	0.287	11	A	1		30.08	1.88	6.82
Total lipid (fat)....g	59.00	2.419	31	A	1		73.75	4.60	16.73
Ash....g	2.47	0.142	11	A	1		3.09	0.19	0.70
Carbohydrate, by difference....g	9.91		0	NC	4		12.39	0.77	2.81
Fiber, total dietary....g	6.8		2	A	1		8.5	0.5	1.9
Sugars, total....g	1.10		1	A	1		1.38	0.09	0.31
Sucrose....g	1.00		1	A	1		1.25	0.08	0.28
Glucose (dextrose)....g	0.05		1	A	1		0.06	0.00	0.01
Fructose....g	0.05		1	A	1		0.06	0.00	0.01
Lactose....g	0.00		1	A	1		0.00	0.00	0.00
Maltose....g	0.00		1	A	1		0.00	0.00	0.00
Galactose....g									
Starch....g	0.24		1	A	1		0.30	0.02	0.07
Minerals:									
Calcium, Ca....mg	61	2.800	16	A	1		76	5	17
Iron, Fe....mg	3.12	0.045	16	A	1		3.89	0.24	0.88
Magnesium, Mg....mg	201	1.000	16	A	1		251	16	57
Phosphorus, P....mg	513	49.000	16	A	1		641	40	145
Potassium, K....mg	523	1.000	16	A	1		654	41	148
Sodium, Na....mg	2	1.040	13	A	1		3	0	1
Zinc, Zn....mg	3.37	0.050	16	A	1		4.21	0.26	0.96
Copper, Cu....mg	1.360	0.340	16	A	1		1.700	0.106	0.386
Manganese, Mn....mg	3.896	0.376	16	A	1		4.869	0.304	1.104
Selenium, Se....mcg	17.0		1	A	1		21.3	1.3	4.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		1	A	1		2.1	0.1	0.5
Thiamin....mg	0.057		1	A	1		0.071	0.004	0.016
Riboflavin....mg	0.130		1	A	1		0.163	0.010	0.037
Niacin....mg	0.470		1	A	1		0.588	0.037	0.133
Pantothenic acid....mg	1.660		1	A	1		2.075	0.129	0.471
Vitamin B-6....mg	0.583		1	A	1		0.729	0.045	0.165
Folate, total....mcg	31		1	A	1		39	2	9
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	31		1	A	1		39	2	9
Folate, DFE....mcg_DFE	31		0	NC	4		39	2	9
Choline, total....mg	32.1		0	AS	1		40.1	2.5	9.1
Betaine....mg	0.5		1	A	1		0.7	0.0	0.2
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	2		1	A	1		3	0	1
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	24		1	A	1		30	2	7
Carotene, alpha....mcg	0		1	A	1		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	40		1	A	1		50	3	11
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	9		0	BFZN	4		11	1	3
Vitamin E (alpha-tocopherol)....mg	1.80		1	A	1		2.25	0.14	0.51
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	28.48		1	A	1		35.60	2.22	8.07
Tocopherol, delta....mg	1.44		1	A	1		1.80	0.11	0.41
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.7		0	BFZN	4		3.3	0.2	0.8

NDB No. 12154
Nuts, walnuts, black, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.368		0	NC	4		4.210	0.263	0.955
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		1	A	1		0.000	0.000	0.000
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	1.923	0.203	6	A	1		2.404	0.150	0.545
17:0....g	0.000		1	A	1		0.000	0.000	0.000
18:0....g	1.445	0.051	6	A	1		1.806	0.113	0.410
20:0....g	0.000		1	A	1		0.000	0.000	0.000
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g									
Fatty acids, total monounsaturated....g	15.004		0	NC	4		18.755	1.170	4.254
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.063	0.014	3	A	1		0.079	0.005	0.018
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	14.533	2.677	7	A	1		18.166	1.134	4.120
20:1....g	0.408	0.140	3	A	1		0.510	0.032	0.116
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	35.077		0	NC	4		43.847	2.736	9.944
18:2 undifferentiated....g	33.072	0.387	7	A	1		41.340	2.580	9.376
18:3 undifferentiated....g	2.006		0	AS	1		2.507	0.156	0.569
18:3 n-3 c,c,c....g	2.006		1	A	1		2.507	0.156	0.569
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1	A	1		0	0	0
Phytosterols....mg	108		0	AS	1		134	8	30
Stigmasterol....mg	0		1	A	1		0	0	0
Campesterol....mg	5		1	A	1		6	0	1
Beta-sitosterol....mg	103		1	A	1		129	8	29
Amino Acids:									
Tryptophan....g	0.318		0	A	1		0.398	0.025	0.090
Threonine....g	0.721		0	A	1		0.902	0.056	0.205
Isoleucine....g	0.966		0	A	1		1.208	0.075	0.274
Leucine....g	1.684		0	A	1		2.105	0.131	0.477
Lysine....g	0.713		0	A	1		0.891	0.056	0.202
Methionine....g	0.467		0	A	1		0.584	0.036	0.133
Cystine....g	0.462		0	A	1		0.578	0.036	0.131
Phenylalanine....g	1.094		0	A	1		1.367	0.085	0.310
Tyrosine....g	0.740		0	A	1		0.925	0.058	0.210
Valine....g	1.271		0	A	1		1.589	0.099	0.360
Arginine....g	3.618		0	A	1		4.522	0.282	1.026
Histidine....g	0.672		0	A	1		0.840	0.052	0.191

NDB No. 12154
Nuts, walnuts, black, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	1.048		0	A	1		1.311	0.082	0.297
Aspartic acid....g	2.433		0	A	1		3.041	0.190	0.690
Glutamic acid....g	5.152		0	A	1		6.439	0.402	1.460
Glycine....g	1.189		0	A	1		1.486	0.093	0.337
Proline....g	0.926		0	A	1		1.157	0.072	0.263
Serine....g	1.225		0	A	1		1.532	0.096	0.347
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 125g: 1 cup, chopped

Measure 2 = 7.8g: 1 tbsp

Measure 3 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12155
Nuts, walnuts, english (1)
Juglans regia
Includes USDA commodity food A259, A257
Refuse: 55% Shells

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.07	0.155	7	A	1		4.76	3.26	1.14
Energy....kcal	654		0	NC	4		766	524	183
Energy....kj	2738		0	NC	4		3204	2191	767
Protein (N x 5.3)....g	15.23	0.238	7	A	1		17.82	12.18	4.26
Total lipid (fat)....g	65.21	0.494	7	A	1		76.30	52.17	18.26
Ash....g	1.78	0.019	7	A	1		2.08	1.43	0.50
Carbohydrate, by difference....g	13.71		0	NC	4		16.04	10.96	3.84
Fiber, total dietary....g	6.7	0.549	7	A	1		7.8	5.4	1.9
Sugars, total....g	2.61	0.094	7	A	1		3.06	2.09	0.73
Sucrose....g	2.43	0.087	7	A	1		2.84	1.94	0.68
Glucose (dextrose)....g	0.08	0.014	7	A	1		0.09	0.06	0.02
Fructose....g	0.09	0.011	7	A	1		0.10	0.07	0.02
Lactose....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Galactose....g									
Starch....g	0.06	0.011	7	A	1		0.06	0.04	0.02
Minerals:									
Calcium, Ca....mg	98	3.009	7	A	1		114	78	27
Iron, Fe....mg	2.91	0.086	7	A	1		3.41	2.33	0.82
Magnesium, Mg....mg	158	1.204	7	A	1		185	126	44
Phosphorus, P....mg	346	3.689	7	A	1		404	277	97
Potassium, K....mg	441	6.471	7	A	1		516	353	124
Sodium, Na....mg	2	0.837	7	A	1		2	2	1
Zinc, Zn....mg	3.09	0.083	7	A	1		3.61	2.47	0.86
Copper, Cu....mg	1.586	0.026	7	A	1		1.855	1.269	0.444
Manganese, Mn....mg	3.414	0.122	7	A	1		3.995	2.731	0.956
Selenium, Se....mcg	4.9	0.417	6	A	1		5.7	3.9	1.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3	0.184	7	A	1		1.5	1.0	0.4
Thiamin....mg	0.341	0.010	7	A	1		0.399	0.273	0.096
Riboflavin....mg	0.150	0.003	7	A	1		0.176	0.120	0.042
Niacin....mg	1.125	0.055	8	A	1		1.317	0.900	0.315
Pantothenic acid....mg	0.570	0.011	7	A	1		0.667	0.456	0.160
Vitamin B-6....mg	0.537	0.026	7	A	1		0.628	0.430	0.150
Folate, total....mcg	98	3.889	7	A	1		115	78	27
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	98	3.889	7	A	1		115	78	27
Folate, DFE....mcg_DFE	98		0	NC	4		115	78	27
Choline, total....mg	39.2		0	AS	1		45.9	31.4	11.0
Betaine....mg	0.3	0.019	5	A	1		0.4	0.2	0.1
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	1	0.613	6	A	1		1	1	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	12	7.358	6	A	1		14	10	3
Carotene, alpha....mcg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta....mcg	0	0.000	3	A	1		0	0	0
Vitamin A, IU....IU	20	12.264	6	A	1		24	16	6
Lycopene....mcg	0	0.000	3	A	1		0	0	0
Lutein + zeaxanthin....mcg	9	0.180	3	A	1		11	7	3
Vitamin E (alpha-tocopherol)....mg	0.70	0.321	13	A	1		0.82	0.56	0.20
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.15	0.146	13	A	1		0.18	0.12	0.04
Tocopherol, gamma....mg	20.83	2.609	13	A	1		24.38	16.67	5.83
Tocopherol, delta....mg	1.89	0.466	13	A	1		2.21	1.51	0.53
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.7	0.253	8	A	1		3.1	2.1	0.7

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.126		0	NC	4		7.167	4.901	1.715
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
13:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
14:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
16:0....g	4.404	0.095	7	A	1		5.152	3.523	1.233
17:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
18:0....g	1.659	0.035	7	A	1		1.941	1.327	0.465
20:0....g	0.063	0.000	7	A	1		0.073	0.050	0.018
22:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	8.933		0	NC	4		10.451	7.146	2.501
14:1....g	0.000	0.000	7	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.000	0.000	7	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	8.799	0.138	7	A	1		10.294	7.039	2.464
20:1....g	0.134	0.008	7	A	1		0.157	0.107	0.038
22:1 undifferentiated....g	0.000	0.000	7	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	7	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	47.174		0	NC	4		55.193	37.739	13.209
18:2 undifferentiated....g	38.093	0.304	7	A	1		44.569	30.475	10.666
18:3 undifferentiated....g	9.080	0.179	7	A	1		10.624	7.264	2.543
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:5 n-3....g	0.000	0.000	7	A	1		0.000	0.000	0.000
22:5 n-3....g	0.000	0.000	7	A	1		0.000	0.000	0.000
22:6 n-3....g	0.000	0.000	7	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	72	0.647	3	A	1		84	58	20
Stigmasterol....mg	1	0.187	3	A	1		1	1	0
Campesterol....mg	7	0.369	3	A	1		8	6	2
Beta-sitosterol....mg	64	1.374	3	A	1		75	51	18
Amino Acids:									
Tryptophan....g	0.170		0	A	1		0.199	0.136	0.048
Threonine....g	0.596		0	A	1		0.697	0.477	0.167
Isoleucine....g	0.625		0	A	1		0.731	0.500	0.175
Leucine....g	1.170		0	A	1		1.369	0.936	0.328
Lysine....g	0.424		0	A	1		0.497	0.339	0.119
Methionine....g	0.236		0	A	1		0.276	0.189	0.066
Cystine....g	0.208		0	A	1		0.244	0.167	0.058
Phenylalanine....g	0.711		0	A	1		0.832	0.569	0.199
Tyrosine....g	0.406		0	A	1		0.475	0.325	0.114
Valine....g	0.753		0	A	1		0.881	0.602	0.211
Arginine....g	2.278		0	A	1		2.665	1.822	0.638
Histidine....g	0.391		0	A	1		0.457	0.313	0.109
Alanine....g	0.696		0	A	1		0.814	0.557	0.195
Aspartic acid....g	1.829		0	A	1		2.140	1.464	0.512
Glutamic acid....g	2.816		0	A	1		3.294	2.252	0.788
Glycine....g	0.816		0	A	1		0.954	0.653	0.228
Proline....g	0.706		0	A	1		0.826	0.565	0.198
Serine....g	0.934		0	A	1		1.093	0.747	0.261
Hydroxyproline....g									
Others:									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 117g: 1 cup, chopped

Measure 2 = 80g: 1 cup, ground

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

Footnotes:

1 Unroasted

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12003
Seeds, breadfruit seeds, boiled

Refuse: 64% Soft shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.30		1		1		16.81		
Energy....kcal	168		0	NC	4		48		
Energy....kj	703				4		199		
Protein (N x 5.3)....g	5.30		1		1		1.50		
Total lipid (fat)....g	2.30		1		1		0.65		
Ash....g	1.10		1		1		0.31		
Carbohydrate, by difference....g	32.00		0	NC	4		9.07		
Fiber, total dietary....g	4.8		0	BFSN	4		1.4		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	61		0		1		17		
Iron, Fe....mg	0.60		0		1		0.17		
Magnesium, Mg....mg	50		0		4		14		
Phosphorus, P....mg	124		0		1		35		
Potassium, K....mg	875		0		4		248		
Sodium, Na....mg	23		0		4		7		
Zinc, Zn....mg	0.83		0		4		0.24		
Copper, Cu....mg	1.069		0		4		0.303		
Manganese, Mn....mg	0.132		0		4		0.037		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.1		0		4		1.7		
Thiamin....mg	0.290		0		1		0.082		
Riboflavin....mg	0.170		0		1		0.048		
Niacin....mg	5.300		0		1		1.503		
Pantothenic acid....mg	0.816		0		4		0.231		
Vitamin B-6....mg	0.298		0		4		0.084		
Folate, total....mcg	49		0		4		14		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	49		0		4		14		
Folate, DFE....mcg_DFE	49		0	NC	4		14		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	12		0		4		3		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	238		0		4		67		
Lycopene....mcg									
Lutein + zeaxanthin....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	0.621		0		1		0.176		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

NDB No. 12003
Seeds, breadfruit seeds, boiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.411		0		1		0.117		
17:0....g									
18:0....g	0.210		0		1		0.060		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.293		0		1		0.083		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.281		0		1		0.080		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.225		0		1		0.347		
18:2 undifferentiated....g	0.942		0		1		0.267		
18:3 undifferentiated....g	0.283		0		1		0.080		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.088		0		1		0.025		
Threonine....g	0.276		0		1		0.078		
Isoleucine....g	0.317		0		1		0.090		
Leucine....g	0.403		0		1		0.114		
Lysine....g	0.408		0		1		0.116		
Methionine....g	0.069		0		1		0.020		
Cystine....g	0.083		0		1		0.024		
Phenylalanine....g	0.571		0		1		0.162		
Tyrosine....g	0.390		0		1		0.111		
Valine....g	0.383		0		1		0.109		
Arginine....g	0.354		0		1		0.100		
Histidine....g	0.148		0		1		0.042		
Alanine....g	0.241		0		1		0.068		
Aspartic acid....g	0.585		0		1		0.166		
Glutamic acid....g	0.742		0		1		0.210		
Glycine....g	0.333		0		1		0.094		
Proline....g	0.264		0		1		0.075		
Serine....g	0.355		0		1		0.101		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12003
Seeds, breadfruit seeds, boiled

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 32% Shells

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.27		1		1		15.95		
Energy....kcal	191		0	NC	4		54		
Energy....kj	799				4		227		
Protein (N x 5.3)....g	7.40		1		1		2.10		
Total lipid (fat)....g	5.59		1		1		1.58		
Ash....g	1.50		1		1		0.43		
Carbohydrate, by difference....g	29.24		0	NC	4		8.29		
Fiber, total dietary....g	5.2		0	BFCN	4		1.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	36		0		1		10		
Iron, Fe....mg	3.67		0		1		1.04		
Magnesium, Mg....mg	54		0		4		15		
Phosphorus, P....mg	175		0		1		50		
Potassium, K....mg	941		0		4		267		
Sodium, Na....mg	25		0		4		7		
Zinc, Zn....mg	0.90		0		4		0.26		
Copper, Cu....mg	1.148		0		4		0.325		
Manganese, Mn....mg	0.142		0		4		0.040		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.6		0		1		1.9		
Thiamin....mg	0.482		0		1		0.137		
Riboflavin....mg	0.301		0		1		0.085		
Niacin....mg	0.438		0		1		0.124		
Pantothenic acid....mg	0.877		0		1		0.249		
Vitamin B-6....mg	0.320		0		4		0.091		
Folate, total....mcg	53		0		4		15		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	53		0		4		15		
Folate, DFE....mcg_DFE	53		0	NC	4		15		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	13		0		1		4		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	256		0		1		73		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.509		0		1		0.428		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

NDB No. 12001
Seeds, breadfruit seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.999		1		1		0.283		
17:0....g									
18:0....g	0.510		1		1		0.145		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.712		0		1		0.202		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		1		1		0.009		
17:1....g									
18:1 undifferentiated....g	0.682		1		1		0.193		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.977		0		1		0.844		
18:2 undifferentiated....g	2.290		1		1		0.649		
18:3 undifferentiated....g	0.687		1		1		0.195		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		2		1		0.035		
Threonine....g	0.385		1		1		0.109		
Isoleucine....g	0.443		1		1		0.126		
Leucine....g	0.563		1		1		0.160		
Lysine....g	0.570		1		1		0.162		
Methionine....g	0.096		1		1		0.027		
Cystine....g	0.116		1		1		0.033		
Phenylalanine....g	0.797		1		1		0.226		
Tyrosine....g	0.544		1		1		0.154		
Valine....g	0.535		1		1		0.152		
Arginine....g	0.494		1		1		0.140		
Histidine....g	0.207		1		1		0.059		
Alanine....g	0.336		1		1		0.095		
Aspartic acid....g	0.817		1		1		0.232		
Glutamic acid....g	1.036		1		1		0.294		
Glycine....g	0.465		1		1		0.132		
Proline....g	0.369		1		1		0.105		
Serine....g	0.496		1		1		0.141		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12001
Seeds, breadfruit seeds, raw

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12158
Seeds, breadfruit seeds, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.70		1		1		14.09		
Energy	kcal	207		0	NC	4		59		
Energy	kj	866				4		246		
Protein (N x 5.3)	g	6.20		1		1		1.76		
Total lipid (fat)	g	2.70		1		1		0.77		
Ash	g	1.30		1		1		0.37		
Carbohydrate, by difference	g	40.10		0	NC	4		11.37		
Fiber, total dietary	g	6.0		0	BFSN	4		1.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	86		0		1		24		
Iron, Fe	mg	0.90		0		1		0.26		
Magnesium, Mg	mg	62		0		4		18		
Phosphorus, P	mg	175		0		1		50		
Potassium, K	mg	1082		0		4		307		
Sodium, Na	mg	28		0		4		8		
Zinc, Zn	mg	1.03		0		4		0.29		
Copper, Cu	mg	1.321		0		4		0.375		
Manganese, Mn	mg	0.163		0		4		0.046		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.6		0		4		2.2		
Thiamin	mg	0.410		0		1		0.116		
Riboflavin	mg	0.240		0		1		0.068		
Niacin	mg	7.400		0		1		2.098		
Pantothenic acid	mg	1.009		0		4		0.286		
Vitamin B-6	mg	0.420		0		4		0.119		
Folate, total	mcg	59		0		4		17		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	59		0		4		17		
Folate, DFE	mcg_DFE	59		0	NC	4		17		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	15		0		4		4		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	294		0		4		83		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.729		0		1		0.207		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12158
Seeds, breadfruit seeds, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.483		0		1		0.137		
17:0....g									
18:0....g	0.246		0		1		0.070		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.344		0		1		0.098		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.329		0		1		0.093		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.438		0		1		0.408		
18:2 undifferentiated....g	1.106		0		1		0.314		
18:3 undifferentiated....g	0.332		0		1		0.094		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.103		0		1		0.029		
Threonine....g	0.323		0		1		0.092		
Isoleucine....g	0.371		0		1		0.105		
Leucine....g	0.472		0		1		0.134		
Lysine....g	0.477		0		1		0.135		
Methionine....g	0.081		0		1		0.023		
Cystine....g	0.097		0		1		0.027		
Phenylalanine....g	0.668		0		1		0.189		
Tyrosine....g	0.456		0		1		0.129		
Valine....g	0.448		0		1		0.127		
Arginine....g	0.414		0		1		0.117		
Histidine....g	0.173		0		1		0.049		
Alanine....g	0.282		0		1		0.080		
Aspartic acid....g	0.684		0		1		0.194		
Glutamic acid....g	0.868		0		1		0.246		
Glycine....g	0.390		0		1		0.111		
Proline....g	0.309		0		1		0.088		
Serine....g	0.415		0		1		0.118		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12158
Seeds, breadfruit seeds, roasted

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12005
Seeds, breadnuttree seeds, dried

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	6.50		0		1		10.40	1.84	
Energy....kcal	367		0	NC	4		587	104	
Energy....kj	1536				4		2457	435	
Protein (N x 5.3)....g	8.62		0		1		13.79	2.44	
Total lipid (fat)....g	1.68		0		1		2.69	0.48	
Ash....g	3.81		0		1		6.10	1.08	
Carbohydrate, by difference....g	79.39		0	NC	4		127.02	22.51	
Fiber, total dietary....g	14.9		0		4		23.8	4.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	94		0		1		150	27	
Iron, Fe....mg	4.60		0		1		7.36	1.30	
Magnesium, Mg....mg	115		0		4		184	33	
Phosphorus, P....mg	178		0		1		285	50	
Potassium, K....mg	2011		0		4		3218	570	
Sodium, Na....mg	53		0		4		85	15	
Zinc, Zn....mg	1.91		0		4		3.06	0.54	
Copper, Cu....mg	2.455		0		4		3.928	0.696	
Manganese, Mn....mg	0.303		0		4		0.485	0.086	
Selenium, Se....mcg	1.9		0	BFSN	4		3.0	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	46.6		0		1		74.6	13.2	
Thiamin....mg	0.030		0		1		0.048	0.009	
Riboflavin....mg	0.140		0		1		0.224	0.040	
Niacin....mg	2.100		0		1		3.360	0.595	
Pantothenic acid....mg	1.875		0		4		3.000	0.532	
Vitamin B-6....mg	0.685		0		4		1.096	0.194	
Folate, total....mcg	113		0		4		181	32	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	113		0		4		181	32	
Folate, DFE....mcg_DFE	113		0	NC	4		181	32	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0		1		17	3	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	216		0		1		346	61	
Lycopene....mcg									
Lutein + zeaxanthin....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	0.454		0		1		0.726	0.129	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									

