

USDA National Nutrient Database for Standard Reference Release 1

Nutrients: Energy (kcal)

Food Subset: Abridged List

Ordered by: Nutrient Content

Measured by: Household

Report Run at: January 08, 2019 12:32 EST

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	1818
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	1053
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	1052
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	889
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	881
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	857
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	848
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	835
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	829
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	825
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	799
19129	Syrups, table blends, pancake	314.0	1.0 cup	735
12084	Nuts, butternuts, dried	120.0	1.0 cup	734
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	722
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	720
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	707
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	677
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	675
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	662
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	648
23297	Beef, Australian, imported, grass-fed, seam fat, raw	113.0	4.0 oz	635
20314	Corn grain, white	166.0	1.0 cup	606
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	597
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	592
20090	Rice flour, brown	158.0	1.0 cup	574
01009	Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	132.0	1.0 cup, diced	532
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	527
01040	Cheese, swiss	132.0	1.0 cup, diced	519
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	514

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
01115	Whey, sweet, dried	145.0	1.0 cup	512
20130	Barley flour or meal	148.0	1.0 cup	511
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	505
05674	Chicken, skin (drumsticks and thighs), raw	113.0	4.0 oz	497
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	495
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	494
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	490
01030	Cheese, muenster	132.0	1.0 cup, diced	486
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	468
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	468
01035	Cheese, provolone	132.0	1.0 cup, diced	463
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	458
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	455
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	455
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	442
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	440
20648	Sorghum flour, whole-grain	121.0	1.0 cup	434
20132	Oat flour, partially debranned	104.0	1.0 cup	420
01032	Cheese, parmesan, grated	100.0	1.0 cup	420
09085	Currants, zante, dried	144.0	1.0 cup	418
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	414
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	408
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	406
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	405
01019	Cheese, feta	150.0	1.0 cup, crumbled	398
07913	Salami, pork, beef, less sodium	100.0	3.0 oz	396
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	394
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	389
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	388
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	388
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	381
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.12 pie 1 pie (1/8 of 9" pie)	380
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	377
11450	Soybeans, green, raw	256.0	1.0 cup	376
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	373
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.0 oz	370

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.0 oz	369
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	367
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	352
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	350
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	342
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	341
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	341
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	339
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	338
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	338
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	335
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	335
09277	Plantains, yellow, raw	270.0	1.0 plantain	329
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	325
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	324
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	324
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	322
20124	Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	91.0	1.0 cup spaghetti	320
18612	Mckee Baking, Little Debbie Nutty Bars, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	312
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	311
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	309
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	309
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	308
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	305
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	302
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	296
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	291
17241	Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	290
17240	Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	289
17251	Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	288
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	287
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	286
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	286
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	285
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	284

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	113.0	4.0 oz	281
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	280
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	279
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	279
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	113.0	4.0 oz	277
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	275
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	273
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	270
16009	Beans, baked, canned, with pork	253.0	1.0 cup	268
01109	Milk, sheep, fluid	245.0	1.0 cup	265
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	264
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	262
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	261
18603	George Weston Bakeries, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	261
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	259
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	256
20143	Teff, cooked	252.0	1.0 cup	255
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	254
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	113.0	4.0 oz	253
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	252
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	252
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	250
01070	Dessert topping, powdered	43.0	1.0 oz	248
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	247
17238	Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	246
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	113.0	4.0 oz	246
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	245
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	244
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	242
21415	POPEYES, biscuit	60.0	1.0 biscuit	241
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	240
10102	Pork, fresh, variety meats and by-products, feet, raw	113.0	4.0 oz	240
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	236
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	234
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	231

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	231
17253	Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	230
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	229
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	229
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	229
17248	Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	229
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	228
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	227
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	227
09059	Breadfruit, raw	220.0	1.0 cup	227
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	226
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	225
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	225
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	224
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	224
01057	Eggnog	254.0	1.0 cup	224
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	223
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	85.0	3.0 oz	221
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	221
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	221
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	220
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	219
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	218
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	218
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	216
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	216
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	216
09278	Plantains, yellow, baked	139.0	1.0 cup	215
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	214
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	214
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	213
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	212
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	212
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	212
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	212

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	113.0	4.0 oz	211
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	113.0	4.0 oz	211
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	211
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	211
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	211
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	209
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	209
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	208
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	207
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	206
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	206
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	205
07939	Frankfurter, pork	76.0	1.0 link	204
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	204
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	113.0	4.0 oz	203
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	203
11215	Garlic, raw	136.0	1.0 cup	203
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	202
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	201
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	201
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	200
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	199
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	199
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	196
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	196
18972	Bread, cheese	48.0	1.0 slice	196
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	196
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	196
07957	Sausage, pork and turkey, pre-cooked	57.0	1.0 serving	195
21416	POPEYES, Coleslaw	120.0	1.0 package	193
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	193
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	192

