

Abridged List Ordered by Nutrient Content in Household Measure
 Source: USDA National Nutrient Database for Standard Reference Legacy (2018)
 Nutrients: **Pantothenic acid(mg)**

Description	Measure	Pantothenic acid(mg)Per Measure
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	10.001
Seeds, sunflower seed kernels, toasted, without salt	1.0 cup	9.455
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cup	9.372
Whey, sweet, dried	1.0 cup	8.149
Beverages, Whey protein powder isolate	3.0 scoop	5
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	4.307
Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1.0 bottle	4.065
Beans, adzuki, mature seeds, raw	1.0 cup	2.898
Beverages, Meal supplement drink, canned, peanut flavor	1.0 cup	2.686
Rice flour, brown	1.0 cup	2.514
Beans, pink, mature seeds, raw	1.0 cup	2.094
Peanuts, valencia, oil-roasted, without salt	1.0 cup	1.997
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cup	1.918
Rice, white, long-grain, regular, raw, unenriched	1.0 cup	1.876
Candies, confectioner's coating, peanut butter	1.0 cup chips	1.774
Chicken, broilers or fryers, dark meat, meat only, cooked, fried	1.0 cup	1.765
Beans, black, mature seeds, raw	1.0 cup	1.744
Liverwurst spread	0.25 cup	1.623
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4.0 oz	1.602
Pork, fresh, variety meats and by-products, brain, cooked, braised	3.0 oz	1.55
Mushrooms, portabella, grilled	1.0 cup sliced	1.527
Fast Foods, biscuit, with egg and sausage	1.0 item	1.521
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cup, chopped or diced	1.502
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	1.496
Peanuts, all types, dry-roasted, without salt	1.0 cup	1.476
Cheese, feta	1.0 cup, crumbled	1.45
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cup	1.417
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	1.413
Chicken, dark meat, thigh, meat only, with added solution, raw	4.0 oz	1.413
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cup	1.407
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	1.391
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	1.388
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	1.383
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving (3 oz)	1.377
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cup	1.347
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cup	1.336
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	1.334
Pork, fresh, variety meats and by-products, pancreas, raw	1.0 oz	1.291
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	1.282
Fast foods, croissant, with egg, cheese, and ham	1.0 item	1.271

Apricots, dehydrated (low-moisture), sulfured, uncooked	1.0 cup	1.27
Potatoes, scalloped, home-prepared with butter	1.0 cup	1.259
Potatoes, mashed, dehydrated, flakes without milk, dry form	1.0 cup	1.247
Fish, bluefish, raw	1.0 fillet	1.242
Peas, mature seeds, sprouted, raw	1.0 cup	1.235
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	1.231
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	1.231
Fast foods, biscuit, with egg and bacon	1.0 biscuit	1.215
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cup, chopped or diced	1.201
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	1.19
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	1.143
Soup, cream of celery, canned, prepared with equal volume water	1.0 cup	1.141
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	1.136
Seeds, safflower seed meal, partially defatted	1.0 oz	1.133
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3.0 oz	1.13
Fish, bluefish, cooked, dry heat	1.0 fillet	1.117
Tomato products, canned, puree, without salt added	1.0 cup	1.1
Tomato products, canned, puree, with salt added	1.0 cup	1.1
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	1.084
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.25 cup	1.07
Biscuits, plain or buttermilk, dry mix	1.0 cup, purchased	1.061
Eggnog	1.0 cup	1.059
Nuts, hazelnuts or filberts	1.0 cup, chopped	1.056
Veal, shank (fore and hind), separable lean and fat, cooked, braised	3.0 oz	1.042
Peas, edible-podded, frozen, unprepared	1.0 cup	1.037
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving (3 oz)	1.036
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	1.024
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	1.017
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	1.013
Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3.0 oz	1.012
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	1.008
Breadfruit, raw	1.0 cup	1.005
Yogurt, plain, low fat	1.0 container (6 oz)	1.005
Beverages, Energy drink, AMP, sugar free	8.0 fl oz	1.001
Game meat, elk, ground, cooked, pan-broiled	1.0 patty (yield from 104.1 g raw meat)	0.998
Milk, sheep, fluid	1.0 cup	0.997
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	0.994
Game meat, bison, ground, cooked, pan-broiled	1.0 patty (yield from 112.7 g raw meat)	0.992
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	0.972
Veal, breast, whole, boneless, separable lean only, cooked, braised	3.0 oz	0.969
Cheese food, pasteurized process, American, vitamin D fortified	1.0 cup	0.966
Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.0 oz	0.963
Cheese spread, pasteurized process, American	1.0 cup, diced	0.96