NDB No. 12005
Seeds, breadnuttree seeds, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.301		0		1		0.482	0.085	
17:0....g									
18:0....g	0.154		0		1		0.246	0.044	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.214		0		1		0.342	0.061	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0		1		0.014	0.003	
17:1....g									
18:1 undifferentiated....g	0.205		0		1		0.328	0.058	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.896		0		1		1.434	0.254	
18:2 undifferentiated....g	0.690		0		1		1.104	0.196	
18:3 undifferentiated....g	0.207		0		1		0.331	0.059	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0		1		0.374	0.066	
Threonine....g	0.335		0		1		0.536	0.095	
Isoleucine....g	0.488		0		1		0.781	0.138	
Leucine....g	0.935		0		1		1.496	0.265	
Lysine....g	0.376		0		1		0.602	0.107	
Methionine....g	0.050		0		1		0.080	0.014	
Cystine....g	0.135		0		1		0.216	0.038	
Phenylalanine....g	0.407		0		1		0.651	0.115	
Tyrosine....g	0.634		0		1		1.014	0.180	
Valine....g	0.834		0		1		1.334	0.236	
Arginine....g	0.793		0		1		1.269	0.225	
Histidine....g	0.132		0		1		0.211	0.037	
Alanine....g	0.392		0		1		0.627	0.111	
Aspartic acid....g	0.951		0		1		1.522	0.270	
Glutamic acid....g	5.206		0		1		8.330	1.476	
Glycine....g	0.541		0		1		0.866	0.153	
Proline....g	0.429		0		1		0.686	0.122	
Serine....g	0.577		0		1		0.923	0.164	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 160g: 1 cup

NDB No. 12005

Seeds, breadnuttree seeds, dried

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12004

Seeds, breadnuttree seeds, raw

Brosimum alicastrum

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.00		2		1		12.76		
Energy	kcal	217		0	NC	4		62		
Energy	kj	908				4		257		
Protein (N x 5.3)	g	5.97		1		1		1.69		
Total lipid (fat)	g	0.99		0		1		0.28		
Ash	g	1.76		1		1		0.50		
Carbohydrate, by difference	g	46.28		0	NC	4		13.12		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	98		1		1		28		
Iron, Fe	mg	2.09		1		1		0.59		
Magnesium, Mg	mg	68		0		4		19		
Phosphorus, P	mg	67		1		1		19		
Potassium, K	mg	1183		0		4		335		
Sodium, Na	mg	31		0		4		9		
Zinc, Zn	mg	1.13		0		4		0.32		
Copper, Cu	mg	1.444		0		4		0.409		
Manganese, Mn	mg	0.178		0		4		0.050		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	27.4		1		1		7.8		
Thiamin	mg	0.055		1		1		0.016		
Riboflavin	mg	0.055		1		1		0.016		
Niacin	mg	0.880		1		1		0.249		
Pantothenic acid	mg	1.103		0		4		0.313		
Vitamin B-6	mg	0.403		0		4		0.114		
Folate, total	mcg	66		0		4		19		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	66		0		4		19		
Folate, DFE	mcg_DFE	66		0	NC	4		19		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	12		1		1		4		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	248		1		1		70		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.267		0		1		0.076		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12004
Seeds, breadnuttree seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.177		0		1		0.050		
17:0....g									
18:0....g	0.090		0		1		0.026		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.126		0		1		0.036		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.121		0		1		0.034		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.527		0		1		0.149		
18:2 undifferentiated....g	0.406		0		1		0.115		
18:3 undifferentiated....g	0.122		0		1		0.035		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.162		1		1		0.046		
Threonine....g	0.232		1		1		0.066		
Isoleucine....g	0.338		1		1		0.096		
Leucine....g	0.647		1		1		0.183		
Lysine....g	0.260		1		1		0.074		
Methionine....g	0.035		1		1		0.010		
Cystine....g	0.093		0		1		0.026		
Phenylalanine....g	0.282		1		1		0.080		
Tyrosine....g	0.439		0		1		0.124		
Valine....g	0.578		1		1		0.164		
Arginine....g	0.549		1		1		0.156		
Histidine....g	0.091		1		1		0.026		
Alanine....g	0.271		0		1		0.077		
Aspartic acid....g	0.659		0		1		0.187		
Glutamic acid....g	0.835		0		1		0.237		
Glycine....g	0.375		0		1		0.106		
Proline....g	0.297		0		1		0.084		
Serine....g	0.400		0		1		0.113		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (8-14 seeds)

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

NDB No. 12004
Seeds, breadnuttree seeds, raw

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.90		2	A	1		1.39		
Energy....kcal	490		0	NC	4		139		
Energy....kj	2051		0	NC	4		581		
Protein (N x 5.3)....g	15.62	0.657	4	A	1		4.43		
Total lipid (fat)....g	30.75	1.697	5	A	1		8.72		
Ash....g	4.87		2	A	1		1.38		
Carbohydrate, by difference....g	43.85		0	NC	4		12.43		
Fiber, total dietary....g	37.7		1	A	1		10.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	631		2	A	1		179		
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	948		2	A	1		269		
Potassium, K....mg	160		1	A	1		45		
Sodium, Na....mg	19		1	A	1		5		
Zinc, Zn....mg	3.49		1	A	1		0.99		
Copper, Cu....mg	0.188		1	A	1		0.053		
Manganese, Mn....mg	2.167		1	A	1		0.614		
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	3.176		0	NC	4		0.900		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.030		1	A	1		0.009		
15:0....g	0.030		1	A	1		0.009		
16:0....g	2.025	0.169	4	A	1		0.574		
17:0....g	0.063		1	A	1		0.018		
18:0....g	0.903	0.052	4	A	1		0.256		
20:0....g	0.093		2	A	1		0.026		
22:0....g	0.032		1	A	1		0.009		
24:0....g									
Fatty acids, total monounsaturated....g	2.115		0	NC	4		0.599		
14:1....g	0.030		1	A	1		0.009		
15:1....g									
16:1 undifferentiated....g	0.031		2	A	1		0.009		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.007	0.169	4	A	1		0.569		
20:1....g	0.046		2	A	1		0.013		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	23.335		0	NC	4		6.615		
18:2 undifferentiated....g	5.785	0.530	4	A	1		1.640		
18:3 undifferentiated....g	17.550	1.530	4	A	1		4.976		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		

NDB No. 12006
Seeds, chia seeds, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.721		0	A	1		0.204		
Threonine.....g	0.665		0	A	1		0.188		
Isoleucine.....g	0.696		0	A	1		0.197		
Leucine.....g	1.258		0	A	1		0.357		
Lysine.....g	0.917		0	A	1		0.260		
Methionine.....g	0.090		0	A	1		0.026		
Cystine.....g	0.361		0	A	1		0.102		
Phenylalanine.....g	1.028		0	A	1		0.292		
Tyrosine.....g	0.503		0	A	1		0.142		
Valine.....g	1.051		0	A	1		0.298		
Arginine.....g	1.983		0	A	1		0.562		
Histidine.....g	0.526		0	A	1		0.149		
Alanine.....g	0.927		0	A	1		0.263		
Aspartic acid.....g	1.633		0	A	1		0.463		
Glutamic acid.....g	2.468		0	A	1		0.700		
Glycine.....g	0.907		0	A	1		0.257		
Proline.....g	0.897		0	A	1		0.254		
Serine.....g	1.011		0	A	1		0.287		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.90	0.246	7		1		1.96		
Energy	kcal	332		0	NC	4		94		
Energy	kj	1389				4		394		
Protein (N x 5.3)	g	49.83	0.663	6		1		14.13		
Total lipid (fat)	g	1.41	0.449	6		1		0.40		
Ash	g	5.76	0.735	5		1		1.63		
Carbohydrate, by difference	g	36.10		0	NC	4		10.23		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	474		2		1		134		
Iron, Fe	mg	12.58		2		1		3.57		
Magnesium, Mg	mg	716		2		1		203		
Phosphorus, P	mg	1587		2		1		450		
Potassium, K	mg	1761		2		1		499		
Sodium, Na	mg	35		2		1		10		
Zinc, Zn	mg	11.61		2		1		3.29		
Copper, Cu	mg	1.172		0		1		0.332		
Manganese, Mn	mg	2.129		0		4		0.604		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4		2		1		0.7		
Thiamin	mg	2.089		2		1		0.592		
Riboflavin	mg	0.396		2		1		0.112		
Niacin	mg	4.039		1		1		1.145		
Pantothenic acid	mg	0.445		2		1		0.126		
Vitamin B-6	mg	0.764		2		1		0.217		
Folate, total	mcg	228		0		4		65		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	228		0		4		65		
Folate, DFE	mcg_DFE	228		0	NC	4		65		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	22		2		1		6		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	432		2		1		122		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.310		0		1		0.088		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.011		0		1		0.003		
15:0....g									
16:0....g	0.269		0		1		0.076		
17:0....g									
18:0....g	0.027		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.221		0		1		0.063		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.211		0		1		0.060		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.577		0		1		0.164		
18:2 undifferentiated....g	0.570		0		1		0.162		
18:3 undifferentiated....g	0.002		0		1		0.001		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.752		0		1		0.213		
Threonine....g	1.843		0		1		0.522		
Isoleucine....g	1.796		0		1		0.509		
Leucine....g	3.404		0		1		0.965		
Lysine....g	2.529		0		1		0.717		
Methionine....g	0.809		0		1		0.229		
Cystine....g	1.307		0		1		0.371		
Phenylalanine....g	3.103		0		1		0.880		
Tyrosine....g	1.796		0		1		0.509		
Valine....g	2.557		0		1		0.725		
Arginine....g	6.732		0		1		1.909		
Histidine....g	1.570		0		1		0.445		
Alanine....g	2.313		0		1		0.656		
Aspartic acid....g	5.425		0		1		1.538		
Glutamic acid....g	12.476		0		1		3.537		
Glycine....g	2.416		0		1		0.685		
Proline....g	2.125		0		1		0.602		
Serine....g	2.492		0		1		0.706		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12008

Seeds, cottonseed flour, low fat (glandless)

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.30		1		1		5.92	0.32	
Energy....kcal	359		0	NC	4		337	18	
Energy....kj	1502				4		1412	75	
Protein (N x 5.3)....g	40.96		1		1		38.50	2.05	
Total lipid (fat)....g	6.20		1		1		5.83	0.31	
Ash....g	6.00		1		1		5.64	0.30	
Carbohydrate, by difference....g	40.54		0	NC	4		38.11	2.03	
Fiber, total dietary....g	3.0		0		4		2.8	0.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	478		0		1		449	24	
Iron, Fe....mg	12.66		0		1		11.90	0.63	
Magnesium, Mg....mg	721		0		1		678	36	
Phosphorus, P....mg	1597		0		1		1501	80	
Potassium, K....mg	1772		0		1		1666	89	
Sodium, Na....mg	35		0		1		33	2	
Zinc, Zn....mg	11.69		0		1		10.99	0.58	
Copper, Cu....mg	1.180		0		1		1.109	0.059	
Manganese, Mn....mg	2.143		0		4		2.014	0.107	
Selenium, Se....mcg	5.6		0	BFZN	4		5.3	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.4		0		4		2.3	0.1	
Thiamin....mg	2.102		0		4		1.976	0.105	
Riboflavin....mg	0.399		0		4		0.375	0.020	
Niacin....mg	4.065		0		4		3.821	0.203	
Pantothenic acid....mg	0.448		0		4		0.421	0.022	
Vitamin B-6....mg	0.769		0		4		0.723	0.038	
Folate, total....mcg	229		0		4		216	11	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	229		0		4		216	11	
Folate, DFE....mcg_DFE	229		0	NC	4		216	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	22		0		4		20	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	434		0		4		408	22	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.588		0		1		1.493	0.079	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.056		0		1		0.053	0.003	
15:0....g									
16:0....g	1.381		0		1		1.298	0.069	
17:0....g									
18:0....g	0.140		0		1		0.132	0.007	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.133		0		1		1.065	0.057	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.042		0		1		0.039	0.002	
17:1....g									
18:1 undifferentiated....g	1.082		0		1		1.017	0.054	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.958		0		1		2.781	0.148	
18:2 undifferentiated....g	2.925		0		1		2.750	0.146	
18:3 undifferentiated....g	0.011		0		1		0.010	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.618		0		1		0.581	0.031	
Threonine....g	1.515		0		1		1.424	0.076	
Isoleucine....g	1.476		0		1		1.387	0.074	
Leucine....g	2.798		0		1		2.630	0.140	
Lysine....g	2.079		0		1		1.954	0.104	
Methionine....g	0.665		0		1		0.625	0.033	
Cystine....g	1.074		0		1		1.010	0.054	
Phenylalanine....g	2.550		0		1		2.397	0.128	
Tyrosine....g	1.476		0		1		1.387	0.074	
Valine....g	2.102		0		1		1.976	0.105	
Arginine....g	5.533		0		1		5.201	0.277	
Histidine....g	1.291		0		1		1.214	0.065	
Alanine....g	1.901		0		1		1.787	0.095	
Aspartic acid....g	4.459		0		1		4.191	0.223	
Glutamic acid....g	10.255		0		1		9.640	0.513	
Glycine....g	1.986		0		1		1.867	0.099	
Proline....g	1.747		0		1		1.642	0.087	
Serine....g	2.048		0		1		1.925	0.102	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 94g: 1 cup

NDB No. 12007

Seeds, cottonseed flour, partially defatted (glandless)

Measure 2 = 5.0g: 1 tbsp

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12160

Seeds, cottonseed kernels, roasted (glandless)

Gossypium spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.65		1		1		6.93	0.47	
Energy....kcal	506		0	NC	4		754	51	
Energy....kj	2117				4		3154	212	
Protein (N x 5.3)....g	32.59		2		1		48.56	3.26	
Total lipid (fat)....g	36.29		2		1		54.07	3.63	
Ash....g	4.58		1		1		6.82	0.46	
Carbohydrate, by difference....g	21.90		0	NC	4		32.63	2.19	
Fiber, total dietary....g	5.5		0		4		8.2	0.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	100		0		1		149	10	
Iron, Fe....mg	5.40		0		1		8.05	0.54	
Magnesium, Mg....mg	440		0		1		656	44	
Phosphorus, P....mg	800		0		1		1192	80	
Potassium, K....mg	1350		1		1		2012	135	
Sodium, Na....mg	25		1		1		37	3	
Zinc, Zn....mg	6.00		0		1		8.94	0.60	
Copper, Cu....mg	1.200		0		1		1.788	0.120	
Manganese, Mn....mg	2.181		0		4		3.250	0.218	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.0		0		1		13.4	0.9	
Thiamin....mg	0.750		0		1		1.118	0.075	
Riboflavin....mg	0.255		0		1		0.380	0.026	
Niacin....mg	3.000		0		1		4.470	0.300	
Pantothenic acid....mg	0.456		0		4		0.679	0.046	
Vitamin B-6....mg	0.782		0		4		1.165	0.078	
Folate, total....mcg	233		0		4		348	23	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	233		0		4		348	23	
Folate, DFE....mcg_DFE	233		0	NC	4		348	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	22		0		4		33	2	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	442		0		4		659	44	
Lycopene....mcg									
Lutein + zeaxanthin....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	9.699		0		1		14.452	0.970	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.341		0		1		0.508	0.034	
15:0....g									
16:0....g	8.433		0		1		12.565	0.843	
17:0....g									
18:0....g	0.853		0		1		1.271	0.085	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.919		0		1		10.309	0.692	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.256		0		1		0.381	0.026	
17:1....g									
18:1 undifferentiated....g	6.612		0		1		9.852	0.661	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	18.068		0		1		26.921	1.807	
18:2 undifferentiated....g	17.865		0		1		26.619	1.787	
18:3 undifferentiated....g	0.069		0		1		0.103	0.007	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.492		27		1		0.733	0.049	
Threonine....g	1.205		41		1		1.795	0.121	
Isoleucine....g	1.174		37		1		1.749	0.117	
Leucine....g	2.226		41		1		3.317	0.223	
Lysine....g	1.654		43		1		2.464	0.165	
Methionine....g	0.529		37		1		0.788	0.053	
Cystine....g	0.855		28		1		1.274	0.086	
Phenylalanine....g	2.029		37		1		3.023	0.203	
Tyrosine....g	1.174		31		1		1.749	0.117	
Valine....g	1.672		37		1		2.491	0.167	
Arginine....g	4.402		37		1		6.559	0.440	
Histidine....g	1.027		35		1		1.530	0.103	
Alanine....g	1.512		35		1		2.253	0.151	
Aspartic acid....g	3.547		35		1		5.285	0.355	
Glutamic acid....g	8.158		35		1		12.155	0.816	
Glycine....g	1.580		35		1		2.354	0.158	
Proline....g	1.389		31		1		2.070	0.139	
Serine....g	1.629		31		1		2.427	0.163	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 149g: 1 cup

NDB No. 12160

Seeds, cottonseed kernels, roasted (glandless)

Measure 2 = 10.0g: 1 tbsp

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.20		1		1		0.34		
Energy	kcal	367		0	NC	4		104		
Energy	kj	1536				4		435		
Protein (N x 5.3)	g	49.10		1		1		13.92		
Total lipid (fat)	g	4.77		1		1		1.35		
Ash	g	6.50		1		1		1.84		
Carbohydrate, by difference	g	38.43		0	NC	4		10.89		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	504		0		1		143		
Iron, Fe	mg	13.35		0		1		3.78		
Magnesium, Mg	mg	760		0		1		215		
Phosphorus, P	mg	1684		0		1		477		
Potassium, K	mg	1869		0		1		530		
Sodium, Na	mg	37		0		1		10		
Zinc, Zn	mg	12.32		0		1		3.49		
Copper, Cu	mg	0.001		0		1		0.000		
Manganese, Mn	mg	2.260		0		4		0.641		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.5		0		4		0.7		
Thiamin	mg	2.217		0		4		0.629		
Riboflavin	mg	0.420		0		4		0.119		
Niacin	mg	4.286		0		4		1.215		
Pantothenic acid	mg	0.472		0		4		0.134		
Vitamin B-6	mg	0.811		0		4		0.230		
Folate, total	mcg	242		0		4		69		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	242		0		4		69		
Folate, DFE	mcg_DFE	242		0	NC	4		69		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	23		0		4		6		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	458		0		4		130		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.207		0		1		0.342		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.042		0		1		0.012		
15:0....g									
16:0....g	1.049		0		1		0.297		
17:0....g									
18:0....g	0.106		0		1		0.030		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.861		0		1		0.244		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.032		0		1		0.009		
17:1....g									
18:1 undifferentiated....g	0.823		0		1		0.233		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.248		0		1		0.637		
18:2 undifferentiated....g	2.223		0		1		0.630		
18:3 undifferentiated....g	0.009		0		1		0.003		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.741		0		1		0.210		
Threonine....g	1.816		0		1		0.515		
Isoleucine....g	1.769		0		1		0.502		
Leucine....g	3.354		0		1		0.951		
Lysine....g	2.492		0		1		0.706		
Methionine....g	0.797		0		1		0.226		
Cystine....g	1.288		0		1		0.365		
Phenylalanine....g	3.057		0		1		0.867		
Tyrosine....g	1.769		0		1		0.502		
Valine....g	2.520		0		1		0.714		
Arginine....g	6.633		0		1		1.880		
Histidine....g	1.547		0		1		0.439		
Alanine....g	2.279		0		1		0.646		
Aspartic acid....g	5.345		0		1		1.515		
Glutamic acid....g	12.293		0		1		3.485		
Glycine....g	2.381		0		1		0.675		
Proline....g	2.094		0		1		0.594		
Serine....g	2.455		0		1		0.696		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12011

Seeds, cottonseed meal, partially defatted (glandless)