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	191
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	191
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	191
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	113.0	4.0 oz	191
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	113.0	4.0 oz	191
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	190
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	190
20134	Rice noodles, cooked	176.0	1.0 cup	190
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	190
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	189
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	189
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	188
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	187
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	187
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	186
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	186
15005	Fish, bluefish, raw	150.0	1.0 fillet	186
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	185
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	185
01072	Dessert topping, pressurized	70.0	1.0 cup	185
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	184
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	184
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	184
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	85.0	3.0 oz	184
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	183
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	182
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	182
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	182
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	182
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	181
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	181
05666	Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	181
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	181
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	181
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	181
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	180

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
01122	Yogurt, fruit, low fat, 11g protein/8 oz	170.0	1.0 container (6 oz)	178
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	178
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	113.0	4.0 oz	177
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	85.0	3.0 oz	177
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	113.0	4.0 oz	175
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	175
05184	Turkey, whole, dark meat, meat and skin, cooked, roasted	85.0	3.0 oz	175
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	175
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	174
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	174
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	172
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	172
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	172
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	171
18630	Pillsbury, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	171
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	171
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	171
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	113.0	4.0 oz	171
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	170
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	170
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	169
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	169
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	168
01120	Yogurt, fruit, low fat,9 g protein/8 oz	170.0	1.0 container (6 oz)	168
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	168
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	168
07911	Liverwurst spread	55.0	0.25 cup	168
09020	Applesauce, canned, sweetened, without salt	246.0	1.0 cup	167
18610	Continental Mills, Krusteaz Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	167
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	167
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	166
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	113.0	4.0 oz	166
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	166
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	166

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	165
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	165
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.08 package	165
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	164
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	164
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	164
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	163
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	162
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	162
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz crunchy (about 21 pieces)	161
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	160
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	160
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.33 package (10 oz)	160
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	160
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	160
18615	Martha White Foods, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	159
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	159
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	158
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	158
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	156
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	156
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	156
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	156
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	156
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	156
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	156
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	156
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	156
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	155
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	155
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	155
05053	Chicken, broilers or fryers, back, meat only, raw	113.0	4.0 oz	155

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	155
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	155
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	155
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	155
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	154
19181	Candies, YORK BITES	39.0	15.0 pieces	154
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	154
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	153
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	153
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	152
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	151
18629	Pillsbury, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	151
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	151
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	151
18963	Garlic bread, frozen	43.0	1.0 slice presliced	150
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	150
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	150
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	85.0	3.0 oz	150
18961	Crackers, cream, Gamesa Sabrosas	31.0	11.0 crackers (1 NLEA serving)	150
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	150
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	150
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	149
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	149
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	149
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	149
19415	Snacks, potato sticks	28.35	1.0 oz	148
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	148
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	148
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	147
18616	Mission Foods, Mission Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	146
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	146
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	146
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	146
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	146
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	146
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	145

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
18635	Pillsbury, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	145
07921	Bacon and beef sticks	28.0	1.0 oz	145
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	144
18608	Keebler, Keebler Chocolate Graham SELECTS	31.0	1.0 serving	144
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	144
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	143
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	143
09437	Tamarind nectar, canned	251.0	1.0 cup	143
18640	Heinz, Weight Watcher, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	142
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	142
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	142
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	142
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	141
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	113.0	4.0 oz	141
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	141
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	140
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	140
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	113.0	4.0 oz	139
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	138
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	113.0	4.0 oz	138
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	138
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	137
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	137
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	137
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	136
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	136
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	136
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	135
09442	Pomegranate juice, bottled	249.0	1.0 cup	134
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	134
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	134
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	134
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	134
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	134
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	133
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	133

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	133
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	132
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	132
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	131
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	131
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	131
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	130
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	130
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	130
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	129
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	113.0	4.0 oz	129
11211	Edamame, frozen, unprepared	118.0	1.0 cup	129
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	128
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	128
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	128
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	127
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	127
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	127
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	127
09428	Rowal, raw	114.0	0.5 cup	127
18631	Pillsbury, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	126
18566	Artificial Blueberry Muffin Mix, dry	31.0	1.0 muffin	126
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	126
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.0 cup (1 NLEA serving)	126
09164	Litchis, raw	190.0	1.0 cup	125
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	125
18184	Cookies, oatmeal, with raisins	28.35	1.0 oz	125
05220	Turkey, whole, breast, meat only, cooked, roasted	85.0	3.0 oz	125
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	113.0	4.0 oz	124
04583	Oil, mustard	14.0	1.0 tbsp	124
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	124
04582	Oil, canola	14.0	1.0 tbsp	124
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	123
05738	Turkey, drumstick, from whole bird, meat only, raw	113.0	4.0 oz	123
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	123
18157	Cookies, chocolate wafers	28.35	1.0 oz	123