Braunschweiger (a liver sausage), pork	1.0 oz	0.958
Milk, buttermilk, dried	0.25 cup	0.951
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	0.939
Milk, dry, nonfat, calcium reduced	1.0 oz	0.939
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	0.932
Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.0 oz	0.931
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	0.925
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cup	0.925
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cup	0.925
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	0.925
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak (yield from 134.9 g raw meat)	0.922
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cup	0.918
Cereals ready-to-eat, granola, homemade	1.0 cup	0.917
Chicken, broilers or fryers, meat and skin, cooked, fried, flour	3.0 oz	0.917
Squash, winter, hubbard, baked, with salt	1.0 cup, cubes	0.916
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cup, diced	0.905
Tomato products, canned, sauce, with onions	1.0 cup	0.902
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	0.883
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	0.881
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	0.881
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	0.876
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	0.875
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cup	0.862
Salami, pork, beef, less sodium	3.0 oz	0.86
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving (3 oz)	0.858
Turkey, whole, dark meat, meat and skin, cooked, roasted	3.0 oz	0.853
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.85
Fish, herring, Pacific, raw	3.0 oz	0.85
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.842
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	0.842
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	3.0 oz	0.842
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	0.814
Garlic, raw	1.0 cup	0.811
Plantains, yellow, raw	1.0 plantain	0.81
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	0.81
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cup, diced	0.81
Guinea hen, meat only, raw	3.0 oz	0.796
Drumstick pods, raw	1.0 cup slices	0.794
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cup spaghetti	0.792

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.79
Sweet potato, canned, syrup pack, drained solids	1.0 cup	0.788
Seeds, sesame flour, low-fat	1.0 oz	0.778
Pork, fresh, leg (ham), whole, separable lean and fat, raw	4.0 oz	0.774
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	0.769
Egg, whole, raw, fresh	1.0 large	0.766
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	0.765
Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	3.0 oz	0.765
Turkey, ground, fat free, patties, broiled	3.0 oz	0.765
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	0.765
Rice, white, medium-grain, cooked, unenriched	1.0 cup	0.764
Milk, producer, fluid, 3.7% milkfat	1.0 cup	0.764
Egg, whole, cooked, fried	1.0 large	0.764
Egg, whole, cooked, poached	1.0 large	0.763
Nuts, butternuts, dried	1.0 cup	0.76
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	0.758
Mollusks, mussel, blue, raw	1.0 cup	0.75
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	0.746
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3.0 oz	0.745
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cup, mashed	0.742
Squash, winter, acorn, cooked, boiled, mashed, without salt	1.0 cup, mashed	0.742
Fish, pike, northern, cooked, dry heat	3.0 oz	0.74
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	0.74
Nuts, chestnuts, european, raw, unpeeled	1.0 cup	0.738
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.738
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cup	0.738
Plantains, yellow, baked	1.0 cup	0.737
Squash, winter, butternut, cooked, baked, without salt	1.0 cup, cubes	0.736
Fish, salmon, chum, cooked, dry heat	3.0 oz	0.735
Fish, mahimahi, cooked, dry heat	3.0 oz	0.735
Fish, lingcod, cooked, dry heat	3.0 oz	0.735
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	0.735
Peas, edible-podded, raw	1.0 cup, chopped	0.735
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.0 oz	0.735
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	0.731
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	0.73
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.729
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.723
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	0.719
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cup	0.718
Pomegranate juice, bottled	1.0 cup	0.71
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	0.709
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	0.706
Corn grain, white	1.0 cup	0.704

Squash, winter, hubbard, cooked, boiled, mashed, without salt	1.0 cup, mashed	0.701
Squash, winter, hubbard, cooked, boiled, mashed, with salt	1.0 cup, mashed	0.701
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cup	0.698
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cup, cubes	0.696
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	0.694
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	0.694
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	0.689
Chicken, skin (drumsticks and thighs), raw	4.0 oz	0.689
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	0.685
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	0.68
Chicken, gizzard, all classes, cooked, simmered	1.0 cup chopped or dice	0.679
Beans, kidney, mature seeds, sprouted, raw	1.0 cup	0.677
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1.0 cup	0.673
Soup, chicken noodle, dry, mix	1.0 packet	0.662
Yogurt, plain, whole milk	1.0 container (6 oz)	0.661
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	0.659
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.659
Sorghum flour, whole-grain	1.0 cup	0.652
Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.0 cup	0.651
Grapefruit, raw, white, Florida	1.0 cup sections, with juice	0.651
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cup (not packed)	0.647
Squab, (pigeon), meat and skin, raw	3.0 oz	0.646
Fish, grouper, mixed species, raw	3.0 oz	0.637
Fish, mackerel, spanish, raw	3.0 oz	0.637
Macaroni, vegetable, enriched, dry	1.0 cup spiral shaped	0.632
Edamame, frozen, unprepared	1.0 cup	0.631
Vegetable juice cocktail, canned	1.0 cup	0.63
Cheese, cottage, creamed, large or small curd	4.0 oz	0.629
Cheese, provolone	1.0 cup, diced	0.628
Squash, summer, zucchini, italian style, canned	1.0 cup	0.622
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	0.62
Rice, white, long-grain, regular, cooked, unenriched, with salt	1.0 cup	0.616
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cup	0.61
Grapefruit, raw, pink and red, all areas	1.0 cup sections, with juice	0.603
Cardoon, raw	1.0 cup, shredded	0.602
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.601
Wheat flour, white, bread, enriched	1.0 cup	0.6
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.595
Cream, fluid, heavy whipping	1.0 cup, whipped	0.594
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3.0 oz	0.593
Fish, cisco, raw	1.0 fillet	0.593
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	0.592

Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	0.586
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	0.585
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	0.583
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	0.581
Sausage, turkey, fresh, raw	1.0 serving	0.581
Mushrooms, Chanterelle, raw	1.0 cup	0.581
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.578
POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	0.572
Cheese, ricotta, whole milk	0.5 cup	0.572
Cheese, mozzarella, low moisture, part-skim	1.0 cup, diced	0.566
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	0.565
Fish, tilapia, raw	1.0 fillet	0.565
Pork, cured, ham, shank, bone-in, separable lean only, unheated	3.0 oz	0.563
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.561
Oranges, raw, with peel	1.0 cup	0.561
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	3.0 oz	0.559
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.558
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cup	0.552
Wheat flour, white, all-purpose, unenriched	1.0 cup	0.547
Wheat flour, white, all-purpose, enriched, calcium-fortified	1.0 cup	0.547
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.544
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cup, diced	0.541
Pork, cured, ham, rump, bone-in, separable lean only, unheated	3.0 oz	0.537
Tomato products, canned, sauce, with tomato tidbits	1.0 cup	0.534
Cream puff, éclair, custard or cream filled, iced	4.0 oz	0.532
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.0 oz	0.531
Apricots, dried, sulfured, stewed, without added sugar	1.0 cup, halves	0.527
Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	3.0 oz	0.527
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.525
Cornmeal, whole-grain, white	1.0 cup	0.518
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.518
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	0.518
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cup, sliced	0.518
Carambola, (starfruit), raw	1.0 cup, cubes	0.516
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.513
Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3.0 oz	0.506
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	0.506
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.0 cup	0.504
Potatoes, baked, skin, without salt	1.0 skin	0.497
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	1.0 cup	0.491
Cheese, blue	1.0 oz	0.49
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	0.486

Orange juice, chilled, includes from concentrate, with added calcium	1.0 cup	0.486
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cup	0.486
Fish, wolffish, Atlantic, raw	3.0 oz	0.484
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.483
Beans, black turtle, mature seeds, cooked, boiled, without salt	1.0 cup	0.481
Soup, pea, split with ham, canned, chunky, ready-to-serve	1.0 cup	0.48
Fish, salmon, pink, canned, drained solids	3.0 oz	0.479
Celery, cooked, boiled, drained, without salt	1.0 cup, diced	0.475
Macaroni, vegetable, enriched, cooked	1.0 cup spiral shaped	0.469
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	0.469
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.0 oz	0.468
Fish, salmon, pink, canned, without salt, solids with bone and liquid	3.0 oz	0.468
Cheese, swiss	1.0 cup, diced	0.466
Beverages, Propel Zero, fruit-flavored, non-carbonated	1.0 fl oz	0.465
Puddings, chocolate, dry mix, regular, prepared with whole milk	0.5 cup	0.463
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	0.453
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	0.451
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cup	0.451
Oranges, raw, California, valencias	1.0 cup sections, without membranes	0.45
Cheese, parmesan, grated	1.0 cup	0.45
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.449
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	0.447
Currants, european black, raw	1.0 cup	0.446
Cauliflower, green, raw	1.0 cup	0.445
Barbecue loaf, pork, beef	1.0 oz	0.445
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	0.444
Nuts, almonds, dry roasted, without salt added	1.0 cup whole kernels	0.443
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.442
Beans, black turtle, mature seeds, canned	1.0 cup	0.442
Burdock root, cooked, boiled, drained, without salt	1.0 cup (1" pieces)	0.441
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.0 cup	0.437
Broccoli, frozen, chopped, unprepared	1.0 cup	0.435
Fish, scup, cooked, dry heat	1.0 fillet	0.432
Gooseberries, raw	1.0 cup	0.429
Mollusks, octopus, common, raw	3.0 oz	0.425
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	0.422
Tangerines, (mandarin oranges), raw	1.0 cup, sections	0.421
Noodles, egg, unenriched, cooked, without added salt	1.0 cup	0.421
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.416
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	0.412
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	0.412

