NDB No. 04609
Animal fat, bacon grease

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	RA	4		0.00		
Energy	kcal	897		0	RA	4		39		
Energy	kJ	3753		0		4		161		
Protein	g	0.00		0	RA	4		0.00		
Total lipid (fat)	g	99.50		0	RA	4		4.28		
Ash	g	0.50		0	RA	4		0.02		
Carbohydrate, by difference	g	0.00		0	RA	4		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	RA	4		0		
Iron, Fe	mg	0.00		0	RA	4		0.00		
Magnesium, Mg	mg	0		0	RA	4		0		
Phosphorus, P	mg	0		0	RA	4		0		
Potassium, K	mg	0		0	RA	4		0		
Sodium, Na	mg	150		0	RA	4		6		
Zinc, Zn	mg	0.11		0	RA	4		0.00		
Copper, Cu	mg	0.000		0	RA	4		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0		
Thiamin	mg	0.000		0	RA	4		0.000		
Riboflavin	mg	0.000		0	RA	4		0.000		
Niacin	mg	0.000		0	RA	4		0.000		
Pantothenic acid	mg	0.000		0	RA	4		0.000		
Vitamin B-6	mg	0.000		0	RA	4		0.000		
Folate, total	mcg	0		0	RA	4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	RA	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	42.2		0	BFSN	4		1.8		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RA	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFFN	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.60		0	BFFN	4		0.03		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	2.5		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	2.5		0	BFFN	4		0.1		
Vitamin D	IU	101		0	BFFN	4		4		
Vitamin K (phylloquinone)	mcg	0.0		0	BFFN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	39.004		0	RA	4		1.677		
4:0	g	0.000		0	RA	4		0.000		

NDB No. 04609
Animal fat, bacon grease

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	RA	4		0.000		
8:0 g	0.000		0	RA	4		0.000		
10:0 g	0.100		0	RA	4		0.004		
12:0 g	0.199		0	RA	4		0.009		
13:0 g									
14:0 g	1.294		0	RA	4		0.056		
15:0 g									
16:0 g	23.681		0	RA	4		1.018		
17:0 g									
18:0 g	13.432		0	RA	4		0.578		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	44.874		0	RA	4		1.930		
14:1 g									
15:1 g									
16:1 undifferentiated g	2.686		0	RA	4		0.115		
17:1 g									
18:1 undifferentiated g	40.994		0	RA	4		1.763		
20:1 g	0.995		0	RA	4		0.043		
22:1 undifferentiated g	0.000		0	RA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	11.144		0	RA	4		0.479		
18:2 undifferentiated g	10.149		0	RA	4		0.436		
18:3 undifferentiated g	0.995		0	RA	4		0.043		
18:4 g	0.000		0	RA	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA) g	0.000		0	RA	4		0.000		
22:5 n-3 (DPA) g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA) g	0.000		0	RA	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	95		0	RA	4		4		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 4.3g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43214
Butter replacement, without fat, powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.00		0		4		4.00		
Energy....kcal	373		0		4		298		
Energy....kJ	1561		0		4		1249		
Protein....g	2.00		0		4		1.60		
Total lipid (fat)....g	1.00		0		4		0.80		
Ash....g	3.00		0	NC	4		2.40		
Carbohydrate, by difference....g	89.00		0		4		71.20		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g	5.30		0	O	4		4.24		
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0		4		18		
Iron, Fe....mg	2.00		0		4		1.60		
Magnesium, Mg....mg	0		0		4		0		
Phosphorus, P....mg	8		0		4		6		
Potassium, K....mg	2		0		4		2		
Sodium, Na....mg	1200		0		4		960		
Zinc, Zn....mg	0.00		0		4		0.00		
Copper, Cu....mg	0.000		0		4		0.000		
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.000		0		4		0.000		
Riboflavin....mg	0.000		0		4		0.000		
Niacin....mg	0.000		0		4		0.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000		
Folate, total....mcg	0		0		4		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		0	Z	7		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	0.4		0	O	4		0.3		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	Z	7		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	0.589		0		4		0.471		
4:0....g	0.029		0		4		0.023		

NDB No. 43214
Butter replacement, without fat, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.017		0		4		0.014		
8:0 ... g	0.011		0		4		0.009		
10:0 ... g	0.026		0		4		0.021		
12:0 ... g	0.031		0		4		0.025		
13:0 ... g									
14:0 ... g	0.092		0		4		0.074		
15:0 ... g									
16:0 ... g	0.253		0		4		0.202		
17:0 ... g									
18:0 ... g	0.111		0		4		0.089		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.276		0		4		0.221		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.020		0		4		0.016		
17:1 ... g									
18:1 undifferentiated ... g	0.243		0		4		0.194		
20:1 ... g	0.000		0		4		0.000		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.057		0		4		0.046		
18:2 undifferentiated ... g	0.039		0		4		0.031		
18:3 undifferentiated ... g	0.018		0		4		0.014		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		4		2		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		4		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 80g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04601
Butter, light, stick, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	42.10		1		1				
Energy	kcal	509		0	NC	4				
Energy	kJ	2130		0	NC	4				
Protein	g	3.30		1		1				
Total lipid (fat)	g	55.10		1		1				
Ash	g	1.00		0	NR	4				
Carbohydrate, by difference	g	0.00		1		1				
Fiber, total dietary	g	0.0		0		7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	48		1		1				
Iron, Fe	mg	1.09		1		1				
Magnesium, Mg	mg	5		1		1				
Phosphorus, P	mg	34		1		1				
Potassium, K	mg	71		1		1				
Sodium, Na	mg	450		1		1				
Zinc, Zn	mg	0.26		1		1				
Copper, Cu	mg	0.000		1		1				
Manganese, Mn	mg									
Selenium, Se	mcg	1.0		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1				
Thiamin	mg	0.010		1		1				
Riboflavin	mg	0.070		1		1				
Niacin	mg	0.020		1		1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		1		1				
Folate, total	mcg	1		1		1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	1		1		1				
Folate, DFE	mcg_DFE	1		0	NC	4				
Choline, total	mg	12.9		0	BFSN	4				
Betaine	mg									
Vitamin B-12	mcg	0.13		1		1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	465		0	NC	4				
Retinol	mcg	456		0	BFFN	4				
Carotene, beta	mcg	107		0	BFFN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	1698		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	1.58		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.0		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.0		0	BFFN	4				
Vitamin D	IU	40		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	4.8		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	34.321		0		4				
4:0	g	1.788		0		4				

NDB No. 04601
Butter, light, stick, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	1.060		0		4				
8:0 ... g	0.619		0		4				
10:0 ... g	1.380		0		4				
12:0 ... g	1.550		0		4				
13:0 ... g									
14:0 ... g	5.547		0		4				
15:0 ... g									
16:0 ... g	14.499		0		4				
17:0 ... g									
18:0 ... g	6.682		0		4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	15.927		0		4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.237		0		4				
17:1 ... g									
18:1 undifferentiated ... g	13.867		0		4				
20:1 ... g	0.000		0		7				
22:1 undifferentiated ... g	0.000		0		7				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.046		0		4				
18:2 undifferentiated ... g	1.244		0		4				
18:3 undifferentiated ... g	0.802		0		4				
18:4 ... g	0.000		0		7				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7				
20:5 n-3 (EPA) ... g	0.000		0		7				
22:5 n-3 (DPA) ... g	0.000		0		7				
22:6 n-3 (DHA) ... g	0.000		0		7				
Fatty acids, total trans ... g									
Cholesterol ... mg	106		0		4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7				
Caffeine ... mg	0		0	Z	7				
Theobromine ... mg	0		0	Z	7				

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

Common Measures:

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04602
Butter, light, stick, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.20		1		1				
Energy	kcal	499		0	NC	4				
Energy	kJ	2088		0		4				
Protein	g	3.30		1		1				
Total lipid (fat)	g	55.10		1		1				
Ash	g	0.50		0	NR	4				
Carbohydrate, by difference	g	0.00		1		1				
Fiber, total dietary	g	0.0		0		7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	48		1		1				
Iron, Fe	mg	1.09		1		1				
Magnesium, Mg	mg	5		1		1				
Phosphorus, P	mg	34		1		1				
Potassium, K	mg	71		1		1				
Sodium, Na	mg	36		1		1				
Zinc, Zn	mg	0.26		1		1				
Copper, Cu	mg	0.000		1		1				
Manganese, Mn	mg									
Selenium, Se	mcg	1.0		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1				
Thiamin	mg	0.010		1		1				
Riboflavin	mg	0.070		1		1				
Niacin	mg	0.020		1		1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		1		1				
Folate, total	mcg	1		1		1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	1		1		1				
Folate, DFE	mcg_DFE	1		0	NC	4				
Choline, total	mg	12.9		0	BFZN	4				
Betaine	mg									
Vitamin B-12	mcg	0.13		1		1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	465		0	NC	4				
Retinol	mcg	456		0	BFZN	4				
Carotene, beta	mcg	107		0	BFZN	4				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	1698		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	1.58		0	BFZN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.0		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.0		0	BFZN	4				
Vitamin D	IU	40		0	BFZN	4				
Vitamin K (phylloquinone)	mcg	4.8		0	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	34.321		0		4				
4:0	g	1.788		0		4				

NDB No. 04602
Butter, light, stick, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	1.060		0		4				
8:0....g	0.619		0		4				
10:0....g	1.380		0		4				
12:0....g	1.550		0		4				
13:0....g									
14:0....g	5.547		0		4				
15:0....g									
16:0....g	14.499		0		4				
17:0....g									
18:0....g	6.682		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.927		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.237		0		4				
17:1....g									
18:1 undifferentiated....g	13.867		0		4				
20:1....g	0.000		0		7				
22:1 undifferentiated....g	0.000		0		7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.046		0		4				
18:2 undifferentiated....g	1.244		0		4				
18:3 undifferentiated....g	0.802		0		4				
18:4....g	0.000		0		7				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7				
20:5 n-3 (EPA)....g	0.000		0		7				
22:5 n-3 (DPA)....g	0.000		0		7				
22:6 n-3 (DHA)....g	0.000		0		7				
Fatty acids, total trans....g									
Cholesterol....mg	106		0		4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

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

Common Measures:

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42116

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.00		1		1		181.30	11.10	
Energy....kcal	160		1		1		392	24	
Energy....kJ	669		1		1		1640	100	
Protein....g	1.50		1		1		3.68	0.23	
Total lipid (fat)....g	14.00		1		1		34.30	2.10	
Ash....g	3.50		0	NC	4		8.58	0.53	
Carbohydrate, by difference....g	7.00		0	NC	4		17.15	1.05	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	5.65		0	FLA	4		13.84	0.85	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		4		15	1	
Iron, Fe....mg	0.13		0		4		0.32	0.02	
Magnesium, Mg....mg	2		0		4		5	0	
Phosphorus, P....mg	7		0		4		17	1	
Potassium, K....mg	36		0		4		88	5	
Sodium, Na....mg	1023		1		1		2506	153	
Zinc, Zn....mg	0.04		0		4		0.10	0.01	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	1.6		0	CAZN	4		3.9	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		4		1.0	0.1	
Thiamin....mg	0.010		0		4		0.025	0.002	
Riboflavin....mg	0.010		0		4		0.025	0.002	
Niacin....mg	0.020		0		4		0.049	0.003	
Pantothenic acid....mg									
Vitamin B-6....mg	0.030		0		4		0.074	0.005	
Folate, total....mcg	0		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	16.0		0	BFZN	4		39.2	2.4	
Betaine....mg									
Vitamin B-12....mcg	0.07		0		4		0.17	0.01	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		1	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	2.39		0	FLA	4		5.86	0.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone)....mcg	3.5		0	FLA	4		8.5	0.5	
Lipids:									
Fatty acids, total saturated....g	2.115		0		4		5.182	0.317	
4:0....g	0.007		0		4		0.017	0.001	

NDB No. 42116

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.004		0		4		0.010	0.001	
8:0 ... g	0.002		0		4		0.005	0.000	
10:0 ... g	0.005		0		4		0.012	0.001	
12:0 ... g	0.006		0		4		0.015	0.001	
13:0 ... g									
14:0 ... g	0.035		0		4		0.086	0.005	
15:0 ... g									
16:0 ... g	1.475		0		4		3.614	0.221	
17:0 ... g									
18:0 ... g	0.549		0		4		1.345	0.082	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.273		0		4		8.019	0.491	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.032		0		4		0.078	0.005	
17:1 ... g									
18:1 undifferentiated ... g	3.197		0		4		7.833	0.480	
20:1 ... g	0.028		0		4		0.069	0.004	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	7.994		0		4		19.585	1.199	
18:2 undifferentiated ... g	7.039		0		4		17.246	1.056	
18:3 undifferentiated ... g	0.941		0		4		2.305	0.141	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	FLA	4		0	0	
Theobromine ... mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42158

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.00		0		8		170.82	10.95	
Energy....kcal	140		0		8		328	21	
Energy....kJ	586		0		8		1371	88	
Protein....g	1.00		0		8		2.34	0.15	
Total lipid (fat)....g	8.00		0		8		18.72	1.20	
Ash....g	2.00		0	NC	4		4.68	0.30	
Carbohydrate, by difference....g	16.00		0		8		37.44	2.40	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	3.28		0	BFZN	4		7.67	0.49	
Starch....g									
Minerals:									
Calcium, Ca....mg	36		0		4		84	5	
Iron, Fe....mg	0.26		0		4		0.61	0.04	
Magnesium, Mg....mg	5		0		4		12	1	
Phosphorus, P....mg	100		0		4		234	15	
Potassium, K....mg	49		0		4		115	7	
Sodium, Na....mg	932		0		4		2181	140	
Zinc, Zn....mg	0.18		0		4		0.42	0.03	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	1.6		0	CAZN	4		3.7	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.010		0		4		0.023	0.002	
Riboflavin....mg	0.060		0		4		0.140	0.009	
Niacin....mg	0.040		0		4		0.094	0.006	
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0		4		0.047	0.003	
Folate, total....mcg	4		0	BFZN	4		10	1	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	4		0	BFZN	4		10	1	
Folate, DFE....mcg_DFE	4		0	NC	4		10	1	
Choline, total....mg	16.0		0	BFZN	4		37.4	2.4	
Betaine....mg									
Vitamin B-12....mcg	0.10		0		4		0.23	0.02	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	18		0	BFZN	4		42	3	
Retinol....mcg	17		0	BFZN	4		41	3	
Carotene, beta....mcg	4		0	BFZN	4		10	1	
Carotene, alpha....mcg	2		0	BFZN	4		4	0	
Cryptoxanthin, beta....mcg	2		0	BFZN	4		4	0	
Vitamin A, IU....IU	67		0	NC	4		158	10	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	49		0	BFZN	4		116	7	
Vitamin E (alpha-tocopherol)....mg	4.92		0	NR	4		11.51	0.74	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	34.8		0	BFZN	4		81.4	5.2	
Lipids:									
Fatty acids, total saturated....g	1.355		0		4		3.171	0.203	
4:0....g	0.011		0		4		0.026	0.002	

NDB No. 42158

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.007		0		4		0.016	0.001	
8:0 ... g	0.004		0		4		0.009	0.001	
10:0 ... g	0.008		0		4		0.019	0.001	
12:0 ... g	0.010		0		4		0.023	0.002	
13:0 ... g									
14:0 ... g	0.042		0		4		0.098	0.006	
15:0 ... g									
16:0 ... g	0.841		0		4		1.968	0.126	
17:0 ... g									
18:0 ... g	0.425		0		4		0.995	0.064	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.391		0		4		7.935	0.509	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.038		0		4		0.089	0.006	
17:1 ... g									
18:1 undifferentiated ... g	3.340		0		4		7.816	0.501	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.891		0		4		6.765	0.434	
18:2 undifferentiated ... g	2.680		0		4		6.271	0.402	
18:3 undifferentiated ... g	0.204		0		4		0.477	0.031	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		8		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	BFZN	4		0	0	
Theobromine ... mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 234g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42157

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.70		1		1		197.21	12.70	
Energy	kcal	107		1		1		282	18	
Energy	kJ	448		1		1		1182	76	
Protein	g	1.40		1		1		3.70	0.24	
Total lipid (fat)	g	2.70		1		1		7.13	0.46	
Ash	g	1.20		0	NC	4		3.17	0.20	
Carbohydrate, by difference	g	20.00		0	NC	4		52.80	3.40	
Fiber, total dietary	g	0.0		1		1		0.0	0.0	
Sugars, total	g	5.35		0	BFZN	4		14.12	0.91	
Starch	g									
Minerals:										
Calcium, Ca	mg	36		1		1		95	6	
Iron, Fe	mg	0.25		1		1		0.66	0.04	
Magnesium, Mg	mg	5		1		1		13	1	
Phosphorus, P	mg	77		1		1		203	13	
Potassium, K	mg	133		1		1		351	23	
Sodium, Na	mg	1000		1		1		2640	170	
Zinc, Zn	mg	0.18		1		1		0.48	0.03	
Copper, Cu	mg	0.000		1		1		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		4.2	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.010		1		1		0.026	0.002	
Riboflavin	mg	0.060		1		1		0.158	0.010	
Niacin	mg	0.040		1		1		0.106	0.007	
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		1		1		0.053	0.003	
Folate, total	mcg	6		0	BFZN	4		15	1	
Folic acid	mcg	0		0	BFZN	4		0	0	
Folate, food	mcg	6		0	BFZN	4		15	1	
Folate, DFE	mcg_DFE	6		0	NC	4		15	1	
Choline, total	mg	16.0		0	BFZN	4		42.2	2.7	
Betaine	mg									
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	BFZN	4		2	0	
Retinol	mcg	1		0	BFZN	4		2	0	
Carotene, beta	mcg	0		0	BFZN	4		0	0	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	3		0	NC	4		9	1	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	4		0	BFZN	4		11	1	
Vitamin E (alpha-tocopherol)	mg	0.67		0	NR	4		1.77	0.11	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	2.3		0	BFZN	4		6.1	0.4	
Lipids:										
Fatty acids, total saturated	g	0.494		1		1		1.304	0.084	
4:0	g	0.007		0		4		0.018	0.001	

NDB No. 42157

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.005		0		4		0.013	0.001	
8:0....g	0.003		0		4		0.008	0.001	
10:0....g	0.005		0		4		0.013	0.001	
12:0....g	0.005		0		4		0.013	0.001	
13:0....g									
14:0....g	0.025		0		4		0.066	0.004	
15:0....g									
16:0....g	0.313		0		4		0.826	0.053	
17:0....g									
18:0....g	0.122		0		4		0.322	0.021	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.640		1		1		1.690	0.109	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		4		0.026	0.002	
17:1....g									
18:1 undifferentiated....g	0.620		0		4		1.637	0.105	
20:1....g	0.005		0		4		0.013	0.001	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.444		1		1		3.812	0.245	
18:2 undifferentiated....g	1.271		0		4		3.355	0.216	
18:3 undifferentiated....g	0.171		0		4		0.451	0.029	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 264g: 1 cup

Measure 2 = 17g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04001
Fat, beef tallow

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	
Energy....kcal	902		0	NC	4		1849	115	
Energy....kJ	3774		0	NC	4		7737	483	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00		0		1		205.00	12.80	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		1		1		0	0	
Sodium, Na....mg	0		1		1		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.2		0	BFZN	4		0.4	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	79.8		0	BFFN	4		163.7	10.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	2.70		1		1		5.54	0.35	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	NR	4		1.4	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	NR	4		1.4	0.1	
Vitamin D....IU	28		0	NR	4		57	4	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	49.800		0		1		102.090	6.374	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04001
Fat, beef tallow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.900	0.508	5		1		1.845	0.115	
13:0 g									
14:0 g	3.700	0.421	14		1		7.585	0.474	
15:0 g									
16:0 g	24.900	0.819	15		1		51.045	3.187	
17:0 g									
18:0 g	18.900	0.927	15		1		38.745	2.419	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	41.800		0		1		85.690	5.350	
14:1 g									
15:1 g									
16:1 undifferentiated g	4.200	0.551	15		1		8.610	0.538	
17:1 g									
18:1 undifferentiated g	36.000	1.275	15		1		73.800	4.608	
20:1 g	0.300	0.107	4		1		0.615	0.038	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	4.000		0		1		8.200	0.512	
18:2 undifferentiated g	3.100	0.511	15		1		6.355	0.397	
18:3 undifferentiated g	0.600	0.160	9		1		1.230	0.077	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	109		0		1		223	14	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

NDB No. 04001
Fat, beef tallow

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04542
Fat, chicken

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.20	0.026	3		1		0.41	0.03	
Energy	kcal	900		0	NC	4		1845	115	
Energy	kJ	3766		0	NC	4		7721	482	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	99.80	0.026	3		1		204.59	12.77	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.4	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	122.4		0	BFFN	4		250.8	15.7	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	2.70		0		4		5.54	0.35	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	4.8		0	AS	1		9.8	0.6	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	4.8		0	T	4		9.8	0.6	
Vitamin D	IU	191		0	NR	4		392	24	
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	29.800		0		1		61.090	3.814	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 04542
Fat, chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.100	0.016	14		1		0.205	0.013	
13:0....g									
14:0....g	0.900	0.048	62		1		1.845	0.115	
15:0....g									
16:0....g	21.600	0.381	70		1		44.280	2.765	
17:0....g									
18:0....g	6.000	0.186	70		1		12.300	0.768	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	44.700		0		1		91.635	5.722	
14:1....g									
15:1....g									
16:1 undifferentiated....g	5.700	0.187	70		1		11.685	0.730	
17:1....g									
18:1 undifferentiated....g	37.300	0.499	70		1		76.465	4.774	
20:1....g	1.100	0.305	12		1		2.255	0.141	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	20.900		0		1		42.845	2.675	
18:2 undifferentiated....g	19.500	0.617	70		1		39.975	2.496	
18:3 undifferentiated....g	1.000	0.075	56		1		2.050	0.128	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100	0.038	5		1		0.205	0.013	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	85		0		1		174	11	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04542
Fat, chicken

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04574
Fat, duck

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.20	0.026	3		1		0.41	0.03	
Energy....kcal	882		0	NC	4		1809	113	
Energy....kJ	3691		0	NC	4		7567	472	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	99.80	0.026	3		1		204.59	12.77	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.2		0	BFZN	4		0.4	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	122.4		0	BFFN	4		250.8	15.7	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	2.70		0		4		5.54	0.35	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	4.8		0	AS	1		9.8	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	4.8		0	BFZN	4		9.8	0.6	
Vitamin D....IU	191		0	BFZN	4		392	24	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	33.200		0		1		68.060	4.250	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04574
Fat, duck

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.700	0.013	93		1		1.435	0.090	
15:0 g									
16:0 g	24.700	0.213	98		1		50.635	3.162	
17:0 g									
18:0 g	7.800	0.114	98		1		15.990	0.998	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	49.300		0		1		101.065	6.310	
14:1 g									
15:1 g									
16:1 undifferentiated g	4.000	0.090	98		1		8.200	0.512	
17:1 g									
18:1 undifferentiated g	44.200	0.290	98		1		90.610	5.658	
20:1 g	1.100	0.043	91		1		2.255	0.141	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	12.900		0		1		26.445	1.651	
18:2 undifferentiated g	12.000	0.237	98		1		24.600	1.536	
18:3 undifferentiated g	1.000	0.033	93		1		2.050	0.128	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	100		0		1		205	13	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

NDB No. 04574
Fat, duck

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04576
Fat, goose

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.20	0.026	3		1		0.41	0.03	
Energy....kcal	900		0	NC	4		1846	115	
Energy....kJ	3767				4		7723	482	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	99.80	0.026	3		1		204.59	12.77	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	0.2		0	BFZN	4		0.4	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	2.70		0		4		5.54	0.35	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	27.700		0		1		56.785	3.546	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 04576
Fat, goose

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000	0.032	6		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.500	0.060	21		1		1.025	0.064	
15:0 ... g									
16:0 ... g	20.700	0.492	21		1		42.435	2.650	
17:0 ... g									
18:0 ... g	6.100	0.168	21		1		12.505	0.781	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	56.700		0		1		116.235	7.258	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	2.800	0.257	21		1		5.740	0.358	
17:1 ... g									
18:1 undifferentiated ... g	53.500		0		1		109.675	6.848	
20:1 ... g	0.100		2		1		0.205	0.013	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	11.000		0		1		22.550	1.408	
18:2 undifferentiated ... g	9.800	0.536	21		1		20.090	1.254	
18:3 undifferentiated ... g	0.500	0.326	6		1		1.025	0.064	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		1		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	100		0		1		205	13	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.000		0		4		0.000	0.000	
Threonine ... g	0.000		0		4		0.000	0.000	
Isoleucine ... g	0.000		0		4		0.000	0.000	
Leucine ... g	0.000		0		4		0.000	0.000	
Lysine ... g	0.000		0		4		0.000	0.000	
Methionine ... g	0.000		0		4		0.000	0.000	
Cystine ... g	0.000		0		4		0.000	0.000	
Phenylalanine ... g	0.000		0		4		0.000	0.000	
Tyrosine ... g	0.000		0		4		0.000	0.000	
Valine ... g	0.000		0		4		0.000	0.000	
Arginine ... g	0.000		0		4		0.000	0.000	
Histidine ... g	0.000		0		4		0.000	0.000	
Alanine ... g	0.000		0		4		0.000	0.000	
Aspartic acid ... g	0.000		0		4		0.000	0.000	
Glutamic acid ... g	0.000		0		4		0.000	0.000	
Glycine ... g	0.000		0		4		0.000	0.000	
Proline ... g	0.000		0		4		0.000	0.000	
Serine ... g	0.000		0		4		0.000	0.000	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04576
Fat, goose

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04520
Fat, mutton tallow

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	
Energy....kcal	902		0	NC	4		1849	115	
Energy....kJ	3774		0	NC	4		7737	483	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00		0		1		205.00	12.80	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.2		0	BFZN	4		0.4	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	79.8		0	BFFN	4		163.7	10.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	2.80		0		4		5.74	0.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1		1.4	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFZN	4		1.4	0.1	
Vitamin D....IU	28		0	BFZN	4		57	4	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	47.300		0		1		96.965	6.054	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04520
Fat, mutton tallow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	3.800	0.186	64		1		7.790	0.486	
15:0 g									
16:0 g	21.500	0.290	64		1		44.075	2.752	
17:0 g									
18:0 g	19.500	0.761	64		1		39.975	2.496	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	40.600		0		1		83.230	5.197	
14:1 g									
15:1 g									
16:1 undifferentiated g	2.300	0.208	31		1		4.715	0.294	
17:1 g									
18:1 undifferentiated g	37.600	0.452	64		1		77.080	4.813	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	7.800		0		1		15.990	0.998	
18:2 undifferentiated g	5.500	0.284	64		1		11.275	0.704	
18:3 undifferentiated g	2.300	0.133	64		1		4.715	0.294	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	102		0		1		209	13	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

NDB No. 04520
Fat, mutton tallow

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04575
Fat, turkey

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.20	0.026	3		1		0.41	0.03	0.01
Energy	kcal	900		0	NC	4		1846	115	39
Energy	kJ	3767		0		4		7723	482	162
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	99.80	0.026	3		1		204.59	12.77	4.29
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		7		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.4	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	122.4		0	BFFN	4		250.8	15.7	5.3
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	2.90		0		4		5.95	0.37	0.12
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	4.8		0	AS	1		9.8	0.6	0.2
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	4.8		0	BFZN	4		9.8	0.6	0.2
Vitamin D	IU	191		0	BFZN	4		392	24	8
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	29.400		0		1		60.270	3.763	1.264
4:0	g	0.000		0		4		0.000	0.000	0.000

NDB No. 04575
Fat, turkey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000	0.031	3		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.900	0.058	32		1		1.845	0.115	0.039
15:0 g									
16:0 g	20.600	0.520	32		1		42.230	2.637	0.886
17:0 g									
18:0 g	6.200	0.349	32		1		12.710	0.794	0.267
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	42.900		0		1		87.945	5.491	1.845
14:1 g									
15:1 g									
16:1 undifferentiated g	6.000	0.297	32		1		12.300	0.768	0.258
17:1 g									
18:1 undifferentiated g	35.900	0.750	32		1		73.595	4.595	1.544
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	23.100		0		1		47.355	2.957	0.993
18:2 undifferentiated g	21.200	0.660	32		1		43.460	2.714	0.912
18:3 undifferentiated g	1.400	0.079	32		1		2.870	0.179	0.060
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.300	0.031	11		1		0.615	0.038	0.013
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	102		0		1		209	13	4
Phytosterols mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04575
Fat, turkey

Common Measures:

Measure 1 = 205g: 1 cup
Measure 2 = 12.8g: 1 tbsp
Measure 3 = 4.3g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04589
Fish oil, cod liver

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	0.00
Energy....kcal	902		0	NC	4		1966	123	41
Energy....kJ	3774		0		4		8227	513	170
Protein (N x 0)....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1		1		218.00	13.60	4.50
Ash....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg									
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	30000		1		1		65400	4080	1350
Retinol....mcg	30000		1		1		65400	4080	1350
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	100000		1		1		218000	13600	4500
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	250.0		0	NR	4		545.0	34.0	11.3
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	10000		0	T	4		21800	1360	450
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	22.608		0		1		49.285	3.075	1.017
4:0....g									
6:0....g									
8:0....g									

NDB No. 04589
Fish oil, cod liver

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	3.568		2		1		7.778	0.485	0.161
15:0 g									
16:0 g	10.630		2		1		23.173	1.446	0.478
17:0 g									
18:0 g	2.799		2		1		6.102	0.381	0.126
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	46.711		0		1		101.830	6.353	2.102
14:1 g									
15:1 g									
16:1 undifferentiated g	8.309		2		1		18.114	1.130	0.374
17:1 g									
18:1 undifferentiated g	20.653		2		1		45.024	2.809	0.929
20:1 g	10.422		2		1		22.720	1.417	0.469
22:1 undifferentiated g	7.328		2		1		15.975	0.997	0.330
24:1 c g									
Fatty acids, total polyunsaturated g	22.541		0		1		49.139	3.066	1.014
18:2 undifferentiated g	0.935		2		1		2.038	0.127	0.042
18:3 undifferentiated g	0.935		2		1		2.038	0.127	0.042
18:4 g	0.935		2		1		2.038	0.127	0.042
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.935		2		1		2.038	0.127	0.042
20:5 n-3 (EPA) g	6.898		2		1		15.038	0.938	0.310
22:5 n-3 (DPA) g	0.935		2		1		2.038	0.127	0.042
22:6 n-3 (DHA) g	10.968		2		1		23.910	1.492	0.494
Fatty acids, total trans g									
Cholesterol mg	570		1		1		1243	78	26
Phytosterols mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04590
Fish oil, herring

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	902		0	NC	4		1966	123	41
Energy	kJ	3774		0		4		8227	513	170
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		218.00	13.60	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	0
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	21.290		0		1		46.412	2.895	0.958
4:0	g									
6:0	g									
8:0	g									

NDB No. 04590
Fish oil, herring

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.157		17		1		0.342	0.021	0.007
13:0....g									
14:0....g	7.186		17		1		15.665	0.977	0.323
15:0....g									
16:0....g	11.704		17		1		25.515	1.592	0.527
17:0....g									
18:0....g	0.818		17		1		1.783	0.111	0.037
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	56.564		0		1		123.310	7.693	2.545
14:1....g									
15:1....g									
16:1 undifferentiated....g	9.642		17		1		21.020	1.311	0.434
17:1....g									
18:1 undifferentiated....g	11.955		17		1		26.062	1.626	0.538
20:1....g	13.625		17		1		29.703	1.853	0.613
22:1 undifferentiated....g	20.613		17		1		44.936	2.803	0.928
24:1 c....g									
Fatty acids, total polyunsaturated....g	15.604		0		1		34.017	2.122	0.702
18:2 undifferentiated....g	1.149		17		1		2.505	0.156	0.052
18:3 undifferentiated....g	0.763		17		1		1.663	0.104	0.034
18:4....g	2.305		17		1		5.025	0.313	0.104
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.289		17		1		0.630	0.039	0.013
20:5 n-3 (EPA)....g	6.273		17		1		13.675	0.853	0.282
22:5 n-3 (DPA)....g	0.619	0.000	17		1		1.349	0.084	0.028
22:6 n-3 (DHA)....g	4.206		17		1		9.169	0.572	0.189
Fatty acids, total trans....g									
Cholesterol....mg	766		1		1		1670	104	34
Phytosterols....mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04591
Fish oil, menhaden

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	0.00
Energy....kcal	902		0	NC	4		1966	123	41
Energy....kJ	3774		0		4		8227	513	170
Protein (N x 0)....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1		1		218.00	13.60	4.50
Ash....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	30.427		0		1		66.331	4.138	1.369
4:0....g									
6:0....g									
8:0....g									

NDB No. 04591
Fish oil, menhaden

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	7.958		4		1		17.348	1.082	0.358
15:0 g									
16:0 g	15.146		4		1		33.018	2.060	0.682
17:0 g									
18:0 g	3.775		4		1		8.230	0.513	0.170
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	26.694		0		1		58.193	3.630	1.201
14:1 g									
15:1 g									
16:1 undifferentiated g	10.482		4		1		22.851	1.426	0.472
17:1 g									
18:1 undifferentiated g	14.527		4		1		31.669	1.976	0.654
20:1 g	1.332		4		1		2.904	0.181	0.060
22:1 undifferentiated g	0.352		4		1		0.767	0.048	0.016
24:1 c g									
Fatty acids, total polyunsaturated g	34.197		0		1		74.549	4.651	1.539
18:2 undifferentiated g	2.154		4		1		4.696	0.293	0.097
18:3 undifferentiated g	1.490		4		1		3.248	0.203	0.067
18:4 g	2.739		4		1		5.971	0.373	0.123
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	1.169		4		1		2.548	0.159	0.053
20:5 n-3 (EPA) g	13.168		4		1		28.706	1.791	0.593
22:5 n-3 (DPA) g	4.915	0.000	4		1		10.715	0.668	0.221
22:6 n-3 (DHA) g	8.562		4		1		18.665	1.164	0.385
Fatty acids, total trans g									
Cholesterol mg	521		1		1		1136	71	23
Phytosterols mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04592
Fish oil, menhaden, fully hydrogenated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	902		0	NC	4		1849	113	41
Energy	kJ	3774		0		4		7737	472	170
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		205.00	12.50	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	0
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	95.600		0		1		195.980	11.950	4.302
4:0	g									
6:0	g									
8:0	g									

NDB No. 04592
Fish oil, menhaden, fully hydrogenated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	9.057		1		1		18.567	1.132	0.408
15:0.....g									
16:0.....g	35.221		1		1		72.203	4.403	1.585
17:0.....g									
18:0.....g	21.133		1		1		43.323	2.642	0.951
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	500		1		1		1025	63	23
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.5g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04593
Fish oil, salmon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	0.00
Energy....kcal	902		0	NC	4		1966	123	41
Energy....kJ	3774		0		4		8227	513	170
Protein (N x 0)....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1		1		218.00	13.60	4.50
Ash....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	19.872		0		1		43.321	2.703	0.894
4:0....g									
6:0....g									
8:0....g									

NDB No. 04593
Fish oil, salmon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	3.280		1		1		7.150	0.446	0.148
15:0....g									
16:0....g	9.840		1		1		21.451	1.338	0.443
17:0....g									
18:0....g	4.245		1		1		9.254	0.577	0.191
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	29.037		0		1		63.301	3.949	1.307
14:1....g									
15:1....g									
16:1 undifferentiated....g	4.823		1		1		10.514	0.656	0.217
17:1....g									
18:1 undifferentiated....g	16.978		1		1		37.012	2.309	0.764
20:1....g	3.859		1		1		8.413	0.525	0.174
22:1 undifferentiated....g	3.376		1		1		7.360	0.459	0.152
24:1 c....g									
Fatty acids, total polyunsaturated....g	40.324		0		1		87.906	5.484	1.815
18:2 undifferentiated....g	1.543		1		1		3.364	0.210	0.069
18:3 undifferentiated....g	1.061		1		1		2.313	0.144	0.048
18:4....g	2.798		1		1		6.100	0.381	0.126
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.675		1		1		1.472	0.092	0.030
20:5 n-3 (EPA)....g	13.023		1		1		28.390	1.771	0.586
22:5 n-3 (DPA)....g	2.991		1		1		6.520	0.407	0.135
22:6 n-3 (DHA)....g	18.232		1		1		39.746	2.480	0.820
Fatty acids, total trans....g									
Cholesterol....mg	485		1		1		1057	66	22
Phytosterols....mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04594
Fish oil, sardine

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	0.00
Energy....kcal	902		0	NC	4		1966	123	41
Energy....kJ	3774		0		4		8227	513	170
Protein (N x 0)....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1		1		218.00	13.60	4.50
Ash....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	8.3		0	NR	4		18.1	1.1	0.4
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	332		0	T	4		724	45	15
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	29.892		0		1		65.165	4.065	1.345
4:0....g									
6:0....g									
8:0....g									

NDB No. 04594
Fish oil, sardine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.103		2		1		0.225	0.014	0.005
13:0 g									
14:0 g	6.525		2		1		14.225	0.887	0.294
15:0 g									
16:0 g	16.646		2		1		36.288	2.264	0.749
17:0 g									
18:0 g	3.887		2		1		8.474	0.529	0.175
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	33.841		0		1		73.773	4.602	1.523
14:1 g									
15:1 g									
16:1 undifferentiated g	7.514		2		1		16.381	1.022	0.338
17:1 g									
18:1 undifferentiated g	14.752		2		1		32.159	2.006	0.664
20:1 g	5.986		2		1		13.049	0.814	0.269
22:1 undifferentiated g	5.589		2		1		12.184	0.760	0.252
24:1 c g									
Fatty acids, total polyunsaturated g	31.867		0		1		69.470	4.334	1.434
18:2 undifferentiated g	2.014		2		1		4.391	0.274	0.091
18:3 undifferentiated g	1.327		2		1		2.893	0.180	0.060
18:4 g	3.025		2		1		6.595	0.411	0.136
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	1.756		2		1		3.828	0.239	0.079
20:5 n-3 (EPA) g	10.137		2		1		22.099	1.379	0.456
22:5 n-3 (DPA) g	1.973		2		1		4.301	0.268	0.089
22:6 n-3 (DHA) g	10.656		2		1		23.230	1.449	0.480
Fatty acids, total trans g									
Cholesterol mg	710		1		1		1548	97	32
Phytosterols mg									

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04002
Lard

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	
Energy....kcal	902		0	NC	4		1849	115	
Energy....kJ	3774		0		4		7737	483	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00		0		1		205.00	12.80	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		1		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		3		1		0	0	
Sodium, Na....mg	0		3		1		0	0	
Zinc, Zn....mg	0.11		1		4		0.23	0.01	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.000		0		4		0.000	0.000	
Selenium, Se....mcg	0.2		2	A	1		0.4	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	49.7		0	BFFN	4		101.8	6.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.60		1		1		1.23	0.08	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1		1		0.00	0.00	
Tocopherol, delta....mg	0.00		1		1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	2.5		0	AS	1		5.2	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	2.5		0	BFFN	4		5.2	0.3	
Vitamin D....IU	102		0	BFFN	4		208	13	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	39.200		0		1		80.360	5.018	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04002
Lard

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.100	0.014	18		1		0.205	0.013	
12:0....g	0.200	0.087	22		1		0.410	0.026	
13:0....g									
14:0....g	1.300	0.068	33		1		2.665	0.166	
15:0....g									
16:0....g	23.800	0.295	38		1		48.790	3.046	
17:0....g									
18:0....g	13.500	0.435	38		1		27.675	1.728	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	45.100		0		1		92.455	5.773	
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.700	0.270	36		1		5.535	0.346	
17:1....g									
18:1 undifferentiated....g	41.200	0.532	38		1		84.460	5.274	
20:1....g	1.000	0.210	7		1		2.050	0.128	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.200		0		1		22.960	1.434	
18:2 undifferentiated....g	10.200	0.243	38		1		20.910	1.306	
18:3 undifferentiated....g	1.000	0.107	29		1		2.050	0.128	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	95		0		1		195	12	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04002
Lard

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04630
Margarine Spread, approximately 48% fat, tub

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.66	0.207	6	A	1		6.95		
Energy....kcal	424		0	NC	4		59		
Energy....kJ	1776		0	NC	4		249		
Protein (N x 6.38)....g	0.20	0.043	6	A	1		0.03		
Total lipid (fat)....g	47.53	0.115	6	A	1		6.65		
Ash....g	1.75	0.086	6	A	1		0.24		
Carbohydrate, by difference....g	0.86		0	NC	4		0.12		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.217	6	A	1		0		
Iron, Fe....mg	0.21	0.077	5	A	1		0.03		
Magnesium, Mg....mg	1	0.019	6	A	1		0		
Phosphorus, P....mg	4	0.325	6	A	1		1		
Potassium, K....mg	36	1.292	6	A	1		5		
Sodium, Na....mg	646	32.791	6	A	1		90		
Zinc, Zn....mg	0.06	0.021	6	A	1		0.01		
Copper, Cu....mg	0.008	0.008	6	A	1		0.001		
Manganese, Mn....mg	0.000	0.000	5	A	1		0.000		
Selenium, Se....mcg	0.0	0.000	3	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.000	0.000	3	A	1		0.000		
Riboflavin....mg	0.019	0.001	3	A	1		0.003		
Niacin....mg	0.000	0.000	3	A	1		0.000		
Pantothenic acid....mg	0.001		1	A	1		0.000		
Vitamin B-6....mg	0.001	0.001	3	A	1		0.000		
Folate, total....mcg	2	0.061	3	A	1		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	2	0.061	3	A	1		0		
Folate, DFE....mcg_DFE	2		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	3.94	0.045	6	A	1		0.55		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	101.3	2.657	6	A	1		14.2		
Lipids:									
Fatty acids, total saturated....g	8.792		0	NC	4		1.231		
4:0....g	0.000		6	A	1		0.000		
6:0....g	0.000		6	A	1		0.000		
8:0....g	0.000		6	A	1		0.000		