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.96	1.636	3	A	1		11.69	0.72	0.49
Energy	kcal	534		0	NC	4		897	55	37
Energy	kj	2234		0	NC	4		3753	230	156
Protein (N x 5.3)	g	18.29	0.917	7	A	1		30.72	1.88	1.28
Total lipid (fat)	g	42.16	3.188	6	A	1		70.83	4.34	2.95
Ash	g	3.72	0.026	3	A	1		6.25	0.38	0.26
Carbohydrate, by difference	g	28.88		0	NC	4		48.51	2.97	2.02
Fiber, total dietary	g	27.3	0.323	3	A	1		45.8	2.8	1.9
Sugars, total	g	1.55		0	AS	1		2.60	0.16	0.11
Sucrose	g	1.15	0.310	3	A	1		1.93	0.12	0.08
Glucose (dextrose)	g	0.40	0.190	3	A	1		0.67	0.04	0.03
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	255	35.614	7	A	1		429	26	18
Iron, Fe	mg	5.73	0.555	7	A	1		9.62	0.59	0.40
Magnesium, Mg	mg	392	20.100	7	A	1		658	40	27
Phosphorus, P	mg	642	20.250	3	A	1		1079	66	45
Potassium, K	mg	813	9.340	7	A	1		1366	84	57
Sodium, Na	mg	30	3.989	7	A	1		50	3	2
Zinc, Zn	mg	4.34	0.118	7	A	1		7.30	0.45	0.30
Copper, Cu	mg	1.220	0.075	7	A	1		2.049	0.126	0.085
Manganese, Mn	mg	2.482	0.186	7	A	1		4.169	0.256	0.174
Selenium, Se	mcg	25.4		2	A	1		42.7	2.6	1.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6	0.108	3	A	1		1.1	0.1	0.0
Thiamin	mg	1.644	1.111	3	A	1		2.762	0.169	0.115
Riboflavin	mg	0.161	0.071	3	A	1		0.270	0.017	0.011
Niacin	mg	3.080	0.130	3	A	1		5.174	0.317	0.216
Pantothenic acid	mg	0.985	0.415	3	A	1		1.655	0.101	0.069
Vitamin B-6	mg	0.473	0.138	3	A	1		0.794	0.049	0.033
Folate, total	mcg	87	24.975	3	A	1		146	9	6
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	87	24.975	3	A	1		146	9	6
Folate, DFE	mcg_DFE	87		0	NC	4		146	9	6
Choline, total	mg	78.7		0	AS	1		132.2	8.1	5.5
Betaine	mg	3.1		1	A	1		5.2	0.3	0.2
Vitamin B-12	mcg	0.00		1	A	1		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0	0.000	3	A	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0	0.000	3	A	1		0	0	0
Carotene, alpha	mcg	0	0.000	3	A	1		0	0	0
Cryptoxanthin, beta	mcg	0		2	A	1		0	0	0
Vitamin A, IU	IU	0	0.000	3	A	1		0	0	0
Lycopene	mcg	0		2	A	1		0	0	0
Lutein + zeaxanthin	mcg	651	52.611	9	A	1		1094	67	46
Vitamin E (alpha-tocopherol)	mg	0.31	0.006	6	A	1		0.52	0.03	0.02
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	19.95	5.066	6	A	1		33.51	2.05	1.40
Tocopherol, delta	mg	0.35	0.131	6	A	1		0.58	0.04	0.02
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.3		2	A	1		7.1	0.4	0.3

NDB No. 12220
Seeds, flaxseed (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.663		0	NC	4		6.153	0.377	0.256
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.008	0.008	3	A	1		0.013	0.001	0.001
15:0....g	0.005		1	A	1		0.009	0.001	0.000
16:0....g	2.165	0.191	7	A	1		3.638	0.223	0.152
17:0....g	0.018		1	A	1		0.030	0.002	0.001
18:0....g	1.330	0.064	7	A	1		2.235	0.137	0.093
20:0....g	0.052	0.005	3	A	1		0.087	0.005	0.004
22:0....g	0.052	0.011	3	A	1		0.088	0.005	0.004
24:0....g	0.031	0.001	3	A	1		0.053	0.003	0.002
Fatty acids, total monounsaturated....g	7.527		0	NC	4		12.645	0.775	0.527
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.024	0.006	3	A	1		0.040	0.002	0.002
17:1....g									
18:1 undifferentiated....g	7.359	0.132	7	JA	6		12.362	0.758	0.515
20:1....g	0.067	0.016	3	A	1		0.112	0.007	0.005
22:1 undifferentiated....g	0.013	0.013	3	A	1		0.023	0.001	0.001
24:1 c....g	0.064	0.056	3	A	1		0.108	0.007	0.005
Fatty acids, total polyunsaturated....g	28.730		0	NC	4		48.266	2.959	2.011
18:2 undifferentiated....g	5.903	0.341	7	JA	6		9.917	0.608	0.413
18:3 undifferentiated....g	22.813	1.439	7	JA	6		38.326	2.350	1.597
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.007	0.007	3	A	1		0.013	0.001	0.001
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.297		0	A	1		0.499	0.031	0.021
Threonine....g	0.766		0	A	1		1.287	0.079	0.054
Isoleucine....g	0.896		0	A	1		1.505	0.092	0.063
Leucine....g	1.235		0	A	1		2.075	0.127	0.086
Lysine....g	0.862		0	A	1		1.449	0.089	0.060
Methionine....g	0.370		0	A	1		0.622	0.038	0.026
Cystine....g	0.340		0	A	1		0.572	0.035	0.024
Phenylalanine....g	0.957		0	A	1		1.608	0.099	0.067
Tyrosine....g	0.493		0	A	1		0.828	0.051	0.035
Valine....g	1.072		0	A	1		1.800	0.110	0.075
Arginine....g	1.925		0	A	1		3.235	0.198	0.135
Histidine....g	0.472		0	A	1		0.793	0.049	0.033
Alanine....g	0.925		0	A	1		1.553	0.095	0.065
Aspartic acid....g	2.046		0	A	1		3.437	0.211	0.143
Glutamic acid....g	4.039		0	A	1		6.785	0.416	0.283
Glycine....g	1.248		0	A	1		2.096	0.129	0.087
Proline....g	0.806		0	A	1		1.355	0.083	0.056
Serine....g	0.970		0	A	1		1.630	0.100	0.068
Hydroxyproline....g	0.175		2	A	1		0.294	0.018	0.012
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

NDB No. 12220
Seeds, flaxseed (1)

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

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

Measure 2 = 10.3g: 1 tbsp, whole

Measure 3 = 7.0g: 1 tbsp, ground

Footnotes:

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12013
Seeds, lotus seeds, dried

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

NDB No. 12013
Seeds, lotus seeds, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.004		0		1		0.001	0.001	
15:0....g									
16:0....g	0.288		0		1		0.092	0.082	
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.388		0		1		0.124	0.110	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.230		0		1		0.074	0.065	
20:1....g	0.043		0		1		0.014	0.012	
22:1 undifferentiated....g	0.115		0		1		0.037	0.033	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.166		0		1		0.373	0.331	
18:2 undifferentiated....g	1.064		0		1		0.340	0.302	
18:3 undifferentiated....g	0.102		0		1		0.033	0.029	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.221		0		1		0.071	0.063	
Threonine....g	0.747		0		1		0.239	0.212	
Isoleucine....g	0.765		0		1		0.245	0.217	
Leucine....g	1.215		0		1		0.389	0.344	
Lysine....g	0.985		0		1		0.315	0.279	
Methionine....g	0.267		0		1		0.085	0.076	
Cystine....g	0.201		0		1		0.064	0.057	
Phenylalanine....g	0.767		0		1		0.245	0.217	
Tyrosine....g	0.375		0		1		0.120	0.106	
Valine....g	0.991		0		1		0.317	0.281	
Arginine....g	1.262		0		1		0.404	0.358	
Histidine....g	0.430		0		1		0.138	0.122	
Alanine....g	0.892		0		1		0.285	0.253	
Aspartic acid....g	1.884		0		1		0.603	0.534	
Glutamic acid....g	3.570		0		1		1.142	1.012	
Glycine....g	0.826		0		1		0.264	0.234	
Proline....g	1.285		0		1		0.411	0.364	
Serine....g	0.939		0		1		0.300	0.266	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 32g: 1 cup

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

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

NDB No. 12013
Seeds, lotus seeds, dried

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 47% Shells

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.00		0		1		21.83		
Energy....kcal	89		0	NC	4		25		
Energy....kj	372				4		106		
Protein (N x 5.3)....g	4.13		0		1		1.17		
Total lipid (fat)....g	0.53		0		1		0.15		
Ash....g	1.07		0		1		0.30		
Carbohydrate, by difference....g	17.28		0	NC	4		4.90		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	44		0		1		12		
Iron, Fe....mg	0.95		0		1		0.27		
Magnesium, Mg....mg	56		0		1		16		
Phosphorus, P....mg	168		0		1		48		
Potassium, K....mg	367		0		1		104		
Sodium, Na....mg	1		0		1		0		
Zinc, Zn....mg	0.28		0		4		0.08		
Copper, Cu....mg	0.094		0		4		0.027		
Manganese, Mn....mg	0.621		0		4		0.176		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.171		0		1		0.048		
Riboflavin....mg	0.040		0		1		0.011		
Niacin....mg	0.429		0		1		0.122		
Pantothenic acid....mg	0.228		0		4		0.065		
Vitamin B-6....mg	0.168		0		4		0.048		
Folate, total....mcg	28		0		4		8		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	28		0		4		8		
Folate, DFE....mcg_DFE	28		0	NC	4		8		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		0		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	13		0		1		4		
Lycopene....mcg									
Lutein + zeaxanthin....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	0.088		0		1		0.025		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

NDB No. 12205
Seeds, lotus seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.001		1		1		0.000		
15:0....g									
16:0....g	0.077		1		1		0.022		
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.104		0		1		0.029		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.062		1		1		0.018		
20:1....g	0.012		1		1		0.003		
22:1 undifferentiated....g	0.031		1		1		0.009		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.312		0		1		0.088		
18:2 undifferentiated....g	0.285		1		1		0.081		
18:3 undifferentiated....g	0.027		1		1		0.008		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.059		6		1		0.017		
Threonine....g	0.200		6		1		0.057		
Isoleucine....g	0.205		6		1		0.058		
Leucine....g	0.326		6		1		0.092		
Lysine....g	0.264		6		1		0.075		
Methionine....g	0.072		6		1		0.020		
Cystine....g	0.054		6		1		0.015		
Phenylalanine....g	0.206		6		1		0.058		
Tyrosine....g	0.100		6		1		0.028		
Valine....g	0.266		6		1		0.075		
Arginine....g	0.338		6		1		0.096		
Histidine....g	0.115		6		1		0.033		
Alanine....g	0.239		6		1		0.068		
Aspartic acid....g	0.505		6		1		0.143		
Glutamic acid....g	0.957		6		1		0.271		
Glycine....g	0.221		6		1		0.063		
Proline....g	0.344		6		1		0.098		
Serine....g	0.252		6		1		0.071		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12205
Seeds, lotus seeds, raw

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

pepitas
Refuse: 26% Hulls

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.92	0.391	17		1		9.55	1.96	
Energy	kcal	541		0	NC	4		747	153	
Energy	kj	2264		0		4		3124	642	
Protein (N x 5.3)	g	24.54	0.767	17		1		33.87	6.96	
Total lipid (fat)	g	45.85	0.877	17		1		63.27	13.00	
Ash	g	4.88	0.127	15		1		6.73	1.38	
Carbohydrate, by difference	g	17.81		0	NC	4		24.58	5.05	
Fiber, total dietary	g	3.9		0		4		5.4	1.1	
Sugars, total	g	1.00		0	T	4		1.38	0.28	
Starch	g									
Minerals:										
Calcium, Ca	mg	43	1.184	13		1		59	12	
Iron, Fe	mg	14.97	1.018	11		1		20.66	4.24	
Magnesium, Mg	mg	535		1		1		738	152	
Phosphorus, P	mg	1174	34.726	12		1		1620	333	
Potassium, K	mg	807		1		1		1114	229	
Sodium, Na	mg	18		1		1		25	5	
Zinc, Zn	mg	7.46		0		1		10.29	2.11	
Copper, Cu	mg	1.387		0		1		1.914	0.393	
Manganese, Mn	mg	3.021		0		4		4.169	0.856	
Selenium, Se	mcg	5.6		0	BFSN	4		7.7	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		0		4		2.6	0.5	
Thiamin	mg	0.210		2		1		0.290	0.060	
Riboflavin	mg	0.320		2		1		0.442	0.091	
Niacin	mg	1.745		2		1		2.408	0.495	
Pantothenic acid	mg	0.339		0		4		0.468	0.096	
Vitamin B-6	mg	0.224		0		4		0.309	0.064	
Folate, total	mcg	58		0		4		79	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	58		0		4		79	16	
Folate, DFE	mcg_DFE	58		0	NC	4		79	16	
Choline, total	mg	63.0		0	BFZN	4		87.0	17.9	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	19		0	NC	4		26	5	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	228		0	NR	4		315	65	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	380		0		1		524	108	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		1	A	1		0.00	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg	19.07		1	A	1		26.32	5.41	
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	51.4		0	BFFN	4		70.9	14.6	
Lipids:										
Fatty acids, total saturated	g	8.674		0		1		11.970	2.459	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 g	0.044		1		1		0.061	0.012	
13:0 g									
14:0 g	0.052		5		1		0.072	0.015	
15:0 g									
16:0 g	5.612		12		1		7.745	1.591	
17:0 g									
18:0 g	2.811		12		1		3.879	0.797	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.258		0		1		19.676	4.042	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.099		4		1		0.137	0.028	
17:1 g									
18:1 undifferentiated g	14.146		12		1		19.521	4.010	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	20.904		0		1		28.848	5.926	
18:2 undifferentiated g	20.702		12		1		28.569	5.869	
18:3 undifferentiated g	0.181		6		1		0.250	0.051	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.431		0		1		0.595	0.122	
Threonine g	0.903		0		1		1.246	0.256	
Isoleucine g	1.264		0		1		1.744	0.358	
Leucine g	2.079		0		1		2.869	0.589	
Lysine g	1.833		0		1		2.530	0.520	
Methionine g	0.551		0		1		0.760	0.156	
Cystine g	0.301		0		1		0.415	0.085	
Phenylalanine g	1.222		0		1		1.686	0.346	
Tyrosine g	1.019		0		1		1.406	0.289	
Valine g	1.972		0		1		2.721	0.559	
Arginine g	4.033		0		1		5.566	1.143	
Histidine g	0.681		0		1		0.940	0.193	
Alanine g	1.158		0		1		1.598	0.328	
Aspartic acid g	2.477		0		1		3.418	0.702	
Glutamic acid g	4.315		0		1		5.955	1.223	
Glycine g	1.796		0		1		2.478	0.509	
Proline g	1.000		0		1		1.380	0.284	
Serine g	1.148		0		1		1.584	0.325	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12014

Seeds, pumpkin and squash seed kernels, dried

Measure 1 = 138g: 1 cup

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12516

Seeds, pumpkin and squash seed kernels, roasted, with salt added

pepitas

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.10		1		1		16.12	2.01	
Energy	kcal	522		0	NC	4		1185	148	
Energy	kj	2184		0		4		4958	619	
Protein (N x 5.3)	g	32.97		1		1		74.84	9.35	
Total lipid (fat)	g	42.13		1		1		95.64	11.94	
Ash	g	4.37		1		1		9.92	1.24	
Carbohydrate, by difference	g	13.43		0	NC	4		30.49	3.81	
Fiber, total dietary	g	3.9		0		4		8.9	1.1	
Sugars, total	g	2.30		2	LC	8		5.22	0.65	
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0		1		98	12	
Iron, Fe	mg	14.94		0		1		33.91	4.24	
Magnesium, Mg	mg	534		0		1		1212	151	
Phosphorus, P	mg	1172		0		1		2660	332	
Potassium, K	mg	806		0		1		1830	229	
Sodium, Na	mg	575		0		1		1305	163	
Zinc, Zn	mg	7.44		0		1		16.89	2.11	
Copper, Cu	mg	1.384		0		1		3.142	0.392	
Manganese, Mn	mg	3.016		0		4		6.846	0.855	
Selenium, Se	mcg	5.6	0.550	4	A	1		12.7	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		4		4.1	0.5	
Thiamin	mg	0.210		0		4		0.477	0.060	
Riboflavin	mg	0.319		0		4		0.724	0.090	
Niacin	mg	1.742		0		4		3.954	0.494	
Pantothenic acid	mg	0.339		0		4		0.770	0.096	
Vitamin B-6	mg	0.090		0		1		0.204	0.026	
Folate, total	mcg	57		0		4		130	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	57		0		4		130	16	
Folate, DFE	mcg_DFE	57		0	NC	4		130	16	
Choline, total	mg	63.0		0	AS	1		143.1	17.9	
Betaine	mg	1.5		1	A	1		3.4	0.4	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	19		0	NC	4		43	5	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	228		0	O	4		518	65	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	380		0		4		863	108	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added	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	47.2		0	BFFN	4		107.1	13.4	
Lipids:										
Fatty acids, total saturated	g	7.970		0		1		18.092	2.259	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	

NDB No. 12516
Seeds, pumpkin and squash seed kernels, roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 ... g	0.040		0		1		0.091	0.011	
13:0 ... g									
14:0 ... g	0.048		0		1		0.109	0.014	
15:0 ... g									
16:0 ... g	5.156		0		1		11.704	1.462	
17:0 ... g									
18:0 ... g	2.583		0		1		5.863	0.732	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	13.100		0		1		29.737	3.714	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.091		0		1		0.207	0.026	
17:1 ... g									
18:1 undifferentiated ... g	12.997		0		1		29.503	3.685	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	19.206		0		1		43.598	5.445	
18:2 undifferentiated ... g	19.020		0		1		43.175	5.392	
18:3 undifferentiated ... g	0.166		0		1		0.377	0.047	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.578		0		1		1.312	0.164	
Threonine ... g	1.213		0		1		2.754	0.344	
Isoleucine ... g	1.698		0		1		3.854	0.481	
Leucine ... g	2.793		0		1		6.340	0.792	
Lysine ... g	2.463		0		1		5.591	0.698	
Methionine ... g	0.740		0		1		1.680	0.210	
Cystine ... g	0.404		0		1		0.917	0.115	
Phenylalanine ... g	1.642		0		1		3.727	0.466	
Tyrosine ... g	1.368		0		1		3.105	0.388	
Valine ... g	2.650		0		1		6.016	0.751	
Arginine ... g	5.418		0		1		12.299	1.536	
Histidine ... g	0.914		0		1		2.075	0.259	
Alanine ... g	1.555		0		1		3.530	0.441	
Aspartic acid ... g	3.328		0		1		7.555	0.943	
Glutamic acid ... g	5.797		0		1		13.159	1.643	
Glycine ... g	2.413		0		1		5.478	0.684	
Proline ... g	1.344		0		1		3.051	0.381	
Serine ... g	1.543		0		1		3.503	0.437	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12516

Seeds, pumpkin and squash seed kernels, roasted, with salt added

Measure 1 = 227g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12016

Seeds, pumpkin and squash seed kernels, roasted, without salt

pepitas

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.10		1		1		16.12	2.01	
Energy	kcal	522		0	NC	4		1185	148	
Energy	kj	2184		0		4		4958	619	
Protein (N x 5.3)	g	32.97		1		1		74.84	9.35	
Total lipid (fat)	g	42.13		1		1		95.64	11.94	
Ash	g	4.37		1		1		9.92	1.24	
Carbohydrate, by difference	g	13.43		0	NC	4		30.49	3.81	
Fiber, total dietary	g	3.9		0		4		8.9	1.1	
Sugars, total	g	1.00		0	BFSN	4		2.27	0.28	
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0		1		98	12	
Iron, Fe	mg	14.94		0		1		33.91	4.24	
Magnesium, Mg	mg	534		0		1		1212	151	
Phosphorus, P	mg	1172		0		1		2660	332	
Potassium, K	mg	806		0		1		1830	229	
Sodium, Na	mg	18		0		1		41	5	
Zinc, Zn	mg	7.44		0		1		16.89	2.11	
Copper, Cu	mg	1.384		0		1		3.142	0.392	
Manganese, Mn	mg	3.016		0		4		6.846	0.855	
Selenium, Se	mcg	5.6	0.550	4	A	1		12.7	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		4		4.1	0.5	
Thiamin	mg	0.210		0		4		0.477	0.060	
Riboflavin	mg	0.319		0		4		0.724	0.090	
Niacin	mg	1.742		0		4		3.954	0.494	
Pantothenic acid	mg	0.339		0		4		0.770	0.096	
Vitamin B-6	mg	0.090		0		1		0.204	0.026	
Folate, total	mcg	57		0		4		130	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	57		0		4		130	16	
Folate, DFE	mcg_DFE	57		0	NC	4		130	16	
Choline, total	mg	63.0		0	AS	1		143.1	17.9	
Betaine	mg	1.5		1	A	1		3.4	0.4	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	19		0	NC	4		43	5	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	228		0	O	4		518	65	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	380		0		4		863	108	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added	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	47.2		0	BFFN	4		107.1	13.4	
Lipids:										
Fatty acids, total saturated	g	7.970		0		1		18.092	2.259	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 12016
Seeds, pumpkin and squash seed kernels, roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 g	0.040		0		1		0.091	0.011	
13:0 g									
14:0 g	0.048		0		1		0.109	0.014	
15:0 g									
16:0 g	5.156		0		1		11.704	1.462	
17:0 g									
18:0 g	2.583		0		1		5.863	0.732	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.100		0		1		29.737	3.714	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.091		0		1		0.207	0.026	
17:1 g									
18:1 undifferentiated g	12.997		0		1		29.503	3.685	
20:1 g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	19.206		0		1		43.598	5.445	
18:2 undifferentiated g	19.020		0		1		43.175	5.392	
18:3 undifferentiated g	0.166		0		1		0.377	0.047	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.578		0		1		1.312	0.164	
Threonine g	1.213		0		1		2.754	0.344	
Isoleucine g	1.698		0		1		3.854	0.481	
Leucine g	2.793		0		1		6.340	0.792	
Lysine g	2.463		0		1		5.591	0.698	
Methionine g	0.740		0		1		1.680	0.210	
Cystine g	0.404		0		1		0.917	0.115	
Phenylalanine g	1.642		0		1		3.727	0.466	
Tyrosine g	1.368		0		1		3.105	0.388	
Valine g	2.650		0		1		6.016	0.751	
Arginine g	5.418		0		1		12.299	1.536	
Histidine g	0.914		0		1		2.075	0.259	
Alanine g	1.555		0		1		3.530	0.441	
Aspartic acid g	3.328		0		1		7.555	0.943	
Glutamic acid g	5.797		0		1		13.159	1.643	
Glycine g	2.413		0		1		5.478	0.684	
Proline g	1.344		0		1		3.051	0.381	
Serine g	1.543		0		1		3.503	0.437	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12016