Soup, black bean, canned, condensed	1.0 cup (8 fl oz)	0.411
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	0.408
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	0.403
Potatoes, boiled, cooked without skin, flesh, without salt	0.5 cup	0.397
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cup	0.397
Turnip greens, cooked, boiled, drained, without salt	1.0 cup, chopped	0.395
Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1.0 cup (1 NLEA serving)	0.392
Pasta, dry, unenriched	1.0 cup spaghetti	0.392
Pasta, dry, enriched	1.0 cup spaghetti	0.392
Soup, chicken, canned, chunky, ready-to-serve	1.0 cup	0.392
Frankfurter, pork	1.0 link	0.387
Cheese, camembert	1.0 oz	0.387
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	0.385
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	0.38
Soybeans, green, raw	1.0 cup	0.376
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	0.374
Noodles, egg, spinach, enriched, cooked	1.0 cup	0.373
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	0.372
Squash, winter, butternut, frozen, cooked, boiled, without salt	1.0 cup, mashed	0.37
Beets, canned, regular pack, solids and liquids	1.0 cup	0.369
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	0.369
Cheese, mexican, queso chihuahua	1.0 cup, diced	0.368
Focaccia, Italian flatbread, plain	1.0 piece	0.368
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	0.366
Cheese, pasteurized process, swiss	1.0 cup, diced	0.364
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cup	0.362
Loganberries, frozen	1.0 cup, unthawed	0.359
Fish, swordfish, cooked, dry heat	3.0 oz	0.354
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	0.351
Carrots, raw	1.0 cup chopped	0.349
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	0.349
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.349
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	0.347
Noodles, egg, dry, unenriched	1.0 cup	0.347
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	0.343
Crustaceans, spiny lobster, mixed species, cooked, moist heat	3.0 oz	0.343
Fish, haddock, raw	3.0 oz	0.343
Pork, fresh, variety meats and by-products, feet, raw	4.0 oz	0.342
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	0.341
Asparagus, canned, drained solids	1.0 cup	0.336
Boysenberries, canned, heavy syrup	1.0 cup	0.335
Egg substitute, powder	0.35 oz	0.335
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	0.333
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.33
Boysenberries, frozen, unsweetened	1.0 cup, unthawed	0.33

Kiwifruit, green, raw	1.0 cup, sliced	0.329
Fish, roe, mixed species, cooked, dry heat	1.0 oz	0.327
Mangos, raw	1.0 cup pieces	0.325
Grapefruit juice, white, canned, sweetened	1.0 cup	0.325
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	1.0 oz	0.323
Lemon juice, raw	1.0 cup	0.32
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cup	0.319
Cherries, sweet, canned, water pack, solids and liquids	1.0 cup, pitted	0.315
Fish, tuna, white, canned in oil, drained solids	3.0 oz	0.315
Cream, fluid, light whipping	1.0 cup, whipped	0.311
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cup	0.307
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	0.306
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	0.306
Lima beans, immature seeds, frozen, fordhook, unprepared	1.0 cup	0.306
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cup	0.304
Noodles, japanese, somen, cooked	1.0 cup	0.303
Bread, pound cake type, pan de torta salvadoran	1.0 serving	0.303
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	0.302
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cup	0.301
Cheese, ricotta, part skim milk	0.5 cup	0.3
POPEYES, Coleslaw	1.0 package	0.3
Grapefruit, sections, canned, juice pack, solids and liquids	1.0 cup	0.299
Lime juice, raw	1.0 cup	0.298
Bacon and beef sticks	1.0 oz	0.297
Salami, Italian, pork	1.0 oz	0.297
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	0.295
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	0.295
Mountain yam, hawaii, raw	0.5 cup, cubes	0.294
Grapefruit, sections, canned, water pack, solids and liquids	1.0 cup	0.293
Tomatoes, red, ripe, canned, stewed	1.0 cup	0.291
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	0.289
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	0.289
Fish, flatfish (flounder and sole species), cooked, dry heat	1.0 fillet	0.288
Blueberries, frozen, sweetened	1.0 cup, thawed	0.287
Milk, canned, condensed, sweetened	1.0 fl oz	0.287
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	0.286
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cup	0.284
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	0.284
Garlic bread, frozen	1.0 slice presliced	0.284
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cup	0.281
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	0.28
Noodles, japanese, somen, dry	2.0 oz	0.28
Sausage, pork and turkey, pre-cooked	1.0 serving	0.279
Snacks, potato chips, fat-free, made with olestra	1.0 oz	0.278
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	0.278
Papayas, raw	1.0 cup 1" pieces	0.277
Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cup, unthawed	0.276
Cherries, sweet, raw	1.0 cup, with pits, yields	0.275

Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	0.273
POPEYES, biscuit	1.0 biscuit	0.273
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	0.273
Seeds, lotus seeds, dried	1.0 cup	0.272
Brussels sprouts, raw	1.0 cup	0.272
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cup	0.269
Cherries, sour, red, canned, light syrup pack, solids and liquids	1.0 cup	0.265
Cookies, peanut butter sandwich, regular	1.0 oz	0.259
Bologna, meat and poultry	1.0 slice	0.254
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cup	0.254
Beans, baked, canned, with pork	1.0 cup	0.253
Cheese, muenster	1.0 cup, diced	0.251
Mollusks, oyster, Pacific, raw	1.0 medium	0.25
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cup	0.249
Cereals, CREAM OF RICE, dry	0.25 cup (1 NLEA serving)	0.248
Croissants, butter	1.0 oz	0.244
Bamboo shoots, raw	1.0 cup (1/2" slices)	0.243
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	0.243
Snacks, potato chips, barbecue-flavor	1.0 oz	0.241
Croissants, cheese	1.0 oz	0.239
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	0.238
Bread, wheat	1.0 slice	0.238
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.0 cup, halves	0.237
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	0.236
Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	0.235
Sausage, Italian, sweet, links	1.0 link 3 oz	0.233
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	0.232
Soybeans, green, cooked, boiled, drained, without salt	1.0 cup	0.23
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	0.23
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	0.23
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cup (1 NLEA serving)	0.229
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	0.228
Blackberries, frozen, unsweetened	1.0 cup, unthawed	0.228
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	0.227
Endive, raw	0.5 cup, chopped	0.225
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.223
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	0.222
Potatoes, flesh and skin, raw	0.5 cup, diced	0.221
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cup	0.22
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	0.22
Cowpeas (blackeyes), immature seeds, raw	1.0 cup	0.219
Corn flour, yellow, masa, enriched	1.0 cup	0.219
Barley flour or meal	1.0 cup	0.215
Beets, raw	1.0 cup	0.211

Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	0.211
Oat flour, partially debranned	1.0 cup	0.209
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	0.209
Bread, whole-wheat, commercially prepared	1.0 slice	0.207
Okra, frozen, unprepared	0.33 package (10 oz)	0.205
Cheese, cottage, creamed, with fruit	4.0 oz	0.205
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.204
Asparagus, cooked, boiled, drained	0.5 cup	0.203
Soup, chicken gumbo, canned, condensed	0.5 cup (4 fl oz)	0.202
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	0.201
Biscuits, plain or buttermilk, refrigerated dough, higher fat	1.0 biscuit	0.201
Soup, beef noodle, canned, condensed	0.5 cup	0.2
Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1.0 cup	0.198
Balsam-pear (bitter gourd), pods, raw	1.0 cup (1/2" pieces)	0.197
Carrots, canned, regular pack, drained solids	1.0 cup, sliced	0.197
Onions, raw	1.0 cup, chopped	0.197
Crackers, wheat, regular	16.0 crackers 1 serving	0.196
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cup slices	0.196
Bologna, chicken, turkey, pork	1.0 serving	0.195
Chicory roots, raw	1.0 root	0.194
Egg, whole, cooked, omelet	1.0 tbsp	0.193
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.193
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	0.193
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.192
Okra, frozen, cooked, boiled, drained, without salt	0.5 cup slices	0.192
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.192
Figs, raw	1.0 large (2-1/2" dia)	0.192
Radishes, raw	1.0 cup slices	0.191
Bologna, pork and turkey, lite	1.0 serving 2 oz	0.19
Pears, dried, sulfured, stewed, without added sugar	1.0 cup, halves	0.189
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.187
Soup, cream of mushroom, canned, condensed	0.5 cup	0.186
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cup	0.185
Cream, whipped, cream topping, pressurized	1.0 cup	0.183
Fish, herring, Atlantic, raw	1.0 oz, boneless	0.183
Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	1.0 cup	0.181
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	0.178
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.177
Soup, chicken with rice, canned, condensed	0.5 cup	0.176
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.175
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	0.175
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cup	0.174
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	0.173