NDB No. 04630
Margarine Spread, approximately 48% fat, tub

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.000		6	A	1		0.000		
12:0....g	0.000	0.000	6	A	1		0.000		
13:0....g									
14:0....g	0.038	0.001	6	A	1		0.005		
15:0....g	0.000	0.000	6	A	1		0.000		
16:0....g	4.862	0.026	6	A	1		0.681		
17:0....g	0.049	0.001	6	A	1		0.007		
18:0....g	3.425	0.027	6	A	1		0.479		
20:0....g	0.162	0.003	6	A	1		0.023		
22:0....g	0.185	0.003	6	A	1		0.026		
24:0....g	0.071	0.002	6	A	1		0.010		
Fatty acids, total monounsaturated....g	16.416		0	NC	4		2.298		
14:1....g	0.000	0.000	6	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.034		0	AS	1		0.005		
16:1 c....g	0.034	0.001	6	A	1		0.005		
16:1 t....g	0.000	0.000	6	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	16.316		0	AS	1		2.284		
18:1 c....g	11.894	0.434	6	A	1		1.665		
18:1-11c (18:1c n-7)....g									
18:1 t....g	4.422	0.442	6	A	1		0.619		
18:1-11t (18:1t n-7)....g									
20:1....g	0.066	0.003	6	A	1		0.009		
22:1 undifferentiated....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated....g	20.235		0	NC	4		2.833		
18:2 undifferentiated....g	17.886		0	AS	1		2.504		
18:2 n-6 c,c....g	17.355	0.938	6	A	1		2.430		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.532	0.319	6	A	1		0.074		
18:2 t not further defined....g									
18:3 undifferentiated....g	2.121		0	AS	1		0.297		
18:3 n-3 c,c,c (ALA)....g	2.121	0.255	6	A	1		0.297		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		6	A	1		0.000		
20:2 n-6 c,c....g	0.228	0.026	6	A	1		0.032		
20:3 undifferentiated....g	0.000	0.000	6	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	6	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		6	A	1		0.000		
Fatty acids, total trans....g	4.422		0	NC	4		0.619		
Fatty acids, total trans-monoenoic....g	4.422		0	NC	4		0.619		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	1	0.070	3	A	1		0		
Phytosterols....mg									
Stigmasterol....mg	20	0.521	6	A	1		3		
Campesterol....mg	22	0.664	6	A	1		3		
Beta-sitosterol....mg	62	1.070	6	A	1		9		

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

NDB No. 04630

Margarine Spread, approximately 48% fat, tub

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.52	0.265	10	A	1		2.31		
Energy....kcal	717		0	NC	4		100		
Energy....kJ	2999		0	NC	4		420		
Protein....g	0.16	0.015	10	A	1		0.02		
Total lipid (fat)....g	80.71	0.222	10	A	1		11.30		
Ash....g	1.92	0.083	10	A	1		0.27		
Carbohydrate, by difference....g	0.70		0	NC	4		0.10		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.166	8	A	1		0		
Iron, Fe....mg	0.12	0.015	8	A	1		0.02		
Magnesium, Mg....mg	1	0.030	8	A	1		0		
Phosphorus, P....mg	5	0.202	8	A	1		1		
Potassium, K....mg	18	0.862	6	A	1		2		
Sodium, Na....mg	654	19.966	8	A	1		92		
Zinc, Zn....mg	0.11	0.021	8	A	1		0.01		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.012		1	A	1		0.002		
Riboflavin....mg	0.000	0.000	4	A	1		0.000		
Niacin....mg	0.003	0.003	4	A	1		0.000		
Pantothenic acid....mg	0.000	0.000	4	A	1		0.000		
Vitamin B-6....mg	0.000		1	A	1		0.000		
Folate, total....mcg	1		2	A	1		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	1		2	A	1		0		
Folate, DFE....mcg_DFE	1		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	5.23		1	A	1		0.73		
Tocopherol, beta....mg	0.36		1	A	1		0.05		
Tocopherol, gamma....mg	43.79		1	A	1		6.13		
Tocopherol, delta....mg	15.28		1	A	1		2.14		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	75.0	9.109	16	A	1		10.5		
Lipids:									
Fatty acids, total saturated....g	15.189		0	NC	4		2.126		
4:0....g	0.000	0.000	9	A	1		0.000		
6:0....g	0.000	0.000	10	A	1		0.000		

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000	0.000	10	A	1		0.000		
10:0 g	0.000	0.000	9	A	1		0.000		
12:0 g	0.000	0.000	10	A	1		0.000		
13:0 g									
14:0 g	0.046	0.002	10	A	1		0.006		
15:0 g	0.016	0.001	10	A	1		0.002		
16:0 g	8.431	0.087	10	A	1		1.180		
17:0 g	0.068	0.002	10	A	1		0.010		
18:0 g	6.173	0.190	10	A	1		0.864		
20:0 g	0.261	0.006	10	A	1		0.037		
22:0 g	0.109	0.036	9	A	1		0.015		
24:0 g	0.085	0.004	10	A	1		0.012		
Fatty acids, total monounsaturated g	38.877		0	NC	4		5.443		
14:1 g	0.000	0.000	10	A	1		0.000		
15:1 g	0.000	0.000	10	A	1		0.000		
16:1 undifferentiated g	0.045	0.002	10	AS	1		0.006		
16:1 c g	0.045	0.002	10	A	1		0.006		
16:1 t g	0.000	0.000	10	A	1		0.000		
17:1 g	0.023	0.002	10	A	1		0.003		
18:1 undifferentiated g	38.675	0.915	10	AS	1		5.415		
18:1 c g	24.488	1.033	10	A	1		3.428		
18:1-11c (18:1c n-7) g									
18:1 t g	14.187	0.901	10	A	1		1.986		
18:1-11t (18:1t n-7) g									
20:1 g	0.133	0.008	10	A	1		0.019		
22:1 undifferentiated g	0.000	0.000	10	AS	1		0.000		
22:1 c g	0.000	0.000	10	A	1		0.000		
22:1 t g	0.000	0.000	10	A	1		0.000		
24:1 c g	0.001	0.001	10	A	1		0.000		
Fatty acids, total polyunsaturated g	24.302		0	NC	4		3.402		
18:2 undifferentiated g	22.252	0.842	10	AS	1		3.115		
18:2 n-6 c,c g	21.522	0.919	10	A	1		3.013		
18:2 CLAs g	0.027	0.003	10	A	1		0.004		
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.703	0.096	10	A	1		0.098		
18:3 undifferentiated g	2.040	0.330	10	AS	1		0.286		
18:3 n-3 c,c,c (ALA) g	1.957	0.313	10	A	1		0.274		
18:3 n-6 c,c,c g	0.083	0.018	10	A	1		0.012		
18:3i g									
18:4 g	0.000	0.000	10	A	1		0.000		
20:2 n-6 c,c g	0.004	0.001	10	A	1		0.001		
20:3 undifferentiated g	0.001	0.001	10	AS	1		0.000		
20:3 n-3 g	0.000	0.000	10	A	1		0.000		
20:3 n-6 g	0.001	0.001	10	A	1		0.000		
20:4 undifferentiated g	0.000	0.000	10	A	1		0.000		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	10	A	1		0.000		
21:5 g									
22:4 g	0.000	0.000	10	A	1		0.000		
22:5 n-3 (DPA) g	0.006	0.003	9	A	1		0.001		
22:6 n-3 (DHA) g	0.000	0.000	10	A	1		0.000		
Fatty acids, total trans g	14.890		0	NC	4		2.085		
Fatty acids, total trans-monoenoic g	14.187		0	NC	4		1.986		
Fatty acids, total trans-polyenoic g	0.703		0	NC	4		0.098		
Cholesterol mg	0	0.000	4	A	1		0		
Phytosterols mg									
Stigmasterol mg	35		1	A	1		5		
Campesterol mg	75		1	A	1		11		
Beta-sitosterol mg	275		1	A	1		38		

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils (1)

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Footnotes:

1 Other phytosterols and phytostanols identified include: beta-sitostanol (10.27 mg), campestanol (2.93 mg) and delta-5 avenasterol (11.62 mg)

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04684

Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.06	0.429	4	A	1		2.25		
Energy....kcal	730		0	NC	4		102		
Energy....kJ	3055		0	NC	4		428		
Protein....g	0.41	0.083	4	A	1		0.06		
Total lipid (fat)....g	80.32	0.339	4	A	1		11.24		
Ash....g	1.82	0.046	4	A	1		0.26		
Carbohydrate, by difference....g	1.39		0	NC	4		0.19		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	714		0	LC	8		100		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	11.648		0	NC	4		1.631		
4:0....g	0.000	0.000	4	A	1		0.000		
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.015	0.004	4	A	1		0.002		
10:0....g	0.046	0.012	4	A	1		0.006		
12:0....g	1.183	0.052	4	A	1		0.166		
13:0....g									
14:0....g	0.572	0.031	4	A	1		0.080		
15:0....g	0.021	0.004	4	A	1		0.003		
16:0....g	7.362	0.085	4	A	1		1.031		
17:0....g	0.047	0.001	4	A	1		0.007		
18:0....g	1.812	0.051	4	A	1		0.254		
20:0....g	0.434	0.008	4	A	1		0.061		
22:0....g	0.059	0.059	4	A	1		0.008		
24:0....g	0.098	0.002	4	A	1		0.014		
Fatty acids, total monounsaturated....g	45.262		0	NC	4		6.337		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.142	0.002	4	AS	1		0.020		
16:1 c....g	0.142	0.002	4	A	1		0.020		
16:1 t....g	0.000	0.000	4	A	1		0.000		
17:1....g	0.053	0.000	4	A	1		0.007		
18:1 undifferentiated....g	43.641	0.294	4	AS	1		6.110		
18:1 c....g	43.556	0.302	4	A	1		6.098		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.085	0.010	4	A	1		0.012		
18:1-11t (18:1t n-7)....g									
20:1....g	1.263	0.056	4	A	1		0.177		
22:1 undifferentiated....g	0.033	0.003	4	AS	1		0.005		
22:1 c....g	0.033	0.003	4	A	1		0.005		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.131	0.003	4	A	1		0.018		
Fatty acids, total polyunsaturated....g	21.344		0	NC	4		2.988		
18:2 undifferentiated....g	14.489	0.080	4	AS	1		2.029		
18:2 n-6 c,c....g	14.231	0.096	4	A	1		1.992		
18:2 CLAs....g	0.040	0.001	4	A	1		0.006		

NDB No. 04684

Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.219	0.042	4	A	1		0.031		
18:3 undifferentiated....g	6.766	0.189	4	AS	1		0.947		
18:3 n-3 c,c,c (ALA)....g	6.176	0.230	4	A	1		0.865		
18:3 n-6 c,c,c....g	0.590	0.059	4	A	1		0.083		
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.041	0.004	4	A	1		0.006		
20:3 undifferentiated....g	0.039	0.002	4	AS	1		0.005		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.039	0.002	4	A	1		0.005		
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.005	0.003	4	A	1		0.001		
22:6 n-3 (DHA)....g	0.003	0.003	4	A	1		0.000		
Fatty acids, total trans....g	0.303		0	NC	4		0.042		
Fatty acids, total trans-monoenoic....g	0.085		0	NC	4		0.012		
Fatty acids, total trans-polyenoic....g	0.219		0	NC	4		0.031		
Cholesterol....mg									
Phytosterols....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon (1 NLEA serving)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04665

Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.80		0	BFZN	4		2.21		
Energy	kcal	714		0	LC	8		100		
Energy	kJ	2989		0	LC	8		418		
Protein	g	1.90		0	BFZN	4		0.27		
Total lipid (fat)	g	80.20		1	PAK	1		11.23		
Ash	g	2.00		0	BFZN	4		0.28		
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	66		0	BFZN	4		9		
Iron, Fe	mg	0.00		0	BFZN	4		0.00		
Magnesium, Mg	mg	6		0	BFZN	4		1		
Phosphorus, P	mg	51		0	BFZN	4		7		
Potassium, K	mg	94		0	BFZN	4		13		
Sodium, Na	mg	879		0	LC	8		123		
Zinc, Zn	mg	0.00		0	BFZN	4		0.00		
Copper, Cu	mg	0.000		0	BFZN	4		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	BFZN	4		0.0		
Thiamin	mg	0.022		0	BFZN	4		0.003		
Riboflavin	mg	0.081		0	BFZN	4		0.011		
Niacin	mg	0.050		0	BFZN	4		0.007		
Pantothenic acid	mg	0.187		0	BFZN	4		0.026		
Vitamin B-6	mg	0.019		0	BFZN	4		0.003		
Folate, total	mcg	3		0	BFZN	4		0		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	3		0	BFZN	4		0		
Folate, DFE	mcg_DFE	3		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.21		0	BFZN	4		0.03		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1032		0	NC	4		144		
Retinol	mcg	981		0	NR	4		137		
Carotene, beta	mcg	610		0	BFZN	4		85		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	4286		0	LC	8		600		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	4.60		0	BFZN	4		0.64		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	106.2		0	BFZN	4		14.9		
Lipids:										
Fatty acids, total saturated	g	20.442		0	NC	4		2.862		
4:0	g	0.000		1	A	1		0.000		

NDB No. 04665

Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.000		1	A	1		0.000		
12:0 g	0.052		1	A	1		0.007		
13:0 g									
14:0 g	0.121		1	A	1		0.017		
15:0 g	0.038		1	A	1		0.005		
16:0 g	9.604		1	A	1		1.344		
17:0 g	0.107		1	A	1		0.015		
18:0 g	9.959		1	A	1		1.394		
20:0 g	0.284		1	A	1		0.040		
22:0 g	0.277		1	A	1		0.039		
24:0 g									
Fatty acids, total monounsaturated g	46.692		0	NC	4		6.537		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.061		0	AS	1		0.009		
16:1 c g	0.061		1	A	1		0.009		
16:1 t g									
17:1 g									
18:1 undifferentiated g	46.631		0	AS	1		6.528		
18:1 c g	25.077		1	A	1		3.511		
18:1-11c (18:1c n-7) g									
18:1 t g	21.554		1	A	1		3.018		
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000		
22:1 undifferentiated g	0.000		1	A	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	9.265		0	NC	4		1.297		
18:2 undifferentiated g	8.478		0	AS	1		1.187		
18:2 n-6 c,c g	5.759		1	A	1		0.806		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	2.719		1	A	1		0.381		
18:2 t not further defined g									
18:3 undifferentiated g	0.786		0	AS	1		0.110		
18:3 n-3 c,c,c (ALA) g	0.313		1	A	1		0.044		
18:3 n-6 c,c,c g									
18:3i g	0.473		1	A	1		0.066		
18:4 g	0.000		1	A	1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	24.747		0	NC	4		3.465		
Fatty acids, total trans-monoenoic g	21.554		0	NC	4		3.018		
Fatty acids, total trans-polyenoic g	3.193		0	NC	4		0.447		
Cholesterol mg	0		0	LC	8		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0		
Caffeine mg	0		0	BFZN	4		0		
Theobromine mg	0		0	BFZN	4		0		

NDB No. 04665

Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04668

Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	17.17		0	BFZN	4		38.98	2.40	0.81
Energy....kcal	714		0	LC	8		1621	100	34
Energy....kJ	2989		0	LC	8		6784	418	140
Protein (N x 6.38)....g	0.18		0	BFZN	4		0.40	0.02	0.01
Total lipid (fat)....g	80.00		1	PAK	1		181.60	11.20	3.76
Ash....g	1.94		0	BFZN	4		4.41	0.27	0.09
Carbohydrate, by difference....g	0.71		0	NC	4		1.61	0.10	0.03
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	BFZN	4		7	0	0
Iron, Fe....mg	0.12		0	BFZN	4		0.28	0.02	0.01
Magnesium, Mg....mg	1		0	BFZN	4		2	0	0
Phosphorus, P....mg	5		0	BFZN	4		12	1	0
Potassium, K....mg	18		0	BFZN	4		40	2	1
Sodium, Na....mg	886		0	LC	8		2011	124	42
Zinc, Zn....mg	0.11		0	BFZN	4		0.24	0.01	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.012		0	BFZN	4		0.027	0.002	0.001
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.003		0	BFZN	4		0.006	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	1		0	BFZN	4		3	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	1		0	BFZN	4		3	0	0
Folate, DFE....mcg_DFE	1		0	NC	4		3	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.21		0	BFZN	4		0.48	0.03	0.01
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	3571		0	LC	8		8107	500	168
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	6.23		0	BFZN	4		14.15	0.87	0.29
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	75.0		0	BFZN	4		170.3	10.5	3.5
Lipids:									
Fatty acids, total saturated....g	16.321		0	NC	4		37.048	2.285	0.767
4:0....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04668

Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.179		1	A	1		0.407	0.025	0.008
13:0 g									
14:0 g	0.106		1	A	1		0.240	0.015	0.005
15:0 g	0.038		1	A	1		0.086	0.005	0.002
16:0 g	8.912		1	A	1		20.231	1.248	0.419
17:0 g	0.091		1	A	1		0.207	0.013	0.004
18:0 g	6.465		1	A	1		14.676	0.905	0.304
20:0 g	0.260		1	A	1		0.591	0.036	0.012
22:0 g	0.269		1	A	1		0.610	0.038	0.013
24:0 g									
Fatty acids, total monounsaturated g	37.460		0	NC	4		85.035	5.244	1.761
14:1 g									
15:1 g									
16:1 undifferentiated g	0.053		0	AS	1		0.120	0.007	0.002
16:1 c g	0.053		1	A	1		0.120	0.007	0.002
16:1 t g									
17:1 g									
18:1 undifferentiated g	37.323		0	AS	1		84.723	5.225	1.754
18:1 c g	18.353		1	A	1		41.661	2.569	0.863
18:1-11c (18:1c n-7) g									
18:1 t g	18.970		1	A	1		43.062	2.656	0.892
18:1-11t (18:1t n-7) g									
20:1 g	0.084		1	A	1		0.192	0.012	0.004
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	22.422		0	NC	4		50.898	3.139	1.054
18:2 undifferentiated g	19.665		0	AS	1		44.640	2.753	0.924
18:2 n-6 c,c g	18.400		1	A	1		41.769	2.576	0.865
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	1.265		1	A	1		2.871	0.177	0.059
18:2 t not further defined g									
18:3 undifferentiated g	2.757		0	AS	1		6.258	0.386	0.130
18:3 n-3 c,c,c (ALA) g	2.414		1	A	1		5.480	0.338	0.113
18:3 n-6 c,c,c g									
18:3i g	0.343		1	A	1		0.778	0.048	0.016
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	20.578		0	NC	4		46.711	2.881	0.967
Fatty acids, total trans-monoenoic g	18.970		0	NC	4		43.062	2.656	0.892
Fatty acids, total trans-polyenoic g	1.608		0	NC	4		3.649	0.225	0.076
Cholesterol mg	0		0	LC	8		0	0	0
Phytosterols mg									

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

NDB No. 04668

Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Measure 3 = 4.7g: 1 tsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04683
Margarine, margarine-like vegetable oil spread, 67-70% fat, tub

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.52	0.638	7	A	1		4.13		
Energy....kcal	606		0	NC	4		85		
Energy....kJ	2537		0	NC	4		355		
Protein....g	0.07	0.037	7	A	1		0.01		
Total lipid (fat)....g	68.29	0.754	7	A	1		9.56		
Ash....g	1.53	0.103	7	A	1		0.21		
Carbohydrate, by difference....g	0.59		0	NC	4		0.08		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	536		5	JO	11		75		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	16.688		0	NC	4		2.336		
4:0....g	0.000	0.000	7	A	1		0.000		
6:0....g	0.000	0.000	7	A	1		0.000		
8:0....g	0.016	0.003	7	A	1		0.002		
10:0....g	0.082	0.004	7	A	1		0.012		
12:0....g	0.064	0.020	7	A	1		0.009		
13:0....g									
14:0....g	0.237	0.063	7	A	1		0.033		
15:0....g	0.018	0.002	7	A	1		0.003		
16:0....g	12.268	1.833	7	A	1		1.717		
17:0....g	0.060	0.002	7	A	1		0.008		
18:0....g	3.458	0.427	7	A	1		0.484		
20:0....g	0.246	0.008	7	A	1		0.034		
22:0....g	0.169	0.019	7	A	1		0.024		
24:0....g	0.071	0.003	7	A	1		0.010		
Fatty acids, total monounsaturated....g	24.748		0	NC	4		3.465		
14:1....g	0.000	0.000	7	A	1		0.000		
15:1....g	0.000	0.000	7	A	1		0.000		
16:1 undifferentiated....g	0.078	0.009	7	AS	1		0.011		
16:1 c....g	0.078	0.009	7	A	1		0.011		
16:1 t....g	0.000	0.000	7	A	1		0.000		
17:1....g	0.029	0.001	7	A	1		0.004		
18:1 undifferentiated....g	24.299	0.481	7	AS	1		3.402		
18:1 c....g	21.385	1.777	7	A	1		2.994		
18:1-11c (18:1c n-7)....g									
18:1 t....g	2.914	1.335	7	A	1		0.408		
18:1-11t (18:1t n-7)....g									
20:1....g	0.340	0.036	7	A	1		0.048		
22:1 undifferentiated....g	0.003	0.001	7	AS	1		0.000		
22:1 c....g	0.003	0.001	7	A	1		0.000		
22:1 t....g	0.000	0.000	7	A	1		0.000		
24:1 c....g	0.000	0.000	7	A	1		0.000		
Fatty acids, total polyunsaturated....g	23.794		0	NC	4		3.331		
18:2 undifferentiated....g	20.820	2.228	7	AS	1		2.915		
18:2 n-6 c,c....g	20.432	2.202	7	A	1		2.861		
18:2 CLAs....g	0.037	0.003	7	A	1		0.005		

NDB No. 04683

Margarine, margarine-like vegetable oil spread, 67-70% fat, tub

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.351	0.035	7	A	1		0.049		
18:3 undifferentiated....g	2.939	0.242	7	AS	1		0.411		
18:3 n-3 c,c,c (ALA)....g	2.925	0.245	7	A	1		0.409		
18:3 n-6 c,c,c....g	0.014	0.004	7	A	1		0.002		
18:3i....g									
18:4....g	0.000	0.000	7	A	1		0.000		
20:2 n-6 c,c....g	0.017	0.001	7	A	1		0.002		
20:3 undifferentiated....g	0.014	0.002	7	AS	1		0.002		
20:3 n-3....g	0.000	0.000	7	A	1		0.000		
20:3 n-6....g	0.014	0.002	7	A	1		0.002		
20:4 undifferentiated....g	0.000	0.000	7	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	7	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	7	A	1		0.000		
22:5 n-3 (DPA)....g	0.004	0.002	7	A	1		0.001		
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans....g	3.265		0	NC	4		0.457		
Fatty acids, total trans-monoenoic....g	2.914		0	NC	4		0.408		
Fatty acids, total trans-polyenoic....g	0.351		0	NC	4		0.049		
Cholesterol....mg									
Phytosterols....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp (1 NLEA serving)

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04629

Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	26.23	0.498	14	A	1		3.67		
Energy....kcal	628		0	NC	4		88		
Energy....kJ	2627		0	NC	4		368		
Protein (N x 6.38)....g	0.26	0.044	14	A	1		0.04		
Total lipid (fat)....g	70.22	0.312	14	A	1		9.83		
Ash....g	1.76	0.060	14	A	1		0.25		
Carbohydrate, by difference....g	1.53		0	NC	4		0.21		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7	1.023	10	A	1		1		
Iron, Fe....mg	0.12	0.004	10	A	1		0.02		
Magnesium, Mg....mg	2	0.244	10	A	1		0		
Phosphorus, P....mg	10	0.957	10	A	1		1		
Potassium, K....mg	46	5.735	10	A	1		6		
Sodium, Na....mg	700	8.591	10	A	1		98		
Zinc, Zn....mg	0.06	0.019	10	A	1		0.01		
Copper, Cu....mg									
Manganese, Mn....mg	0.014		1	A	1		0.002		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.052		1	A	1		0.007		
Riboflavin....mg	0.025	0.004	5	A	1		0.004		
Niacin....mg									
Pantothenic acid....mg	0.001	0.000	4	A	1		0.000		
Vitamin B-6....mg	0.003		1	A	1		0.000		
Folate, total....mcg	1	0.106	3	A	1		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	1	0.106	3	A	1		0		
Folate, DFE....mcg_DFE	1		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	3571		4	LC	8		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	5.59		1	A	1		0.78		
Tocopherol, beta....mg	0.32		1	A	1		0.04		
Tocopherol, gamma....mg	34.97		1	A	1		4.90		
Tocopherol, delta....mg	10.92		1	A	1		1.53		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	13.631		0	NC	4		1.908		
4:0....g	0.012	0.006	14	A	1		0.002		
6:0....g	0.006	0.003	14	A	1		0.001		
8:0....g	0.013	0.007	14	A	1		0.002		

NDB No. 04629

Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.043	0.019	12	A	1		0.006		
12:0 g	0.011	0.005	12	A	1		0.001		
13:0 g									
14:0 g	0.072	0.014	14	A	1		0.010		
15:0 g	0.017	0.001	14	A	1		0.002		
16:0 g	7.311	0.047	14	A	1		1.024		
17:0 g	0.064	0.002	14	A	1		0.009		
18:0 g	5.615	0.089	14	A	1		0.786		
20:0 g	0.229	0.003	14	A	1		0.032		
22:0 g	0.163	0.029	14	A	1		0.023		
24:0 g	0.075	0.002	14	A	1		0.011		
Fatty acids, total monounsaturated g	33.468		0	NC	4		4.685		
14:1 g	0.000	0.000	13	A	1		0.000		
15:1 g	0.000	0.000	14	A	1		0.000		
16:1 undifferentiated g	0.043		0	AS	1		0.006		
16:1 c g	0.043	0.002	14	A	1		0.006		
16:1 t g	0.000	0.000	14	A	1		0.000		
17:1 g	0.023	0.001	14	A	1		0.003		
18:1 undifferentiated g	33.233		0	AS	1		4.653		
18:1 c g	19.226	0.937	14	A	1		2.692		
18:1-11c (18:1c n-7) g									
18:1 t g	14.007	0.481	14	A	1		1.961		
18:1-11t (18:1t n-7) g									
20:1 g	0.169	0.020	14	A	1		0.024		
22:1 undifferentiated g									
22:1 c g	0.000	0.000	14	A	1		0.000		
22:1 t g	0.000	0.000	12	A	1		0.000		
24:1 c g	0.000	0.000	14	A	1		0.000		
Fatty acids, total polyunsaturated g	20.248		0	NC	4		2.835		
18:2 undifferentiated g	18.106		0	AS	1		2.535		
18:2 n-6 c,c g	17.280	0.787	14	A	1		2.419		
18:2 CLAs g	0.047	0.005	14	A	1		0.007		
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.778	0.118	14	A	1		0.109		
18:3 undifferentiated g	2.133		0	AS	1		0.299		
18:3 n-3 c,c,c (ALA) g	2.073	0.120	14	A	1		0.290		
18:3 n-6 c,c,c g	0.060	0.017	14	A	1		0.008		
18:3i g									
18:4 g	0.000	0.000	14	A	1		0.000		
20:2 n-6 c,c g	0.004	0.002	14	A	1		0.001		
20:3 undifferentiated g	0.003		0	AS	1		0.000		
20:3 n-3 g	0.000	0.000	14	A	1		0.000		
20:3 n-6 g	0.003	0.001	14	A	1		0.000		
20:4 undifferentiated g	0.000	0.000	14	A	1		0.000		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	14	A	1		0.000		
21:5 g									
22:4 g	0.000	0.000	14	A	1		0.000		
22:5 n-3 (DPA) g	0.002	0.001	14	A	1		0.000		
22:6 n-3 (DHA) g	0.000	0.000	14	A	1		0.000		
Fatty acids, total trans g	14.786		0	NC	4		2.070		
Fatty acids, total trans-monoenoic g	14.007		0	NC	4		1.961		
Fatty acids, total trans-polyenoic g	0.778		0	NC	4		0.109		
Cholesterol mg	0	0.000	6	A	1		0		
Phytosterols mg									
Stigmasterol mg	25	0.757	6	A	1		3		
Campesterol mg	31	0.304	6	A	1		4		
Beta-sitosterol mg	81	2.067	6	A	1		11		

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

NDB No. 04629

Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp (1 NLEA serving)

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04610
Margarine, regular, 80% fat, composite, stick, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.52	0.265	10	A	1		37.49	2.31	0.78
Energy	kcal	717		0	NC	4		1627	100	34
Energy	kJ	2999		0	NC	4		6808	420	141
Protein	g	0.16	0.015	10	A	1		0.36	0.02	0.01
Total lipid (fat)	g	80.71	0.222	10	A	1		183.21	11.30	3.79
Ash	g	1.92	0.083	10	A	1		4.35	0.27	0.09
Carbohydrate, by difference	g	0.70		0	NC	4		1.58	0.10	0.03
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.166	8	A	1		7	0	0
Iron, Fe	mg	0.06		0	BFZN	4		0.14	0.01	0.00
Magnesium, Mg	mg	3		0	BFZN	4		7	0	0
Phosphorus, P	mg	5	0.202	8	A	1		12	1	0
Potassium, K	mg	18	0.862	6	A	1		40	2	1
Sodium, Na	mg	943		0	BFZN	4		2141	132	44
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	BFZN	4		0.5	0.0	0.0
Thiamin	mg	0.010		0	BFZN	4		0.023	0.001	0.000
Riboflavin	mg	0.037		0	BFZN	4		0.084	0.005	0.002
Niacin	mg	0.023		0	BFZN	4		0.052	0.003	0.001
Pantothenic acid	mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Vitamin B-6	mg	0.009		0	BFZN	4		0.020	0.001	0.000
Folate, total	mcg	1		0	BFZN	4		2	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		0	BFZN	4		2	0	0
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	0
Choline, total	mg	12.4		0	CAZN	4		28.2	1.7	0.6
Betaine	mg									
Vitamin B-12	mcg	0.10		0	BFZN	4		0.23	0.01	0.00
Vitamin B-12, added	mcg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	819		0	NC	4		1859	115	38
Retinol	mcg	768		0	CAZN	4		1743	108	36
Carotene, beta	mcg	610		0	CAZN	4		1385	85	29
Carotene, alpha	mcg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	CAZN	4		0	0	0
Vitamin A, IU	IU	3571		1	ML	5		8106	500	168
Lycopene	mcg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	9.00		0		4		20.43	1.26	0.42
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	93.0		1	CAZN	4		211.1	13.0	4.4
Lipids:										
Fatty acids, total saturated	g	15.189		0	NC	4		34.479	2.126	0.714
4:0	g	0.000	0.000	9	A	1		0.000	0.000	0.000

NDB No. 04610

Margarine, regular, 80% fat, composite, stick, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000	0.000	10	A	1		0.000	0.000	0.000
8:0 g	0.000	0.000	10	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	9	A	1		0.000	0.000	0.000
12:0 g	0.000	0.000	10	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.046	0.002	10	A	1		0.105	0.006	0.002
15:0 g	0.015	0.001	10	A	1		0.035	0.002	0.001
16:0 g	8.431	0.087	10	A	1		19.138	1.180	0.396
17:0 g	0.068	0.002	10	A	1		0.155	0.010	0.003
18:0 g	6.173	0.190	10	A	1		14.012	0.864	0.290
20:0 g	0.261	0.006	10	A	1		0.593	0.037	0.012
22:0 g	0.109	0.036	9	A	1		0.247	0.015	0.005
24:0 g	0.085	0.004	10	A	1		0.193	0.012	0.004
Fatty acids, total monounsaturated g	38.877		0	NC	4		88.251	5.443	1.827
14:1 g	0.000	0.000	10	A	1		0.000	0.000	0.000
15:1 g	0.000	0.000	10	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.045	0.002	10	AS	1		0.102	0.006	0.002
16:1 c g									
16:1 t g									
17:1 g	0.023	0.002	10	A	1		0.052	0.003	0.001
18:1 undifferentiated g	38.675	0.915	10	AS	1		87.792	5.415	1.818
18:1 c g									
18:1-11c (18:1c n-7) g									
18:1 t g									
18:1-11t (18:1t n-7) g									
20:1 g	0.133	0.008	10	A	1		0.302	0.019	0.006
22:1 undifferentiated g	0.000	0.000	10	AS	1		0.000	0.000	0.000
22:1 c g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:1 t g	0.000	0.000	10	A	1		0.000	0.000	0.000
24:1 c g	0.001	0.001	10	A	1		0.003	0.000	0.000
Fatty acids, total polyunsaturated g	24.302		0	NC	4		55.166	3.402	1.142
18:2 undifferentiated g	22.252	0.842	10	AS	1		50.512	3.115	1.046
18:2 n-6 c,c g									
18:2 CLAs g	0.027	0.003	10	A	1		0.060	0.004	0.001
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.703	0.096	10	A	1		1.597	0.098	0.033
18:3 undifferentiated g	2.040	0.330	10	AS	1		4.631	0.286	0.096
18:3 n-3 c,c,c (ALA) g	1.957	0.313	10	A	1		4.443	0.274	0.092
18:3 n-6 c,c,c g	0.083	0.018	10	A	1		0.188	0.012	0.004
18:3i g									
18:4 g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.004	0.001	10	A	1		0.009	0.001	0.000
20:3 undifferentiated g	0.001	0.001	10	AS	1		0.002	0.000	0.000
20:3 n-3 g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:3 n-6 g	0.001	0.001	10	A	1		0.002	0.000	0.000
20:4 undifferentiated g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	10	A	1		0.000	0.000	0.000
21:5 g									
22:4 g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.006	0.003	9	A	1		0.014	0.001	0.000
22:6 n-3 (DHA) g	0.000	0.000	10	A	1		0.000	0.000	0.000
Fatty acids, total trans g	14.890		0	NC	4		33.800	2.085	0.700
Fatty acids, total trans-monoenoic g	14.187		0	NC	4		32.203	1.986	0.667
Fatty acids, total trans-polyenoic g	0.703		0	NC	4		1.597	0.098	0.033
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg									
Stigmasterol mg	35		1	A	1		80	5	2
Campesterol mg	75		1	A	1		171	11	4
Beta-sitosterol mg	275		1	A	1		623	38	13

NDB No. 04610
Margarine, regular, 80% fat, composite, stick, with salt

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04691

Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.52	0.265	10	A	1		37.49	2.31	0.66
Energy	kcal	717		0	NR	4		1627	100	29
Energy	kJ	2999		0	NR	4		6808	420	120
Protein (N x 6.38)	g	0.16	0.015	10	A	1		0.36	0.02	0.01
Total lipid (fat)	g	80.71	0.222	10	A	1		183.21	11.30	3.23
Ash	g	1.92	0.083	10	A	1		4.35	0.27	0.08
Carbohydrate, by difference	g	0.70		0	BFZN	4		1.58	0.10	0.03
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFZN	4		7	0	0
Iron, Fe	mg	0.06		0	BFZN	4		0.14	0.01	0.00
Magnesium, Mg	mg	3		0	BFZN	4		7	0	0
Phosphorus, P	mg	5		0	BFZN	4		12	1	0
Potassium, K	mg	18		0	BFZN	4		40	2	1
Sodium, Na	mg	943		0	BFZN	4		2141	132	38
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	BFZN	4		0.5	0.0	0.0
Thiamin	mg	0.010		0	BFZN	4		0.023	0.001	0.000
Riboflavin	mg	0.037		0	BFZN	4		0.084	0.005	0.001
Niacin	mg	0.023		0	BFZN	4		0.052	0.003	0.001
Pantothenic acid	mg									
Vitamin B-6	mg	0.009		0	BFZN	4		0.020	0.001	0.000
Folate, total	mcg	1		0	BFZN	4		2	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	1		0	BFZN	4		2	0	0
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	0
Choline, total	mg	12.4		0	BFZN	4		28.2	1.7	0.5
Betaine	mg									
Vitamin B-12	mcg	0.10		0	BFZN	4		0.23	0.01	0.00
Vitamin B-12, added	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	819		0	BFZN	4		1859	115	33
Retinol	mcg	768		0	BFZN	4		1743	108	31
Carotene, beta	mcg	610		0	BFZN	4		1385	85	24
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	3577		0	NC	4		8119	501	143
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	9.00		0	BFZN	4		20.43	1.26	0.36
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg	0.36		1	A	1		0.82	0.05	0.01
Tocopherol, gamma	mg	43.79		1	A	1		99.40	6.13	1.75
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	10.7		1	LC	8		24.3	1.5	0.4
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	429		1	LC	8		973	60	17
Vitamin K (phylloquinone)	mcg	93.0		0	BFZN	4		211.1	13.0	3.7
Lipids:										
Fatty acids, total saturated	g	15.189		0	NC	4		34.479	2.126	0.608
4:0	g	0.000	0.000	9	A	1		0.000	0.000	0.000

NDB No. 04691

Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000	0.000	10	A	1		0.000	0.000	0.000
8:0 g	0.000	0.000	10	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	9	A	1		0.000	0.000	0.000
12:0 g	0.000	0.000	10	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.046	0.002	10	A	1		0.105	0.006	0.002
15:0 g	0.016	0.001	10	A	1		0.035	0.002	0.001
16:0 g	8.437	0.087	10	A	1		19.151	1.181	0.337
17:0 g	0.068	0.002	10	A	1		0.155	0.010	0.003
18:0 g	6.177	0.190	10	A	1		14.022	0.865	0.247
20:0 g	0.261	0.006	10	A	1		0.593	0.037	0.010
22:0 g	0.109	0.036	9	A	1		0.248	0.015	0.004
24:0 g	0.085	0.004	10	A	1		0.193	0.012	0.003
Fatty acids, total monounsaturated g	38.877		0	NC	4		88.251	5.443	1.555
14:1 g	0.000	0.000	10	A	1		0.000	0.000	0.000
15:1 g	0.000	0.000	10	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.045	0.002	10	AS	1		0.102	0.006	0.002
16:1 c g	0.045	0.002	10	A	1		0.102	0.006	0.002
16:1 t g	0.000	0.000	10	A	1		0.000	0.000	0.000
17:1 g	0.023	0.002	10	A	1		0.052	0.003	0.001
18:1 undifferentiated g	38.675	0.915	10	AS	1		87.792	5.415	1.547
18:1 c g	24.488	1.033	10	A	1		55.589	3.428	0.980
18:1-11c (18:1c n-7) g									
18:1 t g	14.187	0.901	10	A	1		32.203	1.986	0.567
18:1-11t (18:1t n-7) g									
20:1 g	0.133	0.008	10	A	1		0.302	0.019	0.005
22:1 undifferentiated g	0.000	0.000	10	AS	1		0.000	0.000	0.000
22:1 c g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:1 t g	0.000	0.000	10	A	1		0.000	0.000	0.000
24:1 c g	0.001	0.001	10	A	1		0.003	0.000	0.000
Fatty acids, total polyunsaturated g	24.302		0	NC	4		55.166	3.402	0.972
18:2 undifferentiated g	22.252	0.842	10	AS	1		50.512	3.115	0.890
18:2 n-6 c,c g	21.522	0.919	10	A	1		48.855	3.013	0.861
18:2 CLAs g	0.027	0.003	10	A	1		0.060	0.004	0.001
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.703	0.096	10	A	1		1.597	0.098	0.028
18:3 undifferentiated g	2.040	0.330	10	AS	1		4.631	0.286	0.082
18:3 n-3 c,c,c (ALA) g	1.957	0.313	10	A	1		4.443	0.274	0.078
18:3 n-6 c,c,c g	0.083	0.018	10	A	1		0.188	0.012	0.003
18:3i g									
18:4 g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.004	0.001	10	A	1		0.009	0.001	0.000
20:3 undifferentiated g	0.001	0.001	10	AS	1		0.002	0.000	0.000
20:3 n-3 g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:3 n-6 g	0.001	0.001	10	A	1		0.002	0.000	0.000
20:4 undifferentiated g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	10	A	1		0.000	0.000	0.000
21:5 g									
22:4 g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.006	0.003	9	A	1		0.014	0.001	0.000
22:6 n-3 (DHA) g	0.000	0.000	10	A	1		0.000	0.000	0.000
Fatty acids, total trans g	14.890		0	NC	4		33.800	2.085	0.596
Fatty acids, total trans-monoenoic g	14.187		0	NC	4		32.203	1.986	0.567
Fatty acids, total trans-polyenoic g	0.703		0	NC	4		1.597	0.098	0.028
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	410		0	AS	1		931	57	16
Stigmasterol mg	35		1	A	1		80	5	1
Campesterol mg	75		1	A	1		171	11	3
Beta-sitosterol mg	275		1	A	1		623	38	11

NDB No. 04691

Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.0g: 1 tablespoon

Measure 3 = 4.0g: 1 teaspoon

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04617
Margarine, regular, 80% fat, composite, stick, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.52		0	BFZN	4		37.49	2.35	0.83
Energy	kcal	717		0	BFZN	4		1627	102	36
Energy	kJ	2999		0	BFZN	4		6808	426	150
Protein	g	0.16		0	BFZN	4		0.36	0.02	0.01
Total lipid (fat)	g	80.71		0	BFZN	4		183.21	11.46	4.04
Ash	g	1.92		0	BFZN	4		4.35	0.27	0.10
Carbohydrate, by difference	g	0.70		0	BFZN	4		1.58	0.10	0.03
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFZN	4		7	0	0
Iron, Fe	mg	0.06		0	BFZN	4		0.14	0.01	0.00
Magnesium, Mg	mg	3		0	BFZN	4		7	0	0
Phosphorus, P	mg	5		0	BFZN	4		12	1	0
Potassium, K	mg	18		0	BFZN	4		40	3	1
Sodium, Na	mg	2		0	O	4		5	0	0
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	BFZN	4		0.5	0.0	0.0
Thiamin	mg	0.010		0	BFZN	4		0.023	0.001	0.001
Riboflavin	mg	0.037		0	BFZN	4		0.084	0.005	0.002
Niacin	mg	0.023		0	BFZN	4		0.052	0.003	0.001
Pantothenic acid	mg									
Vitamin B-6	mg	0.009		0	BFZN	4		0.020	0.001	0.000
Folate, total	mcg	1		0	BFZN	4		2	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	1		0	BFZN	4		2	0	0
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	0
Choline, total	mg	12.4		0	BFZN	4		28.2	1.8	0.6
Betaine	mg									
Vitamin B-12	mcg	0.10		0	BFZN	4		0.23	0.01	0.01
Vitamin B-12, added	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	819		0	BFZN	4		1859	116	41
Retinol	mcg	768		0	BFZN	4		1743	109	38
Carotene, beta	mcg	610		0	BFZN	4		1385	87	31
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	3577		0	NC	4		8119	508	179
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	9.00		0	BFZN	4		20.43	1.28	0.45
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	BFZN	4		0	0	0
Vitamin K (phylloquinone)	mcg	93.0		0	BFZN	4		211.1	13.2	4.7
Lipids:										
Fatty acids, total saturated	g	15.189		0	BFZN	4		34.479	2.157	0.759
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04617