Seeds, pumpkin and squash seed kernels, roasted, without salt

Measure 1 = 227g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12663

Seeds, pumpkin and squash seeds, whole, roasted, with salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.50		1		1		2.88	1.28	
Energy....kcal	446		0	NC	4		285	126	
Energy....kj	1866		0		4		1194	529	
Protein (N x 5.3)....g	18.55		1		1		11.87	5.26	
Total lipid (fat)....g	19.40		1		1		12.42	5.50	
Ash....g	3.80		1		1		2.43	1.08	
Carbohydrate, by difference....g	53.75		0	NC	4		34.40	15.24	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	55		1		1		35	16	
Iron, Fe....mg	3.31		1		1		2.12	0.94	
Magnesium, Mg....mg	262		1		1		168	74	
Phosphorus, P....mg	92		1		1		59	26	
Potassium, K....mg	919		1		1		588	261	
Sodium, Na....mg	575		1		1		368	163	
Zinc, Zn....mg	10.30		1		1		6.59	2.92	
Copper, Cu....mg	0.690		1		1		0.442	0.196	
Manganese, Mn....mg	0.496		0		4		0.317	0.141	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0		4		0.2	0.1	
Thiamin....mg	0.034		0		4		0.022	0.010	
Riboflavin....mg	0.052		0		4		0.033	0.015	
Niacin....mg	0.286		0		4		0.183	0.081	
Pantothenic acid....mg	0.056		0		4		0.036	0.016	
Vitamin B-6....mg	0.037		0		4		0.024	0.010	
Folate, total....mcg	9		0		4		6	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		4		6	3	
Folate, DFE....mcg_DFE	9		0	NC	4		6	3	
Choline, total....mg	39.1		0	AS	1		25.0	11.1	
Betaine....mg	0.3		1	A	1		0.2	0.1	
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		2	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	62		0		4		40	18	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.670		0		1		2.349	1.040	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.019		0		1		0.012	0.005	
13:0....g									

NDB No. 12663
Seeds, pumpkin and squash seeds, whole, roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.022		0		1		0.014	0.006	
15:0....g									
16:0....g	2.374		0		1		1.519	0.673	
17:0....g									
18:0....g	1.189		0		1		0.761	0.337	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.032		0		1		3.860	1.710	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.042		0		1		0.027	0.012	
17:1....g									
18:1 undifferentiated....g	5.985		0		1		3.830	1.697	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.844		0		1		5.660	2.507	
18:2 undifferentiated....g	8.759		0		1		5.606	2.483	
18:3 undifferentiated....g	0.077		0		1		0.049	0.022	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.326		12		1		0.209	0.092	
Threonine....g	0.683		15		1		0.437	0.194	
Isoleucine....g	0.956		15		1		0.612	0.271	
Leucine....g	1.572		15		1		1.006	0.446	
Lysine....g	1.386		15		1		0.887	0.393	
Methionine....g	0.417		14		1		0.267	0.118	
Cystine....g	0.228		3		1		0.146	0.065	
Phenylalanine....g	0.924		14		1		0.591	0.262	
Tyrosine....g	0.770		15		1		0.493	0.218	
Valine....g	1.491		14		1		0.954	0.423	
Arginine....g	3.049		14		1		1.951	0.864	
Histidine....g	0.515		14		1		0.330	0.146	
Alanine....g	0.875		5		1		0.560	0.248	
Aspartic acid....g	1.873		5		1		1.199	0.531	
Glutamic acid....g	3.262		5		1		2.088	0.925	
Glycine....g	1.358		6		1		0.869	0.385	
Proline....g	0.756		5		1		0.484	0.214	
Serine....g	0.868		5		1		0.556	0.246	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 64g: 1 cup

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

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

NDB No. 12663

Seeds, pumpkin and squash seeds, whole, roasted, with salt added

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12163

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

Cucurbita spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	4.50		1		1		2.88	1.28	
Energy ... kcal	446		0	NC	4		285	126	
Energy ... kj	1866				4		1194	529	
Protein (N x 5.3) ... g	18.55		1		1		11.87	5.26	
Total lipid (fat) ... g	19.40		1		1		12.42	5.50	
Ash ... g	3.80		1		1		2.43	1.08	
Carbohydrate, by difference ... g	53.75		0	NC	4		34.40	15.24	
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	55		1		1		35	16	
Iron, Fe ... mg	3.31		1		1		2.12	0.94	
Magnesium, Mg ... mg	262		1		1		168	74	
Phosphorus, P ... mg	92		1		1		59	26	
Potassium, K ... mg	919		1		1		588	261	
Sodium, Na ... mg	18		0		1		12	5	
Zinc, Zn ... mg	10.30		1		1		6.59	2.92	
Copper, Cu ... mg	0.690		1		1		0.442	0.196	
Manganese, Mn ... mg	0.496		0		4		0.317	0.141	
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.3		0		4		0.2	0.1	
Thiamin ... mg	0.034		0		4		0.022	0.010	
Riboflavin ... mg	0.052		0		4		0.033	0.015	
Niacin ... mg	0.286		0		4		0.183	0.081	
Pantothenic acid ... mg	0.056		0		4		0.036	0.016	
Vitamin B-6 ... mg	0.037		0		4		0.024	0.010	
Folate, total ... mcg	9		0		4		6	3	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	9		0		4		6	3	
Folate, DFE ... mcg_DFE	9		0	NC	4		6	3	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	3		0		4		2	1	
Retinol ... mcg	0		0	Z	7		0	0	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	62		0		4		40	18	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	3.670		0		1		2.349	1.040	
4:0 ... g									
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g	0.019		0		1		0.012	0.005	
13:0 ... g									

NDB No. 12163
Seeds, pumpkin and squash seeds, whole, roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.022		0		1		0.014	0.006	
15:0....g									
16:0....g	2.374		0		1		1.519	0.673	
17:0....g									
18:0....g	1.189		0		1		0.761	0.337	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.032		0		1		3.860	1.710	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.042		0		1		0.027	0.012	
17:1....g									
18:1 undifferentiated....g	5.985		0		1		3.830	1.697	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.844		0		1		5.660	2.507	
18:2 undifferentiated....g	8.759		0		1		5.606	2.483	
18:3 undifferentiated....g	0.077		0		1		0.049	0.022	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.326		12		1		0.209	0.092	
Threonine....g	0.683		15		1		0.437	0.194	
Isoleucine....g	0.956		15		1		0.612	0.271	
Leucine....g	1.572		15		1		1.006	0.446	
Lysine....g	1.386		15		1		0.887	0.393	
Methionine....g	0.417		14		1		0.267	0.118	
Cystine....g	0.228		3		1		0.146	0.065	
Phenylalanine....g	0.924		14		1		0.591	0.262	
Tyrosine....g	0.770		15		1		0.493	0.218	
Valine....g	1.491		14		1		0.954	0.423	
Arginine....g	3.049		14		1		1.951	0.864	
Histidine....g	0.515		14		1		0.330	0.146	
Alanine....g	0.875		5		1		0.560	0.248	
Aspartic acid....g	1.873		5		1		1.199	0.531	
Glutamic acid....g	3.262		5		1		2.088	0.925	
Glycine....g	1.358		6		1		0.869	0.385	
Proline....g	0.756		5		1		0.484	0.214	
Serine....g	0.868		5		1		0.556	0.246	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 64g: 1 cup

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

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

NDB No. 12163

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12021

Seeds, safflower seed kernels, dried

Carthamus tinctorius

Refuse: 49% Hulls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	5.62	0.145	34		1		1.59		
Energy ... kcal	517		0	NC	4		147		
Energy ... kj	2163				4		613		
Protein (N x 5.3) ... g	16.18		2		1		4.59		
Total lipid (fat) ... g	38.45	0.798	34		1		10.90		
Ash ... g	5.47		2		1		1.55		
Carbohydrate, by difference ... g	34.29		0	NC	4		9.72		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	78		0		1		22		
Iron, Fe ... mg	4.90		0		4		1.39		
Magnesium, Mg ... mg	353		0		4		100		
Phosphorus, P ... mg	644		0		1		183		
Potassium, K ... mg	687		0		4		195		
Sodium, Na ... mg	3		0		4		1		
Zinc, Zn ... mg	5.05		0		4		1.43		
Copper, Cu ... mg	1.747		0		4		0.495		
Manganese, Mn ... mg	2.014		0		4		0.571		
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0		1		0.0		
Thiamin ... mg	1.163		0		1		0.330		
Riboflavin ... mg	0.415		0		1		0.118		
Niacin ... mg	2.284		0		1		0.648		
Pantothenic acid ... mg	4.030		0		4		1.143		
Vitamin B-6 ... mg	1.170		0		4		0.332		
Folate, total ... mcg	160		0		4		45		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	160		0		4		45		
Folate, DFE ... mcg_DFE	160		0	NC	4		45		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	3		0		4		1		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	50		0		4		14		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	3.682		0		1		1.044		
4:0 ... g									
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g									
13:0 ... g									

NDB No. 12021
Seeds, safflower seed kernels, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.035		41		1		0.010		
15:0....g									
16:0....g	2.574		44		1		0.730		
17:0....g									
18:0....g	0.921		44		1		0.261		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.848		0		1		1.374		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		32		1		0.010		
17:1....g									
18:1 undifferentiated....g	4.806		44		1		1.363		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	28.223		0		1		8.001		
18:2 undifferentiated....g	28.084		44		1		7.962		
18:3 undifferentiated....g	0.111		32		1		0.031		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.183		4		1		0.052		
Threonine....g	0.586		9		1		0.166		
Isoleucine....g	0.717		9		1		0.203		
Leucine....g	1.154		9		1		0.327		
Lysine....g	0.534		55		1		0.151		
Methionine....g	0.284		7		1		0.081		
Cystine....g	0.311		7		1		0.088		
Phenylalanine....g	0.806		8		1		0.229		
Tyrosine....g	0.531		8		1		0.151		
Valine....g	1.025		9		1		0.291		
Arginine....g	1.749		8		1		0.496		
Histidine....g	0.452		8		1		0.128		
Alanine....g	0.772		8		1		0.219		
Aspartic acid....g	1.807		8		1		0.512		
Glutamic acid....g	3.699		8		1		1.049		
Glycine....g	1.010		8		1		0.286		
Proline....g	0.726		8		1		0.206		
Serine....g	0.812		8		1		0.230		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12021
Seeds, safflower seed kernels, dried

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.41		1		1		1.82		
Energy	kcal	342		0	NC	4		97		
Energy	kj	1431				4		406		
Protein (N x 5.3)	g	35.62		1		1		10.10		
Total lipid (fat)	g	2.39		1		1		0.68		
Ash	g	6.85		1		1		1.94		
Carbohydrate, by difference	g	48.73		0	NC	4		13.81		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	77		0		1		22		
Iron, Fe	mg	4.86		0		4		1.38		
Magnesium, Mg	mg	350		0		4		99		
Phosphorus, P	mg	638		0		1		181		
Potassium, K	mg	68		0		4		19		
Sodium, Na	mg	3		0		4		1		
Zinc, Zn	mg	5.01		0		4		1.42		
Copper, Cu	mg	1.733		0		4		0.491		
Manganese, Mn	mg	1.998		0		4		0.566		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	1.153		0		1		0.327		
Riboflavin	mg	0.412		0		1		0.117		
Niacin	mg	2.265		0		1		0.642		
Pantothenic acid	mg	3.996		0		4		1.133		
Vitamin B-6	mg	1.161		0		4		0.329		
Folate, total	mcg	159		0		4		45		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	159		0		4		45		
Folate, DFE	mcg_DFE	159		0	NC	4		45		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	49		0		4		14		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.207		0		1		0.059		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.002		0		1		0.001		
15:0....g									
16:0....g	0.144		0		1		0.041		
17:0....g									
18:0....g	0.052		0		1		0.015		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.272		0		1		0.077		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.270		0		1		0.077		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.584		0		1		0.449		
18:2 undifferentiated....g	1.576		0		1		0.447		
18:3 undifferentiated....g	0.006		0		1		0.002		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.403		0		1		0.114		
Threonine....g	1.290		0		1		0.366		
Isoleucine....g	1.579		0		1		0.448		
Leucine....g	2.540		0		1		0.720		
Lysine....g	1.176		0		1		0.333		
Methionine....g	0.625		0		1		0.177		
Cystine....g	0.685		0		1		0.194		
Phenylalanine....g	1.774		0		1		0.503		
Tyrosine....g	1.169		0		1		0.331		
Valine....g	2.258		0		1		0.640		
Arginine....g	3.851		0		1		1.092		
Histidine....g	0.995		0		1		0.282		
Alanine....g	1.700		0		1		0.482		
Aspartic acid....g	3.978		0		1		1.128		
Glutamic acid....g	8.145		0		1		2.309		
Glycine....g	2.224		0		1		0.631		
Proline....g	1.599		0		1		0.453		
Serine....g	1.788		0		1		0.507		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12022

Seeds, safflower seed meal, partially defatted

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12169
Seeds, sesame butter, paste

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.60		2		1		0.26		
Energy	kcal	586		0	NC	4		94		
Energy	kj	2454		0	NC	4		393		
Protein (N x 5.3)	g	18.08		2		1		2.89		
Total lipid (fat)	g	50.87	1.737	3		1		8.14		
Ash	g	5.40		2		1		0.86		
Carbohydrate, by difference	g	24.05		0	NC	4		3.85		
Fiber, total dietary	g	5.5		0		4		0.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	960		0		1		154		
Iron, Fe	mg	19.20		0		1		3.07		
Magnesium, Mg	mg	362		0		1		58		
Phosphorus, P	mg	659		0		1		105		
Potassium, K	mg	582		0		1		93		
Sodium, Na	mg	12		0		1		2		
Zinc, Zn	mg	7.29		0		1		1.17		
Copper, Cu	mg	4.214		0		1		0.674		
Manganese, Mn	mg	2.540		0		1		0.406		
Selenium, Se	mcg	5.9		0	BFZN	4		0.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.240		0		1		0.038		
Riboflavin	mg	0.200		0		1		0.032		
Niacin	mg	6.700		0		1		1.072		
Pantothenic acid	mg	0.052		0		4		0.008		
Vitamin B-6	mg	0.816		0		4		0.131		
Folate, total	mcg	100		0		4		16		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	100		0		4		16		
Folate, DFE	mcg_DFE	100		0	NC	4		16		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	3		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	50		0		1		8		
Lycopene	mcg									
Lutein + zeaxanthin	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	7.124		0		1		1.140		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									

NDB No. 12169
Seeds, sesame butter, paste

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.127		0		1		0.020		
15:0....g									
16:0....g	4.548		0		1		0.728		
17:0....g									
18:0....g	2.140		0		1		0.342		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	19.209		0		1		3.073		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.153		0		1		0.024		
17:1....g									
18:1 undifferentiated....g	18.966		0		1		3.035		
20:1....g	0.071		0		1		0.011		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	22.296		0		1		3.567		
18:2 undifferentiated....g	21.888		0		1		3.502		
18:3 undifferentiated....g	0.385		0		1		0.062		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3....g	0.000		0		1		0.000		
22:5 n-3....g	0.000		0		1		0.000		
22:6 n-3....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.396		0		1		0.063		
Threonine....g	0.751		0		1		0.120		
Isoleucine....g	0.778		0		1		0.124		
Leucine....g	1.385		0		1		0.222		
Lysine....g	0.580		0		1		0.093		
Methionine....g	0.597		0		1		0.096		
Cystine....g	0.365		0		1		0.058		
Phenylalanine....g	0.959		0		1		0.153		
Tyrosine....g	0.757		0		1		0.121		
Valine....g	1.010		0		1		0.162		
Arginine....g	2.682		0		1		0.429		
Histidine....g	0.532		0		1		0.085		
Alanine....g	0.945		0		1		0.151		
Aspartic acid....g	1.679		0		1		0.269		
Glutamic acid....g	4.033		0		1		0.645		
Glycine....g	1.239		0		1		0.198		
Proline....g	0.826		0		1		0.132		
Serine....g	0.986		0		1		0.158		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 16g: 1 tbsp

NDB No. 12169
Seeds, sesame butter, paste

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12198

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1		0.45	0.85	
Energy....kcal	570		0	NC	4		86	162	
Energy....kj	2385				4		358	676	
Protein (N x 5.3)....g	17.81		1		1		2.67	5.05	
Total lipid (fat)....g	48.00		1		1		7.20	13.61	
Ash....g	5.00		1		1		0.75	1.42	
Carbohydrate, by difference....g	26.19		0	NC	4		3.93	7.42	
Fiber, total dietary....g	9.3		0		4		1.4	2.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	420		0		1		63	119	
Iron, Fe....mg	2.51		0		1		0.38	0.71	
Magnesium, Mg....mg	96		0		1		14	27	
Phosphorus, P....mg	752		0		1		113	213	
Potassium, K....mg	414		0		1		62	117	
Sodium, Na....mg	74		0		1		11	21	
Zinc, Zn....mg	4.64		0		1		0.70	1.32	
Copper, Cu....mg	1.618		0		1		0.243	0.459	
Manganese, Mn....mg	1.457		0		4		0.219	0.413	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	1.283		0		1		0.192	0.364	
Riboflavin....mg	0.510		0		1		0.077	0.145	
Niacin....mg	5.925		0		1		0.889	1.680	
Pantothenic acid....mg	0.694		0		4		0.104	0.197	
Vitamin B-6....mg	0.149		0		4		0.022	0.042	
Folate, total....mcg	98		0		4		15	28	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	98		0		4		15	28	
Folate, DFE....mcg_DFE	98		0	NC	4		15	28	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0		4		1	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	67		0		4		10	19	
Lycopene....mcg									
Lutein + zeaxanthin....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	6.722		0		1		1.008	1.906	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

NDB No. 12198

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.120		0		1		0.018	0.034	
15:0....g									
16:0....g	4.292		0		1		0.644	1.217	
17:0....g									
18:0....g	2.019		0		1		0.303	0.572	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.127		0		1		2.719	5.139	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.144		0		1		0.022	0.041	
17:1....g									
18:1 undifferentiated....g	17.897		0		1		2.685	5.074	
20:1....g	0.067		0		1		0.010	0.019	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	21.039		0		1		3.156	5.965	
18:2 undifferentiated....g	20.654		0		1		3.098	5.855	
18:3 undifferentiated....g	0.363		0		1		0.054	0.103	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.390		0		1		0.059	0.111	
Threonine....g	0.739		0		1		0.111	0.210	
Isoleucine....g	0.766		0		1		0.115	0.217	
Leucine....g	1.364		0		1		0.205	0.387	
Lysine....g	0.571		0		1		0.086	0.162	
Methionine....g	0.588		0		1		0.088	0.167	
Cystine....g	0.360		0		1		0.054	0.102	
Phenylalanine....g	0.944		0		1		0.142	0.268	
Tyrosine....g	0.746		0		1		0.112	0.211	
Valine....g	0.995		0		1		0.149	0.282	
Arginine....g	2.641		0		1		0.396	0.749	
Histidine....g	0.524		0		1		0.079	0.149	
Alanine....g	0.931		0		1		0.140	0.264	
Aspartic acid....g	1.653		0		1		0.248	0.469	
Glutamic acid....g	3.972		0		1		0.596	1.126	
Glycine....g	1.220		0		1		0.183	0.346	
Proline....g	0.813		0		1		0.122	0.230	
Serine....g	0.971		0		1		0.146	0.275	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

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

NDB No. 12198

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12166

Seeds, sesame butter, tahini, from roasted and toasted kernels (most common 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	3.05		2		1		0.46	0.86	
Energy	kcal	595		0	NC	4		89	169	
Energy	kj	2489		0		4		373	706	
Protein (N x 5.3)	g	17.00		2		1		2.55	4.82	
Total lipid (fat)	g	53.76		2		1		8.06	15.24	
Ash	g	5.00		1		1		0.75	1.42	
Carbohydrate, by difference	g	21.19		0	NC	4		3.18	6.01	
Fiber, total dietary	g	9.3		0		4		1.4	2.6	
Sugars, total	g	0.49		0	BFSN	4		0.07	0.14	
Starch	g									
Minerals:										
Calcium, Ca	mg	426		0		1		64	121	
Iron, Fe	mg	8.95		0		1		1.34	2.54	
Magnesium, Mg	mg	95		1		1		14	27	
Phosphorus, P	mg	732		0		1		110	208	
Potassium, K	mg	414		0		1		62	117	
Sodium, Na	mg	115		2		1		17	33	
Zinc, Zn	mg	4.62		1		1		0.69	1.31	
Copper, Cu	mg	1.610		1		1		0.242	0.456	
Manganese, Mn	mg	1.456		0		4		0.218	0.413	
Selenium, Se	mcg	1.7		0	BFSN	4		0.3	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	1.220		0		1		0.183	0.346	
Riboflavin	mg	0.473		0		1		0.071	0.134	
Niacin	mg	5.450		0		1		0.818	1.545	
Pantothenic acid	mg	0.693		0		4		0.104	0.196	
Vitamin B-6	mg	0.149		0		4		0.022	0.042	
Folate, total	mcg	98		0		4		15	28	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	98		0		4		15	28	
Folate, DFE	mcg_DFE	98		0	NC	4		15	28	
Choline, total	mg	25.8		0	BFSN	4		3.9	7.3	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		1	1	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	40		0	BFSN	4		6	11	
Carotene, alpha	mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	67		0		4		10	19	
Lycopene	mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.25		0	BFSN	4		0.04	0.07	
Vitamin E, added	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	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	7.529		0		1		1.129	2.134	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	

NDB No. 12166

Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.134		0		1		0.020	0.038	
15:0....g									
16:0....g	4.807		0		1		0.721	1.363	
17:0....g									
18:0....g	2.262		0		1		0.339	0.641	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	20.302		0		1		3.045	5.756	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.161		0		1		0.024	0.046	
17:1....g									
18:1 undifferentiated....g	20.045		0		1		3.007	5.683	
20:1....g	0.075		0		1		0.011	0.021	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	23.564		0		1		3.535	6.680	
18:2 undifferentiated....g	23.133		0		1		3.470	6.558	
18:3 undifferentiated....g	0.407		0		1		0.061	0.115	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.372		0		1		0.056	0.105	
Threonine....g	0.706		0		1		0.106	0.200	
Isoleucine....g	0.731		0		1		0.110	0.207	
Leucine....g	1.302		0		1		0.195	0.369	
Lysine....g	0.545		0		1		0.082	0.155	
Methionine....g	0.561		0		1		0.084	0.159	
Cystine....g	0.343		0		1		0.051	0.097	
Phenylalanine....g	0.901		0		1		0.135	0.255	
Tyrosine....g	0.712		0		1		0.107	0.202	
Valine....g	0.950		0		1		0.143	0.269	
Arginine....g	2.521		0		1		0.378	0.715	
Histidine....g	0.500		0		1		0.075	0.142	
Alanine....g	0.889		0		1		0.133	0.252	
Aspartic acid....g	1.578		0		1		0.237	0.447	
Glutamic acid....g	3.792		0		1		0.569	1.075	
Glycine....g	1.165		0		1		0.175	0.330	
Proline....g	0.776		0		1		0.116	0.220	
Serine....g	0.927		0		1		0.139	0.263	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12166

Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12171

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		0		1		0.42	0.85	
Energy....kcal	607		0	NC	4		85	172	
Energy....kj	2540				4		356	720	
Protein (N x 5.3)....g	17.95		1		1		2.51	5.09	
Total lipid (fat)....g	56.44		1		1		7.90	16.00	
Ash....g	4.73		0		1		0.66	1.34	
Carbohydrate, by difference....g	17.89		0	NC	4		2.50	5.07	
Fiber, total dietary....g	9.3		0		4		1.3	2.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	141		1		1		20	40	
Iron, Fe....mg	6.35		1		1		0.89	1.80	
Magnesium, Mg....mg	353		0		1		49	100	
Phosphorus, P....mg	790		0		1		111	224	
Potassium, K....mg	459		1		1		64	130	
Sodium, Na....mg	1		1		1		0	0	
Zinc, Zn....mg	10.45		0		1		1.46	2.96	
Copper, Cu....mg	1.488		0		4		0.208	0.422	
Manganese, Mn....mg	1.457		0		4		0.204	0.413	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	1.587		1		1		0.222	0.450	
Riboflavin....mg	0.120		1		1		0.017	0.034	
Niacin....mg	5.644		1		1		0.790	1.600	
Pantothenic acid....mg	0.694		0		4		0.097	0.197	
Vitamin B-6....mg	0.149		0		4		0.021	0.042	
Folate, total....mcg	98		0		4		14	28	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	98		0		4		14	28	
Folate, DFE....mcg_DFE	98		0	NC	4		14	28	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0		4		0	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	67		0		4		9	19	
Lycopene....mcg									
Lutein + zeaxanthin....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	7.904		0		1		1.107	2.241	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

NDB No. 12171

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.141		0		1		0.020	0.040	
15:0....g									
16:0....g	5.046		0		1		0.706	1.431	
17:0....g									
18:0....g	2.374		0		1		0.332	0.673	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	21.313		0		1		2.984	6.042	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.169		0		1		0.024	0.048	
17:1....g									
18:1 undifferentiated....g	21.043		0		1		2.946	5.966	
20:1....g	0.079		0		1		0.011	0.022	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	24.737		0		1		3.463	7.013	
18:2 undifferentiated....g	24.285		0		1		3.400	6.885	
18:3 undifferentiated....g	0.427		0		1		0.060	0.121	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.393		0		1		0.055	0.111	
Threonine....g	0.745		0		1		0.104	0.211	
Isoleucine....g	0.772		0		1		0.108	0.219	
Leucine....g	1.375		0		1		0.193	0.390	
Lysine....g	0.576		0		1		0.081	0.163	
Methionine....g	0.593		0		1		0.083	0.168	
Cystine....g	0.362		0		1		0.051	0.103	
Phenylalanine....g	0.951		0		1		0.133	0.270	
Tyrosine....g	0.752		0		1		0.105	0.213	
Valine....g	1.002		0		1		0.140	0.284	
Arginine....g	2.661		0		1		0.373	0.754	
Histidine....g	0.528		0		1		0.074	0.150	
Alanine....g	0.938		0		1		0.131	0.266	
Aspartic acid....g	1.666		0		1		0.233	0.472	
Glutamic acid....g	4.002		0		1		0.560	1.135	
Glycine....g	1.229		0		1		0.172	0.348	
Proline....g	0.819		0		1		0.115	0.232	
Serine....g	0.979		0		1		0.137	0.278	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

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

NDB No. 12171

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12698

Seeds, sesame butter, tahini, type of kernels unspecified

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0		4		0.45		
Energy	kcal	592		0	NC	4		89		
Energy	kj	2477		0		4		372		
Protein (N x 5.3)	g	17.40		0		4		2.61		
Total lipid (fat)	g	53.01		0		4		7.95		
Ash	g	5.09		0	NC	4		0.76		
Carbohydrate, by difference	g	21.50		0	NC	4		3.23		
Fiber, total dietary	g	4.7		0		4		0.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	141		0		4		21		
Iron, Fe	mg	4.42		0		4		0.66		
Magnesium, Mg	mg	95		0		4		14		
Phosphorus, P	mg	790		0		4		119		
Potassium, K	mg	459		0		4		69		
Sodium, Na	mg	35		0		4		5		
Zinc, Zn	mg	4.62		0		4		0.69		
Copper, Cu	mg	1.610		0		4		0.242		
Manganese, Mn	mg									
Selenium, Se	mcg	1.7		0	BFSN	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.2		0		4		0.6		
Thiamin	mg	1.590		0		4		0.239		
Riboflavin	mg	0.120		0		4		0.018		
Niacin	mg	5.640		0		4		0.846		
Pantothenic acid	mg									
Vitamin B-6	mg	0.150		0		4		0.023		
Folate, total	mcg	98		0		4		15		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	98		0		4		15		
Folate, DFE	mcg_DFE	98		0	NC	4		15		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, RAE	mcg_RAE	3		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	67		0		4		10		
Lycopene	mcg									
Lutein + zeaxanthin	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	7.423		0		4		1.113		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									

NDB No. 12698

Seeds, sesame butter, tahini, type of kernels unspecified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.132		0		4		0.020		
15:0....g									
16:0....g	4.739		0		4		0.711		
17:0....g									
18:0....g	2.230		0		4		0.335		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	20.016		0		4		3.002		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.159		0		4		0.024		
17:1....g									
18:1 undifferentiated....g	19.763		0		4		2.964		
20:1....g	0.074		0		4		0.011		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	23.232		0		4		3.485		
18:2 undifferentiated....g	22.807		0		4		3.421		
18:3 undifferentiated....g	0.401		0		4		0.060		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3....g	0.000		0		4		0.000		
22:5 n-3....g	0.000		0		4		0.000		
22:6 n-3....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.90		1		1		0.26		
Energy	kcal	526		0	NC	4		149		
Energy	kj	2201				4		624		
Protein (N x 5.3)	g	30.78		1		1		8.73		
Total lipid (fat)	g	37.10		1		1		10.52		
Ash	g	4.60		1		1		1.30		
Carbohydrate, by difference	g	26.62		0	NC	4		7.55		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	159		0		1		45		
Iron, Fe	mg	15.17		0		1		4.30		
Magnesium, Mg	mg	361		0		1		102		
Phosphorus, P	mg	807		0		1		229		
Potassium, K	mg	423		0		1		120		
Sodium, Na	mg	41		0		1		12		
Zinc, Zn	mg	10.67		0		1		3.02		
Copper, Cu	mg	1.520		0		4		0.431		
Manganese, Mn	mg	1.489		0		4		0.422		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	2.684		0		1		0.761		
Riboflavin	mg	0.286		0		1		0.081		
Niacin	mg	13.369		0		1		3.790		
Pantothenic acid	mg	2.928		0		1		0.830		
Vitamin B-6	mg	0.152		0		1		0.043		
Folate, total	mcg	31		0		1		9		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	31		0		1		9		
Folate, DFE	mcg_DFE	31		0	NC	4		9		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	3		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	69		0		1		20		
Lycopene	mcg									
Lutein + zeaxanthin	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	5.196		0		1		1.473		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.092		0		1		0.026		
15:0....g									
16:0....g	3.317		0		1		0.940		
17:0....g									
18:0....g	1.561		0		1		0.443		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.010		0		1		3.972		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.111		0		1		0.031		
17:1....g									
18:1 undifferentiated....g	13.833		0		1		3.922		
20:1....g	0.052		0		1		0.015		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	16.261		0		1		4.610		
18:2 undifferentiated....g	15.964		0		1		4.526		
18:3 undifferentiated....g	0.281		0		1		0.080		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.674		0		1		0.191		
Threonine....g	1.278		0		1		0.362		
Isoleucine....g	1.324		0		1		0.375		
Leucine....g	2.358		0		1		0.668		
Lysine....g	0.987		0		1		0.280		
Methionine....g	1.016		0		1		0.288		
Cystine....g	0.621		0		1		0.176		
Phenylalanine....g	1.632		0		1		0.463		
Tyrosine....g	1.289		0		1		0.365		
Valine....g	1.719		0		1		0.487		
Arginine....g	4.565		0		1		1.294		
Histidine....g	0.906		0		1		0.257		
Alanine....g	1.609		0		1		0.456		
Aspartic acid....g	2.858		0		1		0.810		
Glutamic acid....g	6.865		0		1		1.946		
Glycine....g	2.108		0		1		0.598		
Proline....g	1.406		0		1		0.399		
Serine....g	1.679		0		1		0.476		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.10		2		1		2.01		
Energy	kcal	333		0	NC	4		94		
Energy	kj	1393				4		395		
Protein (N x 5.3)	g	50.14		2		1		14.21		
Total lipid (fat)	g	1.75		2		1		0.50		
Ash	g	5.50		2		1		1.56		
Carbohydrate, by difference	g	35.51		0	NC	4		10.07		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	149		0		1		42		
Iron, Fe	mg	14.22		0		1		4.03		
Magnesium, Mg	mg	338		0		1		96		
Phosphorus, P	mg	757		0		1		215		
Potassium, K	mg	397		0		1		113		
Sodium, Na	mg	39		0		1		11		
Zinc, Zn	mg	10.00		0		1		2.84		
Copper, Cu	mg	1.425		0		4		0.404		
Manganese, Mn	mg	1.396		0		4		0.396		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	2.516		0		1		0.713		
Riboflavin	mg	0.269		0		1		0.076		
Niacin	mg	12.533		0		1		3.553		
Pantothenic acid	mg	2.745		0		1		0.778		
Vitamin B-6	mg	0.142		0		1		0.040		
Folate, total	mcg	29		0		1		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	29		0		1		8		
Folate, DFE	mcg_DFE	29		0	NC	4		8		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	3		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	64		0		1		18		
Lycopene	mcg									
Lutein + zeaxanthin	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	0.201		0		1		0.057		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.004		0		1		0.001		
15:0....g									
16:0....g	0.128		0		1		0.036		
17:0....g									
18:0....g	0.060		0		1		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.543		0		1		0.154		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.536		0		1		0.152		
20:1....g	0.002		0		1		0.001		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.630		0		1		0.179		
18:2 undifferentiated....g	0.618		0		1		0.175		
18:3 undifferentiated....g	0.011		0		1		0.003		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	1.097		0		1		0.311		
Threonine....g	2.081		0		1		0.590		
Isoleucine....g	2.157		0		1		0.612		
Leucine....g	3.841		0		1		1.089		
Lysine....g	1.608		0		1		0.456		
Methionine....g	1.656		0		1		0.469		
Cystine....g	1.012		0		1		0.287		
Phenylalanine....g	2.658		0		1		0.754		
Tyrosine....g	2.100		0		1		0.595		
Valine....g	2.800		0		1		0.794		
Arginine....g	7.436		0		1		2.108		
Histidine....g	1.476		0		1		0.418		
Alanine....g	2.620		0		1		0.743		
Aspartic acid....g	4.654		0		1		1.319		
Glutamic acid....g	11.182		0		1		3.170		
Glycine....g	3.434		0		1		0.974		
Proline....g	2.289		0		1		0.649		
Serine....g	2.734		0		1		0.775		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12032
Seeds, sesame flour, partially defatted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.61	0.784	5		1		1.87		
Energy	kcal	382		0	NC	4		108		
Energy	kj	1598				4		453		
Protein (N x 5.3)	g	40.32	3.275	5		1		11.43		
Total lipid (fat)	g	11.89	1.731	5		1		3.37		
Ash	g	6.05	0.554	5		1		1.72		
Carbohydrate, by difference	g	35.14		0	NC	4		9.96		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	150	6.279	6		1		43		
Iron, Fe	mg	14.30	0.318	6		1		4.05		
Magnesium, Mg	mg	362		0		1		103		
Phosphorus, P	mg	810		0		1		230		
Potassium, K	mg	425		0		1		120		
Sodium, Na	mg	41		0		1		12		
Zinc, Zn	mg	10.70		0		1		3.03		
Copper, Cu	mg	1.432		0		4		0.406		
Manganese, Mn	mg	1.403		0		4		0.398		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	2.530	0.024	6		1		0.717		
Riboflavin	mg	0.270	0.008	6		1		0.077		
Niacin	mg	12.600	0.482	6		1		3.572		
Pantothenic acid	mg	2.760	0.016	6		1		0.782		
Vitamin B-6	mg	0.152		0		1		0.043		
Folate, total	mcg	29	0.318	6		1		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	29	0.318	6		1		8		
Folate, DFE	mcg_DFE	29		0	NC	4		8		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	3		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	69		0		1		20		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.634		0		1		0.463		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12032
Seeds, sesame flour, partially defatted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.029		0		1		0.008		
15:0....g									
16:0....g	1.043		0		1		0.296		
17:0....g									
18:0....g	0.491		0		1		0.139		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.405		0		1		1.249		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.035		0		1		0.010		
17:1....g									
18:1 undifferentiated....g	4.349		0		1		1.233		
20:1....g	0.016		0		1		0.005		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.113		0		1		1.450		
18:2 undifferentiated....g	5.019		0		1		1.423		
18:3 undifferentiated....g	0.088		0		1		0.025		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.882		0		1		0.250		
Threonine....g	1.674		0		1		0.475		
Isoleucine....g	1.734		0		1		0.492		
Leucine....g	3.088		0		1		0.875		
Lysine....g	1.293		0		1		0.367		
Methionine....g	1.331		0		1		0.377		
Cystine....g	0.814		0		1		0.231		
Phenylalanine....g	2.138		0		1		0.606		
Tyrosine....g	1.689		0		1		0.479		
Valine....g	2.252		0		1		0.638		
Arginine....g	5.979		0		1		1.695		
Histidine....g	1.187		0		1		0.337		
Alanine....g	2.107		0		1		0.597		
Aspartic acid....g	3.743		0		1		1.061		
Glutamic acid....g	8.991		0		1		2.549		
Glycine....g	2.761		0		1		0.783		
Proline....g	1.841		0		1		0.522		
Serine....g	2.198		0		1		0.623		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12032
Seeds, sesame flour, partially defatted

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12034
Seeds, sesame meal, partially defatted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00		1		1		1.42		
Energy	kcal	567		0	NC	4		161		
Energy	kj	2372				4		673		
Protein (N x 5.3)	g	16.96		1		1		4.81		
Total lipid (fat)	g	48.00		1		1		13.61		
Ash	g	4.00		1		1		1.13		
Carbohydrate, by difference	g	26.04		0	NC	4		7.38		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	153		0		1		43		
Iron, Fe	mg	14.55		0		1		4.12		
Magnesium, Mg	mg	346		0		1		98		
Phosphorus, P	mg	774		0		1		219		
Potassium, K	mg	406		0		1		115		
Sodium, Na	mg	39		0		1		11		
Zinc, Zn	mg	10.23		0		1		2.90		
Copper, Cu	mg	1.457		0		4		0.413		
Manganese, Mn	mg	1.427		0		4		0.405		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	2.573		0		1		0.729		
Riboflavin	mg	0.275		0		1		0.078		
Niacin	mg	12.816		0		1		3.633		
Pantothenic acid	mg	2.807		0		1		0.796		
Vitamin B-6	mg	0.146		0		1		0.041		
Folate, total	mcg	30		0		1		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	30		0		1		8		
Folate, DFE	mcg_DFE	30		0	NC	4		8		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	3		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	66		0		1		19		
Lycopene	mcg									
Lutein + zeaxanthin	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	6.722		0		1		1.906		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									

NDB No. 12034
Seeds, sesame meal, partially defatted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.120		0		1		0.034		
15:0....g									
16:0....g	4.292		0		1		1.217		
17:0....g									
18:0....g	2.019		0		1		0.572		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.127		0		1		5.139		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.144		0		1		0.041		
17:1....g									
18:1 undifferentiated....g	17.897		0		1		5.074		
20:1....g	0.067		0		1		0.019		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	21.039		0		1		5.965		
18:2 undifferentiated....g	20.654		0		1		5.855		
18:3 undifferentiated....g	0.363		0		1		0.103		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.371		0		1		0.105		
Threonine....g	0.704		0		1		0.200		
Isoleucine....g	0.730		0		1		0.207		
Leucine....g	1.299		0		1		0.368		
Lysine....g	0.544		0		1		0.154		
Methionine....g	0.560		0		1		0.159		
Cystine....g	0.342		0		1		0.097		
Phenylalanine....g	0.899		0		1		0.255		
Tyrosine....g	0.710		0		1		0.201		
Valine....g	0.947		0		1		0.268		
Arginine....g	2.515		0		1		0.713		
Histidine....g	0.499		0		1		0.141		
Alanine....g	0.886		0		1		0.251		
Aspartic acid....g	1.574		0		1		0.446		
Glutamic acid....g	3.782		0		1		1.072		
Glycine....g	1.162		0		1		0.329		
Proline....g	0.774		0		1		0.219		
Serine....g	0.925		0		1		0.262		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12034
Seeds, sesame meal, partially defatted

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12201

Seeds, sesame seed kernels, dried (decorticated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.75		1	A	1		5.63	0.30	0.10
Energy	kcal	631		0	NC	4		947	50	17
Energy	kj	2640		0	NC	4		3960	211	71
Protein (N x 5.3)	g	20.45		1	A	1		30.67	1.64	0.55
Total lipid (fat)	g	61.21		1	A	1		91.82	4.90	1.65
Ash	g	2.86		1	A	1		4.29	0.23	0.08
Carbohydrate, by difference	g	11.73		0	NC	4		17.60	0.94	0.32
Fiber, total dietary	g	11.6		1	A	1		17.4	0.9	0.3
Sugars, total	g	0.48	0.268	4	A	1		0.72	0.04	0.01
Sucrose	g	0.34	0.263	4	A	1		0.51	0.03	0.01
Glucose (dextrose)	g	0.11	0.034	4	A	1		0.16	0.01	0.00
Fructose	g	0.07		1	A	1		0.11	0.01	0.00
Lactose	g	0.00		1	A	1		0.00	0.00	0.00
Maltose	g	0.00		1	A	1		0.00	0.00	0.00
Galactose	g	0.00		1	A	1		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	60		1	A	1		91	5	2
Iron, Fe	mg	6.36		1	A	1		9.54	0.51	0.17
Magnesium, Mg	mg	345		1	A	1		518	28	9
Phosphorus, P	mg	667		1	A	1		1001	53	18
Potassium, K	mg	370		1	A	1		555	30	10
Sodium, Na	mg	47		1	A	1		71	4	1
Zinc, Zn	mg	6.73		1	A	1		10.10	0.54	0.18
Copper, Cu	mg	1.400		1	A	1		2.100	0.112	0.038
Manganese, Mn	mg	1.440		1	A	1		2.160	0.115	0.039
Selenium, Se	mcg	97.5		1	A	1		146.3	7.8	2.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.699		1	A	1		1.049	0.056	0.019
Riboflavin	mg	0.090		1	A	1		0.135	0.007	0.002
Niacin	mg	5.800		1	A	1		8.700	0.464	0.157
Pantothenic acid	mg	0.290		1	A	1		0.435	0.023	0.008
Vitamin B-6	mg	0.400	0.080	3	A	1		0.600	0.032	0.011
Folate, total	mcg	115		1	A	1		173	9	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	115		1	A	1		173	9	3
Folate, DFE	mcg_DFE	115		0	NC	4		173	9	3
Choline, total	mg	25.6		0	AS	1		38.4	2.0	0.7
Betaine	mg	0.4		1	A	1		0.5	0.0	0.0
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	3		0	NC	4		5	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	40		0	O	4		59	3	1
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	66		1		1		99	5	2
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	1.68		1	A	1		2.52	0.13	0.05
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		1	A	1		0.0	0.0	0.0

NDB No. 12201

Seeds, sesame seed kernels, dried (decorticated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.055		0	NC	4		13.582	0.724	0.244
4:0....g	0.000		1	A	1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g	0.000		1	A	1		0.000	0.000	0.000
14:0....g	0.000		1	A	1		0.000	0.000	0.000
15:0....g									
16:0....g	5.273		1	A	1		7.909	0.422	0.142
17:0....g									
18:0....g	3.311		1	A	1		4.966	0.265	0.089
20:0....g	0.347		1	A	1		0.521	0.028	0.009
22:0....g	0.071		1	A	1		0.106	0.006	0.002
24:0....g	0.053		1	A	1		0.080	0.004	0.001
Fatty acids, total monounsaturated....g	23.924		0	NC	4		35.886	1.914	0.646
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.105		1	A	1		0.157	0.008	0.003
17:1....g									
18:1 undifferentiated....g	23.595		1	A	1		35.393	1.888	0.637
18:1 c....g									
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.124		1	A	1		0.185	0.010	0.003
22:1 undifferentiated....g	0.065		1	A	1		0.097	0.005	0.002
24:1 c....g	0.035		1	A	1		0.053	0.003	0.001
Fatty acids, total polyunsaturated....g	25.491		0	NC	4		38.236	2.039	0.688
18:2 undifferentiated....g	25.227		1	A	1		37.841	2.018	0.681
18:3 undifferentiated....g	0.263		1	A	1		0.395	0.021	0.007
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g									
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	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.330		0	A	1		0.495	0.026	0.009
Threonine....g	0.730		0	A	1		1.095	0.058	0.020
Isoleucine....g	0.750		0	A	1		1.125	0.060	0.020
Leucine....g	1.500		0	A	1		2.250	0.120	0.041
Lysine....g	0.650		0	A	1		0.975	0.052	0.018
Methionine....g	0.880		0	A	1		1.320	0.070	0.024
Cystine....g	0.440		0	A	1		0.660	0.035	0.012
Phenylalanine....g	0.940		0	A	1		1.410	0.075	0.025
Tyrosine....g	0.790		0	A	1		1.185	0.063	0.021
Valine....g	0.980		0	A	1		1.470	0.078	0.026
Arginine....g	3.250		0	A	1		4.875	0.260	0.088
Histidine....g	0.550		0	A	1		0.825	0.044	0.015
Alanine....g	0.990		0	A	1		1.485	0.079	0.027
Aspartic acid....g	2.070		0	A	1		3.105	0.166	0.056
Glutamic acid....g	4.600		0	A	1		6.900	0.368	0.124
Glycine....g	1.090		0	A	1		1.635	0.087	0.029
Proline....g	1.040		0	A	1		1.560	0.083	0.028
Serine....g	1.200		0	A	1		1.800	0.096	0.032