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	123
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	122
18177	Cookies, molasses	28.35	1.0 oz	122
18533	Archway Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	122
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	122
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	121
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	121
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	120
04501	Oil, cocoa butter	13.6	1.0 tablespoon	120
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	120
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	120
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	120
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	120
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	120
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	120
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	113.0	4.0 oz	120
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	120
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	136.0	1.0 cup	120
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	119
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	119
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	119
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	119
07926	Salami, Italian, pork	28.0	1.0 oz	119
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	119
18617	Nabisco, Nabisco Grahams Crackers	28.0	1.0 serving	119
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	118
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	118
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	118
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	118
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	118
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	118
18532	Archway Home Style Cookies, Iced Molasses	28.0	1.0 serving	118
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	118
11304	Peas, green, raw	145.0	1.0 cup	117
18241	Croissants, cheese	28.35	1.0 oz	117

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	117
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	117
05664	Turkey, ground, fat free, patties, broiled	85.0	3.0 oz	117
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	117
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	117
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	116
01094	Milk, buttermilk, dried	30.0	0.25 cup	116
04001	Fat, beef tallow	12.8	1.0 tbsp	115
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	115
18239	Croissants, butter	28.35	1.0 oz	115
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	115
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	115
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	115
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	114
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	114
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	114
18614	Martha White Foods, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	114
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	113
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	113
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	113
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	113
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	112
15261	Fish, tilapia, raw	116.0	1.0 fillet	111
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	111
18084	Bread, stuffing, cornbread, dry mix	28.35	1.0 oz	110
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	110
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	110
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	110
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	110
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	110
18081	Bread, stuffing, dry mix	28.35	1.0 oz	109
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	109
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	109
18236	Cracker, meal	28.35	1.0 oz	109
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	108
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	108

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	108
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	107
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	107
01117	Yogurt, plain, low fat	170.0	1.0 container (6 oz)	107
09205	Oranges, raw, with peel	170.0	1.0 cup	107
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	106
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	106
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	106
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	106
18245	Danish pastry, cheese	28.35	1.0 oz	106
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	85.0	3.0 oz (3 oz)	105
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	105
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	105
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	105
18535	Archway Home Style Cookies, Molasses	26.0	1.0 serving	105
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	104
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	104
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	104
01116	Yogurt, plain, whole milk	170.0	1.0 container (6 oz)	104
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	104
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	103
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	103
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	103
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	103
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	103
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	102
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	102
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	101
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	101
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	100
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	100
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	100
01004	Cheese, blue	28.35	1.0 oz	100
18544	Archway Home Style Cookies, Raspberry Filled	25.0	1.0 serving	100
18527	Archway Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	100
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	100

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	99
09176	Mangos, raw	165.0	1.0 cup pieces	99
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	99
18170	Cookies, fig bars	28.35	1.0 oz	99
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	98
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	98
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	98
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	98
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	97
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	97
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	97
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	96
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	96
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	96
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	96
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	96
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	95
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	95
09043	Blackberry juice, canned	250.0	1.0 cup	95
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	95
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	94
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	94
18105	Cake, coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	94
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	94
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	94
05152	Guinea hen, meat only, raw	85.0	3.0 oz	94
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	93
07971	Bologna, meat and poultry	33.0	1.0 slice	93
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	93
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	93
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	93
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	92
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	92
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	92
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	92
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	92

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	91
18147	Cake, cheesecake, commercially prepared	28.35	1.0 oz	91
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	91
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	91
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	90
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	90
01128	Egg, whole, cooked, fried	46.0	1.0 large	90
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	90
18108	Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	90
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.0 fl oz	90
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	90
18319	Pie, fried pies, fruit	28.35	1.0 oz	90
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	89
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	89
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	88
07955	Sausage, turkey, fresh, raw	57.0	1.0 serving	88
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	88
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	88
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	88
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	88
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	87
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	87
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	87
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	86
01007	Cheese, camembert	28.35	1.0 oz	85
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	84
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	83
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	83
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	83
09014	Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	173.0	1.0 cup slices	83
18040	Bread, oatmeal, toasted	28.35	1.0 oz	83
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	82
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	82
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	82
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	82
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	82