Margarine, regular, 80% fat, composite, stick, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0 ... g									
14:0 ... g	0.046		0	BFZN	4		0.105	0.007	0.002
15:0 ... g									
16:0 ... g	8.431		0	BFZN	4		19.138	1.197	0.422
17:0 ... g									
18:0 ... g	6.173		0	BFZN	4		14.012	0.877	0.309
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	38.877		0	BFZN	4		88.251	5.521	1.944
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.045		0	BFZN	4		0.102	0.006	0.002
16:1 c ... g	0.045		0	BFZN	4		0.102	0.006	0.002
16:1 t ... g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1 ... g									
18:1 undifferentiated ... g	38.675		0	BFZN	4		87.792	5.492	1.934
18:1 c ... g	24.488		0	BFZN	4		55.589	3.477	1.224
18:1-11c (18:1c n-7) ... g									
18:1 t ... g	14.187		0	BFZN	4		32.203	2.014	0.709
18:1-11t (18:1t n-7) ... g									
20:1 ... g	0.133		0	BFZN	4		0.302	0.019	0.007
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	24.302		0	BFZN	4		55.166	3.451	1.215
18:2 undifferentiated ... g	22.252		0	BFZN	4		50.512	3.160	1.113
18:2 n-6 c,c ... g	21.522		0	BFZN	4		48.855	3.056	1.076
18:2 CLAs ... g									
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g									
18:2 i ... g									
18:2 t not further defined ... g									
18:3 undifferentiated ... g	2.040		0	BFZN	4		4.631	0.290	0.102
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.006		0	BFZN	4		0.014	0.001	0.000
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans ... g	14.890		0	BFZN	4		33.800	2.114	0.744
Cholesterol ... mg	0		0	BFZN	4		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine ... mg	0		0	BFZN	4		0	0	0
Theobromine ... mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 5.0g: 1 pat (1" sq, 1/3" high)

NDB No. 04617
Margarine, regular, 80% fat, composite, stick, without salt

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04696

Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.52		0	BFZN	4		37.82	0.79	2.31
Energy	kcal	717		0	NC	4		1641	34	100
Energy	kJ	2999		0	NC	4		6868	144	420
Protein (N x 6.38)	g	0.16		0	BFZN	4		0.36	0.01	0.02
Total lipid (fat)	g	80.71		0	BFZN	4		184.83	3.87	11.30
Ash	g	1.92		0	BFZN	4		4.39	0.09	0.27
Carbohydrate, by difference	g	0.70		0	BFZN	4		1.60	0.03	0.10
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFZN	4		7	0	0
Iron, Fe	mg	0.06		0	BFZN	4		0.14	0.00	0.01
Magnesium, Mg	mg	3		0	BFZN	4		7	0	0
Phosphorus, P	mg	5		0	BFZN	4		12	0	1
Potassium, K	mg	18		0	BFZN	4		41	1	2
Sodium, Na	mg	2		0	BFZN	4		5	0	0
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	BFZN	4		0.5	0.0	0.0
Thiamin	mg	0.010		0	BFZN	4		0.023	0.000	0.001
Riboflavin	mg	0.037		0	BFZN	4		0.085	0.002	0.005
Niacin	mg	0.023		0	BFZN	4		0.053	0.001	0.003
Pantothenic acid	mg									
Vitamin B-6	mg	0.009		0	BFZN	4		0.021	0.000	0.001
Folate, total	mcg	1		0	BFZN	4		2	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	1		0	BFZN	4		2	0	0
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	0
Choline, total	mg	12.4		0	BFZN	4		28.5	0.6	1.7
Betaine	mg									
Vitamin B-12	mcg	0.10		0	BFZN	4		0.23	0.00	0.01
Vitamin B-12, added	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	819		0	BFZN	4		1875	39	115
Retinol	mcg	768		0	BFZN	4		1759	37	108
Carotene, beta	mcg	610		0	BFZN	4		1397	29	85
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	3577		0	NC	4		8191	172	501
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	9.00		0	BFZN	4		20.61	0.43	1.26
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	10.7		1	LC	8		24.5	0.5	1.5
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	429		1	LC	8		981	21	60
Vitamin K (phylloquinone)	mcg	93.0		0	BFZN	4		213.0	4.5	13.0
Lipids:										
Fatty acids, total saturated	g	15.189		0	BFZN	4		34.782	0.729	2.126
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04696

Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.046		0	BFZN	4		0.106	0.002	0.006
15:0 g									
16:0 g	8.431		0	BFZN	4		19.307	0.405	1.180
17:0 g									
18:0 g	6.173		0	BFZN	4		14.135	0.296	0.864
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	38.877		0	BFZN	4		89.029	1.866	5.443
14:1 g									
15:1 g									
16:1 undifferentiated g	0.045		0	BFZN	4		0.103	0.002	0.006
16:1 c g	0.045		0	BFZN	4		0.103	0.002	0.006
16:1 t g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	38.675		0	BFZN	4		88.566	1.856	5.415
18:1 c g	24.488		0	BFZN	4		56.079	1.175	3.428
18:1-11c (18:1c n-7) g									
18:1 t g	14.187		0	BFZN	4		32.487	0.681	1.986
18:1-11t (18:1t n-7) g									
20:1 g	0.133		0	BFZN	4		0.305	0.006	0.019
22:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	24.302		0	BFZN	4		55.653	1.167	3.402
18:2 undifferentiated g	22.252		0	BFZN	4		50.957	1.068	3.115
18:2 n-6 c,c g	21.522		0	BFZN	4		49.285	1.033	3.013
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	2.040		0	BFZN	4		4.672	0.098	0.286
18:4 g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.006		0	BFZN	4		0.014	0.000	0.001
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine mg	0		0	BFZN	4		0	0	0
Theobromine mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 teaspoon

Measure 3 = 14.0g: 1 tbsp

NDB No. 04696

Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04611
Margarine, regular, 80% fat, composite, tub, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.07	0.283	10	A	1		38.75	2.42	
Energy	kcal	713		0	NC	4		1618	101	
Energy	kJ	2981		0	NC	4		6768	423	
Protein (N x 6.25)	g	0.22	0.033	10	A	1		0.50	0.03	
Total lipid (fat)	g	80.17	0.253	10	A	1		181.99	11.38	
Ash	g	1.78	0.083	10	A	1		4.05	0.25	
Carbohydrate, by difference	g	0.75		0	NC	4		1.71	0.11	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		2	A	1		6	0	
Iron, Fe	mg	0.00		2	A	1		0.00	0.00	
Magnesium, Mg	mg	1		2	A	1		2	0	
Phosphorus, P	mg	5		2	A	1		12	1	
Potassium, K	mg	17		2	A	1		38	2	
Sodium, Na	mg	657		2	A	1		1491	93	
Zinc, Zn	mg	0.00		2	A	1		0.00	0.00	
Copper, Cu	mg	0.000		2	A	1		0.000	0.000	
Manganese, Mn	mg	0.000		2	A	1		0.000	0.000	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	BFZN	4		0.2	0.0	
Thiamin	mg	0.000		1	A	1		0.000	0.000	
Riboflavin	mg	0.000		2	A	1		0.000	0.000	
Niacin	mg	0.000		2	A	1		0.000	0.000	
Pantothenic acid	mg	0.085		2	A	1		0.193	0.012	
Vitamin B-6	mg	0.000		2	A	1		0.000	0.000	
Folate, total	mcg	1		0	BFZN	4		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0	BFZN	4		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Choline, total	mg	12.4		3	AS	1		28.2	1.8	
Betaine	mg									
Vitamin B-12	mcg	0.08		0	BFZN	4		0.18	0.01	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	819		0	NC	4		1859	116	
Retinol	mcg	768		0	CAZN	4		1743	109	
Carotene, beta	mcg	610		0	CAZN	4		1385	87	
Carotene, alpha	mcg	0		0	CAZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	CAZN	4		0	0	
Vitamin A, IU	IU	3571		1	ML	5		8106	507	
Lycopene	mcg	0		0	CAZN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	CAZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	15.43	0.415	3	A	1		35.04	2.19	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.16	0.015	3	A	1		0.36	0.02	
Tocopherol, gamma	mg	26.98	2.397	3	A	1		61.25	3.83	
Tocopherol, delta	mg	6.65	0.515	3	A	1		15.11	0.95	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	91.7		2	A	1		208.0	13.0	
Lipids:										
Fatty acids, total saturated	g	14.224		0	NC	4		32.288	2.020	
4:0	g	0.000	0.000	10	A	1		0.000	0.000	

NDB No. 04611
Margarine, regular, 80% fat, composite, tub, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000	0.000	10	A	1		0.000	0.000	
8:0 g	0.015	0.005	10	A	1		0.033	0.002	
10:0 g	0.023	0.004	10	A	1		0.052	0.003	
12:0 g	0.433	0.040	10	A	1		0.983	0.062	
13:0 g									
14:0 g	0.240	0.014	10	A	1		0.546	0.034	
15:0 g	0.020	0.002	10	A	1		0.046	0.003	
16:0 g	7.075	0.053	10	A	1		16.060	1.005	
17:0 g	0.062	0.001	10	A	1		0.140	0.009	
18:0 g	5.808	0.140	10	A	1		13.185	0.825	
20:0 g	0.356	0.005	10	A	1		0.808	0.051	
22:0 g	0.105	0.035	10	A	1		0.239	0.015	
24:0 g	0.087	0.002	10	A	1		0.197	0.012	
Fatty acids, total monounsaturated g	36.435		0	NC	4		82.706	5.174	
14:1 g	0.000	0.000	10	A	1		0.000	0.000	
15:1 g	0.000	0.000	10	A	1		0.000	0.000	
16:1 undifferentiated g	0.088	0.001	10	AS	1		0.200	0.012	
16:1 c g	0.088	0.001	10	A	1		0.200	0.012	
16:1 t g	0.000	0.000	9	A	1		0.000	0.000	
17:1 g	0.038	0.000	10	A	1		0.085	0.005	
18:1 undifferentiated g	35.541	0.742	10	AS	1		80.678	5.047	
18:1 c g	30.293	0.247	10	A	1		68.765	4.302	
18:1-11c (18:1c n-7) g									
18:1 t g	5.248	0.559	10	A	1		11.913	0.745	
18:1-11t (18:1t n-7) g									
20:1 g	0.682	0.042	10	A	1		1.547	0.097	
22:1 undifferentiated g	0.026	0.008	10	AS	1		0.059	0.004	
22:1 c g	0.026	0.008	10	A	1		0.059	0.004	
22:1 t g	0.000	0.000	9	A	1		0.000	0.000	
24:1 c g	0.061	0.001	10	A	1		0.138	0.009	
Fatty acids, total polyunsaturated g	26.741		0	NC	4		60.701	3.797	
18:2 undifferentiated g	21.656	0.880	10	AS	1		49.160	3.075	
18:2 n-6 c,c g	21.038	1.064	10	A	1		47.756	2.987	
18:2 CLAs g	0.040	0.003	10	A	1		0.090	0.006	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.579	0.190	10	A	1		1.314	0.082	
18:3 undifferentiated g	5.031	0.236	10	AS	1		11.421	0.714	
18:3 n-3 c,c,c (ALA) g	4.677	0.274	10	A	1		10.617	0.664	
18:3 n-6 c,c,c g	0.354	0.039	10	A	1		0.804	0.050	
18:3i g									
18:4 g	0.000	0.000	10	A	1		0.000	0.000	
20:2 n-6 c,c g	0.024	0.003	10	A	1		0.055	0.003	
20:3 undifferentiated g	0.021	0.002	10	AS	1		0.047	0.003	
20:3 n-3 g	0.000	0.000	10	A	1		0.000	0.000	
20:3 n-6 g	0.021	0.002	10	A	1		0.047	0.003	
20:4 undifferentiated g	0.000	0.000	10	A	1		0.000	0.000	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	10	A	1		0.000	0.000	
21:5 g									
22:4 g	0.000	0.000	10	A	1		0.000	0.000	
22:5 n-3 (DPA) g	0.005	0.002	10	A	1		0.012	0.001	
22:6 n-3 (DHA) g	0.003	0.001	10	A	1		0.006	0.000	
Fatty acids, total trans g	5.827		0	NC	4		13.227	0.827	
Fatty acids, total trans-monoenoic g	5.248		0	NC	4		11.913	0.745	
Fatty acids, total trans-polyenoic g	0.579		0	NC	4		1.314	0.082	
Cholesterol mg	0		0	BFZN	4		0	0	
Phytosterols mg	210		0	AS	1		477	30	
Stigmasterol mg	37		1	A	1		84	5	
Campesterol mg	48		1	A	1		109	7	
Beta-sitosterol mg	112		1	A	1		254	16	

NDB No. 04611
Margarine, regular, 80% fat, composite, tub, with salt

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

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04692

Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.07	0.283	10	A	1		2.39		
Energy	kcal	713		0	NC	4		100		
Energy	kJ	2981		0	NC	4		417		
Protein (N x 6.38)	g	0.22	0.033	10	A	1		0.03		
Total lipid (fat)	g	80.17	0.253	10	A	1		11.22		
Ash	g	1.78	0.083	10	A	1		0.25		
Carbohydrate, by difference	g	0.75		0	BFZN	4		0.11		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	3		2	A	1		0		
Iron, Fe	mg	0.00		2	A	1		0.00		
Magnesium, Mg	mg	1		2	A	1		0		
Phosphorus, P	mg	5		2	A	1		1		
Potassium, K	mg	17		2	A	1		2		
Sodium, Na	mg	657		2	A	1		92		
Zinc, Zn	mg	0.00		2	A	1		0.00		
Copper, Cu	mg	0.000		2	A	1		0.000		
Manganese, Mn	mg	0.000		2	A	1		0.000		
Selenium, Se	mcg	0.0		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	BFZN	4		0.0		
Thiamin	mg	0.000		1	A	1		0.000		
Riboflavin	mg	0.000		2	A	1		0.000		
Niacin	mg	0.000		2	A	1		0.000		
Pantothenic acid	mg	0.085		2	A	1		0.012		
Vitamin B-6	mg	0.000		2	A	1		0.000		
Folate, total	mcg	1		0	BFZN	4		0		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	1		0	BFZN	4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Choline, total	mg	12.4		0	BFZN	4		1.7		
Betaine	mg									
Vitamin B-12	mcg	0.08		0	BFZN	4		0.01		
Vitamin B-12, added	mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE	mcg_RAE	819		0	BFZN	4		115		
Retinol	mcg	768		0	BFZN	4		108		
Carotene, beta	mcg	610		0	BFZN	4		85		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	3577		0	NC	4		501		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	15.43	0.415	3	A	1		2.16		
Vitamin E, added	mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta	mg	0.16	0.015	3	A	1		0.02		
Tocopherol, gamma	mg	26.98	2.397	3	A	1		3.78		
Tocopherol, delta	mg	6.65	0.515	3	A	1		0.93		
Vitamin D (D2 + D3)	mcg	10.7		1	LC	8		1.5		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	429		1	LC	8		60		
Vitamin K (phylloquinone)	mcg	91.7		2	A	1		12.8		
Lipids:										
Fatty acids, total saturated	g	14.224		0	NC	4		1.991		
4:0	g	0.000	0.000	10	A	1		0.000		

NDB No. 04692

Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000	0.000	10	A	1		0.000		
8:0 g	0.015	0.005	10	A	1		0.002		
10:0 g	0.023	0.004	10	A	1		0.003		
12:0 g	0.433	0.040	10	A	1		0.061		
13:0 g									
14:0 g	0.240	0.014	10	A	1		0.034		
15:0 g	0.020	0.002	10	A	1		0.003		
16:0 g	7.075	0.053	10	A	1		0.990		
17:0 g	0.062	0.001	10	A	1		0.009		
18:0 g	5.808	0.140	10	A	1		0.813		
20:0 g	0.356	0.005	10	A	1		0.050		
22:0 g	0.105	0.035	10	A	1		0.015		
24:0 g	0.087	0.002	10	A	1		0.012		
Fatty acids, total monounsaturated g	36.435		0	NC	4		5.101		
14:1 g	0.000	0.000	10	A	1		0.000		
15:1 g	0.000	0.000	10	A	1		0.000		
16:1 undifferentiated g	0.088	0.001	10	AS	1		0.012		
16:1 c g	0.088	0.001	10	A	1		0.012		
16:1 t g	0.000	0.000	9	A	1		0.000		
17:1 g	0.038	0.000	10	A	1		0.005		
18:1 undifferentiated g	35.541	0.742	10	AS	1		4.976		
18:1 c g	30.293	0.247	10	A	1		4.241		
18:1-11c (18:1c n-7) g									
18:1 t g	5.248	0.559	10	A	1		0.735		
18:1-11t (18:1t n-7) g									
20:1 g	0.682	0.042	10	A	1		0.095		
22:1 undifferentiated g	0.026	0.008	10	AS	1		0.004		
22:1 c g	0.026	0.008	10	A	1		0.004		
22:1 t g	0.000	0.000	9	A	1		0.000		
24:1 c g	0.061	0.001	10	A	1		0.009		
Fatty acids, total polyunsaturated g	26.741		0	NC	4		3.744		
18:2 undifferentiated g	21.656	0.880	10	AS	1		3.032		
18:2 n-6 c,c g	21.038	1.064	10	A	1		2.945		
18:2 CLAs g	0.040	0.003	10	A	1		0.006		
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.579	0.190	10	A	1		0.081		
18:3 undifferentiated g	5.031	0.236	10	AS	1		0.704		
18:3 n-3 c,c,c (ALA) g	4.677	0.274	10	A	1		0.655		
18:3 n-6 c,c,c g	0.354	0.039	10	A	1		0.050		
18:3i g									
18:4 g	0.000	0.000	10	A	1		0.000		
20:2 n-6 c,c g	0.024	0.003	10	A	1		0.003		
20:3 undifferentiated g	0.021	0.002	10	AS	1		0.003		
20:3 n-3 g	0.000	0.000	10	A	1		0.000		
20:3 n-6 g	0.021	0.002	10	A	1		0.003		
20:4 undifferentiated g	0.000	0.000	10	A	1		0.000		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	10	A	1		0.000		
21:5 g									
22:4 g	0.000	0.000	10	A	1		0.000		
22:5 n-3 (DPA) g	0.005	0.002	10	A	1		0.001		
22:6 n-3 (DHA) g	0.003	0.001	10	A	1		0.000		
Fatty acids, total trans g	5.827		0	NC	4		0.816		
Fatty acids, total trans-monoenoic g	5.248		0	NC	4		0.735		
Fatty acids, total trans-polyenoic g	0.579		0	NC	4		0.081		
Cholesterol mg	0		0	BFZN	4		0		
Phytosterols mg	210		0	AS	1		29		
Stigmasterol mg	37		1	A	1		5		
Campesterol mg	48		1	A	1		7		
Beta-sitosterol mg	112		1	A	1		16		

NDB No. 04692

Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate**3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04618
Margarine, regular, 80% fat, composite, tub, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	17.07		0	BFZN	4		38.75	2.42	
Energy....kcal	713		0	BFZN	4		1618	101	
Energy....kJ	2981		0	BFZN	4		6768	423	
Protein....g	0.22		0	BFZN	4		0.50	0.03	
Total lipid (fat)....g	80.17		0	BFZN	4		181.99	11.38	
Ash....g	1.78		0	BFZN	4		4.05	0.25	
Carbohydrate, by difference....g	0.75		0	BFZN	4		1.71	0.11	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	BFZN	4		6	0	
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg....mg	1		0	BFZN	4		2	0	
Phosphorus, P....mg	5		0	BFZN	4		12	1	
Potassium, K....mg	17		0	BFZN	4		38	2	
Sodium, Na....mg	28		0	BFZN	4		64	4	
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	BFZN	4		0.2	0.0	
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total....mcg	1		0	BFZN	4		2	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	1		0	BFZN	4		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg	12.4		0	BFZN	4		28.2	1.8	
Betaine....mg									
Vitamin B-12....mcg	0.08		0	BFZN	4		0.18	0.01	
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	819		0	BFZN	4		1859	116	
Retinol....mcg	768		0	BFZN	4		1743	109	
Carotene, beta....mcg	610		0	BFZN	4		1385	87	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	3577		0	NC	4		8119	508	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	15.43		0	BFZN	4		35.04	2.19	
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	BFZN	4		0	0	
Vitamin K (phylloquinone)....mcg	91.7		0	BFZN	4		208.0	13.0	
Lipids:									
Fatty acids, total saturated....g	14.224		0	BFZN	4		32.288	2.020	
4:0....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 04618

Margarine, regular, 80% fat, composite, tub, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFZN	4		0.000	0.000	
8:0 ... g	0.015		0	BFZN	4		0.033	0.002	
10:0 ... g	0.023		0	BFZN	4		0.052	0.003	
12:0 ... g	0.433		0	BFZN	4		0.983	0.062	
13:0 ... g									
14:0 ... g	0.240		0	BFZN	4		0.546	0.034	
15:0 ... g									
16:0 ... g	7.075		0	BFZN	4		16.060	1.005	
17:0 ... g									
18:0 ... g	5.808		0	BFZN	4		13.185	0.825	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	36.435		0	BFZN	4		82.706	5.174	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.088		0	BFZN	4		0.200	0.012	
17:1 ... g									
18:1 undifferentiated ... g	35.541		0	BFZN	4		80.678	5.047	
20:1 ... g	0.682		0	BFZN	4		1.547	0.097	
22:1 undifferentiated ... g	0.026		0	BFZN	4		0.059	0.004	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	26.741		0	BFZN	4		60.701	3.797	
18:2 undifferentiated ... g	21.656		0	BFZN	4		49.160	3.075	
18:3 undifferentiated ... g	5.031		0	BFZN	4		11.421	0.714	
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.005		0	BFZN	4		0.012	0.001	
22:6 n-3 (DHA) ... g	0.003		0	BFZN	4		0.006	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	BFZN	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0	0.0	
Caffeine ... mg	0		0	BFZN	4		0	0	
Theobromine ... mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04073
Margarine, regular, hard, soybean (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kJ	3007		0		4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P	mg	23		0		1		1	26	
Potassium, K	mg	42		0		1		2	48	
Sodium, Na	mg	943	9.459	337		1		44	1066	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010		0		1		0.000	0.011	
Riboflavin	mg	0.037		0		1		0.002	0.042	
Niacin	mg	0.023		0		1		0.001	0.026	
Pantothenic acid	mg	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.10		0		1		0.00	0.11	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	819		0	NC	4		38	925	
Retinol	mcg	768		0	CAZN	4		36	868	
Carotene, beta	mcg	610		0	CAZN	4		29	689	
Carotene, alpha	mcg	0		0	CAZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	CAZN	4		0	0	
Vitamin A, IU	IU	3577		0	NC	4		168	4042	
Lycopene	mcg	0		0	CAZN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	CAZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	3.10		1		1		0.15	3.50	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	16.700		0		1		0.785	18.871	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 04073
Margarine, regular, hard, soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.200	0.080	4		1		0.009	0.226	
15:0 g									
16:0 g	9.600	0.615	4		1		0.451	10.848	
17:0 g									
18:0 g	6.900	0.103	4		1		0.324	7.797	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	39.300		0		1		1.847	44.409	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200		1		1		0.009	0.226	
17:1 g									
18:1 undifferentiated g	39.100	1.521	4		1		1.838	44.183	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	20.900		0		1		0.982	23.617	
18:2 undifferentiated g	19.400	1.179	4		1		0.912	21.922	
18:3 undifferentiated g	1.500	0.420	4		1		0.071	1.695	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg	146		1		1		7	165	
Amino Acids:									
Tryptophan g	0.012		0		1		0.001	0.014	
Threonine g	0.039		0		1		0.002	0.044	
Isoleucine g	0.052		0		1		0.002	0.059	
Leucine g	0.084		0		1		0.004	0.095	
Lysine g	0.068		0		1		0.003	0.077	
Methionine g	0.021		0		1		0.001	0.024	
Cystine g	0.008		0		1		0.000	0.009	
Phenylalanine g	0.041		0		1		0.002	0.046	
Tyrosine g	0.041		0		1		0.002	0.046	
Valine g	0.057		0		1		0.003	0.064	
Arginine g	0.031		0		1		0.001	0.035	
Histidine g	0.023		0		1		0.001	0.026	
Alanine g	0.029		0		1		0.001	0.033	
Aspartic acid g	0.065		0		1		0.003	0.073	
Glutamic acid g	0.179		0		1		0.008	0.202	
Glycine g	0.018		0		1		0.001	0.020	
Proline g	0.083		0		1		0.004	0.094	
Serine g	0.046		0		1		0.002	0.052	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

NDB No. 04073

Margarine, regular, hard, soybean (hydrogenated)

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04655

Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.00		0	O	4		3.92		
Energy	kcal	628		0	NC	4		88		
Energy	kJ	2626		0	NC	4		368		
Protein (N x 6.25)	g	0.00		0	LC	8		0.00		
Total lipid (fat)	g	71.00		1	PAK	1		9.94		
Ash	g	1.00		0	O	4		0.14		
Carbohydrate, by difference	g	0.00		0	LC	8		0.00		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0		
Iron, Fe	mg	0.00		0	BFZN	4		0.00		
Magnesium, Mg	mg	0		0	BFZN	4		0		
Phosphorus, P	mg	0		0	BFZN	4		0		
Potassium, K	mg	0		0	BFZN	4		0		
Sodium, Na	mg	864		0	LC	8		121		
Zinc, Zn	mg	0.00		0	BFZN	4		0.00		
Copper, Cu	mg	0.000		0	BFZN	4		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0		
Thiamin	mg	0.000		0	BFZN	4		0.000		
Riboflavin	mg	0.000		0	BFZN	4		0.000		
Niacin	mg	0.000		0	BFZN	4		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0	BFZN	4		0.000		
Folate, total	mcg	0		0	BFZN	4		0		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	0		0	BFZN	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0		
Retinol	mcg	0		0	BFZN	4		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0	LC	8		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.80		0	BFZN	4		0.11		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	43.0		0	BFZN	4		6.0		
Lipids:										
Fatty acids, total saturated	g	22.869		0	NC	4		3.202		
4:0	g	0.000		1	A	1		0.000		

NDB No. 04655

Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.033		1	A	1		0.005		
13:0....g									
14:0....g	0.147		1	A	1		0.021		
15:0....g	0.034		1	A	1		0.005		
16:0....g	9.296		1	A	1		1.301		
17:0....g	0.101		1	A	1		0.014		
18:0....g	12.754		1	A	1		1.786		
20:0....g	0.265		1	A	1		0.037		
22:0....g	0.239		1	A	1		0.033		
24:0....g									
Fatty acids, total monounsaturated....g	37.243		0	NC	4		5.214		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.054		0	AS	1		0.008		
16:1 c....g	0.054		1	A	1		0.008		
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	37.189		0	AS	1		5.207		
18:1 c....g	19.650		1	A	1		2.751		
18:1-11c (18:1c n-7)....g									
18:1 t....g	17.539		1	A	1		2.456		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.512		0	NC	4		1.052		
18:2 undifferentiated....g	6.755		0	AS	1		0.946		
18:2 n-6 c,c....g	5.491		1	A	1		0.769		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	1.265		1	A	1		0.177		
18:2 t not further defined....g									
18:3 undifferentiated....g	0.757		0	AS	1		0.106		
18:3 n-3 c,c,c (ALA)....g	0.493		1	A	1		0.069		
18:3 n-6 c,c,c....g									
18:3i....g	0.264		1	A	1		0.037		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	19.068		0	NC	4		2.669		
Fatty acids, total trans-monoenoic....g	17.539		0	NC	4		2.456		
Fatty acids, total trans-polyenoic....g	1.528		0	NC	4		0.214		
Cholesterol....mg	0		0	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

NDB No. 04655

Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries

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

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04626
Margarine-like spread with yogurt, 70% fat, stick, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.00		0	MC	9		3.92		
Energy	kcal	630		0	MC	9		88		
Energy	kJ	2636		0		9		369		
Protein	g	0.30		0	MC	9		0.04		
Total lipid (fat)	g	70.00		0	MC	9		9.80		
Ash	g	2.00		0	MC	9		0.28		
Carbohydrate, by difference	g	0.50		0	MC	9		0.07		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	0.00		0	CAZN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0	BFZN	4		3		
Iron, Fe	mg	0.01		0	BFZN	4		0.00		
Magnesium, Mg	mg	2		0	BFZN	4		0		
Phosphorus, P	mg	16		0	BFZN	4		2		
Potassium, K	mg	25		0	BFZN	4		4		
Sodium, Na	mg	590		0	MC	9		83		
Zinc, Zn	mg	0.10		0	BFZN	4		0.01		
Copper, Cu	mg	0.002		0	BFZN	4		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	BFZN	4		0.0		
Thiamin	mg	0.005		0	BFZN	4		0.001		
Riboflavin	mg	0.020		0	BFZN	4		0.003		
Niacin	mg	0.010		0	BFZN	4		0.001		
Pantothenic acid	mg									
Vitamin B-6	mg	0.050		0	BFZN	4		0.007		
Folate, total	mcg	1		0	BFZN	4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1		0	BFZN	4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Choline, total	mg	12.4		0	CAZN	4		1.7		
Betaine	mg									
Vitamin B-12	mcg	0.06		0	BFZN	4		0.01		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	819		0	NC	4		115		
Retinol	mcg	768		0	CAZN	4		108		
Carotene, beta	mcg	610		0	CAZN	4		85		
Carotene, alpha	mcg	0		0	CAZN	4		0		
Cryptoxanthin, beta	mcg	0		0	CAZN	4		0		
Vitamin A, IU	IU	3577		0	NC	4		501		
Lycopene	mcg	0		0	CAZN	4		0		
Lutein + zeaxanthin	mcg	0		0	CAZN	4		0		
Vitamin E (alpha-tocopherol)	mg	5.00		0	BFZN	4		0.70		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	93.0		1	CAZN	4		13.0		
Lipids:										
Fatty acids, total saturated	g	13.300		0	BFZN	4		1.862		
4:0	g	0.000		0	BFZN	4		0.000		

NDB No. 04626

Margarine-like spread with yogurt, 70% fat, stick, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFZN	4		0.000		
8:0 g	0.000		0	BFZN	4		0.000		
10:0 g	0.000		0	BFZN	4		0.000		
12:0 g	0.000		0	BFZN	4		0.000		
13:0 g									
14:0 g	0.000		0	BFZN	4		0.000		
15:0 g									
16:0 g	9.800		0	BFZN	4		1.372		
17:0 g									
18:0 g	3.500		0	BFZN	4		0.490		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	39.900		0	BFZN	4		5.586		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.700		0	BFZN	4		0.098		
17:1 g									
18:1 undifferentiated g	39.200		0	BFZN	4		5.488		
20:1 g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated g	0.000		0	BFZN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	14.000		0	BFZN	4		1.960		
18:2 undifferentiated g	12.600		0	BFZN	4		1.764		
18:3 undifferentiated g	1.400		0	BFZN	4		0.196		
18:4 g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04627

Margarine-like spread with yogurt, approximately 40% fat, tub, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.00		0	MC	9		8.26		
Energy....kcal	330		0	MC	9		46		
Energy....kJ	1381		0		9		193		
Protein....g	2.00		0	MC	9		0.28		
Total lipid (fat)....g	35.00		0	MC	9		4.90		
Ash....g	2.00		0	MC	9		0.28		
Carbohydrate, by difference....g	2.00		0	NC	4		0.28		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.00		0	CAZN	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	50		0	BFZN	4		7		
Iron, Fe....mg	0.02		0	BFZN	4		0.00		
Magnesium, Mg....mg	5		0	BFZN	4		1		
Phosphorus, P....mg	39		0	BFZN	4		5		
Potassium, K....mg	64		0	BFZN	4		9		
Sodium, Na....mg	630		0	MC	9		88		
Zinc, Zn....mg	0.24		0	BFZN	4		0.03		
Copper, Cu....mg	0.004		0	BFZN	4		0.001		
Manganese, Mn....mg									
Selenium, Se....mcg	1.0		0	BFZN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	BFZN	4		0.0		
Thiamin....mg	0.010		0	BFZN	4		0.001		
Riboflavin....mg	0.060		0	BFZN	4		0.008		
Niacin....mg	0.030		0	BFZN	4		0.004		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	BFZN	4		0.001		
Folate, total....mcg	3		0	BFZN	4		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	3		0	BFZN	4		0		
Folate, DFE....mcg_DFE	3		0	NC	4		0		
Choline, total....mg	12.4		0	CAZN	4		1.7		
Betaine....mg									
Vitamin B-12....mcg	0.15		0	BFZN	4		0.02		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	819		0	NC	4		115		
Retinol....mcg	768		0	CAZN	4		108		
Carotene, beta....mcg	610		0	CAZN	4		85		
Carotene, alpha....mcg	0		0	CAZN	4		0		
Cryptoxanthin, beta....mcg	0		0	CAZN	4		0		
Vitamin A, IU....IU	3577		0	NC	4		501		
Lycopene....mcg	0		0	CAZN	4		0		
Lutein + zeaxanthin....mcg	0		0	CAZN	4		0		
Vitamin E (alpha-tocopherol)....mg	5.00		0	BFZN	4		0.70		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	93.0		1	CAZN	4		13.0		
Lipids:									
Fatty acids, total saturated....g	7.000		0	BFZN	4		0.980		
4:0....g	0.000		0	BFZN	4		0.000		

NDB No. 04627

Margarine-like spread with yogurt, approximately 40% fat, tub, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFZN	4		0.000		
8:0 ... g	0.000		0	BFZN	4		0.000		
10:0 ... g	0.000		0	BFZN	4		0.000		
12:0 ... g	0.000		0	BFZN	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	BFZN	4		0.000		
15:0 ... g									
16:0 ... g	5.950		0	BFZN	4		0.833		
17:0 ... g									
18:0 ... g	1.050		0	BFZN	4		0.147		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.800		0	BFZN	4		1.372		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.350		0	BFZN	4		0.049		
17:1 ... g									
18:1 undifferentiated ... g	9.450		0	BFZN	4		1.323		
20:1 ... g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	16.800		0	BFZN	4		2.352		
18:2 undifferentiated ... g	15.040		0	BFZN	4		2.106		
18:3 undifferentiated ... g	1.750		0	BFZN	4		0.245		
18:4 ... g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04687

Margarine-like spread, BENECOL Light Spread (1)

McNeil Nutritionals, LLC

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.73		2	A	1		7.52		
Energy	kcal	357		0	LC	8		50		
Energy	kJ	1494		0	LC	8		209		
Protein	g	0.00		2	A	1		0.00		
Total lipid (fat)	g	38.71		1	A	1		5.42		
Ash	g	1.86		2	A	1		0.26		
Carbohydrate, by difference	g	5.71		0	NC	4		0.80		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1	A	1		1		
Iron, Fe	mg	0.00		1	A	1		0.00		
Magnesium, Mg	mg	1		1	A	1		0		
Phosphorus, P	mg	4		1	A	1		1		
Potassium, K	mg	4		1	A	1		0		
Sodium, Na	mg	670		1	A	1		94		
Zinc, Zn	mg	0.00		1	A	1		0.00		
Copper, Cu	mg	0.000		1	A	1		0.000		
Manganese, Mn	mg	0.000		1	A	1		0.000		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.012		1	A	1		0.002		
Riboflavin	mg	0.000		1	A	1		0.000		
Niacin	mg	0.000		1	A	1		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		1	A	1		0.000		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	1370		0	AS	1		192		
Vitamin A, IU	IU	4567		0	AS	1		639		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	37.22		2	A	1		5.21		
Tocopherol, beta	mg	0.07		2	A	1		0.01		
Tocopherol, gamma	mg	13.80		2	A	1		1.93		
Tocopherol, delta	mg	2.58		2	A	1		0.36		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	56.5		2	A	1		7.9		
Lipids:										
Fatty acids, total saturated	g	4.770		0	NC	4		0.668		
4:0	g	0.000		2	A	1		0.000		
6:0	g	0.000		2	A	1		0.000		
8:0	g	0.000		2	A	1		0.000		
10:0	g	0.000		2	A	1		0.000		
12:0	g	0.000		2	A	1		0.000		
13:0	g									
14:0	g	0.036		2	A	1		0.005		
15:0	g	0.002		2	A	1		0.000		
16:0	g	2.736		2	A	1		0.383		

NDB No. 04687
Margarine-like spread, BENECOL Light Spread (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 ... g	0.036		2	A	1		0.005		
18:0 ... g	1.670		2	A	1		0.234		
20:0 ... g	0.150		2	A	1		0.021		
22:0 ... g	0.138		2	A	1		0.019		
24:0 ... g	0.003		2	A	1		0.000		
Fatty acids, total monounsaturated ... g	18.932		0	NC	4		2.650		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.074		0	AS	1		0.010		
16:1 c ... g	0.074		2	A	1		0.010		
16:1 t ... g									
17:1 ... g	0.041		2	A	1		0.006		
18:1 undifferentiated ... g	18.525		0	AS	1		2.593		
18:1 c ... g	16.689		2	A	1		2.336		
18:1-11c (18:1c n-7) ... g									
18:1 t ... g	1.836		2	A	1		0.257		
18:1-11t (18:1t n-7) ... g									
20:1 ... g	0.269		2	A	1		0.038		
22:1 undifferentiated ... g	0.024		0	AS	1		0.003		
22:1 c ... g	0.024		2	A	1		0.003		
22:1 t ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	11.948		0	NC	4		1.673		
18:2 undifferentiated ... g	9.724		0	AS	1		1.361		
18:2 n-6 c,c ... g	9.557		2	A	1		1.338		
18:2 CLAs ... g									
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g									
18:2 i ... g									
18:2 t not further defined ... g	0.167		2	A	1		0.023		
18:3 undifferentiated ... g	2.187		0	AS	1		0.306		
18:3 n-3 c,c,c (ALA) ... g	1.976		2	A	1		0.277		
18:3 n-6 c,c,c ... g									
18:3i ... g	0.211		2	A	1		0.030		
18:4 ... g	0.000		2	A	1		0.000		
20:2 n-6 c,c ... g	0.037		2	A	1		0.005		
20:3 undifferentiated ... g									
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.000		2	A	1		0.000		
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.000		2	A	1		0.000		
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.000		2	A	1		0.000		
22:6 n-3 (DHA) ... g	0.000		2	A	1		0.000		
Fatty acids, total trans ... g	2.214		0	NC	4		0.310		
Fatty acids, total trans-monoenoic ... g	1.836		0	NC	4		0.257		
Fatty acids, total trans-polyenoic ... g	0.378		0	NC	4		0.053		
Cholesterol ... mg									
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon (1 NLEA serving)

Footnotes:

1 Plant Stanol esters = 6070 mg/100g

NDB No. 04687
Margarine-like spread, BENECOL Light Spread (1)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04674

Margarine-like spread, SMART BALANCE Light Buttery Spread

GFA Brands

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.89	0.951	3	A	1		8.38		
Energy	kcal	337		0	MC	9		47		
Energy	kJ	1410		0	MC	9		197		
Protein (N x 6.38)	g	0.02	0.021	3	A	1		0.00		
Total lipid (fat)	g	36.41	0.259	3	A	1		5.10		
Ash	g	1.70	0.330	3	A	1		0.24		
Carbohydrate, by difference	g	1.98		0	NC	4		0.28		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1	A	1		0		
Iron, Fe	mg	0.00		1	A	1		0.00		
Magnesium, Mg	mg	1		1	A	1		0		
Phosphorus, P	mg	1		1	A	1		0		
Potassium, K	mg	32		1	A	1		4		
Sodium, Na	mg	580		1	A	1		81		
Zinc, Zn	mg	0.00		1	A	1		0.00		
Copper, Cu	mg	0.000		1	A	1		0.000		
Manganese, Mn	mg	0.000		1	A	1		0.000		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.000		1	A	1		0.000		
Riboflavin	mg	0.000		1	A	1		0.000		
Niacin	mg	0.000		1	A	1		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		1	A	1		0.000		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	1433		0	NC	4		201		
Vitamin A, IU	IU	5161		0	MC	9		723		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	15.75	0.754	3	A	1		2.20		
Tocopherol, beta	mg	0.06	0.010	3	A	1		0.01		
Tocopherol, gamma	mg	7.76	0.475	3	A	1		1.09		
Tocopherol, delta	mg	1.12	0.139	3	A	1		0.16		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	46.8	0.812	3	A	1		6.5		
Lipids:										
Fatty acids, total saturated	g	10.087		0	NC	4		1.412		
4:0	g	0.004	0.000	3	A	1		0.001		
6:0	g	0.000	0.000	3	A	1		0.000		
8:0	g	0.005	0.000	3	A	1		0.001		
10:0	g	0.000	0.000	3	A	1		0.000		
12:0	g	0.077	0.006	3	A	1		0.011		
13:0	g									
14:0	g	0.188	0.002	3	A	1		0.026		
15:0	g	0.009	0.004	3	A	1		0.001		
16:0	g	8.043	0.178	3	A	1		1.126		

NDB No. 04674
Margarine-like spread, SMART BALANCE Light Buttery Spread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.035	0.002	3	A	1		0.005		
18:0 g	1.499	0.046	3	A	1		0.210		
20:0 g	0.146	0.019	3	A	1		0.020		
22:0 g	0.080	0.005	3	A	1		0.011		
24:0 g	0.005		1	A	1		0.001		
Fatty acids, total monounsaturated g	13.699		0	NC	4		1.918		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.063	0.006	3	AS	1		0.009		
16:1 c g	0.063	0.006	3	A	1		0.009		
16:1 t g									
17:1 g	0.014	0.005	3	A	1		0.002		
18:1 undifferentiated g	13.494	0.349	3	AS	1		1.889		
18:1 c g	13.213	0.330	3	A	1		1.850		
18:1-11c (18:1c n-7) g									
18:1 t g	0.281	0.043	3	A	1		0.039		
18:1-11t (18:1t n-7) g									
20:1 g	0.122	0.002	3	A	1		0.017		
22:1 undifferentiated g	0.007	0.007	3	AS	1		0.001		
22:1 c g	0.007	0.007	3	A	1		0.001		
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	9.651		0	NC	4		1.351		
18:2 undifferentiated g	8.318	0.319	3	AS	1		1.165		
18:2 n-6 c,c g	8.175	0.307	3	A	1		1.145		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.143	0.019	3	A	1		0.020		
18:2 t not further defined g									
18:3 undifferentiated g	1.304	0.087	3	AS	1		0.183		
18:3 n-3 c,c,c (ALA) g	1.116	0.076	3	A	1		0.156		
18:3 n-6 c,c,c g									
18:3i g	0.187	0.018	3	A	1		0.026		
18:4 g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c g	0.029	0.006	3	A	1		0.004		
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	3	A	1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA) g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans g	0.611		0	NC	4		0.086		
Fatty acids, total trans-monoenoic g	0.281		0	NC	4		0.039		
Fatty acids, total trans-polyenoic g	0.330		0	NC	4		0.046		
Cholesterol mg									
Phytosterols mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

NDB No. 04674
Margarine-like spread, SMART BALANCE Light Buttery Spread

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04677

Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)