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 150g: 1 cup

Measure 2 = 8.0g: 1 tbsp

Measure 3 = 2.7g: 1 tsp

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12529

Seeds, sesame seed kernels, toasted, with salt added (decorticated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00	0.000	3		1		6.40	1.42	
Energy	kcal	567		0	NC	4		726	161	
Energy	kj	2372		0		4		3037	673	
Protein (N x 5.3)	g	16.96	0.000	3		1		21.71	4.81	
Total lipid (fat)	g	48.00	0.000	3		1		61.44	13.61	
Ash	g	4.00	0.000	3		1		5.12	1.13	
Carbohydrate, by difference	g	26.04		0	NC	4		33.33	7.38	
Fiber, total dietary	g	16.9		0		4		21.6	4.8	
Sugars, total	g	0.48		0	BFZN	4		0.62	0.14	
Starch	g									
Minerals:										
Calcium, Ca	mg	131		0		1		168	37	
Iron, Fe	mg	7.78		0		1		9.96	2.21	
Magnesium, Mg	mg	346		0		1		443	98	
Phosphorus, P	mg	774		0		1		991	219	
Potassium, K	mg	406		0		1		520	115	
Sodium, Na	mg	588		0		1		753	167	
Zinc, Zn	mg	10.23		0		1		13.09	2.90	
Copper, Cu	mg	1.457		0		4		1.865	0.413	
Manganese, Mn	mg	1.427		0		4		1.827	0.405	
Selenium, Se	mcg	1.7		0	BFSN	4		2.2	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	1.205		0		1		1.542	0.342	
Riboflavin	mg	0.466		0		1		0.596	0.132	
Niacin	mg	5.438		0		1		6.961	1.542	
Pantothenic acid	mg	0.680		0		1		0.870	0.193	
Vitamin B-6	mg	0.146		0		4		0.187	0.041	
Folate, total	mcg	96		0		4		123	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	96		0		4		123	27	
Folate, DFE	mcg_DFE	96		0	NC	4		123	27	
Choline, total	mg	25.6		0	BFZN	4		32.7	7.3	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		4	1	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	40		0	BFZN	4		51	11	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	66		0		4		84	19	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.25		0	BFZN	4		0.32	0.07	
Vitamin E, added	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	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	6.722		0		1		8.604	1.906	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	

NDB No. 12529

Seeds, sesame seed kernels, toasted, with salt added (decorticated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.120		0		1		0.154	0.034	
15:0 ... g									
16:0 ... g	4.292		0		1		5.494	1.217	
17:0 ... g									
18:0 ... g	2.019		0		1		2.584	0.572	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	18.127		0		1		23.203	5.139	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.144		0		1		0.184	0.041	
17:1 ... g									
18:1 undifferentiated ... g	17.897		0		1		22.908	5.074	
20:1 ... g	0.067		0		1		0.086	0.019	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	21.039		0		1		26.930	5.965	
18:2 undifferentiated ... g	20.654		0		1		26.437	5.855	
18:3 undifferentiated ... g	0.363		0		1		0.465	0.103	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.371		0		1		0.475	0.105	
Threonine ... g	0.704		0		1		0.901	0.200	
Isoleucine ... g	0.730		0		1		0.934	0.207	
Leucine ... g	1.299		0		1		1.663	0.368	
Lysine ... g	0.544		0		1		0.696	0.154	
Methionine ... g	0.560		0		1		0.717	0.159	
Cystine ... g	0.342		0		1		0.438	0.097	
Phenylalanine ... g	0.899		0		1		1.151	0.255	
Tyrosine ... g	0.710		0		1		0.909	0.201	
Valine ... g	0.947		0		1		1.212	0.268	
Arginine ... g	2.515		0		1		3.219	0.713	
Histidine ... g	0.499		0		1		0.639	0.141	
Alanine ... g	0.886		0		1		1.134	0.251	
Aspartic acid ... g	1.574		0		1		2.015	0.446	
Glutamic acid ... g	3.782		0		1		4.841	1.072	
Glycine ... g	1.162		0		1		1.487	0.329	
Proline ... g	0.774		0		1		0.991	0.219	
Serine ... g	0.925		0		1		1.184	0.262	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12529

Seeds, sesame seed kernels, toasted, with salt added (decorticated)

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12029

Seeds, sesame seed kernels, toasted, without salt added (decorticated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00	0.000	3		1		6.40	1.42	
Energy	kcal	567		0	NC	4		726	161	
Energy	kj	2372		0		4		3037	673	
Protein (N x 5.3)	g	16.96	0.000	3		1		21.71	4.81	
Total lipid (fat)	g	48.00	0.000	3		1		61.44	13.61	
Ash	g	4.00	0.000	3		1		5.12	1.13	
Carbohydrate, by difference	g	26.04		0	NC	4		33.33	7.38	
Fiber, total dietary	g	16.9		0		4		21.6	4.8	
Sugars, total	g	0.48		0	BFZN	4		0.62	0.14	
Starch	g									
Minerals:										
Calcium, Ca	mg	131		0		1		168	37	
Iron, Fe	mg	7.78		0		1		9.96	2.21	
Magnesium, Mg	mg	346		0		1		443	98	
Phosphorus, P	mg	774		0		1		991	219	
Potassium, K	mg	406		0		1		520	115	
Sodium, Na	mg	39		0		1		50	11	
Zinc, Zn	mg	10.23		0		1		13.09	2.90	
Copper, Cu	mg	1.457		0		4		1.865	0.413	
Manganese, Mn	mg	1.427		0		4		1.827	0.405	
Selenium, Se	mcg	1.7		0	BFSN	4		2.2	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	1.205		0		1		1.542	0.342	
Riboflavin	mg	0.466		0		1		0.596	0.132	
Niacin	mg	5.438		0		1		6.961	1.542	
Pantothenic acid	mg	0.680		0		1		0.870	0.193	
Vitamin B-6	mg	0.146		0		4		0.187	0.041	
Folate, total	mcg	96		0		4		123	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	96		0		4		123	27	
Folate, DFE	mcg_DFE	96		0	NC	4		123	27	
Choline, total	mg	25.6		0	BFZN	4		32.7	7.3	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		4	1	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	40		0	BFZN	4		51	11	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	66		0		4		84	19	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.25		0	BFZN	4		0.32	0.07	
Vitamin E, added	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	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	6.722		0		1		8.604	1.906	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	

NDB No. 12029

Seeds, sesame seed kernels, toasted, without salt added (decorticated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.120		0		1		0.154	0.034	
15:0 ... g									
16:0 ... g	4.292		0		1		5.494	1.217	
17:0 ... g									
18:0 ... g	2.019		0		1		2.584	0.572	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	18.127		0		1		23.203	5.139	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.144		0		1		0.184	0.041	
17:1 ... g									
18:1 undifferentiated ... g	17.897		0		1		22.908	5.074	
20:1 ... g	0.067		0		1		0.086	0.019	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	21.039		0		1		26.930	5.965	
18:2 undifferentiated ... g	20.654		0		1		26.437	5.855	
18:3 undifferentiated ... g	0.363		0		1		0.465	0.103	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.371		0		1		0.475	0.105	
Threonine ... g	0.704		0		1		0.901	0.200	
Isoleucine ... g	0.730		0		1		0.934	0.207	
Leucine ... g	1.299		0		1		1.663	0.368	
Lysine ... g	0.544		0		1		0.696	0.154	
Methionine ... g	0.560		0		1		0.717	0.159	
Cystine ... g	0.342		0		1		0.438	0.097	
Phenylalanine ... g	0.899		0		1		1.151	0.255	
Tyrosine ... g	0.710		0		1		0.909	0.201	
Valine ... g	0.947		0		1		1.212	0.268	
Arginine ... g	2.515		0		1		3.219	0.713	
Histidine ... g	0.499		0		1		0.639	0.141	
Alanine ... g	0.886		0		1		1.134	0.251	
Aspartic acid ... g	1.574		0		1		2.015	0.446	
Glutamic acid ... g	3.782		0		1		4.841	1.072	
Glycine ... g	1.162		0		1		1.487	0.329	
Proline ... g	0.774		0		1		0.991	0.219	
Serine ... g	0.925		0		1		1.184	0.262	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12029

Seeds, sesame seed kernels, toasted, without salt added (decorticated)

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12023

Seeds, sesame seeds, whole, dried

Sesamum indicum

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.69	0.180	65		1		6.75	0.42	
Energy....kcal	573		0	NC	4		825	52	
Energy....kj	2397		0		4		3452	216	
Protein (N x 5.3)....g	17.73	0.256	61		1		25.53	1.60	
Total lipid (fat)....g	49.67	0.501	58		1		71.52	4.47	
Ash....g	4.45	0.152	59		1		6.41	0.40	
Carbohydrate, by difference....g	23.45		0	NC	4		33.77	2.11	
Fiber, total dietary....g	11.8		0		1		17.0	1.1	
Sugars, total....g	0.30	0.006	3	A	1		0.43	0.03	
Starch....g									
Minerals:									
Calcium, Ca....mg	975	102.528	21		1		1404	88	
Iron, Fe....mg	14.55	1.587	16		1		20.95	1.31	
Magnesium, Mg....mg	351	23.961	3		1		505	32	
Phosphorus, P....mg	629	23.830	20		1		906	57	
Potassium, K....mg	468	34.612	4		1		674	42	
Sodium, Na....mg	11	6.384	3		1		16	1	
Zinc, Zn....mg	7.75	0.536	4		1		11.16	0.70	
Copper, Cu....mg	4.082	1.277	4		1		5.878	0.367	
Manganese, Mn....mg	2.460	0.723	3		1		3.542	0.221	
Selenium, Se....mcg	5.7		0	BFZN	4		8.2	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4		1		0.0	0.0	
Thiamin....mg	0.791	0.084	8		1		1.139	0.071	
Riboflavin....mg	0.247	0.034	10		1		0.356	0.022	
Niacin....mg	4.515	0.227	10		1		6.502	0.406	
Pantothenic acid....mg	0.050		1		1		0.072	0.005	
Vitamin B-6....mg	0.790		1		1		1.138	0.071	
Folate, total....mcg	97		0		1		139	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	97		0		1		139	9	
Folate, DFE....mcg_DFE	97		0	NC	4		139	9	
Choline, total....mg	25.6		0	BFZN	4		36.8	2.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		1	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	5		0	O	4		8	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	9	6.094	8		1		13	1	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	T	4		0.36	0.02	
Vitamin E, added....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	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	6.957		0		1		10.018	0.626	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.124		1		1		0.179	0.011	
15:0....g									
16:0....g	4.441		761		1		6.395	0.400	
17:0....g									
18:0....g	2.090		761		1		3.010	0.188	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.759		0		1		27.013	1.688	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.149		17		1		0.215	0.013	
17:1....g									
18:1 undifferentiated....g	18.521		761		1		26.670	1.667	
20:1....g	0.070		9		1		0.101	0.006	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	21.773		0		1		31.353	1.960	
18:2 undifferentiated....g	21.375		761		1		30.780	1.924	
18:3 undifferentiated....g	0.376		25		1		0.541	0.034	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	714		0		1		1028	64	
Amino Acids:									
Tryptophan....g	0.388		13		1		0.559	0.035	
Threonine....g	0.736		19		1		1.060	0.066	
Isoleucine....g	0.763		19		1		1.099	0.069	
Leucine....g	1.358		19		1		1.956	0.122	
Lysine....g	0.569		19		1		0.819	0.051	
Methionine....g	0.586		19		1		0.844	0.053	
Cystine....g	0.358		10		1		0.516	0.032	
Phenylalanine....g	0.940		19		1		1.354	0.085	
Tyrosine....g	0.743		14		1		1.070	0.067	
Valine....g	0.990		19		1		1.426	0.089	
Arginine....g	2.630		18		1		3.787	0.237	
Histidine....g	0.522		18		1		0.752	0.047	
Alanine....g	0.927		13		1		1.335	0.083	
Aspartic acid....g	1.646		13		1		2.370	0.148	
Glutamic acid....g	3.955		13		1		5.695	0.356	
Glycine....g	1.215		13		1		1.750	0.109	
Proline....g	0.810		13		1		1.166	0.073	
Serine....g	0.967		13		1		1.392	0.087	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12023

Seeds, sesame seeds, whole, dried

Measure 1 = 144g: 1 cup

Measure 2 = 9.0g: 1 tbsp

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12024

Seeds, sesame seeds, whole, roasted and toasted

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.120		0		1		0.034		
15:0....g									
16:0....g	4.292		0		1		1.217		
17:0....g									
18:0....g	2.019		0		1		0.572		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.127		0		1		5.139		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.144		0		1		0.041		
17:1....g									
18:1 undifferentiated....g	17.897		0		1		5.074		
20:1....g	0.067		0		1		0.019		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	21.039		0		1		5.965		
18:2 undifferentiated....g	20.654		0		1		5.855		
18:3 undifferentiated....g	0.363		0		1		0.103		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.371		0		1		0.105		
Threonine....g	0.704		0		1		0.200		
Isoleucine....g	0.730		0		1		0.207		
Leucine....g	1.299		0		1		0.368		
Lysine....g	0.544		0		1		0.154		
Methionine....g	0.560		0		1		0.159		
Cystine....g	0.342		0		1		0.097		
Phenylalanine....g	0.899		0		1		0.255		
Tyrosine....g	0.710		0		1		0.201		
Valine....g	0.947		0		1		0.268		
Arginine....g	2.515		0		1		0.713		
Histidine....g	0.499		0		1		0.141		
Alanine....g	0.886		0		1		0.251		
Aspartic acid....g	1.574		0		1		0.446		
Glutamic acid....g	3.782		0		1		1.072		
Glycine....g	1.162		0		1		0.329		
Proline....g	0.774		0		1		0.219		
Serine....g	0.925		0		1		0.262		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 12024

Seeds, sesame seeds, whole, roasted and toasted

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12193

Seeds, sisymbrium sp. seeds, whole, dried

Sisymbrium spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.10		1		1		4.51	1.73	
Energy....kcal	318		0	NC	4		235	90	
Energy....kj	1331				4		985	377	
Protein (N x 5.3)....g	12.14		0		1		8.98	3.44	
Total lipid (fat)....g	4.60		1		1		3.40	1.30	
Ash....g	18.90		1		1		13.99	5.36	
Carbohydrate, by difference....g	58.26		0	NC	4		43.11	16.52	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	1633		1		1		1208	463	
Iron, Fe....mg	0.11		1		1		0.08	0.03	
Magnesium, Mg....mg	314		1		1		232	89	
Phosphorus, P....mg	6		1		1		4	2	
Potassium, K....mg	2130		1		1		1576	604	
Sodium, Na....mg	92		1		1		68	26	
Zinc, Zn....mg	0.30		1		1		0.22	0.09	
Copper, Cu....mg	0.110		1		1		0.081	0.031	
Manganese, Mn....mg	1.512		0		4		1.119	0.429	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	30.7		0		4		22.7	8.7	
Thiamin....mg	0.191		0		4		0.141	0.054	
Riboflavin....mg	0.423		0		4		0.313	0.120	
Niacin....mg	16.825		0		4		12.451	4.770	
Pantothenic acid....mg	0.997		0		4		0.738	0.283	
Vitamin B-6....mg	0.778		0		4		0.576	0.221	
Folate, total....mcg	95		0		4		71	27	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	95		0		4		71	27	
Folate, DFE....mcg_DFE	95		0	NC	4		71	27	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0		4		2	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	63		0		4		47	18	
Lycopene....mcg									
Lutein + zeaxanthin....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	0.902		0		1		0.667	0.256	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	0.616		1		1		0.456	0.175	
17:0....g									
18:0....g	0.132		1		1		0.098	0.037	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.486		0		1		1.100	0.421	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.035		1		1		0.026	0.010	
17:1....g									
18:1 undifferentiated....g	0.836		1		1		0.619	0.237	
20:1....g	0.352		1		1		0.260	0.100	
22:1 undifferentiated....g	0.264		1		1		0.195	0.075	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.023		0		1		1.497	0.574	
18:2 undifferentiated....g	0.572		1		1		0.423	0.162	
18:3 undifferentiated....g	1.451		1		1		1.074	0.411	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.266		0		1		0.197	0.075	
Threonine....g	0.689		1		1		0.510	0.195	
Isoleucine....g	0.650		1		1		0.481	0.184	
Leucine....g	1.234		1		1		0.913	0.350	
Lysine....g	0.806		1		1		0.596	0.229	
Methionine....g	0.311		1		1		0.230	0.088	
Cystine....g	0.245		0		1		0.181	0.069	
Phenylalanine....g	0.584		1		1		0.432	0.166	
Tyrosine....g	0.419		1		1		0.310	0.119	
Valine....g	0.705		1		1		0.522	0.200	
Arginine....g	0.799		1		1		0.591	0.227	
Histidine....g	0.325		1		1		0.241	0.092	
Alanine....g	0.685		1		1		0.507	0.194	
Aspartic acid....g	1.484		1		1		1.098	0.421	
Glutamic acid....g	1.770		1		1		1.310	0.502	
Glycine....g	0.698		1		1		0.517	0.198	
Proline....g	0.673		1		1		0.498	0.191	
Serine....g	0.483		1		1		0.357	0.137	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 74g: 1 cup

Measure 2 = 28.35g: 1 oz

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

NDB No. 12193

Seeds, sisymbrium sp. seeds, whole, dried

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12540
Seeds, sunflower seed butter, with salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.23	0.227	6		1		0.20	0.35	
Energy....kcal	579		0	NC	4		93	164	
Energy....kj	2423				4		388	687	
Protein (N x 5.3)....g	19.66	0.404	6		1		3.15	5.57	
Total lipid (fat)....g	47.73	1.726	6		1		7.64	13.53	
Ash....g	3.95	0.148	6		1		0.63	1.12	
Carbohydrate, by difference....g	27.42		0	NC	4		4.39	7.77	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	122		0		1		20	35	
Iron, Fe....mg	4.75		1		1		0.76	1.35	
Magnesium, Mg....mg	369		0		1		59	105	
Phosphorus, P....mg	736		0		1		118	209	
Potassium, K....mg	72		0		1		12	20	
Sodium, Na....mg	520		1		1		83	147	
Zinc, Zn....mg	5.29		0		1		0.85	1.50	
Copper, Cu....mg	1.830		0		1		0.293	0.519	
Manganese, Mn....mg	2.110		0		1		0.338	0.598	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7		1		1		0.4	0.8	
Thiamin....mg	0.324		0		4		0.052	0.092	
Riboflavin....mg	0.284		0		4		0.045	0.081	
Niacin....mg	5.320		1		1		0.851	1.508	
Pantothenic acid....mg	7.039		0		4		1.126	1.996	
Vitamin B-6....mg	0.803		0		4		0.128	0.228	
Folate, total....mcg	237		0		4		38	67	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	237		0		4		38	67	
Folate, DFE....mcg_DFE	237		0	NC	4		38	67	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0		4		0	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	52		0		4		8	15	
Lycopene....mcg									
Lutein + zeaxanthin....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	5.002		0		1		0.800	1.418	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

NDB No. 12540
Seeds, sunflower seed butter, with salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.049		0		1		0.008	0.014	
15:0....g									
16:0....g	2.691		0		1		0.431	0.763	
17:0....g									
18:0....g	2.120		0		1		0.339	0.601	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.111		0		1		1.458	2.583	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.047		0		1		0.008	0.013	
17:1....g									
18:1 undifferentiated....g	9.009		0		1		1.441	2.554	
20:1....g	0.046		0		1		0.007	0.013	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	31.520		0		1		5.043	8.936	
18:2 undifferentiated....g	31.421		0		1		5.027	8.908	
18:3 undifferentiated....g	0.066		0		1		0.011	0.019	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.301		0		1		0.048	0.085	
Threonine....g	0.801		0		1		0.128	0.227	
Isoleucine....g	0.983		0		1		0.157	0.279	
Leucine....g	1.432		0		1		0.229	0.406	
Lysine....g	0.809		0		1		0.129	0.229	
Methionine....g	0.427		0		1		0.068	0.121	
Cystine....g	0.390		0		1		0.062	0.111	
Phenylalanine....g	1.009		0		1		0.161	0.286	
Tyrosine....g	0.575		0		1		0.092	0.163	
Valine....g	1.135		0		1		0.182	0.322	
Arginine....g	2.074		0		1		0.332	0.588	
Histidine....g	0.545		0		1		0.087	0.155	
Alanine....g	0.965		0		1		0.154	0.274	
Aspartic acid....g	2.111		0		1		0.338	0.598	
Glutamic acid....g	4.816		0		1		0.771	1.365	
Glycine....g	1.261		0		1		0.202	0.357	
Proline....g	1.020		0		1		0.163	0.289	
Serine....g	0.928		0		1		0.148	0.263	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