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	82
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	81
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	81
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	81
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	81
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	81
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	80
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	80
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	80
09252	Pears, raw	140.0	1.0 cup, slices	80
18064	Bread, wheat	29.0	1.0 slice	79
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	79
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	78
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	78
19014	Snacks, fruit leather, rolls	21.0	1.0 large	78
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	78
15013	Fish, cisco, raw	79.0	1.0 fillet	77
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	77
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	76
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	76
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	75
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	75
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	75
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	74
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	74
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	74
18025	Bread, cracked-wheat	28.35	1.0 oz	74
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	74
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	74
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	74
18060	Bread, rye	28.35	1.0 oz	73
15267	Fish, pollock, Alaska, cooked	85.0	3.0 oz	73
07278	Hormel Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	73
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	73
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	72

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	72
18240	Croissants, apple	28.35	1.0 oz	72
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	72
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	72
01031	Cheese, neufchatel	28.35	1.0 oz	72
01131	Egg, whole, cooked, poached	50.0	1.0 large	72
01123	Egg, whole, raw, fresh	50.0	1.0 large	72
09068	Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	155.0	1.0 cup, unthawed	71
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	71
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	71
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	71
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	71
09083	Currants, european black, raw	112.0	1.0 cup	71
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	70
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	70
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	70
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	70
18043	Bread, protein (includes gluten)	28.35	1.0 oz	69
18214	Crackers, cheese, regular	14.2	0.5 oz	69
17250	Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	69
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	69
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	68
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	68
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	68
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	68
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	67
07938	Ham, honey, smoked, cooked	55.0	1.0 oz (1 serving)	67
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	67
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	67
18037	Bread, oat bran	28.35	1.0 oz	67
18967	Bread, white wheat	28.0	1.0 slice	67
18260	Muffins, English, mixed-grain (includes granola)	28.35	1.0 oz	67
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	66
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	66
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	66

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
18243	Croutons, seasoned	14.2	0.5 oz	66
09107	Gooseberries, raw	150.0	1.0 cup	66
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	66
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	66
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	66
11282	Onions, raw	160.0	1.0 cup, chopped	64
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	63
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	63
15033	Fish, haddock, raw	85.0	3.0 oz	63
09084	Currants, red and white, raw	112.0	1.0 cup	63
09226	Papayas, raw	145.0	1.0 cup 1" pieces	62
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	62
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	62
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	61
09160	Lime juice, raw	242.0	1.0 cup	60
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	60
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	60
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	60
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	59
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	59
18057	Bread, reduced-calorie, white	28.35	1.0 oz	59
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	59
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	58
11080	Beets, raw	136.0	1.0 cup	58
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	58
18242	Croutons, plain	14.2	0.5 oz	58
18224	Crackers, rusk toast	14.2	0.5 oz	58
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	58
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	57
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	57
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	57
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	56
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	56
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	56
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	56

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	56
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	55
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	55
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	55
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	55
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	55
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	55
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	54
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	54
07944	Turkey, white, rotisserie, deli cut	48.0	1.0 oz (1 serving)	54
09152	Lemon juice, raw	244.0	1.0 cup	54
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	53
09004	Apples, raw, without skin	110.0	1.0 cup slices	53
11124	Carrots, raw	128.0	1.0 cup chopped	52
18619	Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	11.0	1.0 serving	52
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	52
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	52
01017	Cheese, cream	14.5	1.0 tbsp	51
18085	Bread, stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	51
15014	Fish, cisco, smoked	28.35	1.0 oz	50
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	50
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	50
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	50
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	49
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	49
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	49
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	49
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	48
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	48
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	48
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	47
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	47
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	46
11015	Asparagus, canned, drained solids	242.0	1.0 cup	46
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	46

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	45
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	44
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	44
01144	Egg substitute, powder	9.9	0.35 oz	44
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	44
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	43
11154	Chicory roots, raw	60.0	1.0 root	43
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	42
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	42
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	41
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	41
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	41
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	41
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	41
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	41
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	41
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	41
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	40
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	40
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	40
01049	Cream, fluid, half and half	30.2	1.0 fl oz	40
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	39
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	38
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	38
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	38
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	38
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	38
11098	Brussels sprouts, raw	88.0	1.0 cup	38
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	38
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	38
11620	Drumstick pods, raw	100.0	1.0 cup slices	37
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	37
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	37
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	36