GFA Brands

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	27.86	0.055	3	A	1		3.90		
Energy....kcal	605		0	MC	9		85		
Energy....kJ	2531		0	MC	9		354		
Protein (N x 6.38)....g	0.13	0.028	3	A	1		0.02		
Total lipid (fat) (1) ....g	70.95	0.107	3	A	1		9.93		
Ash....g	0.91	0.023	3	A	1		0.13		
Carbohydrate, by difference....g	0.16		0	NC	4		0.02		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.00		0	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	23		0	MC	9		3		
Potassium, K....mg	71		0	MC	9		10		
Sodium, Na....mg	729		0	MC	9		102		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	19.830		0	NC	4		2.776		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.005	0.005	3	A	1		0.001		
10:0....g	0.104	0.013	3	A	1		0.015		
12:0....g	0.093	0.005	3	A	1		0.013		
13:0....g									
14:0....g	0.665	0.003	3	A	1		0.093		
15:0....g	0.045	0.002	3	A	1		0.006		
16:0....g	15.959	0.194	3	A	1		2.234		
17:0....g	0.064	0.004	3	A	1		0.009		
18:0....g	2.441	0.019	3	A	1		0.342		
20:0....g	0.245	0.006	3	A	1		0.034		
22:0....g	0.120	0.004	3	A	1		0.017		
24:0....g	0.089	0.016	3	A	1		0.013		
Fatty acids, total monounsaturated....g	25.334		0	NC	4		3.547		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.471	0.006	3	AS	1		0.066		
16:1 c....g	0.471	0.006	3	A	1		0.066		
16:1 t....g	0.000	0.000	3	A	1		0.000		
17:1....g	0.030	0.001	3	A	1		0.004		
18:1 undifferentiated....g	24.451	0.359	3	AS	1		3.423		
18:1 c....g	24.327	0.365	3	A	1		3.406		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.124	0.011	3	A	1		0.017		
18:1-11t (18:1t n-7)....g									
20:1....g	0.357	0.041	3	A	1		0.050		
22:1 undifferentiated....g	0.014	0.001	3	AS	1		0.002		
22:1 c....g	0.014	0.001	3	A	1		0.002		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.011	0.011	3	A	1		0.002		
Fatty acids, total polyunsaturated....g	18.484		0	NC	4		2.588		
18:2 undifferentiated....g	15.201	0.182	3	AS	1		2.128		
18:2 n-6 c,c....g	14.917	0.207	3	A	1		2.088		
18:2 CLAs....g	0.030	0.009	3	A	1		0.004		

NDB No. 04677

Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.253	0.023	3	A	1		0.035		
18:3 undifferentiated....g	2.432	0.109	3	AS	1		0.340		
18:3 n-3 c,c,c (ALA)....g	2.386	0.070	3	A	1		0.334		
18:3 n-6 c,c,c....g	0.046	0.039	3	A	1		0.006		
18:3i....g									
18:4....g	0.089	0.008	3	A	1		0.012		
20:2 n-6 c,c....g	0.021	0.005	3	A	1		0.003		
20:3 undifferentiated....g	0.017	0.002	3	AS	1		0.002		
20:3 n-3....g	0.005	0.003	3	A	1		0.001		
20:3 n-6....g	0.011	0.005	3	A	1		0.002		
20:4 undifferentiated....g	0.023	0.003	3	A	1		0.003		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.314	0.013	3	A	1		0.044		
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA)....g	0.059	0.005	3	A	1		0.008		
22:6 n-3 (DHA)....g	0.322	0.005	3	A	1		0.045		
Fatty acids, total trans....g	0.377		0	NC	4		0.053		
Fatty acids, total trans-monoenoic....g	0.124		0	NC	4		0.017		
Fatty acids, total trans-polyenoic....g	0.253		0	NC	4		0.035		
Cholesterol....mg	23		1	A	1		3		
Phytosterols....mg	3		0	MC	9		0		
Stigmasterol....mg	0		0	MC	9		0		
Campesterol....mg	0		0	MC	9		0		
Beta-sitosterol....mg	3		0	MC	9		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 3.982 g omega-3 fatty acids of which 1.071 g are long chain fatty acids

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04673

Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil

GFA Brands

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.95		2	A	1		4.75		
Energy....kcal	583		0	NC	4		82		
Energy....kJ	2438		0	NC	4		341		
Protein....g	0.14		2	A	1		0.02		
Total lipid (fat) (1) ....g	64.63		2	A	1		9.05		
Ash....g	1.14		2	A	1		0.16		
Carbohydrate, by difference....g	0.14		0	NC	4		0.02		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.00		0	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	4		0	MC	9		1		
Potassium, K....mg	28		0	MC	9		4		
Sodium, Na....mg	646		0	MC	9		90		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	16.690		0	NC	4		2.337		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.001		2	A	1		0.000		
10:0....g	0.064		2	A	1		0.009		
12:0....g	0.071		2	A	1		0.010		
13:0....g									
14:0....g	0.293		2	A	1		0.041		
15:0....g	0.017		2	A	1		0.002		
16:0....g	13.550		2	A	1		1.897		
17:0....g	0.041		2	A	1		0.006		
18:0....g	2.241		2	A	1		0.314		
20:0....g	0.233		2	A	1		0.033		
22:0....g	0.114		2	A	1		0.016		
24:0....g	0.063		2	A	1		0.009		
Fatty acids, total monounsaturated....g	26.207		0	NC	4		3.669		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.085		0	AS	1		0.012		
16:1 c....g	0.085		2	A	1		0.012		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.022		2	A	1		0.003		
18:1 undifferentiated....g	25.912		0	AS	1		3.628		
18:1 c....g	25.750		2	A	1		3.605		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.162		2	A	1		0.023		
18:1-11t (18:1t n-7)....g									
20:1....g	0.147		2	A	1		0.021		
22:1 undifferentiated....g	0.004		0	AS	1		0.001		
22:1 c....g	0.004		2	A	1		0.001		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.037		2	A	1		0.005		
Fatty acids, total polyunsaturated....g	17.822		0	NC	4		2.495		
18:2 undifferentiated....g	14.238		0	AS	1		1.993		
18:2 n-6 c,c....g	13.949		2	A	1		1.953		
18:2 CLAs....g	0.027		2	A	1		0.004		

NDB No. 04673

Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.263		2	A	1		0.037		
18:3 undifferentiated....g	3.555		0	AS	1		0.498		
18:3 n-3 c,c,c (ALA)....g	3.385		2	A	1		0.474		
18:3 n-6 c,c,c....g	0.171		2	A	1		0.024		
18:3i....g									
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.017		2	A	1		0.002		
20:3 undifferentiated....g	0.012		0	AS	1		0.002		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.012		2	A	1		0.002		
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.425		0	NC	4		0.059		
Fatty acids, total trans-monoenoic....g	0.162		0	NC	4		0.023		
Fatty acids, total trans-polyenoic....g	0.263		0	NC	4		0.037		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 2.841 g omega-3 fatty acids

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04676

Margarine-like spread, SMART BEAT Smart Squeeze

GFA Brands

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.91		0	MC	9		12.31		
Energy....kcal	47		0	MC	9		7		
Energy....kJ	197		0	MC	9		28		
Protein (N x 6.38)....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1) ....g	2.10		0	MC	9		0.29		
Ash....g	2.45		0	MC	9		0.34		
Carbohydrate, by difference....g	7.10		0	MC	9		0.99		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.00		0	MC	9		0.14		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	0		0	MC	9		0		
Potassium, K....mg	26		0	MC	9		4		
Sodium, Na....mg	829		0	MC	9		116		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.310		0	MC	9		0.043		
Fatty acids, total monounsaturated....g	0.470		0	MC	9		0.066		
Fatty acids, total polyunsaturated....g	1.180		0	MC	9		0.165		
Fatty acids, total trans....g	0.040		0	MC	9		0.006		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 0.164 g omega-3 fatty acids

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04675

Margarine-like spread, SMART BEAT Super Light without saturated fat

GFA Brands

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.83		0	MC	9		11.32		
Energy....kcal	158		0	MC	9		22		
Energy....kJ	661		0	MC	9		93		
Protein (N x 6.38)....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1) ....g	17.10		0	MC	9		2.39		
Ash....g	1.91		0	MC	9		0.27		
Carbohydrate, by difference....g	0.00		0	MC	9		0.00		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.00		0	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	0		0	MC	9		0		
Potassium, K....mg	12		0	MC	9		2		
Sodium, Na....mg	755		0	MC	9		106		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	2.220		0	MC	9		0.311		
Fatty acids, total monounsaturated....g	7.600		0	MC	9		1.064		
Fatty acids, total polyunsaturated....g	3.980		0	MC	9		0.557		
Fatty acids, total trans....g	2.450		0	MC	9		0.343		
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes:

1 contains 0.779 g omega-3 fatty acids

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04695

Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.68		0	BFZN	4		88.58	1.86	5.42
Energy....kcal	535		0	NC	4		1225	26	75
Energy....kJ	2238		0	NC	4		5125	107	313
Protein....g	0.60		0	BFZN	4		1.37	0.03	0.08
Total lipid (fat)....g	59.17		0	BFZN	4		135.49	2.84	8.28
Ash....g	1.70		0	BFZN	4		3.89	0.08	0.24
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFZN	4		48	1	3
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg....mg	2		0	BFZN	4		4	0	0
Phosphorus, P....mg	16		0	BFZN	4		37	1	2
Potassium, K....mg	30		0	BFZN	4		68	1	4
Sodium, Na....mg	785		0	BFZN	4		1798	38	110
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	BFZN	4		0.2	0.0	0.0
Thiamin....mg	0.007		0	BFZN	4		0.016	0.000	0.001
Riboflavin....mg	0.026		0	BFZN	4		0.060	0.001	0.004
Niacin....mg	0.016		0	BFZN	4		0.037	0.001	0.002
Pantothenic acid....mg									
Vitamin B-6....mg	0.006		0	BFZN	4		0.014	0.000	0.001
Folate, total....mcg	1		0	BFZN	4		2	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	1		0	BFZN	4		2	0	0
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	0
Choline, total....mg	12.4		0	BFZN	4		28.5	0.6	1.7
Betaine....mg									
Vitamin B-12....mcg	0.07		0	BFZN	4		0.16	0.00	0.01
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	819		0	BFZN	4		1876	39	115
Retinol....mcg	768		0	BFZN	4		1759	37	108
Carotene, beta....mcg	610		0	BFZN	4		1397	29	85
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	3577		0	NC	4		8191	172	501
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	5.00		0	BFZN	4		11.45	0.24	0.70
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	10.7		1	LC	8		24.5	0.5	1.5
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	429		1	LC	8		981	21	60
Vitamin K (phylloquinone)....mcg	101.3		0	BFZN	4		231.9	4.9	14.2
Lipids:									
Fatty acids, total saturated....g	10.042		0	BFZN	4		22.996	0.482	1.406
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04695

Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.049		0	BFZN	4		0.113	0.002	0.007
15:0 g									
16:0 g	5.813		0	BFZN	4		13.313	0.279	0.814
17:0 g									
18:0 g	3.622		0	BFZN	4		8.295	0.174	0.507
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	20.316		0	BFZN	4		46.524	0.975	2.844
14:1 g									
15:1 g									
16:1 undifferentiated g	0.048		0	BFZN	4		0.110	0.002	0.007
17:1 g									
18:1 undifferentiated g	20.190		0	BFZN	4		46.234	0.969	2.827
20:1 g	0.078		0	BFZN	4		0.179	0.004	0.011
22:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	24.686		0	BFZN	4		56.531	1.185	3.456
18:2 undifferentiated g	21.612		0	BFZN	4		49.491	1.037	3.026
18:3 undifferentiated g	2.645		0	BFZN	4		6.058	0.127	0.370
18:4 g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans g	7.374		0	BFZN	4		16.886	0.354	1.032
Cholesterol mg	1		0	BFZN	4		2	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine mg	0		0	BFZN	4		0	0	0
Theobromine mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 teaspoon

Measure 3 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42307

Margarine-like, butter-margarine blend, 80% fat, stick, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.80		0		4		2.21		
Energy	kcal	718		0		4		101		
Energy	kJ	3004		0		4		421		
Protein	g	0.90		0		4		0.13		
Total lipid (fat)	g	80.70		0		4		11.30		
Ash	g	2.00		0	O	4		0.28		
Carbohydrate, by difference	g	0.60		0		4		0.08		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g	0.00		0	CAZN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0		4		4		
Iron, Fe	mg	0.09		0		4		0.01		
Magnesium, Mg	mg	2		0		4		0		
Phosphorus, P	mg	23		0		4		3		
Potassium, K	mg	37		0		4		5		
Sodium, Na	mg	28		0		4		4		
Zinc, Zn	mg	0.02		0		4		0.00		
Copper, Cu	mg	0.005		0		4		0.001		
Manganese, Mn	mg									
Selenium, Se	mcg	0.5		0	RA	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		4		0.0		
Thiamin	mg	0.010		0		4		0.001		
Riboflavin	mg	0.040		0		4		0.006		
Niacin	mg	0.030		0		4		0.004		
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		0		4		0.001		
Folate, total	mcg	2		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0	NC	4		0		
Folate, DFE	mcg_DFE	2		0	NC	4		0		
Choline, total	mg	15.0		0	RA	4		2.1		
Betaine	mg									
Vitamin B-12	mcg	0.10		0		4		0.01		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	819		0	NC	4		115		
Retinol	mcg	768		0	CAZN	4		108		
Carotene, beta	mcg	610		0	CAZN	4		85		
Carotene, alpha	mcg	0		0	CAZN	4		0		
Cryptoxanthin, beta	mcg	0		0	CAZN	4		0		
Vitamin A, IU	IU	3577		0	NC	4		501		
Lycopene	mcg	0		0	CAZN	4		0		
Lutein + zeaxanthin	mcg	0		0	CAZN	4		0		
Vitamin E (alpha-tocopherol)	mg	5.00		0	BFZN	4		0.70		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.3		0	RA	4		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	12		0	RA	4		2		
Vitamin K (phylloquinone)	mcg	70.9		0	CAZN	4		9.9		
Lipids:										
Fatty acids, total saturated	g	26.904		0		4		3.767		
4:0	g	0.842		0		4		0.118		

NDB No. 42307

Margarine-like, butter-margarine blend, 80% fat, stick, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.499		0		4		0.070		
8:0 ... g	0.290		0		4		0.041		
10:0 ... g	0.650		0		4		0.091		
12:0 ... g	0.730		0		4		0.102		
13:0 ... g									
14:0 ... g	2.747		0		4		0.385		
15:0 ... g									
16:0 ... g	13.412		0		4		1.878		
17:0 ... g									
18:0 ... g	7.158		0		4		1.002		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	31.832		0		4		4.456		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.582		0		4		0.081		
17:1 ... g									
18:1 undifferentiated ... g	30.872		0		4		4.322		
20:1 ... g	0.000		0		7		0.000		
22:1 undifferentiated ... g	0.000		0		7		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	18.236		0		4		2.553		
18:2 undifferentiated ... g	17.110		0		4		2.395		
18:3 undifferentiated ... g	1.126		0		4		0.158		
18:4 ... g	0.000		0		7		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000		
20:5 n-3 (EPA) ... g	0.000		0		7		0.000		
22:5 n-3 (DPA) ... g	0.000		0		7		0.000		
22:6 n-3 (DHA) ... g	0.000		0		7		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	88		0	S	4		12		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04585

Margarine-like, margarine-butter blend, soybean oil and butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.07		1	A	1		38.75	2.41	0.80
Energy	kcal	714		0	NC	4		1622	101	34
Energy	kJ	2989		0	NC	4		6785	421	140
Protein (N x 6.25)	g	0.31		1	A	1		0.71	0.04	0.01
Total lipid (fat)	g	80.32		1	A	1		182.33	11.33	3.78
Ash	g	1.53		1	A	1		3.47	0.22	0.07
Carbohydrate, by difference	g	0.77		0	NC	4		1.74	0.11	0.04
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	10		1	A	1		22	1	0
Iron, Fe	mg	0.04		1	A	1		0.08	0.01	0.00
Magnesium, Mg	mg	1		1	A	1		2	0	0
Phosphorus, P	mg	10		1	A	1		23	1	0
Potassium, K	mg	22		1	A	1		50	3	1
Sodium, Na	mg	633		1	A	1		1437	89	30
Zinc, Zn	mg	0.03		1	A	1		0.06	0.00	0.00
Copper, Cu	mg	0.010		1	A	1		0.022	0.001	0.000
Manganese, Mn	mg	0.006		1	A	1		0.013	0.001	0.000
Selenium, Se	mcg	0.4		0	RK	4		0.9	0.1	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RK	4		0.2	0.0	0.0
Thiamin	mg	0.009		1	A	1		0.020	0.001	0.000
Riboflavin	mg	0.023		1	A	1		0.053	0.003	0.001
Niacin	mg	0.022		1	A	1		0.050	0.003	0.001
Pantothenic acid	mg	0.041		1	A	1		0.092	0.006	0.002
Vitamin B-6	mg	0.009		1	A	1		0.019	0.001	0.000
Folate, total	mcg	2		1		1		5	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0	NR	4		5	0	0
Folate, DFE	mcg_DFE	2		0	NC	4		5	0	0
Choline, total	mg	6.5		0	AS	1		14.8	0.9	0.3
Betaine	mg	0.1		1	A	1		0.2	0.0	0.0
Vitamin B-12	mcg	0.00		1	A	1		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	819		0	NC	4		1859	115	38
Retinol	mcg	768		0	CAZN	4		1743	108	36
Carotene, beta	mcg	610		0	CAZN	4		1385	86	29
Carotene, alpha	mcg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	CAZN	4		0	0	0
Vitamin A, IU	IU	3571		1	ML	5		8106	504	168
Lycopene	mcg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	3.88		1	A	1		8.81	0.55	0.18
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.40		1	A	1		0.91	0.06	0.02
Tocopherol, gamma	mg	36.88		1	A	1		83.72	5.20	1.73
Tocopherol, delta	mg	14.45		1	A	1		32.80	2.04	0.68
Vitamin D (D2 + D3)	mcg	0.0		0	FLA	4		0.1	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	1		0	FLA	4		2	0	0
Vitamin K (phylloquinone)	mcg	86.5		1	A	1		196.4	12.2	4.1
Lipids:										
Fatty acids, total saturated	g	14.198		0	NC	4		32.229	2.002	0.667
4:0	g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04585

Margarine-like, margarine-butter blend, soybean oil and butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.404		1	A	1		0.917	0.057	0.019
15:0 g	0.048		1	A	1		0.109	0.007	0.002
16:0 g	7.936		1	A	1		18.014	1.119	0.373
17:0 g	0.097		1	A	1		0.220	0.014	0.005
18:0 g	5.219		1	A	1		11.846	0.736	0.245
20:0 g	0.257		1	A	1		0.584	0.036	0.012
22:0 g	0.223		1	A	1		0.507	0.031	0.010
24:0 g	0.014		1	A	1		0.032	0.002	0.001
Fatty acids, total monounsaturated g	30.292		0	NC	4		68.764	4.271	1.424
14:1 g	0.000		1	A	1		0.000	0.000	0.000
15:1 g									
16:1 undifferentiated g	0.097		0	AS	1		0.219	0.014	0.005
16:1 c g	0.097		1	A	1		0.219	0.014	0.005
16:1 t g									
17:1 g	0.038		1	A	1		0.086	0.005	0.002
18:1 undifferentiated g	30.068		0	AS	1		68.253	4.240	1.413
18:1 c g	15.789		1	A	1		35.841	2.226	0.742
18:1-11c (18:1c n-7) g									
18:1 t g	14.279		1	A	1		32.412	2.013	0.671
18:1-11t (18:1t n-7) g									
20:1 g	0.091		1	A	1		0.205	0.013	0.004
22:1 undifferentiated g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c g	0.000		1	A	1		0.000	0.000	0.000
22:1 t g									
24:1 c g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	24.170		0	NC	4		54.866	3.408	1.136
18:2 undifferentiated g	21.533		0	AS	1		48.879	3.036	1.012
18:2 n-6 c,c g	20.861		1	A	1		47.354	2.941	0.980
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.672		1	A	1		1.525	0.095	0.032
18:2 t not further defined g									
18:3 undifferentiated g	2.638		0	AS	1		5.987	0.372	0.124
18:3 n-3 c,c,c (ALA) g	2.638		1	A	1		5.987	0.372	0.124
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	14.950		0	NC	4		33.937	2.108	0.703
Fatty acids, total trans-monoenoic g	14.279		0	NC	4		32.412	2.013	0.671
Fatty acids, total trans-polyenoic g	0.672		0	NC	4		1.525	0.095	0.032
Cholesterol mg	12		1	A	1		28	2	1
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g									

NDB No. 04585

Margarine-like, margarine-butter blend, soybean oil and butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		4		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.1g: 1 tbsp

Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04633
Margarine-like, vegetable oil spread, 20% fat, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.80		0		1		189.12	11.82	
Energy	kcal	175		0		4		420	26	
Energy	kJ	732		0		4		1757	110	
Protein (N x 0)	g	0.00		0		8		0.00	0.00	
Total lipid (fat)	g	19.50		0		1		46.80	2.93	
Ash	g	1.30		0	O	4		3.12	0.20	
Carbohydrate, by difference	g	0.40		0	BFZN	4		0.96	0.06	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	1		0		4		2	0	
Phosphorus, P	mg	14		0		4		34	2	
Potassium, K	mg	25		0		4		60	4	
Sodium, Na	mg	733		0		8		1759	110	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	12.4		0	CAZN	4		29.8	1.9	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	819		0	NC	4		1965	123	
Retinol	mcg	768		0	CAZN	4		1843	115	
Carotene, beta	mcg	610		0	CAZN	4		1464	92	
Carotene, alpha	mcg	0		0	CAZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	CAZN	4		0	0	
Vitamin A, IU	IU	3577		0	NC	4		8584	536	
Lycopene	mcg	0		0	CAZN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	CAZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	4.50		0	NR	4		10.80	0.68	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	70.9		8	A	1		170.2	10.6	
Lipids:										
Fatty acids, total saturated	g	2.870		0		1		6.888	0.431	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 04633

Margarine-like, vegetable oil spread, 20% fat, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000	0.000	
8:0 ... g	0.000		0		4		0.000	0.000	
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0		4		0.000	0.000	
15:0 ... g									
16:0 ... g	2.030		0		4		4.872	0.305	
17:0 ... g									
18:0 ... g	0.840		0		4		2.016	0.126	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.480		0		4		17.952	1.122	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	7.450		0		4		17.880	1.118	
20:1 ... g	0.040		0		4		0.096	0.006	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	8.040		0		4		19.296	1.206	
18:2 undifferentiated ... g	7.840		0		4		18.816	1.176	
18:3 undifferentiated ... g	0.160		0		4		0.384	0.024	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04634
Margarine-like, vegetable oil spread, 20% fat, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.80		0	BFZN	4		161.54	10.09	
Energy....kcal	175		0	BFZN	4		359	22	
Energy....kJ	732		0	BFZN	4		1501	94	
Protein....g	0.00		0	BFZN	4		0.00	0.00	
Total lipid (fat)....g	19.50		0	BFZN	4		39.98	2.50	
Ash....g	1.30		0	BFZN	4		2.67	0.17	
Carbohydrate, by difference....g	0.40		0	BFZN	4		0.82	0.05	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg....mg	1		0	BFZN	4		2	0	
Phosphorus, P....mg	14		0	BFZN	4		29	2	
Potassium, K....mg	25		0	BFZN	4		51	3	
Sodium, Na....mg	0		0	Z	7		0	0	
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total....mcg	0		0	BFZN	4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	12.4		0	CAZN	4		25.5	1.6	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	819		0	BFZN	4		1679	105	
Retinol....mcg	768		0	BFZN	4		1574	98	
Carotene, beta....mcg	610		0	BFZN	4		1251	78	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	3577		0	BFZN	4		7332	458	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	4.50		0	BFZN	4		9.23	0.58	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	93.0		0	BFZN	4		190.7	11.9	
Lipids:									
Fatty acids, total saturated....g	2.870		0	BFZN	4		5.884	0.367	

NDB No. 04634
Margarine-like, vegetable oil spread, 20% fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	
15:0....g									
16:0....g	2.030		0	BFZN	4		4.162	0.260	
17:0....g									
18:0....g	0.840		0	BFZN	4		1.722	0.108	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.480		0	BFZN	4		15.334	0.957	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	7.450		0	BFZN	4		15.273	0.954	
20:1....g	0.040		0	BFZN	4		0.082	0.005	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.040		0	BFZN	4		16.482	1.029	
18:2 undifferentiated....g	7.840		0	BFZN	4		16.072	1.004	
18:3 undifferentiated....g	0.160		0	BFZN	4		0.328	0.020	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04612

Margarine-like, vegetable oil spread, 60% fat, stick, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.95	0.465	4	A	1		84.63	5.28	1.77
Energy....kcal	537		0	NC	4		1230	77	26
Energy....kJ	2248		0	NC	4		5148	321	108
Protein (N x 6.25)....g	0.12	0.008	4	A	1		0.27	0.02	0.01
Total lipid (fat)....g	60.39	0.540	4	A	1		138.30	8.64	2.90
Ash....g	1.84	0.022	4	A	1		4.22	0.26	0.09
Carbohydrate, by difference....g	0.69		0	NC	4		1.58	0.10	0.03
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0		1		48	3	1
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	2		0		1		4	0	0
Phosphorus, P....mg	16		0		1		37	2	1
Potassium, K....mg	30		0		1		68	4	1
Sodium, Na....mg	785		0		4		1798	112	38
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.008	0.008	6	A	1		0.019	0.001	0.000
Manganese, Mn....mg	0.000	0.000	5	A	1		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.3	0.0	0.0
Thiamin....mg	0.007		0		1		0.016	0.001	0.000
Riboflavin....mg	0.026		0		1		0.060	0.004	0.001
Niacin....mg	0.016		0		1		0.037	0.002	0.001
Pantothenic acid....mg	0.059		0		1		0.135	0.008	0.003
Vitamin B-6....mg	0.006		0		1		0.014	0.001	0.000
Folate, total....mcg	1		0		1		2	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	1		0		1		2	0	0
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	0
Choline, total....mg	12.4		3	AS	1		28.5	1.8	0.6
Betaine....mg									
Vitamin B-12....mcg	0.07		0		1		0.15	0.01	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	819		0	NC	4		1875	117	39
Retinol....mcg	768		0	NR	4		1759	110	37
Carotene, beta....mcg	610		0	CAZN	4		1397	87	29
Carotene, alpha....mcg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	CAZN	4		0	0	0
Vitamin A, IU....IU	3571		0	ML	5		8178	511	171
Lycopene....mcg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	5.00		0		4		11.45	0.72	0.24
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	101.3	2.657	6	A	1		231.9	14.5	4.9
Lipids:									
Fatty acids, total saturated....g	10.884		0	NC	4		24.925	1.556	0.522
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 04612

Margarine-like, vegetable oil spread, 60% fat, stick, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.041	0.003	4	A	1		0.093	0.006	0.002
15:0 g	0.011	0.004	4	A	1		0.025	0.002	0.001
16:0 g	6.250	0.032	4	A	1		14.312	0.894	0.300
17:0 g	0.053	0.003	4	A	1		0.121	0.008	0.003
18:0 g	4.146	0.116	4	A	1		9.495	0.593	0.199
20:0 g	0.184	0.004	4	A	1		0.422	0.026	0.009
22:0 g	0.139	0.047	4	A	1		0.319	0.020	0.007
24:0 g	0.060	0.004	4	A	1		0.138	0.009	0.003
Fatty acids, total monounsaturated g	29.664		0	NC	4		67.930	4.242	1.424
14:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.034	0.001	4	AS	1		0.077	0.005	0.002
16:1 c g	0.034	0.001	4	A	1		0.077	0.005	0.002
16:1 t g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1 g	0.023	0.003	4	A	1		0.054	0.003	0.001
18:1 undifferentiated g	29.503	0.796	4	AS	1		67.562	4.219	1.416
18:1 c g	17.584	0.160	4	A	1		40.267	2.514	0.844
18:1-11c (18:1c n-7) g									
18:1 t g	11.919	0.817	4	A	1		27.295	1.704	0.572
18:1-11t (18:1t n-7) g									
20:1 g	0.104	0.036	4	A	1		0.238	0.015	0.005
22:1 undifferentiated g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	16.718		0	NC	4		38.284	2.391	0.802
18:2 undifferentiated g	14.919	0.432	4	AS	1		34.165	2.133	0.716
18:2 n-6 c,c g	14.073	0.516	4	A	1		32.228	2.012	0.676
18:2 CLAs g	0.035	0.005	4	A	1		0.080	0.005	0.002
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.811	0.092	4	A	1		1.858	0.116	0.039
18:3 undifferentiated g	1.799	0.115	4	AS	1		4.119	0.257	0.086
18:3 n-3 c,c,c (ALA) g	1.748	0.104	4	A	1		4.003	0.250	0.084
18:3 n-6 c,c,c g	0.050	0.017	4	A	1		0.116	0.007	0.002
18:3i g									
18:4 g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3 g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6 g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5 g									
22:4 g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans g	12.731		0	NC	4		29.153	1.820	0.611
Fatty acids, total trans-monoenoic g	11.919		0	NC	4		27.295	1.704	0.572
Fatty acids, total trans-polyenoic g	0.811		0	NC	4		1.858	0.116	0.039
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Stigmasterol mg	31		1	A	1		70	4	1
Campesterol mg	34		1	A	1		78	5	2
Beta-sitosterol mg	94		1	A	1		215	13	5

NDB No. 04612

Margarine-like, vegetable oil spread, 60% fat, stick, with salt

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

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 14.3g: 1 tbsp

Measure 3 = 4.8g: 1 tsp

Calories Factors: Protein 3.87 **Fat** 8.84 **Carbohydrate** 4.27

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04693

Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.95	0.465	4	A	1		5.17		
Energy....kcal	537		0	NC	4		75		
Energy....kJ	2247		0	NC	4		315		
Protein (N x 6.93)....g	0.12	0.008	4	A	1		0.02		
Total lipid (fat)....g	60.39	0.540	4	A	1		8.46		
Ash....g	1.84	0.022	4	A	1		0.26		
Carbohydrate, by difference....g	0.69		0	BFZN	4		0.10		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g	0.00		0	BFZN	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFZN	4		3		
Iron, Fe....mg	0.00		0	BFZN	4		0.00		
Magnesium, Mg....mg	2		0	BFZN	4		0		
Phosphorus, P....mg	16		0	BFZN	4		2		
Potassium, K....mg	30		0	BFZN	4		4		
Sodium, Na....mg	785		0	BFZN	4		110		
Zinc, Zn....mg	0.00		0	BFZN	4		0.00		
Copper, Cu....mg	0.008		0	BFZN	4		0.001		
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	BFZN	4		0.0		
Thiamin....mg	0.007		0	BFZN	4		0.001		
Riboflavin....mg	0.026		0	BFZN	4		0.004		
Niacin....mg	0.016		0	BFZN	4		0.002		
Pantothenic acid....mg									
Vitamin B-6....mg	0.006		0	BFZN	4		0.001		
Folate, total....mcg	1		0	BFZN	4		0		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	1		0	BFZN	4		0		
Folate, DFE....mcg_DFE	1		0	NC	4		0		
Choline, total....mg	12.4		0	BFZN	4		1.7		
Betaine....mg									
Vitamin B-12....mcg	0.07		0	BFZN	4		0.01		
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....mcg_RAE	819		0	BFZN	4		115		
Retinol....mcg	768		0	BFZN	4		108		
Carotene, beta....mcg	610		0	BFZN	4		85		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	3577		0	NC	4		501		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	5.00		0	BFZN	4		0.70		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	10.7		1	LC	8		1.5		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	429		1	LC	8		60		
Vitamin K (phylloquinone)....mcg	101.3		0	BFZN	4		14.2		
Lipids:									
Fatty acids, total saturated....g	10.884		0	NC	4		1.524		
4:0....g	0.000	0.000	4	A	1		0.000		

NDB No. 04693

Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.041	0.003	4	A	1		0.006		
15:0....g	0.011	0.004	4	A	1		0.002		
16:0....g	6.250	0.032	4	A	1		0.875		
17:0....g	0.053	0.003	4	A	1		0.007		
18:0....g	4.146	0.116	4	A	1		0.580		
20:0....g	0.184	0.004	4	A	1		0.026		
22:0....g	0.139	0.047	4	A	1		0.020		
24:0....g	0.060	0.004	4	A	1		0.008		
Fatty acids, total monounsaturated....g	29.664		0	NC	4		4.153		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.034	0.001	4	AS	1		0.005		
16:1 c....g	0.034	0.001	4	A	1		0.005		
16:1 t....g	0.000	0.000	4	A	1		0.000		
17:1....g	0.023	0.003	4	A	1		0.003		
18:1 undifferentiated....g	29.503	0.796	4	AS	1		4.130		
18:1 c....g	17.584	0.160	4	A	1		2.462		
18:1-11c (18:1c n-7)....g									
18:1 t....g	11.919	0.817	4	A	1		1.669		
18:1-11t (18:1t n-7)....g									
20:1....g	0.104	0.036	4	A	1		0.015		
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
22:1 c....g	0.000	0.000	4	A	1		0.000		
22:1 t....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated....g	16.718		0	NC	4		2.341		
18:2 undifferentiated....g	14.919	0.432	4	AS	1		2.089		
18:2 n-6 c,c....g	14.073	0.516	4	A	1		1.970		
18:2 CLAs....g	0.035	0.005	4	A	1		0.005		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.811	0.092	4	A	1		0.114		
18:3 undifferentiated....g	1.799	0.115	4	AS	1		0.252		
18:3 n-3 c,c,c (ALA)....g	1.748	0.104	4	A	1		0.245		
18:3 n-6 c,c,c....g	0.050	0.017	4	A	1		0.007		
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	12.731		0	NC	4		1.782		
Fatty acids, total trans-monoenoic....g	11.919		0	NC	4		1.669		
Fatty acids, total trans-polyenoic....g	0.811		0	NC	4		0.114		
Cholesterol....mg	0		0	BFZN	4		0		
Phytosterols....mg	167		0	AS	1		23		
Stigmasterol....mg	31		1	A	1		4		
Campesterol....mg	34		1	A	1		5		
Beta-sitosterol....mg	94		1	A	1		13		

NDB No. 04693

Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate**3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04614

Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.68		0	RA	4		88.58	5.53	1.86
Energy....kcal	526		0	RA	4		1204	75	25
Energy....kJ	2199		0	RA	4		5036	315	106
Protein (N x 6.25)....g	0.60		0	RA	4		1.37	0.09	0.03
Total lipid (fat)....g	59.17		0	RA	4		135.49	8.46	2.84
Ash....g	1.70		0	RA	4		3.89	0.24	0.08
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	RA	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	RA	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	RA	4		48	3	1
Iron, Fe....mg	0.00		0	RA	4		0.00	0.00	0.00
Magnesium, Mg....mg	2		0	RA	4		4	0	0
Phosphorus, P....mg	16		0	RA	4		37	2	1
Potassium, K....mg	30		0	RA	4		68	4	1
Sodium, Na....mg	785		0	RA	4		1798	112	38
Zinc, Zn....mg	0.00		0	RA	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	RA	4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	RA	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RA	4		0.2	0.0	0.0
Thiamin....mg	0.007		0	RA	4		0.016	0.001	0.000
Riboflavin....mg	0.026		0	RA	4		0.060	0.004	0.001
Niacin....mg	0.016		0	RA	4		0.037	0.002	0.001
Pantothenic acid....mg	0.030		0	RA	4		0.068	0.004	0.001
Vitamin B-6....mg	0.006		0	RA	4		0.014	0.001	0.000
Folate, total....mcg	1		0	RA	4		2	0	0
Folic acid....mcg	0		0	RA	4		0	0	0
Folate, food....mcg	1		0	RA	4		2	0	0
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	0
Choline, total....mg	12.4		0	CAZN	4		28.5	1.8	0.6
Betaine....mg									
Vitamin B-12....mcg	0.07		0	RA	4		0.16	0.01	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	819		0	NC	4		1876	117	39
Retinol....mcg	768		0	RA	4		1759	110	37
Carotene, beta....mcg	610		0	RA	4		1397	87	29
Carotene, alpha....mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	RA	4		0	0	0
Vitamin A, IU....IU	3571		0	RA	4		8178	511	171
Lycopene....mcg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	RA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	5.00		0	RA	4		11.45	0.72	0.24
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	101.3	2.657	6	A	1		231.9	14.5	4.9
Lipids:									
Fatty acids, total saturated....g	10.042		0	RA	4		22.996	1.436	0.482
4:0....g	0.000		0	RA	4		0.000	0.000	0.000

NDB No. 04614

Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	RA	4		0.000	0.000	0.000
8:0....g	0.000		0	RA	4		0.000	0.000	0.000
10:0....g	0.000		0	RA	4		0.000	0.000	0.000
12:0....g	0.000		0	RA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.049		0	RA	4		0.113	0.007	0.002
15:0....g	0.000		0	RA	4		0.000	0.000	0.000
16:0....g	5.813		0	RA	4		13.313	0.831	0.279
17:0....g	0.064		0	RA	4		0.147	0.009	0.003
18:0....g	3.622		0	RA	4		8.295	0.518	0.174
20:0....g	0.190		0	RA	4		0.435	0.027	0.009
22:0....g	0.220		0	RA	4		0.503	0.031	0.011
24:0....g	0.084		0	RA	4		0.192	0.012	0.004
Fatty acids, total monounsaturated....g	20.316		0	RA	4		46.524	2.905	0.975
14:1....g	0.000		0	RA	4		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.048		0	RA	4		0.110	0.007	0.002
16:1 c....g	0.048		0	RA	4		0.110	0.007	0.002
16:1 t....g	0.000		0	RA	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	20.190		0	RA	4		46.234	2.887	0.969
18:1 c....g	13.305		0	RA	4		30.467	1.903	0.639
18:1-11c (18:1c n-7)....g									
18:1 t....g	6.885		0	RA	4		15.767	0.985	0.330
18:1-11t (18:1t n-7)....g									
20:1....g	0.078		0	RA	4		0.179	0.011	0.004
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	24.686		0	RA	4		56.531	3.530	1.185
18:2 undifferentiated....g	21.612		0	RA	4		49.491	3.090	1.037
18:2 n-6 c,c....g	21.123		0	RA	4		48.372	3.021	1.014
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.489		0	RA	4		1.119	0.070	0.023
18:2 t not further defined....g									
18:3 undifferentiated....g	2.645		0	RA	4		6.058	0.378	0.127
18:3 n-3 c,c,c (ALA)....g	2.645		0	RA	4		6.058	0.378	0.127
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	RA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.429		0	RA	4		0.982	0.061	0.021
20:3 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total trans....g	7.374		0	NC	4		16.886	1.054	0.354
Fatty acids, total trans-monoenoic....g	6.885		0	RA	4		15.767	0.985	0.330
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	1		0	RA	4		2	0	0
Phytosterols....mg									
Stigmasterol....mg	25		0	RA	4		56	4	1
Campesterol....mg	28		0	RA	4		65	4	1
Beta-sitosterol....mg	74		0	RA	4		170	11	4

Others:

NDB No. 04614

Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine....mg	0		0	RA	4		0	0	0
Theobromine....mg	0		0	RA	4		0	0	0

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 14.3g: 1 tbsp

Measure 3 = 4.8g: 1 tsp

Calories Factors: Protein 3.87 **Fat** 8.84 **Carbohydrate** 4.27

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04620

Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.58		0	BFZN	4		5.26		
Energy....kcal	533		0	BFZN	4		75		
Energy....kJ	2230		0	BFZN	4		312		
Protein (N x 6.25)....g	0.17		0	BFZN	4		0.02		
Total lipid (fat)....g	59.81		0	BFZN	4		8.37		
Ash....g	1.59		0	BFZN	4		0.22		
Carbohydrate, by difference....g	0.86		0	BFZN	4		0.12		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g	0.00		0	BFZN	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFZN	4		3		
Iron, Fe....mg	0.00		0	BFZN	4		0.00		
Magnesium, Mg....mg	2		0	BFZN	4		0		
Phosphorus, P....mg	16		0	BFZN	4		2		
Potassium, K....mg	30		0	BFZN	4		4		
Sodium, Na....mg	2		0	O	4		0		
Zinc, Zn....mg	0.00		0	BFZN	4		0.00		
Copper, Cu....mg	0.000		0	BFZN	4		0.000		
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	BFZN	4		0.0		
Thiamin....mg	0.007		0	BFZN	4		0.001		
Riboflavin....mg	0.026		0	BFZN	4		0.004		
Niacin....mg	0.016		0	BFZN	4		0.002		
Pantothenic acid....mg									
Vitamin B-6....mg	3.750		0	BFZN	4		0.525		
Folate, total....mcg	1		0	BFZN	4		0		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	1		0	BFZN	4		0		
Folate, DFE....mcg_DFE	1		0	NC	4		0		
Choline, total....mg	10.2		0	AS	1		1.4		
Betaine....mg	8.1		1	A	1		1.1		
Vitamin B-12....mcg	10.80		0	BFZN	4		1.51		
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....mcg_RAE	819		0	BFZN	4		115		
Retinol....mcg	768		0	BFZN	4		108		
Carotene, beta....mcg	610		0	BFZN	4		85		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	3577		0	NC	4		501		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	21.12		0	BFZN	4		2.96		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	101.3		0	BFZN	4		14.2		
Lipids:									
Fatty acids, total saturated....g	12.086		0	BFZN	4		1.692		

NDB No. 04620

Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.014		0	BFZN	4		0.002		
6:0 g	0.006		0	BFZN	4		0.001		
8:0 g	0.009		0	BFZN	4		0.001		
10:0 g	0.072		0	BFZN	4		0.010		
12:0 g	0.200		0	BFZN	4		0.028		
13:0 g									
14:0 g	0.164		0	BFZN	4		0.023		
15:0 g									
16:0 g	6.359		0	BFZN	4		0.890		
17:0 g									
18:0 g	4.756		0	BFZN	4		0.666		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	19.348		0	BFZN	4		2.709		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.054		0	BFZN	4		0.008		
17:1 g									
18:1 undifferentiated g	19.066		0	BFZN	4		2.669		
20:1 g	0.194		0	BFZN	4		0.027		
22:1 undifferentiated g	0.000		0	BFZN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	26.477		0	BFZN	4		3.707		
18:2 undifferentiated g	23.736		0	BFZN	4		3.323		
18:3 undifferentiated g	2.715		0	BFZN	4		0.380		
18:4 g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) g	0.005		0	BFZN	4		0.001		
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	1		0	BFZN	4		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0		
Caffeine mg	0		0	BFZN	4		0		
Theobromine mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 3.87 **Fat** 8.84 **Carbohydrate** 4.27