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

NDB No. 12540

Seeds, sunflower seed butter, with salt added

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12040
Seeds, sunflower seed butter, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.23	0.227	6		1		0.20	0.35	
Energy....kcal	579		0	NC	4		93	164	
Energy....kj	2423				4		388	687	
Protein (N x 5.3)....g	19.66	0.404	6		1		3.15	5.57	
Total lipid (fat)....g	47.73	1.726	6		1		7.64	13.53	
Ash....g	3.95	0.148	6		1		0.63	1.12	
Carbohydrate, by difference....g	27.42		0	NC	4		4.39	7.77	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	122		0		1		20	35	
Iron, Fe....mg	4.75		1		1		0.76	1.35	
Magnesium, Mg....mg	369		0		1		59	105	
Phosphorus, P....mg	736		0		1		118	209	
Potassium, K....mg	72		0		1		12	20	
Sodium, Na....mg	3		0		1		0	1	
Zinc, Zn....mg	5.29		0		1		0.85	1.50	
Copper, Cu....mg	1.830		0		1		0.293	0.519	
Manganese, Mn....mg	2.110		0		1		0.338	0.598	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7		1		1		0.4	0.8	
Thiamin....mg	0.324		0		4		0.052	0.092	
Riboflavin....mg	0.284		0		4		0.045	0.081	
Niacin....mg	5.320		1		1		0.851	1.508	
Pantothenic acid....mg	7.039		0		4		1.126	1.996	
Vitamin B-6....mg	0.803		0		4		0.128	0.228	
Folate, total....mcg	237		0		4		38	67	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	237		0		4		38	67	
Folate, DFE....mcg_DFE	237		0	NC	4		38	67	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0		4		0	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	52		0		4		8	15	
Lycopene....mcg									
Lutein + zeaxanthin....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	5.002		0		1		0.800	1.418	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

NDB No. 12040
Seeds, sunflower seed butter, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.049		0		1		0.008	0.014	
15:0....g									
16:0....g	2.691		0		1		0.431	0.763	
17:0....g									
18:0....g	2.120		0		1		0.339	0.601	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.111		0		1		1.458	2.583	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.047		0		1		0.008	0.013	
17:1....g									
18:1 undifferentiated....g	9.009		0		1		1.441	2.554	
20:1....g	0.046		0		1		0.007	0.013	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	31.520		0		1		5.043	8.936	
18:2 undifferentiated....g	31.421		0		1		5.027	8.908	
18:3 undifferentiated....g	0.066		0		1		0.011	0.019	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.301		0		1		0.048	0.085	
Threonine....g	0.801		0		1		0.128	0.227	
Isoleucine....g	0.983		0		1		0.157	0.279	
Leucine....g	1.432		0		1		0.229	0.406	
Lysine....g	0.809		0		1		0.129	0.229	
Methionine....g	0.427		0		1		0.068	0.121	
Cystine....g	0.390		0		1		0.062	0.111	
Phenylalanine....g	1.009		0		1		0.161	0.286	
Tyrosine....g	0.575		0		1		0.092	0.163	
Valine....g	1.135		0		1		0.182	0.322	
Arginine....g	2.074		0		1		0.332	0.588	
Histidine....g	0.545		0		1		0.087	0.155	
Alanine....g	0.965		0		1		0.154	0.274	
Aspartic acid....g	2.111		0		1		0.338	0.598	
Glutamic acid....g	4.816		0		1		0.771	1.365	
Glycine....g	1.261		0		1		0.202	0.357	
Proline....g	1.020		0		1		0.163	0.289	
Serine....g	0.928		0		1		0.148	0.263	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

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

NDB No. 12040

Seeds, sunflower seed butter, without salt

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

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	7.47	0.717	11		1		4.78	0.30	
Energy....kcal	326		0	NC	4		209	13	
Energy....kj	1364				4		873	55	
Protein (N x 5.3)....g	48.06	1.439	11		1		30.76	1.92	
Total lipid (fat)....g	1.61	0.188	11		1		1.03	0.06	
Ash....g	7.04	0.213	8		1		4.51	0.28	
Carbohydrate, by difference....g	35.83		0	NC	4		22.93	1.43	
Fiber, total dietary....g	5.2		0		4		3.3	0.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	114		0		1		73	5	
Iron, Fe....mg	6.62		0		1		4.24	0.26	
Magnesium, Mg....mg	346		0		1		221	14	
Phosphorus, P....mg	689		0		1		441	28	
Potassium, K....mg	67		0		1		43	3	
Sodium, Na....mg	3		0		1		2	0	
Zinc, Zn....mg	4.95		0		1		3.17	0.20	
Copper, Cu....mg	1.713		0		1		1.096	0.069	
Manganese, Mn....mg	1.975		0		1		1.264	0.079	
Selenium, Se....mcg	58.2		0	BFSN	4		37.2	2.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		0		4		0.8	0.1	
Thiamin....mg	3.187	0.121	3		1		2.040	0.127	
Riboflavin....mg	0.266		0		4		0.170	0.011	
Niacin....mg	7.313	0.293	3		1		4.680	0.293	
Pantothenic acid....mg	6.595	0.320	3		1		4.221	0.264	
Vitamin B-6....mg	0.753		0		4		0.482	0.030	
Folate, total....mcg	222		0		4		142	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	222		0		4		142	9	
Folate, DFE....mcg_DFE	222		0	NC	4		142	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0		4		2	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	49		0		4		31	2	
Lycopene....mcg									
Lutein + zeaxanthin....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	0.138		0		1		0.088	0.006	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0....g	0.001		0		1		0.001	0.000	
15:0....g									
16:0....g	0.074		0		1		0.047	0.003	
17:0....g									
18:0....g	0.059		0		1		0.038	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.252		0		1		0.161	0.010	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.249		0		1		0.159	0.010	
20:1....g	0.001		0		1		0.001	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.870		0		1		0.557	0.035	
18:2 undifferentiated....g	0.868		0		1		0.556	0.035	
18:3 undifferentiated....g	0.002		0		1		0.001	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.735		0		1		0.470	0.029	
Threonine....g	1.959		0		1		1.254	0.078	
Isoleucine....g	2.403		0		1		1.538	0.096	
Leucine....g	3.500		0		1		2.240	0.140	
Lysine....g	1.977		0		1		1.265	0.079	
Methionine....g	1.043		0		1		0.668	0.042	
Cystine....g	0.952		0		1		0.609	0.038	
Phenylalanine....g	2.466		0		1		1.578	0.099	
Tyrosine....g	1.406		0		1		0.900	0.056	
Valine....g	2.775		0		1		1.776	0.111	
Arginine....g	5.069		0		1		3.244	0.203	
Histidine....g	1.333		0		1		0.853	0.053	
Alanine....g	2.358		0		1		1.509	0.094	
Aspartic acid....g	5.160		0		1		3.302	0.206	
Glutamic acid....g	11.770		0		1		7.533	0.471	
Glycine....g	3.083		0		1		1.973	0.123	
Proline....g	2.494		0		1		1.596	0.100	
Serine....g	2.267		0		1		1.451	0.091	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 64g: 1 cup

NDB No. 12041

Seeds, sunflower seed flour, partially defatted

Measure 2 = 4.0g: 1 tbsp

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12036

Seeds, sunflower seed kernels, dried

Helianthus annuus

Refuse: 46% Hulls

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.73	0.255	5	A	1		2.18	6.63	
Energy	kcal	584		0	NC	4		269	818	
Energy	kj	2445		0	NC	4		1124	3422	
Protein (N x 5.3)	g	20.78		2	A	1		9.56	29.09	
Total lipid (fat)	g	51.46		2	A	1		23.67	72.05	
Ash	g	3.02		2	A	1		1.39	4.23	
Carbohydrate, by difference	g	20.00		0	NC	4		9.20	28.00	
Fiber, total dietary	g	8.6	1.883	5	A	1		3.9	12.0	
Sugars, total	g	2.62		0	BFSN	4		1.20	3.67	
Sucrose	g	2.50	0.231	3	A	1		1.15	3.50	
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	78		2	A	1		36	109	
Iron, Fe	mg	5.25		2	A	1		2.41	7.35	
Magnesium, Mg	mg	325		2	A	1		150	455	
Phosphorus, P	mg	660		2	A	1		304	924	
Potassium, K	mg	645		2	A	1		297	903	
Sodium, Na	mg	9		2	A	1		4	13	
Zinc, Zn	mg	5.00		2	A	1		2.30	7.00	
Copper, Cu	mg	1.800		2	A	1		0.828	2.520	
Manganese, Mn	mg	1.950		2	A	1		0.897	2.730	
Selenium, Se	mcg	53.0	8.050	11	A	1		24.4	74.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		0		4		0.6	2.0	
Thiamin	mg	1.480		2	A	1		0.681	2.072	
Riboflavin	mg	0.355		2	A	1		0.163	0.496	
Niacin	mg	8.335		2	A	1		3.834	11.669	
Pantothenic acid	mg	1.130		2	A	1		0.520	1.582	
Vitamin B-6	mg	1.345		2	A	1		0.619	1.883	
Folate, total	mcg	227		0		4		105	318	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	227		0		4		105	318	
Folate, DFE	mcg_DFE	227		0	NC	4		105	318	
Choline, total	mg	55.1		0	AS	1		25.3	77.1	
Betaine	mg	35.4		2	A	1		16.3	49.5	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		1	4	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	30		0	BNA	4		14	42	
Carotene, alpha	mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BNA	4		0	0	
Vitamin A, IU	IU	50		0		1		23	70	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	33.23		3	A	1		15.28	46.52	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	1.14		3	A	1		0.52	1.60	
Tocopherol, gamma	mg	0.13		3	A	1		0.06	0.18	
Tocopherol, delta	mg	0.00		3	A	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		1	A	1		0.0	0.0	

NDB No. 12036
Seeds, sunflower seed kernels, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.455		0	NC	4		2.049	6.236	
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		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.025		2	A	1		0.011	0.035	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	2.210		2	A	1		1.017	3.094	
17:0....g	0.020		2	A	1		0.009	0.028	
18:0....g	1.690		2	A	1		0.777	2.366	
20:0....g	0.115		2	A	1		0.053	0.161	
22:0....g	0.320		2	A	1		0.147	0.448	
24:0....g	0.075		2	A	1		0.034	0.105	
Fatty acids, total monounsaturated....g	18.528		0	NC	4		8.523	25.940	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.020		2	A	1		0.009	0.028	
17:1....g	0.015		2	A	1		0.007	0.021	
18:1 undifferentiated....g	18.380		2	A	1		8.455	25.732	
20:1....g	0.085		2	A	1		0.039	0.119	
22:1 undifferentiated....g	0.029		2	A	1		0.013	0.040	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	23.137		0	NC	4		10.643	32.392	
18:2 undifferentiated....g	23.050		2	A	1		10.603	32.270	
18:3 undifferentiated....g	0.060		2	A	1		0.028	0.084	
18:4....g	0.014		2	A	1		0.006	0.019	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:5 n-3....g	0.014		2	A	1		0.006	0.019	
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	0		0	Z	7		0	0	
Phytosterols....mg	534		0		1		246	748	
Amino Acids:									
Tryptophan....g	0.348		25		1		0.160	0.487	
Threonine....g	0.928		41		1		0.427	1.299	
Isoleucine....g	1.139		41		1		0.524	1.595	
Leucine....g	1.659		41		1		0.763	2.323	
Lysine....g	0.937		44		1		0.431	1.312	
Methionine....g	0.494		40		1		0.227	0.692	
Cystine....g	0.451		26		1		0.207	0.631	
Phenylalanine....g	1.169		40		1		0.538	1.637	
Tyrosine....g	0.666		31		1		0.306	0.932	
Valine....g	1.315		41		1		0.605	1.841	
Arginine....g	2.403		35		1		1.105	3.364	
Histidine....g	0.632		35		1		0.291	0.885	
Alanine....g	1.117		26		1		0.514	1.564	
Aspartic acid....g	2.446		26		1		1.125	3.424	
Glutamic acid....g	5.579		26		1		2.566	7.811	
Glycine....g	1.461		26		1		0.672	2.045	
Proline....g	1.182		25		1		0.544	1.655	
Serine....g	1.075		26		1		0.495	1.505	
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	

NDB No. 12036
Seeds, sunflower seed kernels, dried

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

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

Common Measures:

Measure 1 = 46g: 1 cup, with hulls, edible yield

Measure 2 = 140g: 1 cup

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12537

Seeds, sunflower seed kernels, dry roasted, with salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.20		1		1		1.54	0.34	
Energy....kcal	582		0	NC	4		745	165	
Energy....kj	2435		0		4		3117	690	
Protein (N x 5.3)....g	19.33		1		1		24.74	5.48	
Total lipid (fat)....g	49.80		1		1		63.74	14.12	
Ash....g	5.60		1		1		7.17	1.59	
Carbohydrate, by difference....g	24.07		0	NC	4		30.81	6.82	
Fiber, total dietary....g	9.0		0		4		11.5	2.6	
Sugars, total....g	2.73		0	NC	4		3.50	0.77	
Sucrose....g	2.70	0.346	3	A	1		3.46	0.77	
Glucose (dextrose)....g	0.03	0.033	3	A	1		0.04	0.01	
Fructose....g	0.00		0	BFZN	4		0.00	0.00	
Lactose....g	0.00		0	BFZN	4		0.00	0.00	
Maltose....g	0.00		0	BFZN	4		0.00	0.00	
Galactose....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	70		1		1		90	20	
Iron, Fe....mg	3.80		1		1		4.86	1.08	
Magnesium, Mg....mg	129		0		1		165	37	
Phosphorus, P....mg	1155		0		1		1478	327	
Potassium, K....mg	850		1		1		1088	241	
Sodium, Na....mg	410		0	BFZN	4		525	116	
Zinc, Zn....mg	5.29		0		1		6.77	1.50	
Copper, Cu....mg	1.830		0		1		2.342	0.519	
Manganese, Mn....mg	2.110		0		1		2.701	0.598	
Selenium, Se....mcg	79.3		0	BFSN	4		101.5	22.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		0		4		1.8	0.4	
Thiamin....mg	0.106		1		1		0.136	0.030	
Riboflavin....mg	0.246		1		1		0.315	0.070	
Niacin....mg	7.042		1		1		9.014	1.996	
Pantothenic acid....mg	7.042		0		4		9.014	1.996	
Vitamin B-6....mg	0.804		0		4		1.029	0.228	
Folate, total....mcg	237		0		4		304	67	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	237		0		4		304	67	
Folate, DFE....mcg_DFE	237		0	NC	4		304	67	
Choline, total....mg	55.1		0	BFZN	4		70.5	15.6	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		1	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	5		0	BFZN	4		7	2	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	9		0	BFZN	4		12	3	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	26.10	4.832	4	A	1		33.41	7.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	1.19	0.068	4	A	1		1.52	0.34	
Tocopherol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, delta....mg	0.24	0.240	4	A	1		0.31	0.07	
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.7		0	BFFN	4		3.5	0.8	

NDB No. 12537

Seeds, sunflower seed kernels, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.219		0		1		6.680	1.480	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.051		0		1		0.065	0.014	
15:0....g									
16:0....g	2.808		0		1		3.594	0.796	
17:0....g									
18:0....g	2.212		0		1		2.831	0.627	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.505		0		1		12.166	2.695	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.049		0		1		0.063	0.014	
17:1....g									
18:1 undifferentiated....g	9.399		0		1		12.031	2.665	
20:1....g	0.048		0		1		0.061	0.014	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	32.884		0		1		42.092	9.323	
18:2 undifferentiated....g	32.782		0		1		41.961	9.294	
18:3 undifferentiated....g	0.069		0		1		0.088	0.020	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.295		0		1		0.378	0.084	
Threonine....g	0.788		0		1		1.009	0.223	
Isoleucine....g	0.967		0		1		1.238	0.274	
Leucine....g	1.408		0		1		1.802	0.399	
Lysine....g	0.795		0		1		1.018	0.225	
Methionine....g	0.420		0		1		0.538	0.119	
Cystine....g	0.383		0		1		0.490	0.109	
Phenylalanine....g	0.992		0		1		1.270	0.281	
Tyrosine....g	0.565		0		1		0.723	0.160	
Valine....g	1.116		0		1		1.428	0.316	
Arginine....g	2.039		0		1		2.610	0.578	
Histidine....g	0.536		0		1		0.686	0.152	
Alanine....g	0.948		0		1		1.213	0.269	
Aspartic acid....g	2.076		0		1		2.657	0.589	
Glutamic acid....g	4.735		0		1		6.061	1.342	
Glycine....g	1.240		0		1		1.587	0.352	
Proline....g	1.003		0		1		1.284	0.284	
Serine....g	0.912		0		1		1.167	0.259	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 12537

Seeds, sunflower seed kernels, dry roasted, with salt added

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

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

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12037

Seeds, sunflower seed kernels, dry roasted, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.20		1		1		1.54	0.34	
Energy....kcal	582		0	NC	4		745	165	
Energy....kj	2435		0		4		3117	690	
Protein (N x 5.3)....g	19.33		1		1		24.74	5.48	
Total lipid (fat)....g	49.80		1		1		63.74	14.12	
Ash....g	5.60		1		1		7.17	1.59	
Carbohydrate, by difference....g	24.07		0	NC	4		30.81	6.82	
Fiber, total dietary....g	11.1		0		4		14.2	3.1	
Sugars, total....g	2.73		0	BFZN	4		3.50	0.77	
Starch....g									
Minerals:									
Calcium, Ca....mg	70		1		1		90	20	
Iron, Fe....mg	3.80		1		1		4.86	1.08	
Magnesium, Mg....mg	129		0		1		165	37	
Phosphorus, P....mg	1155		0		1		1478	327	
Potassium, K....mg	850		1		1		1088	241	
Sodium, Na....mg	3		0		1		4	1	
Zinc, Zn....mg	5.29		0		1		6.77	1.50	
Copper, Cu....mg	1.830		0		1		2.342	0.519	
Manganese, Mn....mg	2.110		0		1		2.701	0.598	
Selenium, Se....mcg	79.3		0	BFSN	4		101.5	22.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		0		4		1.8	0.4	
Thiamin....mg	0.106		1		1		0.136	0.030	
Riboflavin....mg	0.246		1		1		0.315	0.070	
Niacin....mg	7.042		1		1		9.014	1.996	
Pantothenic acid....mg	7.042		0		4		9.014	1.996	
Vitamin B-6....mg	0.804		0		4		1.029	0.228	
Folate, total....mcg	237		0		4		304	67	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	237		0		4		304	67	
Folate, DFE....mcg_DFE	237		0	NC	4		304	67	
Choline, total....mg	55.1		0	BFZN	4		70.5	15.6	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		1	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	5		0	BFZN	4		7	2	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	9		0	BFZN	4		12	3	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	26.10	4.832	4	A	1		33.41	7.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	1.19	0.068	4	A	1		1.52	0.34	
Tocopherol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, delta....mg	0.24	0.240	4	A	1		0.31	0.07	
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.7		0	BFZN	4		3.5	0.8	
Lipids:									
Fatty acids, total saturated....g	5.219		0		1		6.680	1.480	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	

NDB No. 12037
Seeds, sunflower seed kernels, dry roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.051		0		1		0.065	0.014	
15:0....g									
16:0....g	2.808		0		1		3.594	0.796	
17:0....g									
18:0....g	2.212		0		1		2.831	0.627	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.505		0		1		12.166	2.695	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.049		0		1		0.063	0.014	
17:1....g									
18:1 undifferentiated....g	9.399		0		1		12.031	2.665	
20:1....g	0.048		0		1		0.061	0.014	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	32.884		0		1		42.092	9.323	
18:2 undifferentiated....g	32.782		0		1		41.961	9.294	
18:3 undifferentiated....g	0.069		0		1		0.088	0.020	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3....g	0.000		0		1		0.000	0.000	
22:5 n-3....g	0.000		0		1		0.000	0.000	
22:6 n-3....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.295		0		1		0.378	0.084	
Threonine....g	0.788		0		1		1.009	0.223	
Isoleucine....g	0.967		0		1		1.238	0.274	
Leucine....g	1.408		0		1		1.802	0.399	
Lysine....g	0.795		0		1		1.018	0.225	
Methionine....g	0.420		0		1		0.538	0.119	
Cystine....g	0.383		0		1		0.490	0.109	
Phenylalanine....g	0.992		0		1		1.270	0.281	
Tyrosine....g	0.565		0		1		0.723	0.160	
Valine....g	1.116		0		1		1.428	0.316	
Arginine....g	2.039		0		1		2.610	0.578	
Histidine....g	0.536		0		1		0.686	0.152	
Alanine....g	0.948		0		1		1.213	0.269	
Aspartic acid....g	2.076		0		1		2.657	0.589	
Glutamic acid....g	4.735		0		1		6.061	1.342	
Glycine....g	1.240		0		1		1.587	0.352	
Proline....g	1.003		0		1		1.284	0.284	
Serine....g	0.912		0		1		1.167	0.259	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 12037

Seeds, sunflower seed kernels, dry roasted, without salt

Measure 1 = 128g: 1 cup, hulled

Measure 2 = 28.35g: 1 oz

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12538

Seeds, sunflower seed kernels, oil roasted, with salt added

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.54		5	A	1		2.08	0.44	
Energy	kcal	592		0	NC	4		799	168	
Energy	kj	2477		0	NC	4		3344	702	
Protein (N x 5.3)	g	20.06		2	A	1		27.08	5.69	
Total lipid (fat) (1)	g	51.30		2	A	1		69.25	14.54	
Ash	g	4.22		2	A	1		5.69	1.20	
Carbohydrate, by difference	g	22.89		0	NC	4		30.90	6.49	
Fiber, total dietary	g	10.6		1	A	1		14.3	3.0	
Sugars, total	g	3.11		5	A	1		4.19	0.88	
Sucrose	g	2.37		5	A	1		3.20	0.67	
Glucose (dextrose)	g	0.74		5	A	1		0.99	0.21	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.00		2	A	1		0.00	0.00	
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	87		2	A	1		118	25	
Iron, Fe	mg	4.28		2	A	1		5.77	1.21	
Magnesium, Mg	mg	127		1		1		171	36	
Phosphorus, P	mg	1139		1		1		1538	323	
Potassium, K	mg	483		1		1		652	137	
Sodium, Na	mg	410		2	A	1		554	116	
Zinc, Zn	mg	5.21		0		1		7.03	1.48	
Copper, Cu	mg	1.804		0		1		2.435	0.511	
Manganese, Mn	mg	2.080		0		1		2.808	0.590	
Selenium, Se	mcg	78.2	6.320	5	A	1		105.6	22.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		2	A	1		1.4	0.3	
Thiamin	mg	0.320		1		1		0.432	0.091	
Riboflavin	mg	0.280		1		1		0.378	0.079	
Niacin	mg	4.130		1		1		5.576	1.171	
Pantothenic acid	mg	6.942		0		4		9.372	1.968	
Vitamin B-6	mg	0.792		0		4		1.069	0.225	
Folate, total	mcg	234		1		1		316	66	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	234		1		1		316	66	
Folate, DFE	mcg_DFE	234		0	NC	4		316	66	
Choline, total	mg	55.1		0	BFZN	4		74.3	15.6	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		3	A	1		1	0	
Retinol	mcg	0		1	A	1		0	0	
Carotene, beta	mcg	5		3	A	1		7	2	
Carotene, alpha	mcg	0		2	A	1		0	0	
Cryptoxanthin, beta	mcg	0		2	A	1		0	0	
Vitamin A, IU	IU	9		3	A	1		12	3	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) (2)	mg	36.33	2.236	3	A	1		49.05	10.30	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	1.41	0.206	3	A	1		1.90	0.40	
Tocopherol, gamma	mg	0.46	0.087	3	A	1		0.62	0.13	
Tocopherol, delta	mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.1		0	BFFN	4		4.2	0.9	