Taro, tahitian, cooked, without salt	1.0 cup slices	0.173
Figs, canned, water pack, solids and liquids	1.0 cup	0.171
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	0.171
Carrots, canned, no salt added, solids and liquids	0.5 cup slices	0.171
Snacks, tortilla chips, ranch-flavor	1.0 oz	0.17
Croissants, apple	1.0 oz	0.169
Bread, cheese	1.0 slice	0.168
Tofu, raw, firm, prepared with calcium sulfate	0.5 cup	0.168
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	0.167
Beerwurst, pork and beef	1.0 serving 2 oz	0.166
Beerwurst, beer salami, pork and beef	2.0 oz	0.166
Bread, oat bran	1.0 oz	0.165
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	0.164
Onions, frozen, whole, cooked, boiled, drained, without salt	1.0 cup	0.164
Cheese, neufchatel	1.0 oz	0.163
Cream, fluid, half and half	1.0 fl oz	0.163
Cake, cheesecake, commercially prepared	1.0 oz	0.162
Frankfurter, meat	1.0 serving (1 hot dog)	0.161
Kanpyo, (dried gourd strips)	1.0 strip	0.161
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	0.158
Cheese, mozzarella, whole milk	1.0 cup, shredded	0.158
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.156
Fish, burbot, cooked, dry heat	1.0 fillet	0.156
Asparagus, canned, regular pack, solids and liquids	0.5 cup	0.151
Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	0.151
Peas, green, raw	1.0 cup	0.151
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.15
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.15
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.15
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.15
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready-to-feed with ARA and DHA	1.0 fl oz	0.15
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cup	0.149
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	0.146
Bread, cracked-wheat	1.0 oz	0.145
Onions, sweet, raw	1.0 NLEA serving	0.145
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	0.145
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.145
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.145
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	0.145
Cookies, peanut butter sandwich, special dietary	1.0 oz	0.144
Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	0.143
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.142
Cookies, sugar wafers with creme filling, regular	3.0 cookies	0.142

Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.142
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	0.139
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	0.139
Cake, sponge, commercially prepared	1.0 oz	0.136
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.0 cup	0.135
Snacks, oriental mix, rice-based	1.0 oz	0.135
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cup, shredded	0.134
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cup, shredded	0.134
Soup, cream of shrimp, canned, prepared with equal volume water	1.0 cup	0.134
Mollusks, oyster, eastern, farmed, raw	3.0 oz	0.133
Cracker, meal	1.0 oz	0.132
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	0.132
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.132
Cake, cherry fudge with chocolate frosting	1.0 oz	0.131
Pork sausage, link/patty, fully cooked, unheated	1.0 link	0.131
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cup, halves or slices	0.131
Bread, reduced-calorie, white	1.0 oz	0.131
Ham, honey, smoked, cooked	1.0 oz (1 serving)	0.131
Blueberries, wild, canned, heavy syrup, drained	1.0 cup	0.131
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cup	0.13
Broccoli raab, raw	1.0 cup chopped	0.129
Soup, pea, green, canned, condensed	0.5 cup	0.128
Veal, breast, separable fat, cooked	1.0 oz	0.128
Bread, white wheat	1.0 slice	0.127
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	0.126
Peaches, canned, light syrup pack, solids and liquids	1.0 cup, halves or slices	0.126
Bread, rye	1.0 oz	0.125
Water convolvulus, cooked, boiled, drained, with salt	1.0 cup, chopped	0.123
Bread, reduced-calorie, oatmeal	1.0 oz	0.122
Peaches, canned, water pack, solids and liquids	1.0 cup, halves or slices	0.122
Snacks, pork skins, barbecue-flavor	1.0 oz	0.122
Cookies, peanut butter, commercially prepared, regular	1.0 oz	0.122
Cress, garden, raw	1.0 cup	0.121
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cup slices	0.12
Bread, protein (includes gluten)	1.0 oz	0.119
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cup	0.119
Croutons, seasoned	0.5 oz	0.119
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cup	0.118
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cup	0.118
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	0.118
Cookies, molasses	1.0 oz	0.117
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	0.116
Muffins, English, mixed-grain (includes granola)	1.0 oz	0.116

Turnip greens, frozen, unprepared	0.5 cup, chopped or diced	0.115
Cheese, pasteurized process, American, fortified with vitamin D	1.0 oz	0.114
Snacks, potato sticks	1.0 oz	0.114
Fish, herring, Atlantic, pickled	1.0 cup	0.113
Turnip greens, frozen, cooked, boiled, drained, without salt	1.0 cup	0.113
Bread, stuffing, dry mix	1.0 oz	0.113
Cookies, oatmeal, with raisins	1.0 oz	0.113
Danish pastry, cinnamon, enriched	1.0 oz	0.112
Cookies, vanilla sandwich with creme filling	1.0 oz	0.112
Peppers, pasilla, dried	1.0 pepper	0.111
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	0.111
Pie, banana cream, prepared from recipe	1.0 oz	0.11
Cookies, oatmeal, commercially prepared, regular	1.0 oz	0.109
Applesauce, canned, sweetened, without salt	1.0 cup	0.108
Cookies, chocolate wafers	1.0 oz	0.108
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	0.108
Cookies, shortbread, commercially prepared, pecan	1.0 oz	0.107
Cookies, oatmeal, refrigerated dough	1.0 oz	0.105
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	0.104
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	0.104
Cookies, fig bars	1.0 oz	0.103
Milk shakes, thick chocolate	1.0 fl oz	0.103
Cookies, peanut butter, commercially prepared, soft-type	1.0 oz	0.103
Cereals, WHEATENA, cooked with water	1.0 cup	0.102
Bologna, pork, turkey and beef	1.0 oz	0.102
Cookies, chocolate sandwich, with creme filling, special dietary	1.0 oz	0.102
Cookies, chocolate chip, refrigerated dough	1.0 serving	0.102
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	0.101
Grapes, canned, thompson seedless, water pack, solids and liquids	1.0 cup	0.1
Candies, HERSHEY'S, ALMOND JOY BITES	18.0 pieces	0.1
Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1.0 fl oz	0.1
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	0.098
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	0.097
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	0.096
Snacks, potato chips, made from dried potatoes, cheese-flavor	1.0 oz	0.096
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cup	0.096
Beet greens, raw	1.0 cup	0.095
Onions, frozen, whole, unprepared	0.33 package (10 oz)	0.094
Cheese substitute, mozzarella	1.0 cup, shredded	0.094
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cup slices	0.093
Cookies, brownies, prepared from recipe	1.0 oz	0.093
Tamarind nectar, canned	1.0 cup	0.093
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	0.092
Cookies, shortbread, commercially prepared, plain	1.0 oz	0.091
Pie, cherry, commercially prepared	1.0 oz	0.09
Snacks, rice cakes, brown rice, multigrain	1.0 cake	0.09
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	0.09
Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	1.0 fl oz	0.09
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	0.09
Biscuits, mixed grain, refrigerated dough	1.0 oz	0.089

Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	0.089
Spinach, canned, regular pack, solids and liquids	1.0 cup	0.089
Crackers, wheat, sandwich, with cheese filling	0.5 oz	0.088
Gourd, white-flowered (calabash), raw	0.5 cup (1" pieces)	0.088
Fish, cisco, smoked	1.0 oz	0.087
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	0.086
Danish pastry, cheese	1.0 oz	0.086
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	0.086
Crackers, rusk toast	0.5 oz	0.086
Chocolate, dark, 60-69% cacao solids	1.0 oz	0.085
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	0.085
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	0.084
Snacks, rice cakes, brown rice, corn	1.0 cake	0.084
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cup	0.082
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	0.081
Bread, stuffing, cornbread, dry mix	1.0 oz	0.081
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	0.08
Cabbage, chinese (pe-tsai), raw	1.0 cup, shredded	0.08
Cookies, sugar, commercially prepared, regular (includes vanilla)	1.0 oz	0.079
Crackers, rye, wafers, seasoned	0.5 oz	0.079
Bread, white, commercially prepared, toasted	1.0 oz	0.079
Sauce, cheese, ready-to-serve	0.25 cup	0.079
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	0.078
Apples, raw, without skin	1.0 cup slices	0.078
Kale, raw	1.0 cup	0.078
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	0.077
Chicory, witloof, raw	1.0 head	0.077
Cake, coffeecake, cinnamon with crumb topping, dry mix, prepared	1.0 oz	0.076
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cup	0.076
Cheese, cream	1.0 tbsp	0.075
Lamb, Australian, imported, fresh, separable fat, raw	1.0 oz	0.075
Snacks, corn-based, extruded, onion-flavor	1.0 oz	0.074
Crackers, standard snack-type, sandwich, with cheese filling	0.5 oz	0.072
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cup (1 NLEA serving)	0.072
Currants, red and white, raw	1.0 cup	0.072
Bread, irish soda, prepared from recipe	1.0 oz	0.071
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	0.07
Puddings, chocolate, ready-to-eat	1.0 oz	0.069
Onions, dehydrated flakes	1.0 tbsp	0.069
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	0.069
Pears, raw	1.0 cup, slices	0.069
Bread, oatmeal, toasted	1.0 oz	0.068
Gravy, brown instant, dry	1.0 serving	0.068
Crackers, standard snack-type, sandwich, with peanut butter filling	0.5 oz	0.068
Crackers, cheese, regular	0.5 oz	0.067
Crackers, standard snack-type, regular	5.0 crackers	0.067
Beans, snap, green, frozen, cooked, boiled, drained without salt	1.0 cup	0.066
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1.0 cup	0.064
Cake, snack cakes, creme-filled, sponge	1.0 oz	0.064
Egg, white, raw, fresh	1.0 large	0.063
Jute, potherb, cooked, boiled, drained, without salt	1.0 cup	0.063
CROUTONS, plain	0.5 oz	0.061
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	0.06
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1.0 oz	0.059
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	0.059