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04697

Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.58		0	BFZN	4		5.26		
Energy....kcal	542		0	NC	4		76		
Energy....kJ	2269		0	NC	4		318		
Protein (N x 6.25)....g	0.17		0	BFZN	4		0.02		
Total lipid (fat)....g	59.81		0	BFZN	4		8.37		
Ash....g	1.59		0	BFZN	4		0.22		
Carbohydrate, by difference....g	0.86		0	BFZN	4		0.12		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g	0.00		0	BFZN	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	BFZN	4		3		
Iron, Fe....mg	0.00		0	BFZN	4		0.00		
Magnesium, Mg....mg	2		0	BFZN	4		0		
Phosphorus, P....mg	16		0	BFZN	4		2		
Potassium, K....mg	30		0	BFZN	4		4		
Sodium, Na....mg	2		0	BFZN	4		0		
Zinc, Zn....mg	0.00		0	BFZN	4		0.00		
Copper, Cu....mg	0.000		0	BFZN	4		0.000		
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	BFZN	4		0.0		
Thiamin....mg	0.007		0	BFZN	4		0.001		
Riboflavin....mg	0.026		0	BFZN	4		0.004		
Niacin....mg	0.016		0	BFZN	4		0.002		
Pantothenic acid....mg									
Vitamin B-6....mg	3.750		0	BFZN	4		0.525		
Folate, total....mcg	1		0	BFZN	4		0		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	1		0	BFZN	4		0		
Folate, DFE....mcg_DFE	1		0	NC	4		0		
Choline, total....mg	10.2		0	BFZN	4		1.4		
Betaine....mg									
Vitamin B-12....mcg	10.80		0	BFZN	4		1.51		
Vitamin B-12, added....mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE....mcg_RAE	819		0	BFZN	4		115		
Retinol....mcg	768		0	BFZN	4		108		
Carotene, beta....mcg	610		0	BFZN	4		85		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	3577		0	NC	4		501		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	21.12		0	BFZN	4		2.96		
Vitamin E, added....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	10.7		1	LC	8		1.5		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	429		1	LC	8		60		
Vitamin K (phylloquinone)....mcg	101.3		0	BFZN	4		14.2		
Lipids:									
Fatty acids, total saturated....g	12.086		0	BFZN	4		1.692		
4:0....g	0.014		0	BFZN	4		0.002		

NDB No. 04697

Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.006		0	BFZN	4		0.001		
8:0 ... g	0.009		0	BFZN	4		0.001		
10:0 ... g	0.072		0	BFZN	4		0.010		
12:0 ... g	0.200		0	BFZN	4		0.028		
13:0 ... g									
14:0 ... g	0.164		0	BFZN	4		0.023		
15:0 ... g									
16:0 ... g	6.359		0	BFZN	4		0.890		
17:0 ... g									
18:0 ... g	4.756		0	BFZN	4		0.666		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	19.348		0	BFZN	4		2.709		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.054		0	BFZN	4		0.008		
17:1 ... g									
18:1 undifferentiated ... g	19.066		0	BFZN	4		2.669		
20:1 ... g	0.194		0	BFZN	4		0.027		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	26.477		0	BFZN	4		3.707		
18:2 undifferentiated ... g	23.736		0	BFZN	4		3.323		
18:3 undifferentiated ... g	2.715		0	BFZN	4		0.380		
18:4 ... g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) ... g	0.005		0	BFZN	4		0.001		
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0	BFZN	4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4		0.0		
Caffeine ... mg	0		0	BFZN	4		0		
Theobromine ... mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04613

Margarine-like, vegetable oil spread, 60% fat, tub, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.58	0.175	16	A	1		86.05	1.80	5.26
Energy	kcal	533		0	NC	4		1221	26	75
Energy	kJ	2230		0	NC	4		5107	107	312
Protein (N x 6.25)	g	0.17	0.030	16	A	1		0.38	0.01	0.02
Total lipid (fat)	g	59.81	0.130	16	A	1		136.96	2.87	8.37
Ash	g	1.59	0.044	16	A	1		3.64	0.08	0.22
Carbohydrate, by difference	g	0.86		0	NC	4		1.97	0.04	0.12
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0	BFZN	4		48	1	3
Iron, Fe	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg	mg	2		0	BFZN	4		5	0	0
Phosphorus, P	mg	16		0	BFZN	4		37	1	2
Potassium, K	mg	30		0	BFZN	4		69	1	4
Sodium, Na	mg	785		0	BFZN	4		1798	38	110
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	BFZN	4		0.2	0.0	0.0
Thiamin	mg	0.007		0	BFZN	4		0.016	0.000	0.001
Riboflavin	mg	0.026		0	BFZN	4		0.060	0.001	0.004
Niacin	mg	0.016		0	BFZN	4		0.037	0.001	0.002
Pantothenic acid	mg	0.001		1	A	1		0.001	0.000	0.000
Vitamin B-6	mg	3.750	0.710	4	A	1		8.587	0.180	0.525
Folate, total	mcg	1		0	BFZN	4		2	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		0	BFZN	4		2	0	0
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	0
Choline, total	mg	10.2		0	AS	1		23.5	0.5	1.4
Betaine	mg									
Vitamin B-12	mcg	10.80	1.859	4	A	1		24.73	0.52	1.51
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	819		0	NC	4		1875	39	115
Retinol	mcg	768		0	CAZN	4		1759	37	108
Carotene, beta	mcg	610		0	CAZN	4		1397	29	85
Carotene, alpha	mcg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	CAZN	4		0	0	0
Vitamin A, IU	IU	3571		0	ML	5		8178	171	500
Lycopene	mcg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	21.12	5.266	6	A	1		48.36	1.01	2.96
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.23	0.008	6	A	1		0.54	0.01	0.03
Tocopherol, gamma	mg	21.98	3.388	6	A	1		50.33	1.06	3.08
Tocopherol, delta	mg	6.92	1.214	6	A	1		15.86	0.33	0.97
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	101.3	2.657	6	A	1		231.9	4.9	14.2
Lipids:										
Fatty acids, total saturated	g	12.086		0	NC	4		27.677	0.580	1.692
4:0	g	0.014	0.006	16	A	1		0.031	0.001	0.002

NDB No. 04613

Margarine-like, vegetable oil spread, 60% fat, tub, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.006	0.003	16	A	1		0.013	0.000	0.001
8:0 g	0.009	0.004	15	A	1		0.021	0.000	0.001
10:0 g	0.072	0.011	15	A	1		0.166	0.003	0.010
12:0 g	0.200	0.079	15	A	1		0.458	0.010	0.028
13:0 g									
14:0 g	0.164	0.039	16	A	1		0.377	0.008	0.023
15:0 g	0.014	0.002	16	A	1		0.033	0.001	0.002
16:0 g	6.359	0.107	16	A	1		14.562	0.305	0.890
17:0 g	0.052	0.003	16	A	1		0.120	0.003	0.007
18:0 g	4.756	0.434	16	A	1		10.890	0.228	0.666
20:0 g	0.211	0.003	16	A	1		0.483	0.010	0.030
22:0 g	0.156	0.018	16	A	1		0.357	0.007	0.022
24:0 g	0.072	0.002	16	A	1		0.165	0.003	0.010
Fatty acids, total monounsaturated g	19.348		0	NC	4		44.306	0.929	2.709
14:1 g	0.002	0.001	16	A	1		0.004	0.000	0.000
15:1 g	0.000	0.000	16	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.054		0	AS	1		0.123	0.003	0.008
16:1 c g	0.054	0.001	16	A	1		0.123	0.003	0.008
16:1 t g	0.000	0.000	16	A	1		0.000	0.000	0.000
17:1 g	0.024	0.001	16	A	1		0.054	0.001	0.003
18:1 undifferentiated g	19.066		0	AS	1		43.662	0.915	2.669
18:1 c g	15.683	0.491	16	A	1		35.913	0.753	2.196
18:1-11c (18:1c n-7) g									
18:1 t g	3.384	0.857	16	A	1		7.749	0.162	0.474
18:1-11t (18:1t n-7) g									
20:1 g	0.194	0.013	16	A	1		0.444	0.009	0.027
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
22:1 c g	0.000	0.000	15	A	1		0.000	0.000	0.000
22:1 t g	0.000	0.000	16	A	1		0.000	0.000	0.000
24:1 c g	0.008	0.004	15	A	1		0.019	0.000	0.001
Fatty acids, total polyunsaturated g	26.477		0	NC	4		60.633	1.271	3.707
18:2 undifferentiated g	23.736		0	AS	1		54.356	1.139	3.323
18:2 n-6 c,c g	23.423	0.616	16	A	1		53.639	1.124	3.279
18:2 CLAs g	0.033	0.002	16	A	1		0.076	0.002	0.005
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.280	0.034	16	A	1		0.641	0.013	0.039
18:3 undifferentiated g	2.715		0	AS	1		6.216	0.130	0.380
18:3 n-3 c,c,c (ALA) g	2.669	0.264	16	A	1		6.111	0.128	0.374
18:3 n-6 c,c,c g	0.046	0.012	16	A	1		0.105	0.002	0.006
18:3i g									
18:4 g	0.000	0.000	16	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.016	0.003	16	A	1		0.036	0.001	0.002
20:3 undifferentiated g	0.006		0	AS	1		0.014	0.000	0.001
20:3 n-3 g	0.002	0.001	16	A	1		0.004	0.000	0.000
20:3 n-6 g	0.004	0.001	16	A	1		0.010	0.000	0.001
20:4 undifferentiated g	0.000	0.000	16	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	16	A	1		0.000	0.000	0.000
21:5 g									
22:4 g	0.000	0.000	16	A	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.005	0.002	15	A	1		0.010	0.000	0.001
22:6 n-3 (DHA) g	0.000	0.000	15	A	1		0.000	0.000	0.000
Fatty acids, total trans g	3.664		0	NC	4		8.389	0.176	0.513
Fatty acids, total trans-monoenoic g	3.384		0	NC	4		7.749	0.162	0.474
Fatty acids, total trans-polyenoic g	0.280		0	NC	4		0.641	0.013	0.039
Cholesterol mg	1		1	A	1		3	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0

NDB No. 04613

Margarine-like, vegetable oil spread, 60% fat, tub, with salt

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

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 tsp

Measure 3 = 14.0g: 1 tbsp

Calories Factors: Protein 3.87 **Fat** 8.84 **Carbohydrate** 4.27

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04694

Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.58	0.175	16	A	1		86.05	1.80	5.26
Energy	kcal	533		0	NC	4		1220	26	75
Energy	kJ	2229		0	NC	4		5104	107	312
Protein (N x 6.93)	g	0.17	0.030	16	A	1		0.38	0.01	0.02
Total lipid (fat)	g	59.81	0.130	16	A	1		136.96	2.87	8.37
Ash	g	1.59	0.044	16	A	1		3.64	0.08	0.22
Carbohydrate, by difference	g	0.86		0	BFZN	4		1.97	0.04	0.12
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0	BFZN	4		48	1	3
Iron, Fe	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg	mg	2		0	BFZN	4		5	0	0
Phosphorus, P	mg	16		0	BFZN	4		37	1	2
Potassium, K	mg	30		0	BFZN	4		69	1	4
Sodium, Na	mg	785		0	BFZN	4		1798	38	110
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	BFZN	4		0.2	0.0	0.0
Thiamin	mg	0.007		0	BFZN	4		0.016	0.000	0.001
Riboflavin	mg	0.026		0	BFZN	4		0.060	0.001	0.004
Niacin	mg	0.016		0	BFZN	4		0.037	0.001	0.002
Pantothenic acid	mg									
Vitamin B-6	mg	3.750	0.710	4	A	1		8.587	0.180	0.525
Folate, total	mcg	1		0	BFZN	4		2	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	1		0	BFZN	4		2	0	0
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	0
Choline, total	mg	10.2		0	BFZN	4		23.5	0.5	1.4
Betaine	mg									
Vitamin B-12	mcg	10.80	1.859	4	A	1		24.73	0.52	1.51
Vitamin B-12, added	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	819		0	BFZN	4		1875	39	115
Retinol	mcg	768		0	BFZN	4		1759	37	108
Carotene, beta	mcg	610		0	BFZN	4		1397	29	85
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	3577		0	NC	4		8191	172	501
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	21.12	5.266	6	A	1		48.36	1.01	2.96
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg	0.23	0.008	6	A	1		0.54	0.01	0.03
Tocopherol, gamma	mg	21.98	3.388	6	A	1		50.33	1.06	3.08
Tocopherol, delta	mg	6.92	1.214	6	A	1		15.86	0.33	0.97
Vitamin D (D2 + D3)	mcg	10.7		1	LC	8		24.5	0.5	1.5
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	429		1	LC	8		981	21	60
Vitamin K (phylloquinone)	mcg	101.3		0	BFZN	4		231.9	4.9	14.2
Lipids:										
Fatty acids, total saturated	g	12.086		0	NC	4		27.677	0.580	1.692
4:0	g	0.014	0.006	16	A	1		0.031	0.001	0.002

NDB No. 04694

Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.006	0.003	16	A	1		0.013	0.000	0.001
8:0 g	0.009	0.004	15	A	1		0.021	0.000	0.001
10:0 g	0.072	0.011	15	A	1		0.166	0.003	0.010
12:0 g	0.200	0.079	15	A	1		0.458	0.010	0.028
13:0 g									
14:0 g	0.164	0.039	16	A	1		0.377	0.008	0.023
15:0 g	0.014	0.002	16	A	1		0.033	0.001	0.002
16:0 g	6.359	0.107	16	A	1		14.562	0.305	0.890
17:0 g	0.052	0.003	16	A	1		0.120	0.003	0.007
18:0 g	4.756	0.434	16	A	1		10.890	0.228	0.666
20:0 g	0.211	0.003	16	A	1		0.483	0.010	0.030
22:0 g	0.156	0.018	16	A	1		0.357	0.007	0.022
24:0 g	0.072	0.002	16	A	1		0.165	0.003	0.010
Fatty acids, total monounsaturated g	19.347		0	NC	4		44.305	0.929	2.709
14:1 g	0.002	0.001	16	A	1		0.004	0.000	0.000
15:1 g	0.000	0.000	16	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.054	0.001	16	AS	1		0.123	0.003	0.008
16:1 c g	0.054	0.001	16	A	1		0.123	0.003	0.008
16:1 t g	0.000	0.000	16	A	1		0.000	0.000	0.000
17:1 g	0.024	0.001	16	A	1		0.054	0.001	0.003
18:1 undifferentiated g	19.066	0.571	16	AS	1		43.662	0.915	2.669
18:1 c g	15.683	0.491	16	A	1		35.913	0.753	2.196
18:1-11c (18:1c n-7) g									
18:1 t g	3.384	0.857	16	A	1		7.749	0.162	0.474
18:1-11t (18:1t n-7) g									
20:1 g	0.194	0.013	16	A	1		0.444	0.009	0.027
22:1 undifferentiated g	0.000	0.000	16	AS	1		0.000	0.000	0.000
22:1 c g	0.000	0.000	15	A	1		0.000	0.000	0.000
22:1 t g	0.000	0.000	16	A	1		0.000	0.000	0.000
24:1 c g	0.008	0.004	15	A	1		0.019	0.000	0.001
Fatty acids, total polyunsaturated g	26.477		0	NC	4		60.633	1.271	3.707
18:2 undifferentiated g	23.736	0.620	16	AS	1		54.356	1.139	3.323
18:2 n-6 c,c g	23.423	0.616	16	A	1		53.639	1.124	3.279
18:2 CLAs g	0.033	0.002	16	A	1		0.076	0.002	0.005
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.280	0.034	16	A	1		0.641	0.013	0.039
18:3 undifferentiated g	2.715	0.263	16	AS	1		6.216	0.130	0.380
18:3 n-3 c,c,c (ALA) g	2.669	0.264	16	A	1		6.111	0.128	0.374
18:3 n-6 c,c,c g	0.046	0.012	16	A	1		0.105	0.002	0.006
18:3i g									
18:4 g	0.000	0.000	16	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.016	0.003	16	A	1		0.036	0.001	0.002
20:3 undifferentiated g	0.006	0.002	16	AS	1		0.014	0.000	0.001
20:3 n-3 g	0.002	0.001	16	A	1		0.004	0.000	0.000
20:3 n-6 g	0.004	0.001	16	A	1		0.010	0.000	0.001
20:4 undifferentiated g	0.000	0.000	16	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	16	A	1		0.000	0.000	0.000
21:5 g									
22:4 g	0.000	0.000	16	A	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.005	0.002	15	A	1		0.010	0.000	0.001
22:6 n-3 (DHA) g	0.000	0.000	15	A	1		0.000	0.000	0.000
Fatty acids, total trans g	3.664		0	NC	4		8.389	0.176	0.513
Fatty acids, total trans-monoenoic g	3.384		0	NC	4		7.749	0.162	0.474
Fatty acids, total trans-polyenoic g	0.280		0	NC	4		0.641	0.013	0.039
Cholesterol mg	1		0	BFZN	4		3	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0	0.0	0.0

NDB No. 04694

Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 teaspoon

Measure 3 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.84

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04690

Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	59.55	0.700	13	A	1		8.87		
Energy ... kcal	339		0	BFZN	4		50		
Energy ... kJ	1417		0	BFZN	4		211		
Protein ... g	0.51	0.181	13	A	1		0.08		
Total lipid (fat) ... g	37.77	0.679	13	A	1		5.63		
Ash ... g	1.52	0.082	13	A	1		0.23		
Carbohydrate, by difference ... g	0.66		0	BFZN	4		0.10		
Fiber, total dietary ... g	0.0		0	BFZN	4		0.0		
Sugars, total ... g	0.00		0	BFZN	4		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	6	0.506	4	A	1		1		
Iron, Fe ... mg	0.02	0.000	4	A	1		0.00		
Magnesium, Mg ... mg	1	0.080	4	A	1		0		
Phosphorus, P ... mg	5	1.194	4	A	1		1		
Potassium, K ... mg	34	10.352	4	A	1		5		
Sodium, Na ... mg	589	23.848	4	A	1		88		
Zinc, Zn ... mg	0.02	0.000	4	A	1		0.00		
Copper, Cu ... mg	0.000	0.000	4	A	1		0.000		
Manganese, Mn ... mg	0.000	0.000	4	A	1		0.000		
Selenium, Se ... mcg	0.0		1	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.1		0	BFZN	4		0.0		
Thiamin ... mg	0.011	0.006	3	A	1		0.002		
Riboflavin ... mg	0.005	0.005	3	A	1		0.001		
Niacin ... mg	0.000	0.000	3	A	1		0.000		
Pantothenic acid ... mg	0.696		1	A	1		0.104		
Vitamin B-6 ... mg	0.000	0.000	4	A	1		0.000		
Folate, total ... mcg	1		0	BFZN	4		0		
Folic acid ... mcg	0		0	BFZN	4		0		
Folate, food ... mcg	1		0	BFZN	4		0		
Folate, DFE ... mcg_DFE	1		0	NC	4		0		
Choline, total ... mg	12.4		0	BFZN	4		1.9		
Betaine ... mg									
Vitamin B-12 ... mcg	0.06		0	BFZN	4		0.01		
Vitamin B-12, added ... mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE ... mcg_RAE	1297		0	AS	1		193		
Retinol ... mcg	1297	94.045	3	A	1		193		
Carotene, beta ... mcg	0		0	BFZN	4		0		
Carotene, alpha ... mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta ... mcg	0		0	BFZN	4		0		
Vitamin A, IU ... IU	4322		0	AS	1		644		
Lycopene ... mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin ... mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) ... mg	13.45	3.371	13	A	1		2.00		
Vitamin E, added ... mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta ... mg	0.09	0.011	13	A	1		0.01		
Tocopherol, gamma ... mg	12.38	1.449	13	A	1		1.84		
Tocopherol, delta ... mg	3.15	0.651	13	A	1		0.47		
Vitamin D (D2 + D3) ... mcg	10.7		0	O	4		1.6		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	429		0	O	4		64		
Vitamin K (phylloquinone) ... mcg	74.6	9.867	9	A	1		11.1		
Lipids:									
Fatty acids, total saturated ... g	8.637		0	NC	4		1.287		
4:0 ... g	0.003	0.002	13	A	1		0.001		

NDB No. 04690

Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000	0.000	13	A	1		0.000		
8:0....g	0.002	0.001	13	A	1		0.000		
10:0....g	0.018	0.007	13	A	1		0.003		
12:0....g	0.031	0.010	13	A	1		0.005		
13:0....g									
14:0....g	0.117	0.018	13	A	1		0.017		
15:0....g	0.006	0.001	13	A	1		0.001		
16:0....g	6.183	0.526	13	A	1		0.921		
17:0....g	0.036	0.001	13	A	1		0.005		
18:0....g	1.975	0.167	13	A	1		0.294		
20:0....g	0.140	0.013	13	A	1		0.021		
22:0....g	0.103	0.008	13	A	1		0.015		
24:0....g	0.022	0.001	7	A	1		0.003		
Fatty acids, total monounsaturated....g	13.958		0	NC	4		2.080		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.052		0	AS	1		0.008		
16:1 c....g	0.052	0.006	13	A	1		0.008		
16:1 t....g	0.000	0.000	4	A	1		0.000		
17:1....g	0.020	0.004	13	A	1		0.003		
18:1 undifferentiated....g	13.731		0	AS	1		2.046		
18:1 c....g	12.558	1.005	13	A	1		1.871		
18:1-11c (18:1c n-7)....g									
18:1 t....g	1.173	0.245	13	A	1		0.175		
18:1-11t (18:1t n-7)....g									
20:1....g	0.139	0.025	13	A	1		0.021		
22:1 undifferentiated....g	0.008		0	AS	1		0.001		
22:1 c....g	0.008	0.003	13	A	1		0.001		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.008	0.005	4	A	1		0.001		
Fatty acids, total polyunsaturated....g	12.735		0	NC	4		1.898		
18:2 undifferentiated....g	10.740		0	AS	1		1.600		
18:2 n-6 c,c....g	10.371	0.670	13	A	1		1.545		
18:2 CLAs....g	0.012	0.005	4	A	1		0.002		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.170	0.011	9	A	1		0.025		
18:2 t not further defined....g	0.186	0.004	4	A	1		0.028		
18:3 undifferentiated....g	1.969		0	AS	1		0.293		
18:3 n-3 c,c,c (ALA)....g	1.754	0.109	13	A	1		0.261		
18:3 n-6 c,c,c....g	0.058	0.025	4	A	1		0.009		
18:3i....g	0.157	0.029	9	A	1		0.023		
18:4....g	0.000	0.000	13	A	1		0.000		
20:2 n-6 c,c....g	0.021	0.003	13	A	1		0.003		
20:3 undifferentiated....g	0.006		0	AS	1		0.001		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.006	0.003	4	A	1		0.001		
20:4 undifferentiated....g	0.000	0.000	13	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	13	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	13	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	13	A	1		0.000		
Fatty acids, total trans....g	1.687		0	NC	4		0.251		
Fatty acids, total trans-monoenoic....g	1.173		0	NC	4		0.175		
Fatty acids, total trans-polyenoic....g	0.514		0	NC	4		0.077		
Cholesterol....mg	0		0	BFZN	4		0		
Phytosterols....mg	9060		0	AS	1		1350		
Stigmasterol....mg	35		2	A	1		5		
Campesterol....mg	168		2	A	1		25		
Beta-sitosterol....mg	242		2	A	1		36		

NDB No. 04690

Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.9g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04624
Margarine-like, vegetable oil spread, fat free, liquid, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.00		0	RA	4		13.65		
Energy....kcal	43		0	NC	4		6		
Energy....kJ	180		0		4		27		
Protein....g	1.50		0	RA	4		0.23		
Total lipid (fat)....g	3.00		0	RA	4		0.45		
Ash....g	2.00		0	BFZN	4		0.30		
Carbohydrate, by difference....g	2.50		0	NC	4		0.38		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	CAZN	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	38		0	RA	4		6		
Iron, Fe....mg	0.03		0	RA	4		0.00		
Magnesium, Mg....mg	4		0	RA	4		1		
Phosphorus, P....mg	30		0	RA	4		5		
Potassium, K....mg	50		0	RA	4		8		
Sodium, Na....mg	833		0	LC	8		125		
Zinc, Zn....mg	0.14		0	RA	4		0.02		
Copper, Cu....mg	0.008		0	RA	4		0.001		
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	RA	4		0.0		
Thiamin....mg	0.010		0	RA	4		0.002		
Riboflavin....mg	0.040		0	RA	4		0.006		
Niacin....mg	0.030		0	RA	4		0.005		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0	RA	4		0.002		
Folate, total....mcg	2		0	RA	4		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	2		0	RA	4		0		
Folate, DFE....mcg_DFE	2		0	NC	4		0		
Choline, total....mg	12.4		0	CAZN	4		1.9		
Betaine....mg									
Vitamin B-12....mcg	0.11		0	RA	4		0.02		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	819		0	NC	4		123		
Retinol....mcg	768		0	CAZN	4		115		
Carotene, beta....mcg	610		0	CAZN	4		92		
Carotene, alpha....mcg	0		0	CAZN	4		0		
Cryptoxanthin, beta....mcg	0		0	CAZN	4		0		
Vitamin A, IU....IU	3571		0	ML	5		536		
Lycopene....mcg	0		0	CAZN	4		0		
Lutein + zeaxanthin....mcg	0		0	CAZN	4		0		
Vitamin E (alpha-tocopherol)....mg	5.00		0	BFZN	4		0.75		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.3		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.416		0	RA	4		0.062		
4:0....g	0.003		0	RA	4		0.000		

NDB No. 04624

Margarine-like, vegetable oil spread, fat free, liquid, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	RA	4		0.000		
8:0 g	0.001		0	RA	4		0.000		
10:0 g	0.001		0	RA	4		0.000		
12:0 g	0.001		0	RA	4		0.000		
13:0 g									
14:0 g	0.005		0	RA	4		0.001		
15:0 g									
16:0 g	0.343		0	RA	4		0.051		
17:0 g									
18:0 g	0.060		0	RA	4		0.009		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.740		0	RA	4		0.111		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0	RA	4		0.000		
17:1 g									
18:1 undifferentiated g	0.737		0	RA	4		0.111		
20:1 g	0.000		0	RA	4		0.000		
22:1 undifferentiated g	0.000		0	RA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.764		0	RA	4		0.265		
18:2 undifferentiated g	1.742		0	RA	4		0.261		
18:3 undifferentiated g	0.001		0	RA	4		0.000		
18:4 g	0.000		0	RA	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA) g	0.000		0	RA	4		0.000		
22:5 n-3 (DPA) g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA) g	0.000		0	RA	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	1		0	RA	4		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04631
Margarine-like, vegetable oil spread, fat-free, tub

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.69		2	A	1		211.31	13.24	
Energy....kcal	44		0	NC	4		103	6	
Energy....kJ	184		0	NC	4		430	27	
Protein....g	0.10		2	A	1		0.23	0.01	
Total lipid (fat)....g	3.04		2	A	1		7.08	0.44	
Ash....g	1.83		2	A	1		4.27	0.27	
Carbohydrate, by difference....g	4.34		0	NC	4		10.10	0.63	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2	A	1		18	1	
Iron, Fe....mg	0.08		2	A	1		0.19	0.01	
Magnesium, Mg....mg	1		2	A	1		3	0	
Phosphorus, P....mg	2		2	A	1		5	0	
Potassium, K....mg	36		2	A	1		85	5	
Sodium, Na....mg	580		2	A	1		1350	85	
Zinc, Zn....mg	0.07		2	A	1		0.16	0.01	
Copper, Cu....mg	0.000		2	A	1		0.000	0.000	
Manganese, Mn....mg	0.000		2	A	1		0.000	0.000	
Selenium, Se....mcg	0.0		1	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	1.011		1	A	1		2.356	0.148	
Riboflavin....mg	0.000		1	A	1		0.000	0.000	
Niacin....mg	0.883		1	A	1		2.057	0.129	
Pantothenic acid....mg	0.271		1	A	1		0.631	0.040	
Vitamin B-6....mg	0.001		1	A	1		0.002	0.000	
Folate, total....mcg	0		0	Z	7		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	8.3		0	RA	4		19.4	1.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	993		0	NC	4		2314	145	
Retinol....mcg	993		0	NC	4		2314	145	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	3307		0		4		7705	483	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.52		2	A	1		1.21	0.08	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.1		2	A	1		0.1	0.0	
Lipids:									
Fatty acids, total saturated....g	2.128		0	NC	4		4.958	0.311	

NDB No. 04631
Margarine-like, vegetable oil spread, fat-free, tub

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.009		2	A	1		0.020	0.001	
13:0....g									
14:0....g	0.028		2	A	1		0.064	0.004	
15:0....g									
16:0....g	0.953		2	A	1		2.221	0.139	
17:0....g									
18:0....g	1.126		2	A	1		2.624	0.164	
20:0....g	0.012		2	A	1		0.028	0.002	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.356		0	NC	4		0.829	0.052	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.178		0	AS	1		0.415	0.026	
18:1 c....g	0.010		2	A	1		0.023	0.001	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.168		2	A	1		0.392	0.025	
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.422		0	NC	4		0.984	0.062	
18:2 undifferentiated....g	0.376		0	AS	1		0.877	0.055	
18:2 n-6 c,c....g	0.376		2	A	1		0.877	0.055	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.046		0	AS	1		0.108	0.007	
18:3 n-3 c,c,c (ALA)....g	0.046		2	A	1		0.108	0.007	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.168		0	NC	4		0.392	0.025	
Fatty acids, total trans-monoenoic....g	0.168		0	NC	4		0.392	0.025	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		2	A	1		1	0	
Phytosterols....mg									
Stigmasterol....mg	1		2	A	1		1	0	
Campesterol....mg	1		2	A	1		2	0	
Beta-sitosterol....mg	2		2	A	1		4	0	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	

NDB No. 04631
Margarine-like, vegetable oil spread, fat-free, tub

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

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

Common Measures:

Measure 1 = 233g: 1 cup

Measure 2 = 14.6g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42256
Margarine-like, vegetable oil spread, stick or tub, sweetened

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	30.00		1		1		4.20		
Energy	kcal	534		0		1		75		
Energy	kJ	2234		0		1		313		
Protein	g	0.00		1		1		0.00		
Total lipid (fat)	g	52.00		1		1		7.28		
Ash	g	1.30		0	O	4		0.18		
Carbohydrate, by difference	g	16.70		0	NC	4		2.34		
Fiber, total dietary	g	0.0		1		1		0.0		
Sugars, total	g	16.70		0	NR	4		2.34		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0		
Iron, Fe	mg	0.00		1		1		0.00		
Magnesium, Mg	mg	0		1		1		0		
Phosphorus, P	mg	16		0		4		2		
Potassium, K	mg	30		0		4		4		
Sodium, Na	mg	542		1		1		76		
Zinc, Zn	mg	0.00		1		1		0.00		
Copper, Cu	mg	0.000		1		1		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.000		1		1		0.000		
Riboflavin	mg	0.000		1		1		0.000		
Niacin	mg	0.000		1		1		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		1		1		0.000		
Folate, total	mcg	0		1		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		1		1		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	12.4		0	CAZN	4		1.7		
Betaine	mg									
Vitamin B-12	mcg	0.00		1		1		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	819		0	NC	4		115		
Retinol	mcg	768		0	CAZN	4		108		
Carotene, beta	mcg	610		0	CAZN	4		85		
Carotene, alpha	mcg	0		0	CAZN	4		0		
Cryptoxanthin, beta	mcg	0		0	CAZN	4		0		
Vitamin A, IU	IU	3577		0	NC	4		501		
Lycopene	mcg	0		0	CAZN	4		0		
Lutein + zeaxanthin	mcg	0		0	CAZN	4		0		
Vitamin E (alpha-tocopherol)	mg	5.00		0	BFZN	4		0.70		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	93.0		1	CAZN	4		13.0		
Lipids:										
Fatty acids, total saturated	g	8.350		1		1		1.169		
4:0	g	0.000		0		7		0.000		

NDB No. 42256

Margarine-like, vegetable oil spread, stick or tub, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		7		0.000		
8:0 ... g	0.000		0		7		0.000		
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.000		0		4		0.000		
13:0 ... g									
14:0 ... g	0.000		0		4		0.000		
15:0 ... g									
16:0 ... g	5.270		0		4		0.738		
17:0 ... g									
18:0 ... g	3.080		0		4		0.431		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	17.000		1		1		2.380		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	16.900		0		4		2.366		
20:1 ... g	0.100		0		4		0.014		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	23.800		1		1		3.332		
18:2 undifferentiated ... g	20.870		0		4		2.922		
18:3 undifferentiated ... g	2.930		0		4		0.410		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		7		0.000		
22:5 n-3 (DPA) ... g	0.000		0		7		0.000		
22:6 n-3 (DHA) ... g	0.000		0		7		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04128

Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.55	0.700	13	A	1		138.14	2.86	8.87
Energy	kcal	339		0	NC	4		785	16	50
Energy	kJ	1417		0	NC	4		3286	68	211
Protein	g	0.51	0.181	13	A	1		1.17	0.02	0.08
Total lipid (fat)	g	37.77	0.679	13	A	1		87.63	1.81	5.63
Ash	g	1.52	0.082	13	A	1		3.53	0.07	0.23
Carbohydrate, by difference	g	0.66		0	NC	4		1.52	0.03	0.10
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.506	4	A	1		13	0	1
Iron, Fe	mg	0.02	0.000	4	A	1		0.05	0.00	0.00
Magnesium, Mg	mg	1	0.080	4	A	1		3	0	0
Phosphorus, P	mg	5	1.194	4	A	1		12	0	1
Potassium, K	mg	34	10.352	4	A	1		78	2	5
Sodium, Na	mg	589	23.848	4	A	1		1367	28	88
Zinc, Zn	mg	0.02	0.000	4	A	1		0.04	0.00	0.00
Copper, Cu	mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Manganese, Mn	mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Selenium, Se	mcg	0.0		1	A	1		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	0.0
Thiamin	mg	0.011	0.006	3	A	1		0.024	0.001	0.002
Riboflavin	mg	0.005	0.005	3	A	1		0.011	0.000	0.001
Niacin	mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Pantothenic acid	mg	0.696		1	A	1		1.615	0.033	0.104
Vitamin B-6	mg	0.000	0.000	4	A	1		0.001	0.000	0.000
Folate, total	mcg	1		0		1		2	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		0	NR	4		2	0	0
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	0
Choline, total	mg	12.4		0	CAZN	4		28.8	0.6	1.9
Betaine	mg									
Vitamin B-12	mcg	0.06		0		1		0.13	0.00	0.01
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	1297		0	NC	4		3008	62	193
Retinol	mcg	1297	94.045	3	A	1		3008	62	193
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	CAZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	CAZN	4		0	0	0
Vitamin A, IU	IU	4322		0	NC	4		10028	207	644
Lycopene	mcg	0		0	CAZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	CAZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	13.45	3.371	13	A	1		31.19	0.65	2.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.09	0.011	13	A	1		0.21	0.00	0.01
Tocopherol, gamma	mg	12.38	1.449	13	A	1		28.73	0.59	1.84
Tocopherol, delta	mg	3.15	0.651	13	A	1		7.30	0.15	0.47
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	74.6	9.867	9	A	1		173.2	3.6	11.1
Lipids:										
Fatty acids, total saturated	g	8.637		0	NC	4		20.038	0.415	1.287
4:0	g	0.003	0.002	13	A	1		0.008	0.000	0.001

NDB No. 04128

Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000	0.000	13	A	1		0.001	0.000	0.000
8:0....g	0.002	0.001	13	A	1		0.004	0.000	0.000
10:0....g	0.018	0.007	13	A	1		0.042	0.001	0.003
12:0....g	0.031	0.010	13	A	1		0.072	0.001	0.005
13:0....g									
14:0....g	0.117	0.018	13	A	1		0.272	0.006	0.017
15:0....g	0.006	0.001	13	A	1		0.015	0.000	0.001
16:0....g	6.183	0.526	13	A	1		14.345	0.297	0.921
17:0....g	0.036	0.001	13	A	1		0.083	0.002	0.005
18:0....g	1.975	0.167	13	A	1		4.581	0.095	0.294
20:0....g	0.140	0.013	13	A	1		0.324	0.007	0.021
22:0....g	0.103	0.008	13	A	1		0.240	0.005	0.015
24:0....g	0.022	0.001	7	A	1		0.051	0.001	0.003
Fatty acids, total monounsaturated....g	13.958		0	NC	4		32.383	0.670	2.080
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.052		0	AS	1		0.121	0.003	0.008
16:1 c....g	0.052	0.006	13	A	1		0.121	0.003	0.008
16:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1....g	0.020	0.004	13	A	1		0.047	0.001	0.003
18:1 undifferentiated....g	13.731		0	AS	1		31.855	0.659	2.046
18:1 c....g	12.558	1.005	13	A	1		29.135	0.603	1.871
18:1-11c (18:1c n-7)....g									
18:1 t....g	1.173	0.245	13	A	1		2.720	0.056	0.175
18:1-11t (18:1t n-7)....g									
20:1....g	0.139	0.025	13	A	1		0.321	0.007	0.021
22:1 undifferentiated....g	0.008		0	AS	1		0.019	0.000	0.001
22:1 c....g	0.008	0.003	13	A	1		0.019	0.000	0.001
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.008	0.005	4	A	1		0.020	0.000	0.001
Fatty acids, total polyunsaturated....g	12.407		0	NC	4		28.785	0.596	1.849
18:2 undifferentiated....g	10.570		0	AS	1		24.522	0.507	1.575
18:2 n-6 c,c....g	10.371	0.670	13	A	1		24.061	0.498	1.545
18:2 CLAs....g	0.012	0.005	4	A	1		0.028	0.001	0.002
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.186	0.004	4	A	1		0.432	0.009	0.028
18:3 undifferentiated....g	1.811		0	AS	1		4.202	0.087	0.270
18:3 n-3 c,c,c (ALA)....g	1.754	0.109	13	A	1		4.068	0.084	0.261
18:3 n-6 c,c,c....g	0.058	0.025	4	A	1		0.134	0.003	0.009
18:3i....g									
18:4....g	0.000	0.000	13	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.021	0.003	13	A	1		0.048	0.001	0.003
20:3 undifferentiated....g	0.006		0	AS	1		0.013	0.000	0.001
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6....g	0.006	0.003	4	A	1		0.013	0.000	0.001
20:4 undifferentiated....g	0.000	0.000	13	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	13	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	13	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	13	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	1.359		0	NC	4		3.153	0.065	0.202
Fatty acids, total trans-monoenoic....g	1.173		0	NC	4		2.720	0.056	0.175
Fatty acids, total trans-polyenoic....g	0.186		0	NC	4		0.432	0.009	0.028
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Stigmasterol....mg									
Campesterol....mg									
Beta-sitosterol....mg									

NDB No. 04128

Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.007		0		1		0.016	0.000	0.001
Threonine....g	0.023		0		1		0.053	0.001	0.003
Isoleucine....g	0.031		0		1		0.072	0.001	0.005
Leucine....g	0.050		0		1		0.116	0.002	0.007
Lysine....g	0.040		0		1		0.093	0.002	0.006
Methionine....g	0.013		0		1		0.030	0.001	0.002
Cystine....g	0.005		0		1		0.012	0.000	0.001
Phenylalanine....g	0.025		0		1		0.058	0.001	0.004
Tyrosine....g	0.025		0		1		0.058	0.001	0.004
Valine....g	0.034		0		1		0.079	0.002	0.005
Arginine....g	0.018		0		1		0.042	0.001	0.003
Histidine....g	0.014		0		1		0.032	0.001	0.002
Alanine....g	0.018		0		1		0.042	0.001	0.003
Aspartic acid....g	0.039		0		1		0.090	0.002	0.006
Glutamic acid....g	0.107		0		1		0.248	0.005	0.016
Glycine....g	0.011		0		1		0.026	0.001	0.002
Proline....g	0.049		0		1		0.114	0.002	0.007
Serine....g	0.028		0		1		0.065	0.001	0.004
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Measure 3 = 14.9g: 1 tbsp

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42309

Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.00		0		4		6.44		
Energy	kcal	450		0		4		63		
Energy	kJ	1883		0		4		264		
Protein	g	1.00		0		4		0.14		
Total lipid (fat)	g	50.00		0		4		7.00		
Ash	g	2.00		0	NR	4		0.28		
Carbohydrate, by difference	g	1.00		0		4		0.14		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0		4		4		
Iron, Fe	mg	0.09		0		4		0.01		
Magnesium, Mg	mg	2		0		4		0		
Phosphorus, P	mg	23		0		4		3		
Potassium, K	mg	37		0		4		5		
Sodium, Na	mg	607		0		4		85		
Zinc, Zn	mg	0.02		0		4		0.00		
Copper, Cu	mg	0.005		0		4		0.001		
Manganese, Mn	mg									
Selenium, Se	mcg	0.5		0	RA	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		4		0.0		
Thiamin	mg	0.010		0		4		0.001		
Riboflavin	mg	0.040		0		4		0.006		
Niacin	mg	0.030		0		4		0.004		
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		0		4		0.001		
Folate, total	mcg	2		0		4		0		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	2		0		4		0		
Folate, DFE	mcg_DFE	2		0	NC	4		0		
Choline, total	mg	6.5		0	BFZN	4		0.9		
Betaine	mg									
Vitamin B-12	mcg	0.10		0		4		0.01		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	819		0	NC	4		115		
Retinol	mcg	768		0	BFZN	4		108		
Carotene, beta	mcg	610		0	BFZN	4		85		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	3571		0		4		500		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	5.70		0	NR	4		0.80		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	57.6		0	BFFN	4		8.1		
Lipids:										
Fatty acids, total saturated	g	16.669		0		4		2.334		
4:0	g	0.522		0		4		0.073		

NDB No. 42309

Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.309		0		4		0.043		
8:0 ... g	0.180		0		4		0.025		
10:0 ... g	0.403		0		4		0.056		
12:0 ... g	0.452		0		4		0.063		
13:0 ... g									
14:0 ... g	1.702		0		4		0.238		
15:0 ... g									
16:0 ... g	8.310		0		4		1.163		
17:0 ... g									
18:0 ... g	4.435		0		4		0.621		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	19.722		0		4		2.761		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.361		0		4		0.051		
17:1 ... g									
18:1 undifferentiated ... g	19.128		0		4		2.678		
20:1 ... g	0.000		0		7		0.000		
22:1 undifferentiated ... g	0.000		0		7		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	11.299		0		4		1.582		
18:2 undifferentiated ... g	10.601		0		4		1.484		
18:3 undifferentiated ... g	0.698		0		4		0.098		
18:4 ... g	0.000		0		7		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000		
20:5 n-3 (EPA) ... g	0.000		0		7		0.000		
22:5 n-3 (DPA) ... g	0.000		0		7		0.000		
22:6 n-3 (DHA) ... g	0.000		0		7		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	71		0		4		10		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	BFZN	4		0		
Theobromine ... mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04600
Margarine-like, vegetable oil-butter spread, tub, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.00		0		4		7.84		
Energy	kcal	362		0		4		51		
Energy	kJ	1515		0		4		212		
Protein	g	1.00		0		4		0.14		
Total lipid (fat)	g	40.00		0		4		5.60		
Ash	g	2.00		0	NC	4		0.28		
Carbohydrate, by difference	g	1.00		0		4		0.14		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0		4		3		
Iron, Fe	mg	0.04		0		4		0.01		
Magnesium, Mg	mg	2		0		4		0		
Phosphorus, P	mg	20		0		4		3		
Potassium, K	mg	36		0		4		5		
Sodium, Na	mg	786		0		4		110		
Zinc, Zn	mg	0.01		0		4		0.00		
Copper, Cu	mg	0.002		0		4		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg	0.5		0	RA	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		4		0.0		
Thiamin	mg	0.010		0		4		0.001		
Riboflavin	mg	0.030		0		4		0.004		
Niacin	mg	0.020		0		4		0.003		
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		0		4		0.001		
Folate, total	mcg	1		0		4		0		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	1		0	FLM	4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Choline, total	mg	6.5		0	BFZN	4		0.9		
Betaine	mg									
Vitamin B-12	mcg	0.09		0		4		0.01		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	819		0	NC	4		115		
Retinol	mcg	768		0	BFZN	4		108		
Carotene, beta	mcg	610		0	BFZN	4		85		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	3571		0	ML	5		500		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	4.47		0	NR	4		0.63		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	1		0	BFZN	4		0		
Vitamin K (phylloquinone)	mcg	46.1		0	BFFN	4		6.5		
Lipids:										
Fatty acids, total saturated	g	7.238		0		4		1.013		
4:0	g	0.026		0		4		0.004		