NDB No. 12538

Seeds, sunflower seed kernels, oil roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.068		0	NC	4		9.541	2.004	
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	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g	0.000		1	A	1		0.000	0.000	
14:0....g	0.086		2	A	1		0.116	0.024	
15:0....g	0.006		2	A	1		0.009	0.002	
16:0....g	4.218		2	A	1		5.694	1.196	
17:0....g	0.022		2	A	1		0.030	0.006	
18:0....g	2.097		2	A	1		2.831	0.595	
20:0....g	0.146		2	A	1		0.197	0.041	
22:0....g	0.380		2	A	1		0.513	0.108	
24:0....g	0.112		2	A	1		0.152	0.032	
Fatty acids, total monounsaturated....g	8.063		0	NC	4		10.885	2.286	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.058		0	AS	1		0.078	0.016	
16:1 c....g	0.050		1	A	1		0.068	0.014	
16:1 t....g	0.008		1	A	1		0.010	0.002	
17:1....g	0.003		2	A	1		0.004	0.001	
18:1 undifferentiated....g	7.925		0	AS	1		10.699	2.247	
18:1 c....g	7.859		1	A	1		10.609	2.228	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.066		1	A	1		0.089	0.019	
18:1-11t (18:1t n-7)....g									
20:1....g	0.077		2	A	1		0.104	0.022	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	34.294		0	NC	4		46.297	9.722	
18:2 undifferentiated....g	34.208		0	AS	1		46.180	9.698	
18:2 n-6 c,c....g	34.124		1	A	1		46.067	9.674	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.084		1	A	1		0.114	0.024	
18:3 undifferentiated....g	0.081		0	AS	1		0.110	0.023	
18:3 n-3 c,c,c....g	0.076		1	A	1		0.102	0.021	
18:3 n-6 c,c,c....g	0.006		1	A	1		0.008	0.002	
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g	0.005		2	A	1		0.007	0.001	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
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	0.158		0	NC	4		0.213	0.045	
Fatty acids, total trans-monoenoic....g	0.074		0	NC	4		0.099	0.021	
Fatty acids, total trans-polyenoic....g	0.084		0	NC	4		0.114	0.024	
Cholesterol....mg	0		2	A	1		0	0	
Phytosterols....mg									

Amino Acids:

NDB No. 12538

Seeds, sunflower seed kernels, oil roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan....g	0.306		0	BFPN	4		0.413	0.087	
Threonine....g	0.817		0	BFPN	4		1.103	0.232	
Isoleucine....g	1.003		0	BFPN	4		1.354	0.284	
Leucine....g	1.461		0	BFPN	4		1.972	0.414	
Lysine....g	0.825		0	BFPN	4		1.114	0.234	
Methionine....g	0.435		0	BFPN	4		0.587	0.123	
Cystine....g	0.397		0	BFPN	4		0.536	0.113	
Phenylalanine....g	1.029		0	BFPN	4		1.389	0.292	
Tyrosine....g	0.587		0	BFPN	4		0.792	0.166	
Valine....g	1.158		0	BFPN	4		1.563	0.328	
Arginine....g	2.116		0	BFPN	4		2.856	0.600	
Histidine....g	0.556		0	BFPN	4		0.750	0.158	
Alanine....g	0.984		0	BFPN	4		1.329	0.279	
Aspartic acid....g	2.153		0	BFPN	4		2.907	0.610	
Glutamic acid....g	4.912		0	BFPN	4		6.631	1.393	
Glycine....g	1.286		0	BFPN	4		1.737	0.365	
Proline....g	1.040		0	BFPN	4		1.405	0.295	
Serine....g	0.947		0	BFPN	4		1.278	0.268	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz

Footnotes:

1 Fat and fatty acids based on 25% roasted in cottonseed oil and 75% roasted in sunflower oil

2 Tocopherols and tocotrienols based on seeds roasted in NuSun sunflower oil

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12038

Seeds, sunflower seed kernels, oil roasted, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.54		5	A	1		2.08	0.44	
Energy	kcal	592		0	NC	4		799	168	
Energy	kj	2477		0	NC	4		3344	702	
Protein (N x 5.3)	g	20.06		2	A	1		27.08	5.69	
Total lipid (fat) (1)	g	51.30		2	A	1		69.25	14.54	
Ash	g	4.22		2	A	1		5.69	1.20	
Carbohydrate, by difference	g	22.89		0	NC	4		30.90	6.49	
Fiber, total dietary	g	10.6		1	A	1		14.3	3.0	
Sugars, total	g	3.11		5	A	1		4.19	0.88	
Sucrose	g	2.37		5	A	1		3.20	0.67	
Glucose (dextrose)	g	0.74		5	A	1		0.99	0.21	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.00		2	A	1		0.00	0.00	
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	87		2	A	1		118	25	
Iron, Fe	mg	4.28		2	A	1		5.77	1.21	
Magnesium, Mg	mg	127		1		1		171	36	
Phosphorus, P	mg	1139		1		1		1538	323	
Potassium, K	mg	483		1		1		652	137	
Sodium, Na	mg	3		0		1		4	1	
Zinc, Zn	mg	5.21		0		1		7.03	1.48	
Copper, Cu	mg	1.804		0		1		2.435	0.511	
Manganese, Mn	mg	2.080		0		1		2.808	0.590	
Selenium, Se	mcg	78.2	6.324	5	A	1		105.6	22.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		2	A	1		1.4	0.3	
Thiamin	mg	0.320		1		1		0.432	0.091	
Riboflavin	mg	0.280		1		1		0.378	0.079	
Niacin	mg	4.130		1		1		5.576	1.171	
Pantothenic acid	mg	6.942		0		4		9.372	1.968	
Vitamin B-6	mg	0.792		0		4		1.069	0.225	
Folate, total	mcg	234		1		1		316	66	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	234		1		1		316	66	
Folate, DFE	mcg_DFE	234		0	NC	4		316	66	
Choline, total	mg	55.1		0	BFZN	4		74.3	15.6	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		3	A	1		1	0	
Retinol	mcg	0		1	A	1		0	0	
Carotene, beta	mcg	5		3	A	1		7	2	
Carotene, alpha	mcg	0		2	A	1		0	0	
Cryptoxanthin, beta	mcg	0		2	A	1		0	0	
Vitamin A, IU	IU	9		3	A	1		12	3	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) (2)	mg	36.33	2.236	3	A	1		49.05	10.30	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	1.41	0.206	3	A	1		1.90	0.40	
Tocopherol, gamma	mg	0.46	0.087	3	A	1		0.62	0.13	
Tocopherol, delta	mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.1		0	BFZN	4		4.2	0.9	

NDB No. 12038

Seeds, sunflower seed kernels, oil roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.068		0	NC	4		9.541	2.004	
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	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g	0.000		1	A	1		0.000	0.000	
14:0....g	0.086		2	A	1		0.116	0.024	
15:0....g	0.006		2	A	1		0.009	0.002	
16:0....g	4.218		2	A	1		5.694	1.196	
17:0....g	0.022		2	A	1		0.030	0.006	
18:0....g	2.097		2	A	1		2.831	0.595	
20:0....g	0.146		2	A	1		0.197	0.041	
22:0....g	0.380		2	A	1		0.513	0.108	
24:0....g	0.112		2	A	1		0.152	0.032	
Fatty acids, total monounsaturated....g	8.063		0	NC	4		10.885	2.286	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.058		0	AS	1		0.078	0.016	
16:1 c....g	0.050		1	A	1		0.068	0.014	
16:1 t....g	0.008		1	A	1		0.010	0.002	
17:1....g	0.003		2	A	1		0.004	0.001	
18:1 undifferentiated....g	7.925		0	AS	1		10.699	2.247	
18:1 c....g	7.859		1	A	1		10.609	2.228	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.066		1	A	1		0.089	0.019	
18:1-11t (18:1t n-7)....g									
20:1....g	0.077		2	A	1		0.104	0.022	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	34.294		0	NC	4		46.297	9.722	
18:2 undifferentiated....g	34.208		0	AS	1		46.180	9.698	
18:2 n-6 c,c....g	34.124		1	A	1		46.067	9.674	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.084		1	A	1		0.114	0.024	
18:3 undifferentiated....g	0.081		0	AS	1		0.110	0.023	
18:3 n-3 c,c,c....g	0.076		1	A	1		0.102	0.021	
18:3 n-6 c,c,c....g	0.006		1	A	1		0.008	0.002	
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g	0.005		2	A	1		0.007	0.001	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
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	0.158		0	NC	4		0.213	0.045	
Fatty acids, total trans-monoenoic....g	0.074		0	NC	4		0.099	0.021	
Fatty acids, total trans-polyenoic....g	0.084		0	NC	4		0.114	0.024	
Cholesterol....mg	0		2	A	1		0	0	
Phytosterols....mg									

Amino Acids:

NDB No. 12038

Seeds, sunflower seed kernels, oil roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan....g	0.306		0	BFPN	4		0.413	0.087	
Threonine....g	0.817		0	BFPN	4		1.103	0.232	
Isoleucine....g	1.003		0	BFPN	4		1.354	0.284	
Leucine....g	1.461		0	BFPN	4		1.972	0.414	
Lysine....g	0.825		0	BFPN	4		1.114	0.234	
Methionine....g	0.435		0	BFPN	4		0.587	0.123	
Cystine....g	0.397		0	BFPN	4		0.536	0.113	
Phenylalanine....g	1.029		0	BFPN	4		1.389	0.292	
Tyrosine....g	0.587		0	BFPN	4		0.792	0.166	
Valine....g	1.158		0	BFPN	4		1.563	0.328	
Arginine....g	2.116		0	BFPN	4		2.856	0.600	
Histidine....g	0.556		0	BFPN	4		0.750	0.158	
Alanine....g	0.984		0	BFPN	4		1.329	0.279	
Aspartic acid....g	2.153		0	BFPN	4		2.907	0.610	
Glutamic acid....g	4.912		0	BFPN	4		6.631	1.393	
Glycine....g	1.286		0	BFPN	4		1.737	0.365	
Proline....g	1.040		0	BFPN	4		1.405	0.295	
Serine....g	0.947		0	BFPN	4		1.278	0.268	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz

Footnotes:

1 Fat and fatty acids based on 25% roasted in cottonseed oil and 75% roasted in sunflower oil

2 Tocopherols and tocotrienols based on seeds roasted in NuSun sunflower oil

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

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12539

Seeds, sunflower seed kernels, toasted, with salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00		1		1		1.34	0.28	
Energy....kcal	619		0	NC	4		829	175	
Energy....kj	2590				4		3470	734	
Protein (N x 5.3)....g	17.21		1		1		23.06	4.88	
Total lipid (fat)....g	56.80		1		1		76.11	16.10	
Ash....g	4.40		1		1		5.90	1.25	
Carbohydrate, by difference....g	20.59		0	NC	4		27.59	5.84	
Fiber, total dietary....g	11.5		0		4		15.4	3.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	57		0		1		76	16	
Iron, Fe....mg	6.81		0		1		9.13	1.93	
Magnesium, Mg....mg	129		0		1		173	37	
Phosphorus, P....mg	1158		0		1		1552	328	
Potassium, K....mg	491		0		1		658	139	
Sodium, Na....mg	613		1		1		821	174	
Zinc, Zn....mg	5.30		0		1		7.10	1.50	
Copper, Cu....mg	1.834		0		1		2.458	0.520	
Manganese, Mn....mg	2.114		0		1		2.833	0.599	
Selenium, Se....mcg	62.2		0	BFSN	4		83.3	17.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		0		4		1.9	0.4	
Thiamin....mg	0.325		0		4		0.436	0.092	
Riboflavin....mg	0.285		0		4		0.382	0.081	
Niacin....mg	4.198		0		4		5.625	1.190	
Pantothenic acid....mg	7.056		0		4		9.455	2.000	
Vitamin B-6....mg	0.805		0		4		1.079	0.228	
Folate, total....mcg	238		0		4		319	67	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	238		0		4		319	67	
Folate, DFE....mcg_DFE	238		0	NC	4		319	67	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....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	5.953		0		1		7.977	1.688	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

NDB No. 12539
Seeds, sunflower seed kernels, toasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.058		0		1		0.078	0.016	
15:0....g									
16:0....g	3.202		0		1		4.291	0.908	
17:0....g									
18:0....g	2.522		0		1		3.379	0.715	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.841		0		1		14.527	3.073	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.056		0		1		0.075	0.016	
17:1....g									
18:1 undifferentiated....g	10.720		0		1		14.365	3.039	
20:1....g	0.055		0		1		0.074	0.016	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	37.507		0		1		50.259	10.633	
18:2 undifferentiated....g	37.390		0		1		50.103	10.600	
18:3 undifferentiated....g	0.079		0		1		0.106	0.022	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0		1		0.352	0.075	
Threonine....g	0.702		0		1		0.941	0.199	
Isoleucine....g	0.861		0		1		1.154	0.244	
Leucine....g	1.254		0		1		1.680	0.356	
Lysine....g	0.708		0		1		0.949	0.201	
Methionine....g	0.374		0		1		0.501	0.106	
Cystine....g	0.341		0		1		0.457	0.097	
Phenylalanine....g	0.883		0		1		1.183	0.250	
Tyrosine....g	0.503		0		1		0.674	0.143	
Valine....g	0.994		0		1		1.332	0.282	
Arginine....g	1.816		0		1		2.433	0.515	
Histidine....g	0.477		0		1		0.639	0.135	
Alanine....g	0.844		0		1		1.131	0.239	
Aspartic acid....g	1.848		0		1		2.476	0.524	
Glutamic acid....g	4.216		0		1		5.649	1.195	
Glycine....g	1.104		0		1		1.479	0.313	
Proline....g	0.893		0		1		1.197	0.253	
Serine....g	0.812		0		1		1.088	0.230	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 134g: 1 cup

Measure 2 = 28.35g: 1 oz

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

NDB No. 12539

Seeds, sunflower seed kernels, toasted, with salt added

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12039
Seeds, sunflower seed kernels, toasted, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00		1		1		1.34	0.28	
Energy....kcal	619		0	NC	4		829	175	
Energy....kj	2590				4		3470	734	
Protein (N x 5.3)....g	17.21		1		1		23.06	4.88	
Total lipid (fat)....g	56.80		1		1		76.11	16.10	
Ash....g	4.40		1		1		5.90	1.25	
Carbohydrate, by difference....g	20.59		0	NC	4		27.59	5.84	
Fiber, total dietary....g	11.5		0		4		15.4	3.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	57		0		1		76	16	
Iron, Fe....mg	6.81		0		1		9.13	1.93	
Magnesium, Mg....mg	129		0		1		173	37	
Phosphorus, P....mg	1158		0		1		1552	328	
Potassium, K....mg	491		0		1		658	139	
Sodium, Na....mg	3		0		1		4	1	
Zinc, Zn....mg	5.30		0		1		7.10	1.50	
Copper, Cu....mg	1.834		0		1		2.458	0.520	
Manganese, Mn....mg	2.114		0		1		2.833	0.599	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		0		4		1.9	0.4	
Thiamin....mg	0.325		0		4		0.436	0.092	
Riboflavin....mg	0.285		0		4		0.382	0.081	
Niacin....mg	4.198		0		4		5.625	1.190	
Pantothenic acid....mg	7.056		0		4		9.455	2.000	
Vitamin B-6....mg	0.805		0		4		1.079	0.228	
Folate, total....mcg	238		0		4		319	67	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	238		0		4		319	67	
Folate, DFE....mcg_DFE	238		0	NC	4		319	67	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....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	5.953		0		1		7.977	1.688	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

NDB No. 12039
Seeds, sunflower seed kernels, toasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g	0.058		0		1		0.078	0.016	
15:0....g									
16:0....g	3.202		0		1		4.291	0.908	
17:0....g									
18:0....g	2.522		0		1		3.379	0.715	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.841		0		1		14.527	3.073	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.056		0		1		0.075	0.016	
17:1....g									
18:1 undifferentiated....g	10.720		0		1		14.365	3.039	
20:1....g	0.055		0		1		0.074	0.016	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	37.507		0		1		50.259	10.633	
18:2 undifferentiated....g	37.390		0		1		50.103	10.600	
18:3 undifferentiated....g	0.079		0		1		0.106	0.022	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0		1		0.352	0.075	
Threonine....g	0.702		0		1		0.941	0.199	
Isoleucine....g	0.861		0		1		1.154	0.244	
Leucine....g	1.254		0		1		1.680	0.356	
Lysine....g	0.708		0		1		0.949	0.201	
Methionine....g	0.374		0		1		0.501	0.106	
Cystine....g	0.341		0		1		0.457	0.097	
Phenylalanine....g	0.883		0		1		1.183	0.250	
Tyrosine....g	0.503		0		1		0.674	0.143	
Valine....g	0.994		0		1		1.332	0.282	
Arginine....g	1.816		0		1		2.433	0.515	
Histidine....g	0.477		0		1		0.639	0.135	
Alanine....g	0.844		0		1		1.131	0.239	
Aspartic acid....g	1.848		0		1		2.476	0.524	
Glutamic acid....g	4.216		0		1		5.649	1.195	
Glycine....g	1.104		0		1		1.479	0.313	
Proline....g	0.893		0		1		1.197	0.253	
Serine....g	0.812		0		1		1.088	0.230	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 134g: 1 cup

Measure 2 = 28.35g: 1 oz

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

NDB No. 12039

Seeds, sunflower seed kernels, toasted, without salt

Food Group: 12 Nut and Seed Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 12174

Seeds, watermelon seed kernels, dried

Citrullus lanatus

Refuse: 63% Hard seed coat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.05	0.390	18		1		5.45	1.43	
Energy....kcal	557		0	NC	4		602	158	
Energy....kj	2330				4		2517	661	
Protein (N x 5.3)....g	28.33	0.558	15		1		30.60	8.03	
Total lipid (fat)....g	47.37	1.481	15		1		51.16	13.43	
Ash....g	3.94	0.149	10		1		4.26	1.12	
Carbohydrate, by difference....g	15.31		0	NC	4		16.53	4.34	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	54	7.659	10		1		58	15	
Iron, Fe....mg	7.28	0.532	9		1		7.86	2.06	
Magnesium, Mg....mg	515	24.437	6		1		556	146	
Phosphorus, P....mg	755	37.018	10		1		815	214	
Potassium, K....mg	648	15.448	6		1		700	184	
Sodium, Na....mg	99	88.049	6		1		107	28	
Zinc, Zn....mg	10.24		0		4		11.06	2.90	
Copper, Cu....mg	0.686		0		4		0.741	0.194	
Manganese, Mn....mg	1.614		0		4		1.743	0.458	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.190	0.045	3		1		0.205	0.054	
Riboflavin....mg	0.145		2		1		0.157	0.041	
Niacin....mg	3.550		2		1		3.834	1.006	
Pantothenic acid....mg	0.346		0		4		0.374	0.098	
Vitamin B-6....mg	0.089		0		4		0.096	0.025	
Folate, total....mcg	58	0.548	3		1		63	16	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	58	0.548	3		1		63	16	
Folate, DFE....mcg_DFE	58		0	NC	4		63	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		1		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....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	9.779		0		1		10.561	2.772	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									

NDB No. 12174
Seeds, watermelon seed kernels, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
14:0....g									
15:0....g									
16:0....g	5.413		3		1		5.846	1.535	
17:0....g									
18:0....g	4.299		3		1		4.643	1.219	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.407		0		1		8.000	2.100	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.090		1		1		0.097	0.026	
17:1....g									
18:1 undifferentiated....g	7.317		3		1		7.902	2.074	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	28.094		0		1		30.342	7.965	
18:2 undifferentiated....g	28.094		3		1		30.342	7.965	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.390		1		1		0.421	0.111	
Threonine....g	1.112		3		1		1.201	0.315	
Isoleucine....g	1.342		3		1		1.449	0.380	
Leucine....g	2.149		3		1		2.321	0.609	
Lysine....g	0.887		3		1		0.958	0.251	
Methionine....g	0.834		3		1		0.901	0.236	
Cystine....g	0.438		2		1		0.473	0.124	
Phenylalanine....g	2.031		3		1		2.193	0.576	
Tyrosine....g	1.016		3		1		1.097	0.288	
Valine....g	1.556		3		1		1.680	0.441	
Arginine....g	4.897		3		1		5.289	1.388	
Histidine....g	0.775		3		1		0.837	0.220	
Alanine....g	1.492		3		1		1.611	0.423	
Aspartic acid....g	2.764		3		1		2.985	0.784	
Glutamic acid....g	5.699		3		1		6.155	1.616	
Glycine....g	1.663		3		1		1.796	0.471	
Proline....g	1.251		3		1		1.351	0.355	
Serine....g	1.508		3		1		1.629	0.428	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 108g: 1 cup

Measure 2 = 28.35g: 1 oz

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

NDB No. 12174
Seeds, watermelon seed kernels, dried

Food Group: 12 Nut and Seed Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)