Frostings, coconut-nut, ready-to-eat	0.08 package	0.059
Cream, sour, cultured	1.0 tbsp	0.057
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cup	0.057
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	0.056
Cake, white, dry mix, special dietary (includes lemon-flavored)	1.0 oz	0.056
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	0.055
Pears, canned, light syrup pack, solids and liquids	1.0 cup, halves	0.055
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	0.055
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	0.055
Cereals, CREAM OF WHEAT, instant, dry	1.0 tbsp	0.055
Cream, sour, reduced fat, cultured	1.0 tbsp	0.054
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	0.054
Yardlong bean, cooked, boiled, drained, without salt	1.0 cup slices	0.053
Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	0.052
Nuts, almond butter, plain, with salt added	1.0 tbsp	0.051
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	0.05
Candies, truffles, prepared-from-recipe	1.0 piece	0.05
Soup, cream of chicken, canned, condensed, reduced sodium	0.5 cup	0.05
Soup, beef broth, bouillon, consomme, prepared with equal volume water	1.0 cup (8 fl oz)	0.048
Sour dressing, non-butterfat, cultured, filled cream-type	1.0 tbsp	0.048
Gravy, beef, canned, ready-to-serve	1.0 cup	0.047
Candies, MOUNDS Candy Bar	1.0 bar snack size	0.047
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cup	0.046
Cereals ready-to-eat, rice, puffed, fortified	1.0 cup	0.045
Tree fern, cooked, without salt	0.5 cup, chopped	0.045
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	0.043
Purslane, cooked, boiled, drained, without salt	1.0 cup	0.041
Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.0 tablespoon	0.041
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	0.04
Nuts, coconut cream, raw (liquid expressed from grated meat)	1.0 tbsp	0.039
Pie, blueberry, commercially prepared	1.0 oz	0.039
Kale, frozen, unprepared	1.0 cup	0.035
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	0.034
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	0.032
Pie, fried pies, fruit	1.0 oz	0.031
Nuts, coconut cream, canned, sweetened	1.0 tbsp	0.031
Orange peel, raw	1.0 tbsp	0.029
Salad dressing, mayonnaise, imitation, milk cream	1.0 tablespoon	0.029
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	0.028
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	0.027
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	0.027
Cookies, brownies, dry mix, sugar free	1.0 oz	0.026
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	0.025
Syrups, table blends, pancake, with 2% maple, with added potassium	1.0 cup	0.025
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	0.024
Soup, chicken broth or bouillon, dry	1.0 cube	0.024
Salad dressing, mayonnaise, regular	1.0 tbsp	0.024
Grapes, american type (slip skin), raw	1.0 cup	0.022
Candies, HERSHEY, KIT KAT BIG KAT Bar	1.0 bar 1.94 oz	0.022

Salad dressing, russian dressing, low calorie	1.0 tablespoon	0.022
Cowpeas, leafy tips, raw	1.0 cup, chopped	0.022
Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	8.0 fl oz	0.022
Spices, curry powder	1.0 tsp	0.021
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cup (1 NLEA serving)	0.021
Spinach, raw	1.0 cup	0.02
Rice noodles, cooked	1.0 cup	0.019
Candies, caramels, chocolate-flavor roll	1.0 piece	0.019
Alcoholic beverage, pina colada, canned	1.0 fl oz	0.018
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	0.017
Spices, anise seed	1.0 tsp, whole	0.017
Spices, turmeric, ground	1.0 tsp	0.016
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	0.016
Spices, mustard seed, ground	1.0 tsp	0.016
Sweeteners, for baking, brown, contains sugar and sucralose	1.0 tbsps	0.015
Purslane, raw	1.0 cup	0.015
Onions, frozen, chopped, cooked, boiled, drained, without salt	1.0 tbsps chopped	0.015
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	0.014
Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	0.014
Alcoholic beverage, wine, table, white	1.0 fl oz	0.013
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	0.013
Syrups, table blends, pancake	1.0 cup	0.013
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsps	0.012
Nabisco, Nabisco Ritz Crackers	1.0 cracker	0.012
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	0.011
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	0.009
Spices, cinnamon, ground	1.0 tsp	0.009
Arugula, raw	1.0 leaf	0.009
Spices, ginger, ground	1.0 tsp	0.009
Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	0.007
Snacks, fruit leather, rolls	1.0 large	0.006
Papaya, canned, heavy syrup, drained	1.0 piece	0.006
Margarine-like, margarine-butter blend, soybean oil and butter	1.0 tbsps	0.006
Butter, salted	1.0 pat (1" sq, 1/3" high)	0.006
Beverages, Whiskey sour mix, bottled	1.0 fl oz	0.004
Whiskey sour mix, bottled, with added potassium and sodium	1.0 fl oz	0.004
Ginger root, raw	1.0 tsp	0.004
Dill weed, fresh	5.0 sprigs	0.004
Nabisco, Nabisco Oreo Crunchies, Cookie Crumb Topping	1.0 serving	0.004
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.004
Alcoholic beverage, whiskey sour, canned	1.0 fl oz	0.002
Alcoholic beverage, daiquiri, canned	1.0 fl oz	0.002
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	0.002
Vanilla extract	1.0 tsp	0.001
Olives, ripe, canned (small-extra large)	1.0 tbsps	0.001
Olives, pickled, canned or bottled, green	1.0 olive	0.001