NDB No. 04600
Margarine-like, vegetable oil-butter spread, tub, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.015		0		4		0.002		
8:0 ... g	0.009		0		4		0.001		
10:0 ... g	0.020		0		4		0.003		
12:0 ... g	0.023		0		4		0.003		
13:0 ... g									
14:0 ... g	0.130		0		4		0.018		
15:0 ... g									
16:0 ... g	4.458		0		4		0.624		
17:0 ... g									
18:0 ... g	2.538		0		4		0.355		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	18.438		0		4		2.581		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.018		0		4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	18.408		0		4		2.577		
20:1 ... g	0.000		0		7		0.000		
22:1 undifferentiated ... g	0.000		0		7		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	12.573		0		4		1.760		
18:2 undifferentiated ... g	12.025		0		4		1.684		
18:3 undifferentiated ... g	0.549		0		4		0.077		
18:4 ... g	0.000		0		7		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000		
20:5 n-3 (EPA) ... g	0.000		0		7		0.000		
22:5 n-3 (DPA) ... g	0.000		0		7		0.000		
22:6 n-3 (DHA) ... g	0.000		0		7		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	BFZN	4		0		
Theobromine ... mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43598
Mayonnaise dressing, no cholesterol

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	21.70		1		1		51.86	3.26	
Energy	kcal	688		1		1		1644	103	
Energy	kJ	2879		1		1		6880	432	
Protein	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	77.80		1		1		185.94	11.67	
Ash	g	0.40		0	O	4		0.96	0.06	
Carbohydrate, by difference	g	0.30		0	NC	4		0.72	0.05	
Fiber, total dietary	g	0.0		0		1		0.0	0.0	
Sugars, total	g	0.30		0	NR	4		0.72	0.05	
Starch	g									
Minerals:										
Calcium, Ca	mg	7		1		1		17	1	
Iron, Fe	mg	0.23		1		1		0.55	0.03	
Magnesium, Mg	mg	1		1		1		2	0	
Phosphorus, P	mg	25		1		1		60	4	
Potassium, K	mg	14		1		1		33	2	
Sodium, Na	mg	486		1		1		1162	73	
Zinc, Zn	mg	0.13		1		1		0.31	0.02	
Copper, Cu	mg	0.000		1		1		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.010		1		1		0.024	0.002	
Riboflavin	mg	0.060		1		1		0.143	0.009	
Niacin	mg	0.010		1		1		0.024	0.002	
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		1		1		0.024	0.002	
Folate, total	mcg	0		1		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	0.7		0	BFZN	4		1.7	0.1	
Betaine	mg									
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		1		1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	11.79		0	NR	4		28.18	1.77	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	24.7		0	BFZN	4		59.1	3.7	
Lipids:										
Fatty acids, total saturated	g	10.784		0		4		25.774	1.618	
4:0	g	0.000		0		7		0.000	0.000	

NDB No. 43598
Mayonnaise dressing, no cholesterol

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		7		0.000	0.000	
8:0 ... g	0.000		0		7		0.000	0.000	
10:0 ... g	0.000		0		7		0.000	0.000	
12:0 ... g	0.000		0		7		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0		7		0.000	0.000	
15:0 ... g									
16:0 ... g	7.357		0		4		17.583	1.104	
17:0 ... g									
18:0 ... g	2.952		0		4		7.055	0.443	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	18.026		0		4		43.082	2.704	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		7		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	18.026		0		4		43.082	2.704	
20:1 ... g	0.000		0		7		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		7		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	45.539		0		4		108.838	6.831	
18:2 undifferentiated ... g	40.569		0		4		96.960	6.085	
18:3 undifferentiated ... g	4.970		0		4		11.878	0.746	
18:4 ... g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		7		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		7		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 239g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43355
Mayonnaise, low sodium, low calorie or diet

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.70		0		4		140.45	8.78	
Energy....kcal	231		0		4		517	32	
Energy....kJ	967		0		4		2165	135	
Protein....g	0.30		0		4		0.67	0.04	
Total lipid (fat)....g	19.20		0		4		43.01	2.69	
Ash....g	1.80		0		4		4.03	0.25	
Carbohydrate, by difference....g	16.00		0		4		35.84	2.24	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	4.20		0	O	4		9.41	0.59	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		7		0	0	
Iron, Fe....mg	0.00		0		7		0.00	0.00	
Magnesium, Mg....mg	0		0		7		0	0	
Phosphorus, P....mg	0		0		7		0	0	
Potassium, K....mg	10		0		4		22	1	
Sodium, Na....mg	110		0		4		246	15	
Zinc, Zn....mg	0.11		0		4		0.25	0.02	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.000		0		7		0.000	0.000	
Selenium, Se....mcg	1.6		0	CAZN	4		3.6	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.010		0		4		0.022	0.001	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0	BFZN	4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	8.5		0	CAZN	4		19.0	1.2	
Betaine....mg									
Vitamin B-12....mcg	0.06		0		4		0.13	0.01	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	6.43		0		4		14.40	0.90	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	24.7		0	BFZN	4		55.4	3.5	
Lipids:									
Fatty acids, total saturated....g	3.300		0		4		7.392	0.462	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 43355
Mayonnaise, low sodium, low calorie or diet

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000	0.000	
8:0 ... g	0.000		0		4		0.000	0.000	
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0		4		0.000	0.000	
15:0 ... g									
16:0 ... g	2.400		0		4		5.376	0.336	
17:0 ... g									
18:0 ... g	0.900		0		4		2.016	0.126	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.500		0		4		10.080	0.630	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	4.500		0		4		10.080	0.630	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	10.600		0		4		23.744	1.484	
18:2 undifferentiated ... g	9.000		0		4		20.160	1.260	
18:3 undifferentiated ... g	1.600		0		4		3.584	0.224	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	24		0		4		54	3	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	BFZN	4		0	0	
Theobromine ... mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 224g: 1 cup

Measure 2 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42178
Mayonnaise, made with tofu

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.33		0	FLM	4		135.18	8.45	
Energy....kcal	322		0	FLM	4		773	48	
Energy....kJ	1348		0	FLM	4		3235	202	
Protein....g	5.95		0	FLM	4		14.29	0.89	
Total lipid (fat)....g	31.79		0	FLM	4		76.30	4.77	
Ash....g	2.87		0	FLM	4		6.89	0.43	
Carbohydrate, by difference....g	3.06		0	FLM	4		7.35	0.46	
Fiber, total dietary....g	1.1		0	FLM	4		2.6	0.2	
Sugars, total....g	0.85		0	FLM	4		2.05	0.13	
Starch....g									
Minerals:									
Calcium, Ca....mg	53		0		4		127	8	
Iron, Fe....mg	0.27		0		4		0.65	0.04	
Magnesium, Mg....mg	52		0		4		125	8	
Phosphorus, P....mg	49		0		4		118	7	
Potassium, K....mg	66		0		4		158	10	
Sodium, Na....mg	773		0	LC	8		1855	116	
Zinc, Zn....mg	0.40		0		4		0.96	0.06	
Copper, Cu....mg	0.090		0		4		0.216	0.014	
Manganese, Mn....mg	0.399		0	FLM	4		0.957	0.060	
Selenium, Se....mcg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.050		0		4		0.120	0.008	
Riboflavin....mg	0.040		0		4		0.096	0.006	
Niacin....mg	0.090		0		4		0.216	0.014	
Pantothenic acid....mg	0.124		0	FLM	4		0.298	0.019	
Vitamin B-6....mg	0.020		0		4		0.048	0.003	
Folate, total....mcg	8		0		4		19	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		4		19	1	
Folate, DFE....mcg_DFE	8		0	NC	4		19	1	
Choline, total....mg	26.2		0	FLM	4		62.9	3.9	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		5	0	
Retinol....mcg	0		0	FLM	4		0	0	
Carotene, beta....mcg	23		0	FLM	4		55	3	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	6		0	FLM	4		14	1	
Vitamin A, IU....IU	43		0	NC	4		104	7	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	21		0	FLM	4		50	3	
Vitamin E (alpha-tocopherol)....mg	2.40		0	FLM	4		5.77	0.36	
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	53.4		0	FLM	4		128.3	8.0	
Lipids:									
Fatty acids, total saturated....g	2.921		0	FLM	4		7.010	0.438	
4:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 42178
Mayonnaise, made with tofu

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	FLM	4		0.000	0.000	
8:0 g	0.000		0	FLM	4		0.000	0.000	
10:0 g	0.000		0	FLM	4		0.000	0.000	
12:0 g	0.001		0	FLM	4		0.001	0.000	
13:0 g									
14:0 g	0.005		0	FLM	4		0.012	0.001	
15:0 g	0.000		0	FLM	4		0.001	0.000	
16:0 g	1.962		0	FLM	4		4.709	0.294	
17:0 g	0.006		0	FLM	4		0.014	0.001	
18:0 g	0.815		0	FLM	4		1.956	0.122	
20:0 g	0.065		0	FLM	4		0.156	0.010	
22:0 g	0.065		0	FLM	4		0.156	0.010	
24:0 g	0.002		0	FLM	4		0.004	0.000	
Fatty acids, total monounsaturated g	5.246		0	FLM	4		12.591	0.787	
14:1 g	0.000		0	FLM	4		0.000	0.000	
15:1 g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated g	0.007		0	FLM	4		0.016	0.001	
17:1 g	0.000		0	FLM	4		0.000	0.000	
18:1 undifferentiated g	4.873		0	FLM	4		11.695	0.731	
20:1 g	0.110		0	FLM	4		0.263	0.016	
22:1 undifferentiated g	0.241		0	FLM	4		0.578	0.036	
24:1 c g	0.016		0	FLM	4		0.038	0.002	
Fatty acids, total polyunsaturated g	16.590		0	FLM	4		39.815	2.488	
18:2 undifferentiated g	14.534		0	FLM	4		34.883	2.180	
18:3 undifferentiated g	2.042		0	FLM	4		4.900	0.306	
18:4 g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c g	0.003		0	FLM	4		0.008	0.000	
20:3 undifferentiated g	0.008		0	FLM	4		0.019	0.001	
20:4 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans g	0.153		0	FLM	4		0.367	0.023	
Cholesterol mg	0		0		7		0	0	
Phytosterols mg									
Stigmasterol mg	17		0	FLM	4		40	2	
Campesterol mg	17		0	FLM	4		42	3	
Beta-sitosterol mg	48		0	FLM	4		115	7	
Amino Acids:									
Tryptophan g									
Threonine g									
Isoleucine g									
Leucine g									
Lysine g									
Methionine g									
Cystine g									
Phenylalanine g									
Tyrosine g									
Valine g									
Arginine g									
Histidine g									
Alanine g									
Aspartic acid g									
Glutamic acid g									
Glycine g									
Proline g									
Serine g									
Hydroxyproline g	0.000		0	FLM	4		0.000	0.000	
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLM	4		0	0	
Theobromine mg	0		0	FLM	4		0	0	

NDB No. 42178
Mayonnaise, made with tofu

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

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42138
Mayonnaise, reduced-calorie or diet, cholesterol-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.00		0		4		129.36	8.18	
Energy....kcal	333		0		1		769	49	
Energy....kJ	1393		1		1		3218	203	
Protein....g	0.90		1		1		2.08	0.13	
Total lipid (fat)....g	33.30		1		1		76.92	4.86	
Ash....g	3.10		0	NC	4		7.16	0.45	
Carbohydrate, by difference....g	6.70		0	NC	4		15.48	0.98	
Fiber, total dietary....g	0.0		1		7		0.0	0.0	
Sugars, total....g	4.20		0	O	4		9.70	0.61	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	67		1		1		155	10	
Sodium, Na....mg	733		1		1		1693	107	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	1.6		0	CAZN	4		3.7	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	7.0		0	CAZN	4		16.2	1.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	6.43		0	NR	4		14.85	0.94	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	24.7		0	BFZN	4		57.2	3.6	
Lipids:									
Fatty acids, total saturated....g	4.618		0		4		10.668	0.674	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 42138
Mayonnaise, reduced-calorie or diet, cholesterol-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000	0.000	
8:0 ... g	0.000		0		4		0.000	0.000	
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0		4		0.000	0.000	
15:0 ... g									
16:0 ... g	3.150		0		4		7.277	0.460	
17:0 ... g									
18:0 ... g	1.264		0		4		2.920	0.185	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.707		0		4		17.803	1.125	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	7.707		0		4		17.803	1.125	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	19.500		0		4		45.045	2.847	
18:2 undifferentiated ... g	17.372		0		4		40.129	2.536	
18:3 undifferentiated ... g	2.128		0		4		4.916	0.311	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 231g: 1 cup

Measure 2 = 14.6g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04606
Meat drippings (lard, beef tallow, mutton tallow)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	RA	4				
Energy	kcal	889		0	RA	4				
Energy	kJ	3720		0		4				
Protein	g	0.00		0	RA	4				
Total lipid (fat)	g	98.59		0	RA	4				
Ash	g	1.40		0	RA	4				
Carbohydrate, by difference	g	0.00		0	RA	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	RA	4				
Iron, Fe	mg	0.00		0	RA	4				
Magnesium, Mg	mg	0		0	RA	4				
Phosphorus, P	mg	0		0	RA	4				
Potassium, K	mg	0		0	RA	4				
Sodium, Na	mg	545		0	RA	4				
Zinc, Zn	mg	0.00		0	RA	4				
Copper, Cu	mg	0.000		0	RA	4				
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.000		0	RA	4				
Riboflavin	mg	0.000		0	RA	4				
Niacin	mg	0.000		0	RA	4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0	RA	4				
Folate, total	mcg	0		0	RA	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	0		0	RA	4				
Folate, DFE	mcg_DFE	0		0	NC	4				
Choline, total	mg	49.0		0	BFFN	4				
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RA	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFFN	4				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.59		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	2.5		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	2.5		0	BFFN	4				
Vitamin D	IU	100		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	0.0		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	44.790		0	RA	4				
4:0	g	0.000		0	RA	4				

NDB No. 04606
Meat drippings (lard, beef tallow, mutton tallow)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	RA	4				
8:0....g	0.000		0	RA	4				
10:0....g	0.033		0	RA	4				
12:0....g	0.362		0	RA	4				
13:0....g									
14:0....g	2.892		0	RA	4				
15:0....g									
16:0....g	23.071		0	RA	4				
17:0....g									
18:0....g	16.794		0	RA	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	41.770		0	RA	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	3.024		0	RA	4				
17:1....g									
18:1 undifferentiated....g	37.728		0	RA	4				
20:1....g	0.427		0	RA	4				
22:1 undifferentiated....g	0.000		0	RA	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.560		0	RA	4				
18:2 undifferentiated....g	6.179		0	RA	4				
18:3 undifferentiated....g	1.282		0	RA	4				
18:4....g	0.000		0	RA	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4				
20:5 n-3 (EPA)....g	0.000		0	RA	4				
22:5 n-3 (DPA)....g	0.000		0	RA	4				
22:6 n-3 (DHA)....g	0.000		0	RA	4				
Fatty acids, total trans....g									
Cholesterol....mg	101		0	RA	4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

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

Common Measures:

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04679

Oil, PAM cooking spray, original

ConAgra, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.11		1	MC	9		0.00		
Energy....kcal	792		0	MC	9		2		
Energy....kJ	3314		0	MC	9		10		
Protein (N x 6.25)....g	0.26		1	MC	9		0.00		
Total lipid (fat)....g	78.69		0	NR	4		0.24		
Ash....g	0.25		1	MC	9		0.00		
Carbohydrate, by difference....g	20.69		1	MC	9		0.06		
Fiber, total dietary....g	0.0		1	MC	9		0.0		
Sugars, total....g	0.00		1	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0		
Iron, Fe....mg	0.00		0	MC	9		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	59		1	MC	9		0		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.600		1	MC	9		0.035		
Fatty acids, total monounsaturated....g	55.790		1	MC	9		0.167		
Fatty acids, total polyunsaturated....g	9.820		1	MC	9		0.029		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									

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

Common Measures:

NDB No. 04679

Oil, PAM cooking spray, original

Measure 1 = 0.3g: 1 spray , about 1/3 second (1 NLEA serving)

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04529
Oil, almond

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.4		0	BFZN	4		0.1	0.9	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	39.20		0		1		5.33	85.46	1.76
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	7.0		0	T	4		1.0	15.3	0.3
Lipids:									
Fatty acids, total saturated....g	8.200		0		1		1.115	17.876	0.369
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 04529
Oil, almond

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000	0.006	23		1		0.000	0.000	0.000
15:0 g									
16:0 g	6.500	0.074	91		1		0.884	14.170	0.293
17:0 g									
18:0 g	1.700	0.077	90		1		0.231	3.706	0.077
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	69.900		0		1		9.506	152.382	3.146
14:1 g									
15:1 g									
16:1 undifferentiated g	0.600	0.025	89		1		0.082	1.308	0.027
17:1 g									
18:1 undifferentiated g	69.400	0.426	91		1		9.438	151.292	3.123
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	17.400		0		1		2.366	37.932	0.783
18:2 undifferentiated g	17.400	0.394	91		1		2.366	37.932	0.783
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	266		0		4		36	580	12
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04529
Oil, almond

Common Measures:

Measure 1 = 13.6g: 1 tablespoon
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04530
Oil, apricot kernel

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0	Z	7		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	4.00		0		1		0.54	8.72	0.18
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.300		0		1		0.857	13.734	0.284
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000

NDB No. 04530
Oil, apricot kernel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g									
15:0 g									
16:0 g	5.800	0.117	54		1		0.789	12.644	0.261
17:0 g									
18:0 g	0.500	0.057	53		1		0.068	1.090	0.023
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	60.000		0		1		8.160	130.800	2.700
14:1 g									
15:1 g									
16:1 undifferentiated g	1.500	0.071	51		1		0.204	3.270	0.068
17:1 g									
18:1 undifferentiated g	58.500	0.763	54		1		7.956	127.530	2.633
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	29.300		0		1		3.985	63.874	1.319
18:2 undifferentiated g	29.300	0.688	54		1		3.985	63.874	1.319
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	266		0		4		36	580	12
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04530
Oil, apricot kernel

Common Measures:

Measure 1 = 13.6g: 1 tablespoon
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04581
Oil, avocado

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		124	1927	40
Energy....kJ	3699		0		4		518	8063	166
Protein (N x 0)....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1		1		14.00	218.00	4.50
Ash....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.560		0		1		1.618	25.201	0.520
4:0....g									
6:0....g									
8:0....g									

NDB No. 04581
Oil, avocado

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	10.900		2		1		1.526	23.762	0.491
17:0....g									
18:0....g	0.660		2		1		0.092	1.439	0.030
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	70.554		0		1		9.878	153.808	3.175
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.665		2		1		0.373	5.810	0.120
17:1....g									
18:1 undifferentiated....g	67.889		2		1		9.504	147.998	3.055
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	13.486		0		1		1.888	29.399	0.607
18:2 undifferentiated....g	12.530		2		1		1.754	27.315	0.564
18:3 undifferentiated....g	0.957		2		1		0.134	2.086	0.043
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04534
Oil, babassu

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	19.10		0		4		2.60	41.64	0.86
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	81.200		0		1		11.043	177.016	3.654
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.200	0.130	3		1		0.027	0.436	0.009
8:0....g	6.000	0.282	6		1		0.816	13.080	0.270

NDB No. 04534
Oil, babassu

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	5.500	0.380	6		1		0.748	11.990	0.248
12:0 g	43.500	0.730	6		1		5.916	94.830	1.958
13:0 g									
14:0 g	15.000	0.368	6		1		2.040	32.700	0.675
15:0 g									
16:0 g	8.200	0.183	6		1		1.115	17.876	0.369
17:0 g									
18:0 g	2.800	0.197	6		1		0.381	6.104	0.126
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.400		0		1		1.550	24.852	0.513
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		2		1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	11.400	0.526	6		1		1.550	24.852	0.513
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.600		0		1		0.218	3.488	0.072
18:2 undifferentiated g	1.600	0.284	6		1		0.218	3.488	0.072
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	95		0		4		13	207	4
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04534
Oil, babassu

Common Measures:

Measure 1 = 13.6g: 1 tbsp
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.82 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04582
Oil, canola (1)

low erucic acid rapeseed oil
Refuse:0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00	0.000	5	JO	11		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	124	40
Energy	kJ	3699		0		4		8063	518	166
Protein (N x 0)	g	0.00	0.000	4		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00	0.000	8	JO	11		218.00	14.00	4.50
Ash	g	0.00	0.000	4		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0	Z	7		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	AS	1		0.4	0.0	0.0
Betaine	mg	0.0		1	A	1		0.0	0.0	0.0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	17.46	0.424	10	A	1		38.07	2.44	0.79
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.01	0.000	11	A	1		0.02	0.00	0.00
Tocopherol, gamma	mg	27.34	2.728	11	A	1		59.59	3.83	1.23
Tocopherol, delta	mg	0.99	0.075	11	A	1		2.16	0.14	0.04
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	71.3	5.102	4	A	1		155.5	10.0	3.2
Lipids:										
Fatty acids, total saturated	g	7.365		0	NC	4		16.056	1.031	0.331
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 04582
Oil, canola (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0 g	4.298	0.021	4	A	1		9.370	0.602	0.193
17:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0 g	2.087	0.014	4	A	1		4.550	0.292	0.094
20:0 g	0.650	0.004	4	A	1		1.417	0.091	0.029
22:0 g	0.330	0.002	4	A	1		0.719	0.046	0.015
24:0 g									
Fatty acids, total monounsaturated g	63.276		0	NC	4		137.941	8.859	2.847
14:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.214	0.001	4	A	1		0.466	0.030	0.010
17:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated g	61.744	0.338	4	AS	1		134.603	8.644	2.778
18:1 c g	61.714	0.354	4	A	1		134.538	8.640	2.777
18:1-11c (18:1c n-7) g									
18:1 t g	0.030	0.030	4	A	1		0.065	0.004	0.001
18:1-11t (18:1t n-7) g									
20:1 g	1.317	0.015	4	A	1		2.872	0.184	0.059
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	28.142		0	NC	4		61.350	3.940	1.266
18:2 undifferentiated g	19.005	0.144	4	AS	1		41.432	2.661	0.855
18:2 n-6 c,c g	18.640	0.147	4	A	1		40.636	2.610	0.839
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.365	0.073	4	A	1		0.796	0.051	0.016
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	9.137		49	JA	6		19.918	1.279	0.411
18:3 n-3 c,c,c (ALA) g	9.137		4	A	1		19.918	1.279	0.411
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g	0.395		0	NC	4		0.861	0.055	0.018
Fatty acids, total trans-monoenoic g	0.030		0	NC	4		0.065	0.004	0.001
Fatty acids, total trans-polyenoic g	0.365		0	NC	4		0.796	0.051	0.016
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Stigmasterol mg	3	0.167	4	A	1		6	0	0
Campesterol mg	241	9.056	4	A	1		525	34	11
Beta-sitosterol mg	413	14.560	4	A	1		899	58	19
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0

NDB No. 04582
Oil, canola (1)

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Footnotes:

1 Other phytosterols and phytostanols identified include: beta-sitostanol (0.925 mg), campestanol (0.811 mg) and delta-5 avenasterol (11.721 mg)

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04501
Oil, cocoa butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0		4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.3		0	CAZN	4		0.0	0.6	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	1.80	0.316	6		1		0.24	3.92	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	24.7	5.831	69	JO	11		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated....g	59.700		0		1		8.119	130.146	2.687
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 04501
Oil, cocoa butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000	0.003	49		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.100	0.007	141		1		0.014	0.218	0.005
15:0 g									
16:0 g	25.400	0.120	154		1		3.454	55.372	1.143
17:0 g									
18:0 g	33.200	0.101	154		1		4.515	72.376	1.494
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	32.900		0		1		4.474	71.722	1.481
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200	0.019	108		1		0.027	0.436	0.009
17:1 g									
18:1 undifferentiated g	32.600	0.121	154		1		4.434	71.068	1.467
20:1 g	0.000	0.010	21		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.000		0		1		0.408	6.540	0.135
18:2 undifferentiated g	2.800	0.048	154		1		0.381	6.104	0.126
18:3 undifferentiated g	0.100	0.009	117		1		0.014	0.218	0.005
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		7		0	0	0
Phytosterols mg	201		0		1		27	438	9
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04501
Oil, cocoa butter

Common Measures:

Measure 1 = 13.6g: 1 tablespoon
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04047
Oil, coconut

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	862		0	NC	4		117	1879	39
Energy	kJ	3607		0		4		490	7862	162
Protein (N x 0)	g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		13.60	218.00	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	0
Iron, Fe	mg	0.04		1		1		0.01	0.09	0.00
Magnesium, Mg	mg	0		1		1		0	0	0
Phosphorus, P	mg	0		1		1		0	0	0
Potassium, K	mg	0		1		1		0	0	0
Sodium, Na	mg	0		1		1		0	0	0
Zinc, Zn	mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.000		1		1		0.000	0.000	0.000
Riboflavin	mg	0.000		1		1		0.000	0.000	0.000
Niacin	mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid	mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0		1		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		1		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.3		0	CAZN	4		0.0	0.6	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		1	A	1		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.09		1	A	1		0.01	0.20	0.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.20		1	A	1		0.03	0.44	0.01
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	0.5		1	A	1		0.1	1.1	0.0
Lipids:										
Fatty acids, total saturated	g	86.500		0		1		11.764	188.570	3.893
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 04047
Oil, coconut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.600		19		1		0.082	1.308	0.027
8:0....g	7.500		19		1		1.020	16.350	0.338
10:0....g	6.000		19		1		0.816	13.080	0.270
12:0....g	44.600		19		1		6.066	97.228	2.007
13:0....g									
14:0....g	16.800		19		1		2.285	36.624	0.756
15:0....g									
16:0....g	8.200		19		1		1.115	17.876	0.369
17:0....g									
18:0....g	2.800		19		1		0.381	6.104	0.126
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.800		0		1		0.789	12.644	0.261
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	5.800		19		1		0.789	12.644	0.261
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.800		0		1		0.245	3.924	0.081
18:2 undifferentiated....g	1.800		19		1		0.245	3.924	0.081
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	0
Phytosterols....mg	86	1.561	19		1		12	187	4
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	0.000		0		1		0.000	0.000	0.000
Isoleucine....g	0.000		0		1		0.000	0.000	0.000
Leucine....g	0.000		0		1		0.000	0.000	0.000
Lysine....g	0.000		0		1		0.000	0.000	0.000
Methionine....g	0.000		0		1		0.000	0.000	0.000
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	0.000		0		1		0.000	0.000	0.000
Tyrosine....g	0.000		0		1		0.000	0.000	0.000
Valine....g	0.000		0		1		0.000	0.000	0.000
Arginine....g	0.000		0		1		0.000	0.000	0.000
Histidine....g	0.000		0		1		0.000	0.000	0.000
Alanine....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid....g	0.000		0		1		0.000	0.000	0.000
Glycine....g	0.000		0		1		0.000	0.000	0.000
Proline....g	0.000		0		1		0.000	0.000	0.000
Serine....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04047
Oil, coconut

Common Measures:

Measure 1 = 13.6g: 1 tbsp
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04685

Oil, cooking and salad, ENOVA, 80% diglycerides

ADM KAO LLC

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		3	A	1		0.00	0.00	
Energy....kcal	884		0	NC	4		124	1892	
Energy....kJ	3699		0	NC	4		518	7915	
Protein....g	0.00		0	LC	8		0.00	0.00	
Total lipid (fat)....g	100.00		3	CAZN	4		14.00	214.00	
Ash....g	0.00		3	Z	7		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	LC	8		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	0		0	LC	8		0	0	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	4.630		0	NC	4		0.648	9.908	
4:0....g	0.000		3	A	1		0.000	0.000	
6:0....g	0.000		3	A	1		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.063		3	A	1		0.009	0.134	
15:0....g									
16:0....g	2.983		3	A	1		0.418	6.384	
17:0....g	0.000		3	A	1		0.000	0.000	
18:0....g	1.153		3	A	1		0.161	2.468	
20:0....g	0.360		3	A	1		0.050	0.771	
22:0....g	0.070		3	A	1		0.010	0.151	
24:0....g	0.000		3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	37.016		0	NC	4		5.182	79.213	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.133		3	AS	1		0.019	0.284	
16:1 c....g	0.133		3	A	1		0.019	0.284	
16:1 t....g									
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	36.266		3	AS	1		5.077	77.609	
18:1 c....g	36.266		3	A	1		5.077	77.609	
18:1-11c (18:1c n-7)....g									
18:1 t....g									
18:1-11t (18:1t n-7)....g									
20:1....g	0.476		3	A	1		0.067	1.019	
22:1 undifferentiated....g	0.141		3	AS	1		0.020	0.301	
22:1 c....g	0.141		3	A	1		0.020	0.301	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	53.370		0	NC	4		7.472	114.211	
18:2 undifferentiated....g	45.938		3	AS	1		6.431	98.307	
18:2 n-6 c,c....g	45.369		3	A	1		6.352	97.090	
18:2 CLAs....g									

NDB No. 04685
Oil, cooking and salad, ENOVA, 80% diglycerides

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.569		3	A	1		0.080	1.217	
18:2 t not further defined....g									
18:3 undifferentiated....g	7.432		3	AS	1		1.040	15.904	
18:3 n-3 c,c,c (ALA)....g	6.239		3	A	1		0.873	13.351	
18:3 n-6 c,c,c....g									
18:3i....g	1.193		3	A	1		0.167	2.553	
18:4....g	0.000		3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g									
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	1.762		0	NC	4		0.247	3.771	
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g	1.762		0	NC	4		0.247	3.771	
Cholesterol....mg									
Phytosterols....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp (1 NLEA serving)

Measure 2 = 214g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42289
Oil, corn and canola (1)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		2		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1980	124	40
Energy	kJ	3699		0	NC	4		8285	518	166
Protein	g	0.00		2		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		224.00	14.00	4.50
Ash	g	0.00		2		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		1		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	0
Iron, Fe	mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg	mg	0		1		1		0	0	0
Phosphorus, P	mg	0		1		1		0	0	0
Potassium, K	mg	0		1		1		0	0	0
Sodium, Na	mg	0		1		1		0	0	0
Zinc, Zn	mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu	mg	0.000		1		1		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.000		1		1		0.000	0.000	0.000
Riboflavin	mg	0.000		1		1		0.000	0.000	0.000
Niacin	mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		1		1		0.000	0.000	0.000
Folate, total	mcg	0		1		1		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	AS	1		0.4	0.0	0.0
Betaine	mg	0.0		2	A	1		0.0	0.0	0.0
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		1		1		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	14.84		2	A	1		33.25	2.08	0.67
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	35.37		2	A	1		79.23	4.95	1.59
Tocopherol, delta	mg	1.28		2	A	1		2.88	0.18	0.06
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	42.2		2	A	1		94.6	5.9	1.9
Lipids:										
Fatty acids, total saturated	g	8.026		0	NC	4		17.978	1.124	0.361
4:0	g	0.000		1		1		0.000	0.000	0.000

NDB No. 42289
Oil, corn and canola (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1		1		0.000	0.000	0.000
8:0 g	0.000		2	A	1		0.000	0.000	0.000
10:0 g	0.000		2	A	1		0.000	0.000	0.000
12:0 g	0.000		2	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		2	A	1		0.000	0.000	0.000
15:0 g	0.000		2	A	1		0.000	0.000	0.000
16:0 g	5.076		2	A	1		11.371	0.711	0.228
17:0 g	0.000		2	A	1		0.000	0.000	0.000
18:0 g	2.028		2	A	1		4.542	0.284	0.091
20:0 g	0.615		2	A	1		1.379	0.086	0.028
22:0 g	0.306		2	A	1		0.686	0.043	0.014
24:0 g									
Fatty acids, total monounsaturated g	58.537		0	NC	4		131.123	8.195	2.634
14:1 g	0.000		2	A	1		0.000	0.000	0.000
15:1 g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.191		2	A	1		0.428	0.027	0.009
17:1 g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated g	57.142		0	AS	1		127.997	8.000	2.571
18:1 c g	57.142		2	A	1		127.997	8.000	2.571
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		2	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	1.204		2	A	1		2.698	0.169	0.054
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	29.113		0	NC	4		65.214	4.076	1.310
18:2 undifferentiated g	23.315		0	AS	1		52.225	3.264	1.049
18:2 n-6 c,c g	22.981		2	A	1		51.478	3.217	1.034
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.334		2	A	1		0.747	0.047	0.015
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	5.798		0	AS	1		12.989	0.812	0.261
18:3 n-3 c,c,c (ALA) g	5.798		2	A	1		12.989	0.812	0.261
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		1		1		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1		1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1		1		0.000	0.000	0.000
Fatty acids, total trans g	0.334		0	NC	4		0.747	0.047	0.015
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	0.334		0	NC	4		0.747	0.047	0.015
Cholesterol mg	0		0		7		0	0	0
Phytosterols mg									
Stigmasterol mg	9		2	A	1		21	1	0
Campesterol mg	233		2	A	1		523	33	11
Beta-sitosterol mg	419		2	A	1		939	59	19
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	BFZN	4		0	0	0

NDB No. 42289
Oil, corn and canola (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 224g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Measure 3 = 4.5g: 1 teaspoon

Footnotes:

1 Other phytosterols and phytostanols identified include: beta-sitostanol (4.599) and delta-5 avenasterol (15.76)

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04518

Oil, corn, industrial and retail, all purpose salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	14.30	1.040	46		1		1.94	31.17	0.64
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	1.9	0.294	13	A	1		0.3	4.2	0.1
Lipids:									
Fatty acids, total saturated....g	12.948		0	NC	4		1.761	28.227	0.583
4:0....g	0.000		1	JA	6		0.000	0.000	0.000

NDB No. 04518

Oil, corn, industrial and retail, all purpose salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	JA	6		0.000	0.000	0.000
8:0 g	0.000		1	JA	6		0.000	0.000	0.000
10:0 g	0.000		1	JA	6		0.000	0.000	0.000
12:0 g	0.000		2	JA	6		0.000	0.000	0.000
13:0 g									
14:0 g	0.024		2	JA	6		0.003	0.051	0.001
15:0 g	0.000		1	A	1		0.000	0.000	0.000
16:0 g	10.579		2	JA	6		1.439	23.063	0.476
17:0 g	0.067		1	A	1		0.009	0.145	0.003
18:0 g	1.848		2	JA	6		0.251	4.029	0.083
20:0 g	0.431		1	A	1		0.059	0.939	0.019
22:0 g	0.000		1	A	1		0.000	0.000	0.000
24:0 g									
Fatty acids, total monounsaturated g	27.576		0	NC	4		3.750	60.116	1.241
14:1 g									
15:1 g									
16:1 undifferentiated g	0.114		0	AS	1		0.015	0.248	0.005
16:1 c g	0.114		1	A	1		0.015	0.248	0.005
16:1 t g									
17:1 g									
18:1 undifferentiated g	27.333		0	AS	1		3.717	59.586	1.230
18:1 c g	27.333		1	A	1		3.717	59.586	1.230
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.129		1	JA	6		0.018	0.282	0.006
22:1 undifferentiated g	0.000		1	JA	6		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	54.677		0	NC	4		7.436	119.195	2.460
18:2 undifferentiated g	53.515		0	AS	1		7.278	116.663	2.408
18:2 n-6 c,c g	53.230		1	A	1		7.239	116.041	2.395
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.286		1	A	1		0.039	0.623	0.013
18:2 t not further defined g									
18:3 undifferentiated g	1.161		0	A	1		0.158	2.532	0.052
18:3 n-3 c,c,c (ALA) g	1.161		1	A	1		0.158	2.532	0.052
18:3 n-6 c,c,c g									
18:3i g	0.000		1	A	1		0.000	0.000	0.000
18:4 g	0.000		1	JA	6		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	JA	6		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	JA	6		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	JA	6		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	JA	6		0.000	0.000	0.000
Fatty acids, total trans g	0.286		0	NC	4		0.039	0.623	0.013
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	0.286		0	NC	4		0.039	0.623	0.013
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	968	84.091	8		1		132	2110	44
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000

NDB No. 04518

Oil, corn, industrial and retail, all purpose salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 44005
Oil, corn, peanut, and olive

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		4		0.00	0.00	
Energy	kcal	884		0		4		40	124	
Energy	kJ	3699		0		4		166	518	
Protein	g	0.00		0		7		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		4.50	14.00	
Ash	g	0.00		0	NC	4		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		7		0.00	0.00	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	RA	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.13		0		4		0.01	0.02	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.02		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.000		0	RA	4		0.000	0.000	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.000		0		7		0.000	0.000	
Riboflavin	mg	0.000		0		7		0.000	0.000	
Niacin	mg	0.000		0		7		0.000	0.000	
Pantothenic acid	mg	0.000		0	RA	4		0.000	0.000	
Vitamin B-6	mg	0.000		0		7		0.000	0.000	
Folate, total	mcg	0		0	RA	4		0	0	
Folic acid	mcg	0		0	RA	4		0	0	
Folate, food	mcg	0		0	RA	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	0.2		0	O	4		0.0	0.0	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	RA	4		0	0	
Retinol	mcg	0		0	RA	4		0	0	
Carotene, beta	mcg	0		0	RA	4		0	0	
Carotene, alpha	mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta	mcg	0		0	RA	4		0	0	
Vitamin A, IU	IU	0		0	RA	4		0	0	
Lycopene	mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin	mcg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	14.78		0	RA	4		0.67	2.07	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	21.0		0	RA	4		0.9	2.9	
Lipids:										
Fatty acids, total saturated	g	14.367		0		4		0.647	2.011	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 44005
Oil, corn, peanut, and olive

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000	0.000	
8:0 ... g	0.000		0		4		0.000	0.000	
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.033		0		4		0.001	0.005	
15:0 ... g									
16:0 ... g	10.467		0		4		0.471	1.465	
17:0 ... g									
18:0 ... g	2.067		0		4		0.093	0.289	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	48.033		0		4		2.161	6.725	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.300		0		4		0.014	0.042	
17:1 ... g									
18:1 undifferentiated ... g	47.167		0		4		2.123	6.603	
20:1 ... g	0.533		0		4		0.024	0.075	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	33.033		0		4		1.486	4.625	
18:2 undifferentiated ... g	32.633		0		4		1.468	4.569	
18:3 undifferentiated ... g	0.433		0		4		0.019	0.061	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	RA	4		0	0	
Theobromine ... mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 4.5g: 1 teaspoon

Measure 2 = 14.0g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04502
Oil, cottonseed, salad or cooking

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0	Z	7		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	35.30	3.370	25		1		4.80	76.95	1.59
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	24.7	5.831	69	JO	11		3.4	53.9	1.1
Lipids:										
Fatty acids, total saturated	g	25.900		0		1		3.522	56.462	1.166
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 04502
Oil, cottonseed, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.800	0.016	115		1		0.109	1.744	0.036
15:0 g									
16:0 g	22.700	0.198	121		1		3.087	49.486	1.022
17:0 g									
18:0 g	2.300	0.044	121		1		0.313	5.014	0.104
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	17.800		0		1		2.421	38.804	0.801
14:1 g									
15:1 g									
16:1 undifferentiated g	0.800	0.031	120		1		0.109	1.744	0.036
17:1 g									
18:1 undifferentiated g	17.000	0.259	124		1		2.312	37.060	0.765
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	51.900		0		1		7.058	113.142	2.336
18:2 undifferentiated g	51.500	0.357	123		1		7.004	112.270	2.318
18:3 undifferentiated g	0.200	0.030	59		1		0.027	0.436	0.009
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100	0.015	48		1		0.014	0.218	0.005
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	324	14.738	9		1		44	706	15
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04502

Oil, cottonseed, salad or cooking

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04541
Oil, cupu assu

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg									
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.60		0		4		0.08	1.31	0.03
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	53.200		0		1		7.235	115.976	2.394
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04541
Oil, cupu assu

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.900		1		1		0.122	1.962	0.041
15:0 g									
16:0 g	9.600		1		1		1.306	20.928	0.432
17:0 g									
18:0 g	32.700		1		1		4.447	71.286	1.472
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	38.700		0		1		5.263	84.366	1.742
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	38.700		1		1		5.263	84.366	1.742
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.800		0		1		0.517	8.284	0.171
18:2 undifferentiated g	3.800		1		1		0.517	8.284	0.171
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	95		0		4		13	207	4
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04541
Oil, cupu assu

Common Measures:

Measure 1 = 13.6g: 1 tablespoon
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42231
Oil, flaxseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0		1		1927	120	
Energy	kJ	3699		0		1		8063	503	
Protein	g	0.00		0		7		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		218.00	13.60	
Ash	g	0.00		0	Z	7		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		7		0.00	0.00	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.000		0		7		0.000	0.000	
Riboflavin	mg	0.000		0		7		0.000	0.000	
Niacin	mg	0.000		0		7		0.000	0.000	
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		7		0.000	0.000	
Folate, total	mcg	0		0		7		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		7		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	0.2		0	CAZN	4		0.4	0.0	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	17.50		0	NR	4		38.15	2.38	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	9.400		0		1		20.492	1.278	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 42231
Oil, flaxseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	5.300		0		1		11.554	0.721	
17:0....g									
18:0....g	4.100		0		1		8.938	0.558	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	20.200		0		1		44.036	2.747	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	20.200		0		1		44.036	2.747	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	66.000		0		1		143.880	8.976	
18:2 undifferentiated....g	12.700		0		1		27.686	1.727	
18:3 undifferentiated....g	53.300		0		1		116.194	7.249	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04517
Oil, grapeseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	28.80		0		4		3.92	62.78	1.30
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.600		0		1		1.306	20.928	0.432
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04517
Oil, grapeseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.100	0.016	10		1		0.014	0.218	0.005
15:0 g									
16:0 g	6.700	0.140	19		1		0.911	14.606	0.302
17:0 g									
18:0 g	2.700	0.191	19		1		0.367	5.886	0.122
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	16.100		0		1		2.190	35.098	0.725
14:1 g									
15:1 g									
16:1 undifferentiated g	0.300	0.160	3		1		0.041	0.654	0.014
17:1 g									
18:1 undifferentiated g	15.800	0.581	19		1		2.149	34.444	0.711
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	69.900		0		1		9.506	152.382	3.146
18:2 undifferentiated g	69.600	0.693	19		1		9.466	151.728	3.132
18:3 undifferentiated g	0.100	0.061	13		1		0.014	0.218	0.005
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	180		0		4		24	392	8
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04517
Oil, grapeseed