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	36
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	36
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	35
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	35
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	35
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	35
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	35
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	34
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	34
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	34
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	33
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	33
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	33
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	32
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	32
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	32
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	32
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	31
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	31
11122	Cardoon, raw	178.0	1.0 cup, shredded	30
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	29
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	29
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	29
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	29
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	28
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	28
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	28
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	28
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	28
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	28
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	27
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	27
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	27
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	27
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	27
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	26

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	26
06957	Gravy, brown instant, dry	6.7	1.0 serving	25
14103	Alcoholic Beverage, wine, table, red, Petite Sirah	29.5	1.0 fl oz	25
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	25
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	30.4	1.0 fl oz	25
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	25
14140	Alcoholic beverage, wine, table, white, Muscat	30.0	1.0 fl oz	25
14098	Alcoholic Beverage, wine, table, red, Cabernet Franc	29.4	1.0 fl oz	24
14105	Alcoholic Beverage, wine, table, red, Claret	29.4	1.0 fl oz	24
14097	Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	29.4	1.0 fl oz	24
14126	Alcoholic beverage, wine, table, white, Semillon	29.5	1.0 fl oz	24
11982	Peppers, pasilla, dried	7.0	1.0 pepper	24
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	24
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	24
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	24
01056	Cream, sour, cultured	12.0	1.0 tbsp	24
14134	Alcoholic beverage, wine, table, white, Sauvignon Blanc	29.3	1.0 fl oz	24
14138	Alcoholic beverage, wine, table, white, Pinot Blanc	29.3	1.0 fl oz	24
14132	Alcoholic beverage, wine, table, white, Riesling	29.6	1.0 fl oz	24
14116	Alcoholic beverage, wine, table, white, Chenin Blanc	29.5	1.0 fl oz	24
14107	Alcoholic Beverage, wine, table, red, Lemberger	29.4	1.0 fl oz	24
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	23
11130	Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	64.0	0.5 cup slices	23
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	23
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	22
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	21
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	21
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	21
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	20
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	20
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	20
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	20
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	20
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	20

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	20
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	20
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	20
11965	Cauliflower, green, raw	64.0	1.0 cup	20
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	20
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	20
11873	Water convolvulus, cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	20
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	20
11235	Kale, frozen, unprepared	67.0	1.0 cup	19
11429	Radishes, raw	116.0	1.0 cup slices	19
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	18
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	18
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	18
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	17
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	17
01124	Egg, white, raw, fresh	33.0	1.0 large	17
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	17
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	16
18621	Nabisco, Nabisco Ritz Crackers	3.3	1.0 cracker	16
11203	Cress, garden, raw	50.0	1.0 cup	16
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	16
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	15
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	12
02050	Vanilla extract	4.2	1.0 tsp	12
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	12
02025	Spices, nutmeg, ground	2.2	1.0 tsp	12
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	11
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	10
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	10
02024	Spices, mustard seed, ground	2.0	1.0 tsp	10
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	10
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	10
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	10
02043	Spices, turmeric, ground	3.0	1.0 tsp	9
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	9
11151	Chicory, witloof, raw	53.0	1.0 head	9

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11096	Broccoli raab, raw	40.0	1.0 cup chopped	9
11427	Purslane, raw	43.0	1.0 cup	9
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	9
11086	Beet greens, raw	38.0	1.0 cup	8
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	8
02022	Spices, mace, ground	1.7	1.0 tsp	8
11233	Kale, raw	21.0	1.0 cup	7
02002	Spices, anise seed	2.1	1.0 tsp, whole	7
02005	Spices, caraway seed	2.1	1.0 tsp	7
11457	Spinach, raw	30.0	1.0 cup	7
02015	Spices, curry powder	2.0	1.0 tsp	6
02010	Spices, cinnamon, ground	2.6	1.0 tsp	6
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	6
02021	Spices, ginger, ground	1.8	1.0 tsp	6
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	6
09216	Orange peel, raw	6.0	1.0 tbsp	6
09173	Longans, dried	1.7	1.0 fruit	5
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	5
11213	Endive, raw	25.0	0.5 cup, chopped	4
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	4
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	4
02039	Spices, savory, ground	1.4	1.0 tsp	4
09129	Grapes, muscadine, raw	6.0	1.0 grape	3
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	3
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	2
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	2
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	2
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	2
02023	Spices, marjoram, dried	0.6	1.0 tsp	2
11216	Ginger root, raw	2.0	1.0 tsp	2
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	1
11447	Sesbania flower, raw	3.0	1.0 flower	1
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	1
11959	Arugula, raw	2.0	1.0 leaf	0
02045	Dill weed, fresh	1.0	5.0 sprigs	0
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	0
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	0