Common Measures:

Measure 1 = 13.6g: 1 tablespoon
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04532
Oil, hazelnut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	47.20		0		4		6.42	102.90	2.12
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.400		0		1		1.006	16.132	0.333
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04532
Oil, hazelnut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		7		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.100	0.042	12		1		0.014	0.218	0.005
15:0 g									
16:0 g	5.200	0.055	111		1		0.707	11.336	0.234
17:0 g									
18:0 g	2.000	0.054	110		1		0.272	4.360	0.090
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	78.000		0		1		10.608	170.040	3.510
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200	0.010	104		1		0.027	0.436	0.009
17:1 g									
18:1 undifferentiated g	77.800	0.299	111		1		10.581	169.604	3.501
20:1 g	0.000	0.003	96		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	10.200		0		1		1.387	22.236	0.459
18:2 undifferentiated g	10.100	0.318	111		1		1.374	22.018	0.455
18:3 undifferentiated g	0.000	0.006	101		1		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	120		0		4		16	262	5
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04532
Oil, hazelnut

Common Measures:

Measure 1 = 13.6g: 1 tablespoon
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04645

Oil, industrial, canola (partially hydrogenated) oil for deep fat frying

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy....kcal	884		0	BFZN	4		1927	120	40
Energy....kJ	3699		0	BFZN	4		8063	503	166
Protein....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	PAK	1		218.00	13.60	4.50
Ash....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	0
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	BFZN	4		0	0	0
Phosphorus, P....mg	0		0	BFZN	4		0	0	0
Potassium, K....mg	0		0	BFZN	4		0	0	0
Sodium, Na....mg	0		0	BFZN	4		0	0	0
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	BFZN	4		0.4	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	17.46		0	BFZN	4		38.07	2.37	0.79
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	71.3		0	BFZN	4		155.5	9.7	3.2
Lipids:									
Fatty acids, total saturated....g	10.117		0	NC	4		22.055	1.376	0.455
4:0....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04645

Oil, industrial, canola (partially hydrogenated) oil for deep fat frying

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.066		1	A	1		0.144	0.009	0.003
15:0 g	0.047		1	A	1		0.103	0.006	0.002
16:0 g	5.101		1	A	1		11.120	0.694	0.230
17:0 g	0.076		1	A	1		0.166	0.010	0.003
18:0 g	3.831		1	A	1		8.352	0.521	0.172
20:0 g	0.641		1	A	1		1.398	0.087	0.029
22:0 g	0.355		1	A	1		0.775	0.048	0.016
24:0 g									
Fatty acids, total monounsaturated g	71.075		0	NC	4		154.944	9.666	3.198
14:1 g									
15:1 g									
16:1 undifferentiated g	0.218		0	AS	1		0.475	0.030	0.010
16:1 c g	0.218		1	A	1		0.475	0.030	0.010
16:1 t g									
17:1 g									
18:1 undifferentiated g	70.081		0	AS	1		152.775	9.531	3.154
18:1 c g	47.292		1	A	1		103.097	6.432	2.128
18:1-11c (18:1c n-7) g									
18:1 t g	22.789		1	A	1		49.679	3.099	1.025
18:1-11t (18:1t n-7) g									
20:1 g	0.777		1	A	1		1.693	0.106	0.035
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	14.038		0	NC	4		30.602	1.909	0.632
18:2 undifferentiated g	12.543		0	AS	1		27.344	1.706	0.564
18:2 n-6 c,c g	8.781		1	A	1		19.143	1.194	0.395
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	3.762		1	A	1		8.201	0.512	0.169
18:2 t not further defined g									
18:3 undifferentiated g	1.495		0	AS	1		3.258	0.203	0.067
18:3 n-3 c,c,c (ALA) g	1.028		1	A	1		2.241	0.140	0.046
18:3 n-6 c,c,c g									
18:3i g	0.466		1	A	1		1.017	0.063	0.021
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	27.017		0	NC	4		58.897	3.674	1.216
Fatty acids, total trans-monoenoic g	22.789		0	NC	4		49.679	3.099	1.025
Fatty acids, total trans-polyenoic g	4.228		0	NC	4		9.218	0.575	0.190
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine mg	0		0	BFZN	4		0	0	0
Theobromine mg	0		0	BFZN	4		0	0	0

NDB No. 04645

Oil, industrial, canola (partially hydrogenated) oil for deep fat frying

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

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tablespoon

Measure 3 = 4.5g: 1 teaspoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04644

Oil, industrial, canola for salads, woks and light frying

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy....kcal	884		0	BFZN	4		120	40	1927
Energy....kJ	3699		0	BFZN	4		503	166	8063
Protein....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	PAK	1		13.60	4.50	218.00
Ash....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	0
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	BFZN	4		0	0	0
Phosphorus, P....mg	0		0	BFZN	4		0	0	0
Potassium, K....mg	0		0	BFZN	4		0	0	0
Sodium, Na....mg	0		0	BFZN	4		0	0	0
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	BFZN	4		0.0	0.0	0.4
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	17.46		0	BFZN	4		2.37	0.79	38.07
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	71.3		0	BFZN	4		9.7	3.2	155.5
Lipids:									
Fatty acids, total saturated....g	7.758		0	NC	4		1.055	0.349	16.912
4:0....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04644

Oil, industrial, canola for salads, woks and light frying

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.037		1	A	1		0.005	0.002	0.081
13:0 g									
14:0 g	0.066		1	A	1		0.009	0.003	0.144
15:0 g	0.037		1	A	1		0.005	0.002	0.081
16:0 g	4.191		1	A	1		0.570	0.189	9.136
17:0 g	0.057		1	A	1		0.008	0.003	0.124
18:0 g	2.306		1	A	1		0.314	0.104	5.028
20:0 g	0.727		1	A	1		0.099	0.033	1.586
22:0 g	0.336		1	A	1		0.046	0.015	0.733
24:0 g									
Fatty acids, total monounsaturated g	61.150		0	NC	4		8.316	2.752	133.306
14:1 g									
15:1 g									
16:1 undifferentiated g	0.284		0	AS	1		0.039	0.013	0.620
16:1 c g	0.284		1	A	1		0.039	0.013	0.620
16:1 t g									
17:1 g									
18:1 undifferentiated g	59.782		0	AS	1		8.130	2.690	130.325
18:1 c g	59.496		1	A	1		8.091	2.677	129.701
18:1-11c (18:1c n-7) g									
18:1 t g	0.286		1	A	1		0.039	0.013	0.623
18:1-11t (18:1t n-7) g									
20:1 g	1.083		1	A	1		0.147	0.049	2.362
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	26.397		0	NC	4		3.590	1.188	57.546
18:2 undifferentiated g	18.762		0	AS	1		2.552	0.844	40.902
18:2 n-6 c,c g	18.572		1	A	1		2.526	0.836	40.487
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.190		1	A	1		0.026	0.009	0.415
18:2 t not further defined g									
18:3 undifferentiated g	7.635		0	AS	1		1.038	0.344	16.644
18:3 n-3 c,c,c (ALA) g	6.340		1	A	1		0.862	0.285	13.822
18:3 n-6 c,c,c g									
18:3i g	1.295		1	A	1		0.176	0.058	2.822
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	1.771		0	NC	4		0.241	0.080	3.861
Fatty acids, total trans-monoenoic g	0.286		0	NC	4		0.039	0.013	0.623
Fatty acids, total trans-polyenoic g	1.485		0	NC	4		0.202	0.067	3.238
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine mg	0		0	BFZN	4		0	0	0
Theobromine mg	0		0	BFZN	4		0	0	0

NDB No. 04644

Oil, industrial, canola for salads, woks and light frying

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 4.5g: 1 teaspoon

Measure 3 = 218g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04643

Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	
Energy....kcal	884		0	NC	4		120	1927	
Energy....kJ	3699		0	NC	4		503	8063	
Protein....g	0.00		0	BFZN	4		0.00	0.00	
Total lipid (fat)....g	100.00		1	PAK	1		13.60	218.00	
Ash....g	0.00		0	BFZN	4		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg....mg	0		0	BFZN	4		0	0	
Phosphorus, P....mg	0		0	BFZN	4		0	0	
Potassium, K....mg	0		0	BFZN	4		0	0	
Sodium, Na....mg	0		0	BFZN	4		0	0	
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg	0.000		0	BFZN	4		0.000	0.000	
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total....mcg	0		0	BFZN	4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	BFZN	4		0.0	0.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	17.10		0	BFZN	4		2.33	37.28	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.02		0	BFZN	4		0.00	0.03	
Tocopherol, gamma....mg	30.35		0	BFZN	4		4.13	66.16	
Tocopherol, delta....mg	0.97		0	BFZN	4		0.13	2.11	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	122.0		0	BFZN	4		16.6	265.9	
Lipids:									
Fatty acids, total saturated....g	7.615		0	NC	4		1.036	16.600	
4:0....g	0.000		1	A	1		0.000	0.000	

NDB No. 04643

Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.037		1	A	1		0.005	0.081	
13:0....g									
14:0....g	0.066		1	A	1		0.009	0.144	
15:0....g	0.037		1	A	1		0.005	0.081	
16:0....g	4.134		1	A	1		0.562	9.011	
17:0....g	0.048		1	A	1		0.006	0.104	
18:0....g	2.249		1	A	1		0.306	4.903	
20:0....g	0.727		1	A	1		0.099	1.586	
22:0....g	0.317		1	A	1		0.043	0.691	
24:0....g	0.200		0	BFZN	4		0.027	0.436	
Fatty acids, total monounsaturated....g	62.093		0	NC	4		8.445	135.363	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.218		0	AS	1		0.030	0.475	
16:1 c....g	0.218		1	A	1		0.030	0.475	
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	60.754		0	AS	1		8.262	132.443	
18:1 c....g	60.592		1	A	1		8.240	132.090	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.162		1	A	1		0.022	0.353	
18:1-11t (18:1t n-7)....g									
20:1....g	1.122		1	A	1		0.153	2.445	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	25.588		0	NC	4		3.480	55.781	
18:2 undifferentiated....g	17.915		0	AS	1		2.436	39.054	
18:2 n-6 c,c....g	17.734		1	A	1		2.412	38.659	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.181		1	A	1		0.025	0.394	
18:2 t not further defined....g									
18:3 undifferentiated....g	6.397		0	AS	1		0.870	13.946	
18:3 n-3 c,c,c (ALA)....g	6.397		1	A	1		0.870	13.946	
18:3 n-6 c,c,c....g									
18:3i....g	1.276		1	A	1		0.173	2.781	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	1.618		0	NC	4		0.220	3.528	
Fatty acids, total trans-monoenoic....g	0.162		0	NC	4		0.022	0.353	
Fatty acids, total trans-polyenoic....g	1.457		0	NC	4		0.198	3.175	
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

NDB No. 04643

Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04661

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.07		1	A	1		0.01	0.15	0.00
Energy....kcal	880		0	NC	4		120	1917	40
Energy....kJ	3680		0	NC	4		501	8023	166
Protein (N x 6.25)....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)....g	99.50		1		1		13.53	216.91	4.48
Ash....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	1		1	A	1		0	2	0
Iron, Fe....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg....mg	0		1	A	1		0	0	0
Phosphorus, P....mg	0		1	A	1		0	0	0
Potassium, K....mg	2		1	A	1		0	4	0
Sodium, Na....mg	7		1	A	1		1	14	0
Zinc, Zn....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.3		0	CAZN	4		0.0	0.6	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.09		0	BFZN	4		0.01	0.20	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, gamma....mg	0.20		0	BFZN	4		0.03	0.44	0.01
Tocopherol, delta....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.5		0	BFZN	4		0.1	1.1	0.0
Lipids:									
Fatty acids, total saturated....g	93.536		0	NC	4		12.721	203.908	4.209

NDB No. 04661

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.060		1	A	1		0.008	0.131	0.003
6:0 g	0.634		1	A	1		0.086	1.381	0.029
8:0 g	7.574		1	A	1		1.030	16.511	0.341
10:0 g	5.539		1	A	1		0.753	12.075	0.249
12:0 g	44.216		1	A	1		6.013	96.391	1.990
13:0 g									
14:0 g	16.411		1	A	1		2.232	35.777	0.739
15:0 g									
16:0 g	8.561		1	A	1		1.164	18.664	0.385
17:0 g									
18:0 g	10.397		1	A	1		1.414	22.666	0.468
20:0 g	0.144		1	A	1		0.020	0.313	0.006
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.267		0	NC	4		0.036	0.581	0.012
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.267		0	AS	1		0.036	0.581	0.012
18:1 c g	0.000		1	A	1		0.000	0.000	0.000
18:1-11c (18:1c n-7) g									
18:1 t g	0.267		1	A	1		0.036	0.581	0.012
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g									
18:3i g	0.000		1	A	1		0.000	0.000	0.000
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.267		0	NC	4		0.036	0.581	0.012
Fatty acids, total trans-monoenoic g	0.267		0	NC	4		0.036	0.581	0.012
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	86		0	BFZN	4		12	187	4
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000		

NDB No. 04661

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.000			BFZN	4			0.000	0.000
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04659

Oil, industrial, coconut, confection fat, typical basis for ice cream coatings

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.08		1	A	1		0.01	0.17	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0	NC	4		503	8063	166
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1	A	1		0	4	0
Iron, Fe	mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg	mg	0		1	A	1		0	0	0
Phosphorus, P	mg	0		1	A	1		0	0	0
Potassium, K	mg	2		1	A	1		0	4	0
Sodium, Na	mg	5		1	A	1		1	11	0
Zinc, Zn	mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu	mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn	mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.3		0	CAZN	4		0.0	0.6	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.09		0	BFZN	4		0.01	0.20	0.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, gamma	mg	0.20		0	BFZN	4		0.03	0.44	0.01
Tocopherol, delta	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	0.5		0	BFZN	4		0.1	1.1	0.0
Lipids:										
Fatty acids, total saturated	g	86.503		0	NC	4		11.764	188.576	3.893
4:0	g	0.063		1	A	1		0.009	0.138	0.003

NDB No. 04659

Oil, industrial, coconut, confection fat, typical basis for ice cream coatings

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.752		1	A	1		0.102	1.638	0.034
8:0 g	7.889		1	A	1		1.073	17.198	0.355
10:0 g	5.596		1	A	1		0.761	12.198	0.252
12:0 g	44.482		1	A	1		6.049	96.970	2.002
13:0 g									
14:0 g	16.659		1	A	1		2.266	36.317	0.750
15:0 g									
16:0 g	8.182		1	A	1		1.113	17.837	0.368
17:0 g									
18:0 g	2.843		1	A	1		0.387	6.198	0.128
20:0 g	0.037		1	A	1		0.005	0.081	0.002
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.681		0	NC	4		0.773	12.385	0.256
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	5.681		0	AS	1		0.773	12.385	0.256
18:1 c g	5.681		1	A	1		0.773	12.385	0.256
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.450		0	NC	4		0.197	3.162	0.065
18:2 undifferentiated g	1.450		0	AS	1		0.197	3.162	0.065
18:2 n-6 c,c g	1.450		1	A	1		0.197	3.162	0.065
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g									
18:3i g	0.000		1	A	1		0.000	0.000	0.000
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	86		0	BFZN	4		12	187	4
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04659

Oil, industrial, coconut, confection fat, typical basis for ice cream coatings

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04646

Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0	NC	4		503	8063	166
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe	mg	0.04		0	BFZN	4		0.01	0.09	0.00
Magnesium, Mg	mg	0		0	BFZN	4		0	0	0
Phosphorus, P	mg	0		0	BFZN	4		0	0	0
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	0		0	BFZN	4		0	0	0
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.3		0	CAZN	4		0.0	0.6	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.09		0	BFZN	4		0.01	0.20	0.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, gamma	mg	0.20		0	BFZN	4		0.03	0.44	0.01
Tocopherol, delta	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.5		0	BFZN	4		0.1	1.1	0.0
Lipids:										
Fatty acids, total saturated	g	86.002		0	NC	4		11.696	187.485	3.870
4:0	g	0.060		1	A	1		0.008	0.131	0.003

NDB No. 04646

Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.750		1	A	1		0.102	1.634	0.034
8:0 g	8.212		1	A	1		1.117	17.902	0.370
10:0 g	5.594		1	A	1		0.761	12.196	0.252
12:0 g	43.749		1	A	1		5.950	95.372	1.969
13:0 g									
14:0 g	16.760		1	A	1		2.279	36.537	0.754
15:0 g	0.000		1	A	1		0.000	0.000	0.000
16:0 g	8.400		1	A	1		1.142	18.312	0.378
17:0 g	0.000		1	A	1		0.000	0.000	0.000
18:0 g	2.478		1	A	1		0.337	5.402	0.112
20:0 g	0.000		1	A	1		0.000	0.000	0.000
22:0 g	0.000		1	A	1		0.000	0.000	0.000
24:0 g									
Fatty acids, total monounsaturated g	5.935		0	NC	4		0.807	12.939	0.267
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	AS	1		0.000	0.000	0.000
16:1 c g	0.000		1	A	1		0.000	0.000	0.000
16:1 t g									
17:1 g									
18:1 undifferentiated g	5.935		0	AS	1		0.807	12.939	0.267
18:1 c g	5.935		1	A	1		0.807	12.939	0.267
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.657		0	NC	4		0.225	3.612	0.075
18:2 undifferentiated g	1.657		0	AS	1		0.225	3.612	0.075
18:2 n-6 c,c g	1.657		1	A	1		0.225	3.612	0.075
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.000		1	A	1		0.000	0.000	0.000
18:2 t not further defined g									
18:3 undifferentiated g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA) g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c g									
18:3i g	0.000		1	A	1		0.000	0.000	0.000
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	86		0	BFZN	4		12	187	4
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04646

Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04642

Oil, industrial, mid-oleic, sunflower, principal uses frying and salad dressings

NuSun

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	40	1927
Energy....kJ	3699		0	NC	4		503	166	8063
Protein....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	PAK	1		13.60	4.50	218.00
Ash....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	0
Iron, Fe....mg	0.03		0	BFZN	4		0.00	0.00	0.07
Magnesium, Mg....mg	0		0	BFZN	4		0	0	0
Phosphorus, P....mg	0		0	BFZN	4		0	0	0
Potassium, K....mg	0		0	BFZN	4		0	0	0
Sodium, Na....mg	0		0	BFZN	4		0	0	0
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	CAZN	4		0.0	0.0	0.4
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	41.08		0	BFZN	4		5.59	1.85	89.55
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.4		0	BFZN	4		0.7	0.2	11.8
Lipids:									
Fatty acids, total saturated....g	9.009		0	NC	4		1.225	0.405	19.640
4:0....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04642

Oil, industrial, mid-oleic, sunflower, principal uses frying and salad dressings

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.057		1	A	1		0.008	0.003	0.123
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	4.219		1	A	1		0.574	0.190	9.197
17:0....g	0.037		1	A	1		0.005	0.002	0.081
18:0....g	3.564		1	A	1		0.485	0.160	7.770
20:0....g	0.297		1	A	1		0.040	0.013	0.647
22:0....g	0.836		1	A	1		0.114	0.038	1.821
24:0....g									
Fatty acids, total monounsaturated....g	57.334		0	NC	4		7.797	2.580	124.989
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.095		0	AS	1		0.013	0.004	0.206
16:1 c....g	0.095		1	A	1		0.013	0.004	0.206
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	57.029		0	AS	1		7.756	2.566	124.322
18:1 c....g	57.029		1	A	1		7.756	2.566	124.322
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.211		1	A	1		0.029	0.009	0.460
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	28.962		0	NC	4		3.939	1.303	63.136
18:2 undifferentiated....g	28.924		0	AS	1		3.934	1.302	63.055
18:2 n-6 c,c....g	28.705		1	A	1		3.904	1.292	62.578
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.219		1	A	1		0.030	0.010	0.477
18:2 t not further defined....g									
18:3 undifferentiated....g	0.037		0	AS	1		0.005	0.002	0.081
18:3 n-3 c,c,c (ALA)....g	0.037		1	A	1		0.005	0.002	0.081
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.219		0	NC	4		0.030	0.010	0.477
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.219		0	NC	4		0.030	0.010	0.477
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

NDB No. 04642

Oil, industrial, mid-oleic, sunflower, principal uses frying and salad dressings

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 4.5g: 1 teaspoon

Measure 3 = 218g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04662

Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.04		1	A	1		0.01	0.09	0.00
Energy....kcal	880		0	NC	4		120	1917	40
Energy....kJ	3680		0	NC	4		501	8023	166
Protein (N x 6.25)....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)....g	99.50		1	A	1		13.53	216.91	4.48
Ash....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	1		1	A	1		0	2	0
Iron, Fe....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg....mg	0		1	A	1		0	0	0
Phosphorus, P....mg	0		1	A	1		0	0	0
Potassium, K....mg	4		1	A	1		1	8	0
Sodium, Na....mg	6		1	A	1		1	13	0
Zinc, Zn....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	24.0		0	O	4		3.3	52.3	1.1
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	3.81		0	BFZN	4		0.52	8.31	0.17
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated....g	71.444		0	NC	4		9.716	155.747	3.215
4:0....g	0.042		1	A	1		0.006	0.092	0.002

NDB No. 04662

Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.236		1	A	1		0.032	0.515	0.011
8:0 g	2.682		1	A	1		0.365	5.846	0.121
10:0 g	1.999		1	A	1		0.272	4.357	0.090
12:0 g	23.231		1	A	1		3.159	50.644	1.045
13:0 g									
14:0 g	7.423		1	A	1		1.009	16.181	0.334
15:0 g									
16:0 g	29.450		1	A	1		4.005	64.202	1.325
17:0 g									
18:0 g	6.080		1	A	1		0.827	13.254	0.274
20:0 g	0.300		1	A	1		0.041	0.654	0.014
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	19.702		0	NC	4		2.680	42.951	0.887
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	19.702		0	AS	1		2.680	42.951	0.887
18:1 c g	19.702		1	A	1		2.680	42.951	0.887
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.247		0	NC	4		0.442	7.079	0.146
18:2 undifferentiated g	3.247		0	AS	1		0.442	7.079	0.146
18:2 n-6 c,c g	3.247		1	A	1		0.442	7.079	0.146
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g									
18:3i g	0.000		1	A	1		0.000	0.000	0.000
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04662

Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04660

Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.04		1	A	1		0.01	0.09	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0	NC	4		503	8063	166
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1	A	1		0	2	0
Iron, Fe	mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg	mg	0		1	A	1		0	0	0
Phosphorus, P	mg	0		1	A	1		0	0	0
Potassium, K	mg	2		1	A	1		0	3	0
Sodium, Na	mg	6		1	A	1		1	12	0
Zinc, Zn	mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu	mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn	mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	3.81		0	BFZN	4		0.52	8.31	0.17
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:										
Fatty acids, total saturated	g	88.965		0	NC	4		12.099	193.943	4.003
4:0	g	0.073		1	A	1		0.010	0.159	0.003

NDB No. 04660

Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.325		1	A	1		0.044	0.708	0.015
8:0....g	3.895		1	A	1		0.530	8.491	0.175
10:0....g	3.322		1	A	1		0.452	7.241	0.149
12:0....g	45.314		1	A	1		6.163	98.785	2.039
13:0....g									
14:0....g	13.916		1	A	1		1.893	30.336	0.626
15:0....g									
16:0....g	7.353		1	A	1		1.000	16.030	0.331
17:0....g									
18:0....g	14.561		1	A	1		1.980	31.742	0.655
20:0....g	0.207		1	A	1		0.028	0.450	0.009
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.934		0	NC	4		0.671	10.756	0.222
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	4.934		0	AS	1		0.671	10.756	0.222
18:1 c....g	1.254		1	A	1		0.170	2.733	0.056
18:1-11c (18:1c n-7)....g									
18:1 t....g	3.680		1	A	1		0.501	8.023	0.166
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	3.680		0	NC	4		0.501	8.023	0.166
Fatty acids, total trans-monoenoic....g	3.680		0	NC	4		0.501	8.023	0.166
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	BFZN	4		0	0	0
Phytosterols....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04660

Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04658

Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.04		1	A	1		0.01	0.09	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0	NC	4		503	8063	166
Protein (N x 6.25)....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	1		1	A	1		0	3	0
Iron, Fe....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg....mg	0		1	A	1		0	0	0
Phosphorus, P....mg	0		1	A	1		0	0	0
Potassium, K....mg	1		1	A	1		0	2	0
Sodium, Na....mg	6		1	A	1		1	13	0
Zinc, Zn....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	3.81		0	BFZN	4		0.52	8.31	0.17
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated....g	92.614		0	NC	4		12.595	201.898	4.168
4:0....g	0.077		1	A	1		0.011	0.169	0.003

NDB No. 04658

Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.258		1	A	1		0.035	0.563	0.012
8:0 g	3.260		1	A	1		0.443	7.107	0.147
10:0 g	3.157		1	A	1		0.429	6.882	0.142
12:0 g	48.445		1	A	1		6.589	105.611	2.180
13:0 g									
14:0 g	16.205		1	A	1		2.204	35.327	0.729
15:0 g									
16:0 g	7.696		1	A	1		1.047	16.777	0.346
17:0 g									
18:0 g	13.477		1	A	1		1.833	29.380	0.606
20:0 g	0.037		1	A	1		0.005	0.081	0.002
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.271		0	NC	4		0.173	2.770	0.057
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	1.271		0	AS	1		0.173	2.770	0.057
18:1 c g	1.271		1	A	1		0.173	2.770	0.057
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.037		0	NC	4		0.005	0.081	0.002
18:2 undifferentiated g	0.037		0	AS	1		0.005	0.081	0.002
18:2 n-6 c,c g	0.037		1	A	1		0.005	0.081	0.002
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g									
18:3i g	0.000		1	A	1		0.000	0.000	0.000
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04658

Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04657

Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.05		1	A	1		0.01	0.11	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0	NC	4		503	8063	166
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1	A	1		0	3	0
Iron, Fe	mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg	mg	0		1	A	1		0	0	0
Phosphorus, P	mg	0		1	A	1		0	0	0
Potassium, K	mg	1		1	A	1		0	2	0
Sodium, Na	mg	6		1	A	1		1	13	0
Zinc, Zn	mg	0.08		1	A	1		0.01	0.16	0.00
Copper, Cu	mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn	mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	3.81		0	BFZN	4		0.52	8.31	0.17
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:										
Fatty acids, total saturated	g	93.701		0	NC	4		12.743	204.268	4.217
4:0	g	0.069		1	A	1		0.009	0.150	0.003

NDB No. 04657

Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.321		1	A	1		0.044	0.700	0.014
8:0 g	3.873		1	A	1		0.527	8.444	0.174
10:0 g	3.125		1	A	1		0.425	6.813	0.141
12:0 g	42.515		1	A	1		5.782	92.682	1.913
13:0 g									
14:0 g	14.782		1	A	1		2.010	32.224	0.665
15:0 g									
16:0 g	8.173		1	A	1		1.111	17.816	0.368
17:0 g									
18:0 g	20.585		1	A	1		2.800	44.875	0.926
20:0 g	0.258		1	A	1		0.035	0.563	0.012
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.257		0	NC	4		0.035	0.561	0.012
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.257		0	AS	1		0.035	0.561	0.012
18:1 c g	0.000		1	A	1		0.000	0.000	0.000
18:1-11c (18:1c n-7) g									
18:1 t g	0.257		1	A	1		0.035	0.561	0.012
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g									
18:3i g	0.000		1	A	1		0.000	0.000	0.000
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.257		0	NC	4		0.035	0.561	0.012
Fatty acids, total trans-monoenoic g	0.257		0	NC	4		0.035	0.561	0.012
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04657

Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04663
Oil, industrial, palm kernel (hydrogenated), filling fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.08		1	A	1		0.01	0.17	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0	NC	4		503	8063	166
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1	A	1		0	4	0
Iron, Fe	mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg	mg	0		1	A	1		0	0	0
Phosphorus, P	mg	0		1	A	1		0	0	0
Potassium, K	mg	1		1	A	1		0	2	0
Sodium, Na	mg	6		1	A	1		1	12	0
Zinc, Zn	mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu	mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn	mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	3.81		0	BFZN	4		0.52	8.31	0.17
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:										
Fatty acids, total saturated	g	88.209		0	NC	4		11.996	192.296	3.969
4:0	g	0.063		1	A	1		0.009	0.137	0.003

NDB No. 04663
Oil, industrial, palm kernel (hydrogenated), filling fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.318		1	A	1		0.043	0.693	0.014
8:0 g	3.760		1	A	1		0.511	8.196	0.169
10:0 g	3.291		1	A	1		0.448	7.174	0.148
12:0 g	44.702		1	A	1		6.079	97.450	2.012
13:0 g									
14:0 g	14.094		1	A	1		1.917	30.725	0.634
15:0 g									
16:0 g	7.664		1	A	1		1.042	16.707	0.345
17:0 g									
18:0 g	14.319		1	A	1		1.947	31.214	0.644
20:0 g	0.000		1	A	1		0.000	0.000	0.000
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.705		0	NC	4		0.776	12.437	0.257
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	5.705		0	AS	1		0.776	12.437	0.257
18:1 c g	1.047		1	A	1		0.142	2.282	0.047
18:1-11c (18:1c n-7) g									
18:1 t g	4.658		1	A	1		0.634	10.155	0.210
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g									
18:3i g	0.000		1	A	1		0.000	0.000	0.000
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	4.658		0	NC	4		0.634	10.155	0.210
Fatty acids, total trans-monoenoic g	4.658		0	NC	4		0.634	10.155	0.210
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04663
Oil, industrial, palm kernel (hydrogenated), filling fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04656

Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.05		1	A	1		0.01	0.11	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0	NC	4		503	8063	166
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1	A	1		0	3	0
Iron, Fe	mg	0.29		1	A	1		0.04	0.63	0.01
Magnesium, Mg	mg	0		1	A	1		0	0	0
Phosphorus, P	mg	0		1	A	1		0	0	0
Potassium, K	mg	2		1	A	1		0	5	0
Sodium, Na	mg	6		1	A	1		1	13	0
Zinc, Zn	mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu	mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn	mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	3.81		0	BFZN	4		0.52	8.31	0.17
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:										
Fatty acids, total saturated	g	87.558		0	NC	4		11.908	190.876	3.940
4:0	g	0.076		1	A	1		0.010	0.165	0.003

NDB No. 04656

Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.156		1	A	1		0.021	0.341	0.007
8:0 g	2.493		1	A	1		0.339	5.434	0.112
10:0 g	3.109		1	A	1		0.423	6.778	0.140
12:0 g	53.428		1	A	1		7.266	116.472	2.404
13:0 g									
14:0 g	18.921		1	A	1		2.573	41.248	0.851
15:0 g									
16:0 g	7.472		1	A	1		1.016	16.289	0.336
17:0 g									
18:0 g	1.866		1	A	1		0.254	4.069	0.084
20:0 g	0.037		1	A	1		0.005	0.081	0.002
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.406		0	NC	4		0.735	11.786	0.243
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	5.406		0	AS	1		0.735	11.786	0.243
18:1 c g	5.406		1	A	1		0.735	11.786	0.243
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.834		0	NC	4		0.113	1.817	0.038
18:2 undifferentiated g	0.834		0	AS	1		0.113	1.817	0.038
18:2 n-6 c,c g	0.834		1	A	1		0.113	1.817	0.038
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g									
18:3i g	0.000		1	A	1		0.000	0.000	0.000
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04656

Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04652
Oil, industrial, soy (partially hydrogenated), all purpose

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0	NC	4		503	8063	166
Protein (N x 6.25)	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0	BFZN	4		0	0	0
Phosphorus, P	mg	0		0	BFZN	4		0	0	0
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	0		0	BFZN	4		0	0	0
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	8.10		0	BFZN	4		1.10	17.66	0.36
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:										
Fatty acids, total saturated	g	24.750		0	NC	4		3.366	53.956	1.114
4:0	g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04652
Oil, industrial, soy (partially hydrogenated), all purpose

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.104		1	A	1		0.014	0.226	0.005
15:0 g	0.037		1	A	1		0.005	0.081	0.002
16:0 g	11.178		1	A	1		1.520	24.368	0.503
17:0 g	0.124		1	A	1		0.017	0.269	0.006
18:0 g	12.589		1	A	1		1.712	27.444	0.567
20:0 g	0.354		1	A	1		0.048	0.772	0.016
22:0 g	0.365		1	A	1		0.050	0.795	0.016
24:0 g									
Fatty acids, total monounsaturated g	61.248		0	NC	4		8.330	133.520	2.756
14:1 g									
15:1 g									
16:1 undifferentiated g	0.085		0	AS	1		0.012	0.186	0.004
16:1 c g	0.085		1	A	1		0.012	0.186	0.004
16:1 t g									
17:1 g									
18:1 undifferentiated g	61.125		0	AS	1		8.313	133.253	2.751
18:1 c g	31.487		1	A	1		4.282	68.641	1.417
18:1-11c (18:1c n-7) g									
18:1 t g	29.638		1	A	1		4.031	64.612	1.334
18:1-11t (18:1t n-7) g									
20:1 g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	9.295		0	NC	4		1.264	20.263	0.418
18:2 undifferentiated g	8.591		0	AS	1		1.168	18.727	0.387
18:2 n-6 c,c g	4.562		1	A	1		0.620	9.945	0.205
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	4.029		1	A	1		0.548	8.782	0.181
18:2 t not further defined g									
18:3 undifferentiated g	0.209		0	AS	1		0.028	0.456	0.009
18:3 n-3 c,c,c (ALA) g	0.209		1	A	1		0.028	0.456	0.009
18:3 n-6 c,c,c g									
18:3i g	0.495		1	A	1		0.067	1.079	0.022
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	34.162		0	NC	4		4.646	74.473	1.537
Fatty acids, total trans-monoenoic g	29.638		0	NC	4		4.031	64.612	1.334
Fatty acids, total trans-polyenoic g	4.524		0	NC	4		0.615	9.861	0.204
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04652

Oil, industrial, soy (partially hydrogenated), all purpose

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04653

Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0	NC	4		503	8063	166
Protein (N x 6.25)....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	0
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	BFZN	4		0	0	0
Phosphorus, P....mg	0		0	BFZN	4		0	0	0
Potassium, K....mg	0		0	BFZN	4		0	0	0
Sodium, Na....mg	0		0	BFZN	4		0	0	0
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated....g	15.341		0	NC	4		2.086	33.443	0.690
4:0....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04653

Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.094		1	A	1		0.013	0.205	0.004
15:0 g	0.000		1	A	1		0.000	0.000	0.000
16:0 g	10.154		1	A	1		1.381	22.136	0.457
17:0 g	0.086		1	A	1		0.012	0.186	0.004
18:0 g	4.346		1	A	1		0.591	9.473	0.196
20:0 g	0.325		1	A	1		0.044	0.709	0.015
22:0 g	0.336		1	A	1		0.046	0.733	0.015
24:0 g									
Fatty acids, total monounsaturated g	34.630		0	NC	4		4.710	75.493	1.558
14:1 g									
15:1 g									
16:1 undifferentiated g	0.095		0	AS	1		0.013	0.206	0.004
16:1 c g	0.095		1	A	1		0.013	0.206	0.004
16:1 t g									
17:1 g									
18:1 undifferentiated g	34.535		0	AS	1		4.697	75.287	1.554
18:1 c g	26.228		1	A	1		3.567	57.177	1.180
18:1-11c (18:1c n-7) g									
18:1 t g	8.308		1	A	1		1.130	18.110	0.374
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	45.228		0	NC	4		6.151	98.596	2.035
18:2 undifferentiated g	40.953		0	AS	1		5.570	89.278	1.843
18:2 n-6 c,c g	38.944		1	A	1		5.296	84.897	1.752
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	2.010		1	A	1		0.273	4.381	0.090
18:2 t not further defined g									
18:3 undifferentiated g	3.837		0	AS	1		0.522	8.364	0.173
18:3 n-3 c,c,c (ALA) g	3.837		1	A	1		0.522	8.364	0.173
18:3 n-6 c,c,c g									
18:3i g	0.438		1	A	1		0.060	0.955	0.020
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	10.755		0	NC	4		1.463	23.446	0.484
Fatty acids, total trans-monoenoic g	8.308		0	NC	4		1.130	18.110	0.374
Fatty acids, total trans-polyenoic g	2.447		0	NC	4		0.333	5.335	0.110
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04653

Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04664

Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0	NC	4		503	8063	166
Protein (N x 6.25)	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0	BFZN	4		0	0	0
Phosphorus, P	mg	0		0	BFZN	4		0	0	0
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	0		0	BFZN	4		0	0	0
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	CAZN	4		0.0	0.5	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	8.10		0	BFZN	4		1.10	17.66	0.36
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:										
Fatty acids, total saturated	g	28.421		0	NC	4		3.865	61.957	1.279
4:0	g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04664

Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.056		1	A	1		0.008	0.122	0.003
13:0 g									
14:0 g	0.254		1	A	1		0.035	0.554	0.011
15:0 g	0.037		1	A	1		0.005	0.081	0.002
16:0 g	15.833		1	A	1		2.153	34.516	0.712
17:0 g	0.105		1	A	1		0.014	0.228	0.005
18:0 g	11.503		1	A	1		1.564	25.076	0.518
20:0 g	0.354		1	A	1		0.048	0.772	0.016
22:0 g	0.279		1	A	1		0.038	0.607	0.013
24:0 g									
Fatty acids, total monounsaturated g	59.715		0	NC	4		8.121	130.180	2.687
14:1 g									
15:1 g									
16:1 undifferentiated g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c g	0.104		1	A	1		0.014	0.227	0.005
16:1 t g									
17:1 g									
18:1 undifferentiated g	59.477		0	AS	1		8.089	129.660	2.676
18:1 c g	31.134		1	A	1		4.234	67.873	1.401
18:1-11c (18:1c n-7) g									
18:1 t g	28.343		1	A	1		3.855	61.787	1.275
18:1-11t (18:1t n-7) g									
20:1 g	0.134		1	A	1		0.018	0.293	0.006
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	7.095		0	NC	4		0.965	15.467	0.319
18:2 undifferentiated g	6.610		0	AS	1		0.899	14.409	0.297
18:2 n-6 c,c g	4.210		1	A	1		0.573	9.177	0.189
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	2.400		1	A	1		0.326	5.232	0.108
18:2 t not further defined g									
18:3 undifferentiated g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA) g	0.000		1	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c g									
18:3i g	0.486		1	A	1		0.066	1.058	0.022
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	31.228		0	NC	4		4.247	68.078	1.405
Fatty acids, total trans-monoenoic g	28.343		0	NC	4		3.855	61.787	1.275
Fatty acids, total trans-polyenoic g	2.886		0	NC	4		0.392	6.290	0.130
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04664

Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04654

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0	NC	4		503	8063	166
Protein (N x 6.25)....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	0
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	BFZN	4		0	0	0
Phosphorus, P....mg	0		0	BFZN	4		0	0	0
Potassium, K....mg	0		0	BFZN	4		0	0	0
Sodium, Na....mg	0		0	BFZN	4		0	0	0
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	12.10		0	BFZN	4		1.65	26.38	0.54
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated....g	25.883		0	NC	4		3.520	56.425	1.165
4:0....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04654

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.037		1	A	1		0.005	0.081	0.002
13:0 g									
14:0 g	0.170		1	A	1		0.023	0.370	0.008
15:0 g	0.037		1	A	1		0.005	0.081	0.002
16:0 g	13.017		1	A	1		1.770	28.378	0.586
17:0 g	0.133		1	A	1		0.018	0.290	0.006
18:0 g	11.770		1	A	1		1.601	25.658	0.530
20:0 g	0.354		1	A	1		0.048	0.772	0.016
22:0 g	0.365		1	A	1		0.050	0.795	0.016
24:0 g									
Fatty acids, total monounsaturated g	59.133		0	NC	4		8.042	128.910	2.661
14:1 g									
15:1 g									
16:1 undifferentiated g	0.076		0	AS	1		0.010	0.165	0.003
16:1 c g	0.076		1	A	1		0.010	0.165	0.003
16:1 t g									
17:1 g									
18:1 undifferentiated g	59.020		0	AS	1		8.027	128.663	2.656
18:1 c g	31.734		1	A	1		4.316	69.181	1.428
18:1-11c (18:1c n-7) g									
18:1 t g	27.285		1	A	1		3.711	59.482	1.228
18:1-11t (18:1t n-7) g									
20:1 g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	10.305		0	NC	4		1.401	22.464	0.464
18:2 undifferentiated g	9.610		0	AS	1		1.307	20.949	0.432
18:2 n-6 c,c g	6.619		1	A	1		0.900	14.430	0.298
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	2.991		1	A	1		0.407	6.519	0.135
18:2 t not further defined g									
18:3 undifferentiated g	0.162		0	AS	1		0.022	0.353	0.007
18:3 n-3 c,c,c (ALA) g	0.162		1	A	1		0.022	0.353	0.007
18:3 n-6 c,c,c g									
18:3i g	0.533		1	A	1		0.073	1.162	0.024
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	30.809		0	NC	4		4.190	67.163	1.386
Fatty acids, total trans-monoenoic g	27.285		0	NC	4		3.711	59.482	1.228
Fatty acids, total trans-polyenoic g	3.524		0	NC	4		0.479	7.681	0.159
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	152		0	BFZN	4		21	331	7
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04654

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04651

Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0	NC	4		503	8063	166
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0	BFZN	4		0	0	0
Phosphorus, P	mg	0		0	BFZN	4		0	0	0
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	0		0	BFZN	4		0	0	0
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	8.10		0	BFZN	4		1.10	17.66	0.36
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:										
Fatty acids, total saturated	g	18.101		0	NC	4		2.462	39.461	0.815
4:0	g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04651

Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.075		1	A	1		0.010	0.164	0.003
15:0 g	0.000		1	A	1		0.000	0.000	0.000
16:0 g	10.970		1	A	1		1.492	23.914	0.494
17:0 g	0.095		1	A	1		0.013	0.207	0.004
18:0 g	6.156		1	A	1		0.837	13.421	0.277
20:0 g	0.402		1	A	1		0.055	0.876	0.018
22:0 g	0.403		1	A	1		0.055	0.879	0.018
24:0 g									
Fatty acids, total monounsaturated g	40.262		0	NC	4		5.476	87.771	1.812
14:1 g									
15:1 g									
16:1 undifferentiated g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c g	0.104		1	A	1		0.014	0.227	0.005
16:1 t g									
17:1 g									
18:1 undifferentiated g	39.928		0	AS	1		5.430	87.042	1.797
18:1 c g	30.324		1	A	1		4.124	66.107	1.365
18:1-11c (18:1c n-7) g									
18:1 t g	9.603		1	A	1		1.306	20.935	0.432
18:1-11t (18:1t n-7) g									
20:1 g	0.230		1	A	1		0.031	0.502	0.010
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	36.847		0	NC	4		5.011	80.327	1.658
18:2 undifferentiated g	34.563		0	AS	1		4.701	75.346	1.555
18:2 n-6 c,c g	31.791		1	A	1		4.324	69.305	1.431
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	2.771		1	A	1		0.377	6.042	0.125
18:2 t not further defined g									
18:3 undifferentiated g	1.733		0	AS	1		0.236	3.777	0.078
18:3 n-3 c,c,c (ALA) g	1.733		1	A	1		0.236	3.777	0.078
18:3 n-6 c,c,c g									
18:3i g	0.552		1	A	1		0.075	1.204	0.025
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	12.927		0	NC	4		1.758	28.180	0.582
Fatty acids, total trans-monoenoic g	9.603		0	NC	4		1.306	20.935	0.432
Fatty acids, total trans-polyenoic g	3.324		0	NC	4		0.452	7.245	0.150
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04651

Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04648

Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0	NC	4		503	8063	166
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0	BFZN	4		0	0	0
Phosphorus, P	mg	0		0	BFZN	4		0	0	0
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	0		0	BFZN	4		0	0	0
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	8.10		0	BFZN	4		1.10	17.66	0.36
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:										
Fatty acids, total saturated	g	17.683		0	NC	4		2.405	38.548	0.796
4:0	g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04648

Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.094		1	A	1		0.013	0.205	0.004
15:0 g	0.037		1	A	1		0.005	0.081	0.002
16:0 g	10.543		1	A	1		1.434	22.983	0.474
17:0 g	0.105		1	A	1		0.014	0.228	0.005
18:0 g	6.175		1	A	1		0.840	13.462	0.278
20:0 g	0.364		1	A	1		0.049	0.793	0.016
22:0 g	0.365		1	A	1		0.050	0.795	0.016
24:0 g									
Fatty acids, total monounsaturated g	41.929		0	NC	4		5.702	91.405	1.887
14:1 g									
15:1 g									
16:1 undifferentiated g	0.095		0	AS	1		0.013	0.206	0.004
16:1 c g	0.095		1	A	1		0.013	0.206	0.004
16:1 t g									
17:1 g									
18:1 undifferentiated g	41.633		0	AS	1		5.662	90.760	1.873
18:1 c g	31.620		1	A	1		4.300	68.932	1.423
18:1-11c (18:1c n-7) g									
18:1 t g	10.013		1	A	1		1.362	21.828	0.451
18:1-11t (18:1t n-7) g									
20:1 g	0.201		1	A	1		0.027	0.439	0.009
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	35.638		0	NC	4		4.847	77.690	1.604
18:2 undifferentiated g	33.020		0	AS	1		4.491	71.983	1.486
18:2 n-6 c,c g	30.153		1	A	1		4.101	65.733	1.357
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	2.867		1	A	1		0.390	6.249	0.129
18:2 t not further defined g									
18:3 undifferentiated g	1.942		0	AS	1		0.264	4.234	0.087
18:3 n-3 c,c,c (ALA) g	1.942		1	A	1		0.264	4.234	0.087
18:3 n-6 c,c,c g									
18:3i g	0.676		1	A	1		0.092	1.473	0.030
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	13.555		0	NC	4		1.844	29.551	0.610
Fatty acids, total trans-monoenoic g	10.013		0	NC	4		1.362	21.828	0.451
Fatty acids, total trans-polyenoic g	3.543		0	NC	4		0.482	7.723	0.159
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04648

Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04650
Oil, industrial, soy, refined, for woks and light frying

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy....kcal	884		0	BFZN	4		120	1927	40
Energy....kJ	3699		0	BFZN	4		503	8063	166
Protein....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	0
Iron, Fe....mg	0.02		0	BFZN	4		0.00	0.04	0.00
Magnesium, Mg....mg	0		0	BFZN	4		0	0	0
Phosphorus, P....mg	0		0	BFZN	4		0	1	0
Potassium, K....mg	0		0	BFZN	4		0	0	0
Sodium, Na....mg	0		0	BFZN	4		0	0	0
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	8.18		0	BFZN	4		1.11	17.83	0.37
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	183.9		0	BFZN	4		25.0	400.9	8.3
Lipids:									
Fatty acids, total saturated....g	15.340		0	NC	4		2.086	33.441	0.690
4:0....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04650
Oil, industrial, soy, refined, for woks and light frying

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.094		1	A	1		0.013	0.205	0.004
15:0 g	0.000		1	A	1		0.000	0.000	0.000
16:0 g	10.410		1	A	1		1.416	22.694	0.468
17:0 g	0.105		1	A	1		0.014	0.228	0.005
18:0 g	4.041		1	A	1		0.550	8.809	0.182
20:0 g	0.335		1	A	1		0.046	0.730	0.015
22:0 g	0.355		1	A	1		0.048	0.775	0.016
24:0 g									
Fatty acids, total monounsaturated g	21.701		0	NC	4		2.951	47.308	0.977
14:1 g									
15:1 g									
16:1 undifferentiated g	0.123		0	AS	1		0.017	0.269	0.006
16:1 c g	0.123		1	A	1		0.017	0.269	0.006
16:1 t g									
17:1 g									
18:1 undifferentiated g	21.541		0	AS	1		2.930	46.958	0.969
18:1 c g	21.541		1	A	1		2.930	46.958	0.969
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	58.208		0	NC	4		7.916	126.893	2.619
18:2 undifferentiated g	51.296		0	AS	1		6.976	111.826	2.308
18:2 n-6 c,c g	51.172		1	A	1		6.959	111.556	2.303
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.124		1	A	1		0.017	0.270	0.006
18:2 t not further defined g									
18:3 undifferentiated g	6.912		0	AS	1		0.940	15.067	0.311
18:3 n-3 c,c,c (ALA) g	6.912		1	A	1		0.940	15.067	0.311
18:3 n-6 c,c,c g									
18:3i g	0.000		1	A	1		0.000	0.000	0.000
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.124		0	NC	4		0.017	0.270	0.006
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	0.124		0	NC	4		0.017	0.270	0.006
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	250		0	BFZN	4		34	545	11
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04650

Oil, industrial, soy, refined, for woks and light frying

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04583
Oil, mustard

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		124	1927	40
Energy	kJ	3699		0		4		518	8063	166
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		14.00	218.00	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	0
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	11.582		0		1		1.621	25.249	0.521
4:0	g									
6:0	g									
8:0	g									

NDB No. 04583
Oil, mustard

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	1.388		2		1		0.194	3.026	0.062
15:0....g									
16:0....g	3.750		2		1		0.525	8.175	0.169
17:0....g									
18:0....g	1.119		2		1		0.157	2.439	0.050
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	59.187		0		1		8.286	129.028	2.663
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.216		2		1		0.030	0.471	0.010
17:1....g									
18:1 undifferentiated....g	11.607		2		1		1.625	25.303	0.522
20:1....g	6.190		2		1		0.867	13.494	0.279
22:1 undifferentiated....g	41.175		2		1		5.765	89.762	1.853
24:1 c....g									
Fatty acids, total polyunsaturated....g	21.230		0		1		2.972	46.281	0.955
18:2 undifferentiated....g	15.332		2		1		2.146	33.424	0.690
18:3 undifferentiated....g	5.899		2		1		0.826	12.860	0.265
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04572
Oil, nutmeg butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.20		0		4		0.03	0.44	0.01
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	90.000		0		1		12.240	196.200	4.050
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04572
Oil, nutmeg butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	3.100		1		1		0.422	6.758	0.140
13:0 g									
14:0 g	82.600		1		1		11.234	180.068	3.717
15:0 g									
16:0 g	4.300		1		1		0.585	9.374	0.194
17:0 g									
18:0 g	0.000		0		4		0.000	0.000	0.000
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.800		0		1		0.653	10.464	0.216
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	4.800		1		1		0.653	10.464	0.216
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04572
Oil, nutmeg butter

Common Measures:

Measure 1 = 13.6g: 1 tbsp
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04588
Oil, oat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1		1		13.60	218.00	4.50
Ash....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	14.40		0	NR	4		1.96	31.39	0.65
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	24.7	5.831	69	JO	11		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated....g	19.620		0		1		2.668	42.772	0.883
4:0....g									

NDB No. 04588
Oil, oat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.390		238		1		0.053	0.850	0.018
13:0 g									
14:0 g	0.240		238		1		0.033	0.523	0.011
15:0 g									
16:0 g	16.670		238		1		2.267	36.341	0.750
17:0 g									
18:0 g	1.050		238		1		0.143	2.289	0.047
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	35.110		0		1		4.775	76.540	1.580
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200		238		1		0.027	0.436	0.009
17:1 g									
18:1 undifferentiated g	34.900		238		1		4.746	76.082	1.571
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	40.870		0		1		5.558	89.097	1.839
18:2 undifferentiated g	39.080		238		1		5.315	85.194	1.759
18:3 undifferentiated g	1.790		238		1		0.243	3.902	0.081
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04053
Oil, olive, salad or cooking

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		119	1909	40
Energy	kJ	3699		0	NC	4		499	7989	166
Protein (N x 0)	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0	O	4		13.50	216.00	4.50
Ash	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	1	0.189	4	A	1		0	2	0
Iron, Fe	mg	0.56	0.081	4	A	1		0.08	1.20	0.03
Magnesium, Mg	mg	0	0.050	4	A	1		0	0	0
Phosphorus, P	mg	0	0.000	4	A	1		0	0	0
Potassium, K	mg	1	0.149	4	A	1		0	1	0
Sodium, Na	mg	2	0.323	4	A	1		0	5	0
Zinc, Zn	mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Copper, Cu	mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Manganese, Mn	mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Selenium, Se	mcg	0.0		2	A	1		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.3		0	A	1		0.0	0.6	0.0
Betaine	mg	0.1		0	A	1		0.0	0.3	0.0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	Z	7		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0		4		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	14.35	1.535	6	A	1		1.94	30.99	0.65
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.11	0.052	6	A	1		0.01	0.24	0.00
Tocopherol, gamma	mg	0.83	0.184	6	A	1		0.11	1.80	0.04
Tocopherol, delta	mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	60.2		2	A	1		8.1	130.0	2.7
Lipids:										
Fatty acids, total saturated	g	13.808		0	NC	4		1.864	29.825	0.621
4:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 04053
Oil, olive, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0 g									
16:0 g	11.290	0.583	4	A	1		1.524	24.387	0.508
17:0 g	0.022	0.023	3	A	1		0.003	0.048	0.001
18:0 g	1.953	0.024	4	A	1		0.264	4.218	0.088
20:0 g	0.414	0.003	4	A	1		0.056	0.894	0.019
22:0 g	0.129	0.003	4	A	1		0.017	0.278	0.006
24:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	72.961		0	NC	4		9.850	157.595	3.283
14:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1 g									
16:1 undifferentiated g	1.255	0.140	4	A	1		0.169	2.712	0.056
17:1 g	0.125	0.014	4	A	1		0.017	0.270	0.006
18:1 undifferentiated g	71.269	1.689	4	A	1		9.621	153.941	3.207
20:1 g	0.311	0.017	4	A	1		0.042	0.673	0.014
22:1 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	10.523		0	NC	4		1.421	22.730	0.474
18:2 undifferentiated g	9.762	0.720	4	A	1		1.318	21.086	0.439
18:3 undifferentiated g	0.761	0.040	4	A	1		0.103	1.643	0.034
18:4 g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	221	41.923	13		1		30	477	10
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04053
Oil, olive, salad or cooking

Common Measures:

Measure 1 = 13.5g: 1 tablespoon
Measure 2 = 216g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04055
Oil, palm

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1909	40
Energy	kJ	3699		0		4		503	7989	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	216.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.01		1		1		0.00	0.02	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		1		1		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		7		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0	Z	7		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.3		0	CAZN	4		0.0	0.6	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	15.94	3.160	6	JA	6		2.17	34.43	0.72
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	8.0		1	A	1		1.1	17.3	0.4
Lipids:										
Fatty acids, total saturated	g	49.300		0		1		6.705	106.488	2.219
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 04055
Oil, palm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.100	0.038	12		1		0.014	0.216	0.005
13:0 g									
14:0 g	1.000	0.090	15		1		0.136	2.160	0.045
15:0 g									
16:0 g	43.500	0.464	15		1		5.916	93.960	1.958
17:0 g									
18:0 g	4.300	0.352	15		1		0.585	9.288	0.194
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	37.000		0		1		5.032	79.920	1.665
14:1 g									
15:1 g									
16:1 undifferentiated g	0.300	0.071	7		1		0.041	0.648	0.014
17:1 g									
18:1 undifferentiated g	36.600	0.635	15		1		4.978	79.056	1.647
20:1 g	0.100	0.072	4		1		0.014	0.216	0.005
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	9.300		0		1		1.265	20.088	0.419
18:2 undifferentiated g	9.100	0.419	15		1		1.238	19.656	0.410
18:3 undifferentiated g	0.200	0.046	9		1		0.027	0.432	0.009
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04055
Oil, palm

Common Measures:

Measure 1 = 13.6g: 1 tbsp
Measure 2 = 216g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04042
Oil, peanut, salad or cooking

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1909	119	40
Energy	kJ	3699		0		4		7989	499	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		216.00	13.50	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0	0.024	9		1		0	0	0
Iron, Fe	mg	0.03	0.004	9		1		0.06	0.00	0.00
Magnesium, Mg	mg	0	0.017	8		1		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0	0.004	6		1		0	0	0
Sodium, Na	mg	0	0.037	11		1		0	0	0
Zinc, Zn	mg	0.01		1		1		0.02	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.1		0	AS	1		0.2	0.0	0.0
Betaine	mg	0.0		1	A	1		0.0	0.0	0.0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0		4		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	15.69	0.395	6	A	1		33.90	2.12	0.71
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.46	0.036	6	A	1		0.99	0.06	0.02
Tocopherol, gamma	mg	15.91	0.749	6	A	1		34.35	2.15	0.72
Tocopherol, delta	mg	1.37	0.166	6	A	1		2.95	0.18	0.06
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	0.7		1	A	1		1.6	0.1	0.0
Lipids:										
Fatty acids, total saturated	g	16.900		0		1		36.504	2.282	0.761
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 04042
Oil, peanut, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.100	0.092	4		1		0.216	0.014	0.005
15:0 g									
16:0 g	9.500	0.233	15		1		20.520	1.283	0.428
17:0 g									
18:0 g	2.200	0.165	15		1		4.752	0.297	0.099
20:0 g	1.400		0		1		3.024	0.189	0.063
22:0 g	2.800		0		1		6.048	0.378	0.126
24:0 g	0.900		0		1		1.944	0.122	0.041
Fatty acids, total monounsaturated g	46.200		0		1		99.792	6.237	2.079
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100	0.072	4		1		0.216	0.014	0.005
17:1 g									
18:1 undifferentiated g	44.800	1.835	15		1		96.768	6.048	2.016
20:1 g	1.300	0.097	14		1		2.808	0.176	0.059
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	32.000		0		1		69.120	4.320	1.440
18:2 undifferentiated g	32.000	1.744	15		1		69.120	4.320	1.440
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	207	43.078	8		1		447	28	9
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04042
Oil, peanut, salad or cooking

Common Measures:

Measure 1 = 216g: 1 cup
Measure 2 = 13.5g: 1 tbsp
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04514
Oil, poppyseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	11.40		0		4		1.55	24.85	0.51
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	13.500		0		1		1.836	29.430	0.608
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04514
Oil, poppyseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	0.000
15:0 g									
16:0 g	10.600		1		1		1.442	23.108	0.477
17:0 g									
18:0 g	2.900		1		1		0.394	6.322	0.131
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	19.700		0		1		2.679	42.946	0.887
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	19.700		1		1		2.679	42.946	0.887
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	62.400		0		1		8.486	136.032	2.808
18:2 undifferentiated g	62.400		1		1		8.486	136.032	2.808
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	276		0		4		38	602	12
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04514
Oil, poppyseed

Common Measures:

Measure 1 = 13.6g: 1 tablespoon
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04037
Oil, rice bran

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.07	0.015	3		1		0.01	0.15	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	32.30		1		1		4.39	70.41	1.45
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	24.7	5.831	69	JO	11		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated....g	19.700		0		1		2.679	42.946	0.887
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04037
Oil, rice bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.700	0.131	28		1		0.095	1.526	0.032
15:0 g									
16:0 g	16.900	0.368	31		1		2.298	36.842	0.761
17:0 g									
18:0 g	1.600	0.087	29		1		0.218	3.488	0.072
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	39.300		0		1		5.345	85.674	1.769
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200	0.039	9		1		0.027	0.436	0.009
17:1 g									
18:1 undifferentiated g	39.100	0.449	38		1		5.318	85.238	1.760
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	35.000		0		1		4.760	76.300	1.575
18:2 undifferentiated g	33.400	0.403	38		1		4.542	72.812	1.503
18:3 undifferentiated g	1.600	0.159	34		1		0.218	3.488	0.072
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	1190		2		1		162	2594	54
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04037
Oil, rice bran

Common Measures:

Measure 1 = 13.6g: 1 tablespoon
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04510
Oil, safflower, salad or cooking, linoleic, (over 70%)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kJ	3699		0		4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0		4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	34.10	6.300	3		1		74.34	4.64	1.53
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	7.1	1.803	8	A	1		15.4	1.0	0.3
Lipids:										
Fatty acids, total saturated	g	6.203		0	MA	12		13.523	0.844	0.279
4:0	g	0.000		0	MA	12		0.000	0.000	0.000

NDB No. 04510
Oil, safflower, salad or cooking, linoleic, (over 70%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	MA	12		0.000	0.000	0.000
8:0 g	0.000		0	MA	12		0.000	0.000	0.000
10:0 g	0.000		0	MA	12		0.000	0.000	0.000
12:0 g	0.000		0	MA	12		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0	MA	12		0.000	0.000	0.000
15:0 g									
16:0 g	4.288		0	MA	12		9.348	0.583	0.193
17:0 g									
18:0 g	1.915		0	MA	12		4.175	0.260	0.086
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.355		0	MA	12		31.294	1.952	0.646
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	MA	12		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	14.355		0	MA	12		31.294	1.952	0.646
20:1 g	0.000		0	MA	12		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	MA	12		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	74.623		0	MA	12		162.678	10.149	3.358
18:2 undifferentiated g	74.623		0	MA	12		162.678	10.149	3.358
18:3 undifferentiated g	0.000		0	MA	12		0.000	0.000	0.000
18:4 g	0.000		0	MA	12		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	MA	12		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	MA	12		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	MA	12		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	MA	12		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	444		0		1		968	60	20
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine mg	0		0	BFZN	4		0	0	0
Theobromine mg	0		0	BFZN	4		0	0	0

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

NDB No. 04510

Oil, safflower, salad or cooking, linoleic, (over 70%)

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04511

Oil, safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0		4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	34.10		0		4		4.64	74.34	1.53
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	7.1		0	BFZN	4		1.0	15.4	0.3

NDB No. 04511

Oil, safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.203		0	MA	12		0.844	13.523	0.279
4:0....g	0.000		0	MA	12		0.000	0.000	0.000
6:0....g	0.000		0	MA	12		0.000	0.000	0.000
8:0....g	0.000		0	MA	12		0.000	0.000	0.000
10:0....g	0.000		0	MA	12		0.000	0.000	0.000
12:0....g	0.000		0	MA	12		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	MA	12		0.000	0.000	0.000
15:0....g									
16:0....g	4.288		0	MA	12		0.583	9.348	0.193
17:0....g									
18:0....g	1.915		0	MA	12		0.260	4.175	0.086
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	74.646		0	MA	12		10.152	162.728	3.359
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	MA	12		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	74.646		0	MA	12		10.152	162.728	3.359
20:1....g	0.000		0	MA	12		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	MA	12		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	14.350		0	MA	12		1.952	31.283	0.646
18:2 undifferentiated....g	14.350		0	MA	12		1.952	31.283	0.646
18:3 undifferentiated....g	0.000		0	MA	12		0.000	0.000	0.000
18:4....g	0.000		0	MA	12		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	MA	12		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	MA	12		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	MA	12		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	MA	12		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	444		0		4		60	968	20
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									

NDB No. 04511

Oil, safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04058
Oil, sesame, salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	1.40	0.097	5		1		0.19	3.05	0.06
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	13.6	2.621	7	A	1		1.8	29.6	0.6
Lipids:									
Fatty acids, total saturated....g	14.200		0		1		1.931	30.956	0.639
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 04058
Oil, sesame, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	0.000
15:0 g									
16:0 g	8.900	0.378	37		1		1.210	19.402	0.401
17:0 g									
18:0 g	4.800	0.220	37		1		0.653	10.464	0.216
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	39.700		0		1		5.399	86.546	1.787
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200	0.035	32		1		0.027	0.436	0.009
17:1 g									
18:1 undifferentiated g	39.300	0.659	38		1		5.345	85.674	1.769
20:1 g	0.200	0.047	11		1		0.027	0.436	0.009
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	41.700		0		1		5.671	90.906	1.877
18:2 undifferentiated g	41.300	0.677	38		1		5.617	90.034	1.859
18:3 undifferentiated g	0.300	0.058	23		1		0.041	0.654	0.014
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	865		0		1		118	1886	39
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04058

Oil, sesame, salad or cooking

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04536
Oil, sheanut

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0	Z	7		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0		4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	46.600		0		1		6.338	101.588	2.097
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.200		1		1		0.027	0.436	0.009

NDB No. 04536
Oil, sheanut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.200		1		1		0.027	0.436	0.009
12:0 g	1.300		1		1		0.177	2.834	0.059
13:0 g									
14:0 g	0.100		2		1		0.014	0.218	0.005
15:0 g									
16:0 g	4.400	0.456	4		1		0.598	9.592	0.198
17:0 g									
18:0 g	38.800	1.591	4		1		5.277	84.584	1.746
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	44.000		0		1		5.984	95.920	1.980
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100		1		1		0.014	0.218	0.005
17:1 g									
18:1 undifferentiated g	43.500	1.375	4		1		5.916	94.830	1.958
20:1 g	0.000		2		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	5.200		0		1		0.707	11.336	0.234
18:2 undifferentiated g	4.900	0.547	4		1		0.666	10.682	0.221
18:3 undifferentiated g	0.300		2		1		0.041	0.654	0.014
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	357		0		4		49	778	16
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04536
Oil, sheanut

Common Measures:

Measure 1 = 13.6g: 1 tablespoon
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04531
Oil, soybean lecithin

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	0.00
Energy....kcal	763		0	NC	4		104	1663	34
Energy....kJ	3192		0		4		434	6959	144
Protein (N x 0)....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1		1		13.60	218.00	4.50
Ash....g	0.00		0		4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0	0	0
Iron, Fe....mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg....mg	0		1		1		0	0	0
Phosphorus, P....mg	0		1		1		0	0	0
Potassium, K....mg	0		1		1		0	0	0
Sodium, Na....mg	0		1		1		0	0	0
Zinc, Zn....mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	0.0
Thiamin....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin....mg	0.000		1		1		0.000	0.000	0.000
Niacin....mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid....mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1		1		0.000	0.000	0.000
Folate, total....mcg	0		1		1		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		1		1		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	350.0		0	NR	4		47.6	763.0	15.8
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	NC	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	8.18		0	BFZN	4		1.11	17.83	0.37
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	183.9		0	BFZN	4		25.0	400.9	8.3
Lipids:									
Fatty acids, total saturated....g	15.005		0		1		2.041	32.711	0.675
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 04531
Oil, soybean lecithin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.101		4		1		0.014	0.220	0.005
15:0 g									
16:0 g	11.984		4		1		1.630	26.125	0.539
17:0 g									
18:0 g	2.920		4		1		0.397	6.366	0.131
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.977		0		1		1.493	23.930	0.494
14:1 g									
15:1 g									
16:1 undifferentiated g	0.403		4		1		0.055	0.879	0.018
17:1 g									
18:1 undifferentiated g	10.574		4		1		1.438	23.051	0.476
20:1 g	0.000		4		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	45.318		0		1		6.163	98.793	2.039
18:2 undifferentiated g	40.182		4		1		5.465	87.597	1.808
18:3 undifferentiated g	5.136		4		1		0.698	11.196	0.231
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 7.63 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04044
Oil, soybean, salad or cooking (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00	0.000	4	JO	11		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		1927	120	40
Energy....kJ	3699		0		4		8063	503	166
Protein (N x 0)....g	0.00	0.000	3		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		218.00	13.60	4.50
Ash....g	0.00	0.000	3	JO	11		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0	0.021	3		1		0	0	0
Iron, Fe....mg	0.05		1	A	1		0.11	0.01	0.00
Magnesium, Mg....mg	0	0.023	3		1		0	0	0
Phosphorus, P....mg	0	0.055	10		1		1	0	0
Potassium, K....mg	0		1	A	1		0	0	0
Sodium, Na....mg	0		1	A	1		0	0	0
Zinc, Zn....mg	0.01		1	A	1		0.02	0.00	0.00
Copper, Cu....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	AS	1		0.4	0.0	0.0
Betaine....mg	0.0		1	A	1		0.0	0.0	0.0
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	8.18	0.819	10	A	1		17.83	1.11	0.37
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.90	0.020	10	A	1		1.97	0.12	0.04
Tocopherol, gamma....mg	64.26	2.144	10	A	1		140.08	8.74	2.89
Tocopherol, delta....mg	21.30	1.122	10	A	1		46.44	2.90	0.96
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	183.9	20.585	35	A	1		401.0	25.0	8.3
Lipids:									
Fatty acids, total saturated....g	15.650		0	NC	4		34.118	2.128	0.704
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 04044
Oil, soybean, salad or cooking (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0 g	10.455	0.094	3	A	1		22.792	1.422	0.470
17:0 g	0.034	0.034	3	A	1		0.073	0.005	0.002
18:0 g	4.435	0.113	3	A	1		9.667	0.603	0.200
20:0 g	0.361	0.007	3	A	1		0.788	0.049	0.016
22:0 g	0.366	0.015	3	A	1		0.798	0.050	0.016
24:0 g									
Fatty acids, total monounsaturated g	22.783		0	NC	4		49.667	3.099	1.025
14:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated g	22.550	0.175	3	AS	1		49.159	3.067	1.015
18:1 c g	22.550	0.175	3	A	1		49.159	3.067	1.015
18:1-11c (18:1c n-7) g									
18:1 t g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.233	0.014	3	A	1		0.509	0.032	0.010
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	57.740		0	NC	4		125.873	7.853	2.598
18:2 undifferentiated g	50.952	0.190	3	AS	1		111.074	6.929	2.293
18:2 n-6 c,c g	50.418	0.335	3	A	1		109.912	6.857	2.269
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.533	0.144	3	A	1		1.163	0.073	0.024
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	6.789		69	JA	6		14.800	0.923	0.306
18:3 n-3 c,c,c (ALA) g	6.789		3	A	1		14.800	0.923	0.306
18:3 n-6 c,c,c g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g	0.533		0	NC	4		1.163	0.073	0.024
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	0.533		0	NC	4		1.163	0.073	0.024
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Stigmasterol mg	59	3.671	3	A	1		129	8	3
Campesterol mg	62	3.223	3	A	1		135	8	3
Beta-sitosterol mg	172	5.573	3	A	1		374	23	8
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000

NDB No. 04044
Oil, soybean, salad or cooking (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Footnotes:

1 Other phytosterols and phytostanols identified include: beta-sitostanol (4.483) and delta-5 avenasterol (8.733)

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04034
Oil, soybean, salad or cooking, (partially hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		1927	120	40
Energy....kJ	3699		0		4		8063	503	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		218.00	13.60	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	BFZN	4		0.4	0.0	0.0
Betaine....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	8.10		0		1		17.66	1.10	0.36
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	24.7	5.831	69	JO	11		53.9	3.4	1.1
Lipids:									
Fatty acids, total saturated....g	14.900		0		1		32.482	2.026	0.671
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 04034
Oil, soybean, salad or cooking, (partially hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		1		0.000	0.000	0.000
8:0 ... g	0.000		0		1		0.000	0.000	0.000
10:0 ... g	0.000		0		1		0.000	0.000	0.000
12:0 ... g	0.000		0		1		0.000	0.000	0.000
13:0 ... g									
14:0 ... g	0.100	0.030	13		1		0.218	0.014	0.005
15:0 ... g									
16:0 ... g	9.800	0.171	40		1		21.364	1.333	0.441
17:0 ... g									
18:0 ... g	5.000	0.352	40		1		10.900	0.680	0.225
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	43.000		0		1		93.740	5.848	1.935
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.400	0.143	8		1		0.872	0.054	0.018
17:1 ... g									
18:1 undifferentiated ... g	42.500	0.645	43		1		92.650	5.780	1.913
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	37.600		0		1		81.968	5.114	1.692
18:2 undifferentiated ... g	34.900	0.704	43		1		76.082	4.746	1.571
18:3 undifferentiated ... g	2.600	0.158	39		1		5.668	0.354	0.117
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0	0	0
Phytosterols ... mg	132		0		1		288	18	6
Amino Acids:									
Tryptophan ... g	0.000		0		4		0.000	0.000	0.000
Threonine ... g	0.000		0		4		0.000	0.000	0.000
Isoleucine ... g	0.000		0		4		0.000	0.000	0.000
Leucine ... g	0.000		0		4		0.000	0.000	0.000
Lysine ... g	0.000		0		4		0.000	0.000	0.000
Methionine ... g	0.000		0		4		0.000	0.000	0.000
Cystine ... g	0.000		0		4		0.000	0.000	0.000
Phenylalanine ... g	0.000		0		4		0.000	0.000	0.000
Tyrosine ... g	0.000		0		4		0.000	0.000	0.000
Valine ... g	0.000		0		4		0.000	0.000	0.000
Arginine ... g	0.000		0		4		0.000	0.000	0.000
Histidine ... g	0.000		0		4		0.000	0.000	0.000
Alanine ... g	0.000		0		4		0.000	0.000	0.000
Aspartic acid ... g	0.000		0		4		0.000	0.000	0.000
Glutamic acid ... g	0.000		0		4		0.000	0.000	0.000
Glycine ... g	0.000		0		4		0.000	0.000	0.000
Proline ... g	0.000		0		4		0.000	0.000	0.000
Serine ... g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg	0		0	Z	7		0	0	0
Theobromine ... mg	0		0	Z	7		0	0	0

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

NDB No. 04034

Oil, soybean, salad or cooking, (partially hydrogenated)

Common Measures:

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04543

Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	12.10		0		4		1.65	26.38	0.54
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	24.7	5.831	69	JO	11		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated....g	18.000		0		1		2.448	39.240	0.810
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 04543

Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.300	0.059	8		1		0.041	0.654	0.014
15:0 g									
16:0 g	14.000	0.644	11		1		1.904	30.520	0.630
17:0 g									
18:0 g	3.700	0.262	11		1		0.503	8.066	0.167
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	29.500		0		1		4.012	64.310	1.328
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200	0.046	7		1		0.027	0.436	0.009
17:1 g									
18:1 undifferentiated g	29.300	1.206	16		1		3.985	63.874	1.319
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	48.100		0		1		6.542	104.858	2.165
18:2 undifferentiated g	45.300	0.888	16		1		6.161	98.754	2.039
18:3 undifferentiated g	2.800	0.398	16		1		0.381	6.104	0.126
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	152		0		4		21	331	7
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04543

Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04584
Oil, sunflower, high oleic (70% and over)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		124	1927	40
Energy....kJ	3699		0		4		518	8063	166
Protein (N x 0)....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1		1		14.00	218.00	4.50
Ash....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	41.08		8	JA	6		5.75	89.55	1.85
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	5.4	1.938	18	A	1		0.8	11.8	0.2
Lipids:									
Fatty acids, total saturated....g	9.859		0	NC	4		1.380	21.492	0.444
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04584
Oil, sunflower, high oleic (70% and over)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.057		0	BFZN	4		0.008	0.123	0.003
15:0 g	0.800		1		1		0.112	1.744	0.036
16:0 g	3.682		7		1		0.515	8.027	0.166
17:0 g									
18:0 g	4.320		7		1		0.605	9.418	0.194
20:0 g									
22:0 g	1.000		1		1		0.140	2.180	0.045
24:0 g									
Fatty acids, total monounsaturated g	83.689		0	NC	4		11.716	182.441	3.766
14:1 g									
15:1 g									
16:1 undifferentiated g	0.095		0	BFZN	4		0.013	0.206	0.004
17:1 g									
18:1 undifferentiated g	82.630		7		1		11.568	180.133	3.718
20:1 g	0.964		6		1		0.135	2.102	0.043
22:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.798		0	NC	4		0.532	8.280	0.171
18:2 undifferentiated g	3.606		7		1		0.505	7.861	0.162
18:3 undifferentiated g	0.192		6		1		0.027	0.419	0.009
18:4 g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04060
Oil, sunflower, linoleic (less than 60%)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	0
Iron, Fe	mg	0.03		1		1		0.00	0.07	0.00
Magnesium, Mg	mg	0		1		1		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		1		1		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0	Z	7		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	41.08		8	JA	6		5.59	89.55	1.85
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.4	1.938	18	A	1		0.7	11.8	0.2
Lipids:										
Fatty acids, total saturated	g	10.100		0		1		1.374	22.018	0.455
4:0	g	0.000		0		4		0.000	0.000	0.000

NDB No. 04060
Oil, sunflower, linoleic (less than 60%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	5.400	0.082	45		1		0.734	11.772	0.243
17:0....g									
18:0....g	3.500	0.093	45		1		0.476	7.630	0.158
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	45.400		0		1		6.174	98.972	2.043
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200	0.016	27		1		0.027	0.436	0.009
17:1....g									
18:1 undifferentiated....g	45.300	0.777	45		1		6.161	98.754	2.039
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	40.100		0		1		5.454	87.418	1.805
18:2 undifferentiated....g	39.800	0.751	45		1		5.413	86.764	1.791
18:3 undifferentiated....g	0.200	0.024	20		1		0.027	0.436	0.009
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	100		0		4		14	218	5
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04060
Oil, sunflower, linoleic (less than 60%)

Common Measures:

Measure 1 = 13.6g: 1 tbsp
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04506
Oil, sunflower, linoleic, (approx. 65%)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0	Z	7		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.2		0	CAZN	4		0.0	0.4	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0		4		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	41.08		8	JA	6		5.59	89.55	1.85
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	5.4	1.938	18	A	1		0.7	11.8	0.2
Lipids:										
Fatty acids, total saturated	g	10.300		0		1		1.401	22.454	0.464
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 04506
Oil, sunflower, linoleic, (approx. 65%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	0.000
15:0 g									
16:0 g	5.900	0.049	177		1		0.802	12.862	0.266
17:0 g									
18:0 g	4.500	0.102	177		1		0.612	9.810	0.203
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	19.500		0		1		2.652	42.510	0.878
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	19.500	0.425	177		1		2.652	42.510	0.878
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	65.700		0		1		8.935	143.226	2.957
18:2 undifferentiated g	65.700	0.456	177		1		8.935	143.226	2.957
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	100		0		4		14	218	5
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04506
Oil, sunflower, linoleic, (approx. 65%)

Common Measures:

Measure 1 = 13.6g: 1 tbsp
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04545
Oil, sunflower, linoleic, (partially hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	41.08		8	JA	6		5.59	89.55	1.85
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	1.69		2	A	1		0.23	3.68	0.08
Tocopherol, gamma....mg	9.09		2	A	1		1.24	19.82	0.41
Tocopherol, delta....mg	2.04		2	A	1		0.28	4.44	0.09
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	5.4	1.922	21	A	1		0.7	11.8	0.2
Lipids:									
Fatty acids, total saturated....g	13.000		0		1		1.768	28.340	0.585
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04545
Oil, sunflower, linoleic, (partially hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	7.100	0.189	4		1		0.966	15.478	0.320
17:0....g									
18:0....g	5.500	0.321	4		1		0.748	11.990	0.248
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	46.200		0		1		6.283	100.716	2.079
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	46.000	0.115	4		1		6.256	100.280	2.070
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	36.400		0		1		4.950	79.352	1.638
18:2 undifferentiated....g	35.300	0.366	4		1		4.801	76.954	1.589
18:3 undifferentiated....g	0.900	0.102	3		1		0.122	1.962	0.041
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg	10		0		4		1	22	0
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	0.000
Threonine....g	0.000		0		4		0.000	0.000	0.000
Isoleucine....g	0.000		0		4		0.000	0.000	0.000
Leucine....g	0.000		0		4		0.000	0.000	0.000
Lysine....g	0.000		0		4		0.000	0.000	0.000
Methionine....g	0.000		0		4		0.000	0.000	0.000
Cystine....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine....g	0.000		0		4		0.000	0.000	0.000
Tyrosine....g	0.000		0		4		0.000	0.000	0.000
Valine....g	0.000		0		4		0.000	0.000	0.000
Arginine....g	0.000		0		4		0.000	0.000	0.000
Histidine....g	0.000		0		4		0.000	0.000	0.000
Alanine....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid....g	0.000		0		4		0.000	0.000	0.000
Glycine....g	0.000		0		4		0.000	0.000	0.000
Proline....g	0.000		0		4		0.000	0.000	0.000
Serine....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 04545

Oil, sunflower, linoleic, (partially hydrogenated)

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04516
Oil, teaseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0		4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	21.100		0		1		2.870	45.998	0.950
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04516
Oil, teaseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.100		1		1		0.014	0.218	0.005
13:0 g									
14:0 g	0.100	0.033	3		1		0.014	0.218	0.005
15:0 g									
16:0 g	17.500	0.794	3		1		2.380	38.150	0.788
17:0 g									
18:0 g	3.100	0.197	3		1		0.422	6.758	0.140
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	51.500		0		1		7.004	112.270	2.318
14:1 g									
15:1 g									
16:1 undifferentiated g	0.500	0.196	3		1		0.068	1.090	0.023
17:1 g									
18:1 undifferentiated g	49.900	1.547	3		1		6.786	108.782	2.246
20:1 g	1.000		2		1		0.136	2.180	0.045
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	23.000		0		1		3.128	50.140	1.035
18:2 undifferentiated g	22.200	1.993	3		1		3.019	48.396	0.999
18:3 undifferentiated g	0.700		1		1		0.095	1.526	0.032
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	102		0		4		14	222	5
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04516
Oil, teaseed

Common Measures:

Measure 1 = 13.6g: 1 tablespoon
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04515
Oil, tomatoseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kJ	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0	Z	7		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	3.80		0		1		0.52	8.28	0.17
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	19.700		0		1		2.679	42.946	0.887
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000

NDB No. 04515
Oil, tomatoseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.200	0.039	4		1		0.027	0.436	0.009
15:0 g									
16:0 g	15.000	1.325	5		1		2.040	32.700	0.675
17:0 g									
18:0 g	4.400	0.393	5		1		0.598	9.592	0.198
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	22.800		0		1		3.101	49.704	1.026
14:1 g									
15:1 g									
16:1 undifferentiated g	0.500	0.090	4		1		0.068	1.090	0.023
17:1 g									
18:1 undifferentiated g	21.900	2.867	5		1		2.978	47.742	0.986
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	53.100		0		1		7.222	115.758	2.390
18:2 undifferentiated g	50.800	3.818	5		1		6.909	110.744	2.286
18:3 undifferentiated g	2.300	0.237	4		1		0.313	5.014	0.104
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	100		0		4		14	218	5
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04515
Oil, tomatoseed

Common Measures:

Measure 1 = 13.6g: 1 tablespoon
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04573
Oil, ucuhuba butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.60		0		4		0.08	1.31	0.03
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	85.200		0		1		11.587	185.736	3.834
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 04573
Oil, ucuhuba butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	12.200		1		1		1.659	26.596	0.549
13:0 g									
14:0 g	63.400		1		1		8.622	138.212	2.853
15:0 g									
16:0 g	8.600		1		1		1.170	18.748	0.387
17:0 g									
18:0 g	1.000		1		1		0.136	2.180	0.045
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.700		0		1		0.911	14.606	0.302
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	6.700		1		1		0.911	14.606	0.302
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.900		0		1		0.394	6.322	0.131
18:2 undifferentiated g	2.900		1		1		0.394	6.322	0.131
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	95		0		4		13	207	4
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04573
Oil, ucuhuba butter

Common Measures:

Measure 1 = 13.6g: 1 tbsp
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04678

Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)

Dow AgroSciences, LLC

trans free high stability low saturated fat non-hydrogenated canola oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	Z	7		0.00		
Energy....kcal	884		0	NC	4		124		
Energy....kJ	3699		0	NC	4		518		
Protein....g	0.00		0	MC	9		0.00		
Total lipid (fat)....g	100.00		1	A	1		14.00		
Ash....g	0.00		0	Z	7		0.00		
Carbohydrate, by difference....g	0.00		0	MC	9		0.00		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.00		0	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	0		0	MC	9		0		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.000		0	MC	9		0.000		
Riboflavin....mg	0.000		0	MC	9		0.000		
Niacin....mg	0.000		0	MC	9		0.000		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	21.80		1	A	1		3.05		
Tocopherol, beta....mg									
Tocopherol, gamma....mg	21.80		1	A	1		3.05		
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	MC	9		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.511		0	NC	4		0.912		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.047		1	A	1		0.007		
15:0....g									
16:0....g	3.437		1	A	1		0.481		

NDB No. 04678

Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0	g									
18:0	g	1.918		1	A	1		0.269		
20:0	g	0.674		1	A	1		0.094		
22:0	g	0.290		1	A	1		0.041		
24:0	g	0.145		1	A	1		0.020		
Fatty acids, total monounsaturated	g	71.991		0	NC	4		10.079		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.286		0	AS	1		0.040		
16:1 c	g	0.286		1	A	1		0.040		
16:1 t	g									
17:1	g									
18:1 undifferentiated	g	69.970		0	AS	1		9.796		
18:1 c	g	69.893		175	A	1		9.785		
18:1-11c (18:1c n-7)	g									
18:1 t	g	0.077		1	A	1		0.011		
18:1-11t (18:1t n-7)	g									
20:1	g	1.348		1	A	1		0.189		
22:1 undifferentiated	g	0.241		1	A	1		0.034		
24:1 c	g	0.145		1	A	1		0.020		
Fatty acids, total polyunsaturated	g	17.098		0	NC	4		2.394		
18:2 undifferentiated	g	14.501		0	AS	1		2.030		
18:2 n-6 c,c	g	14.339		175	A	1		2.007		
18:2 CLAs	g									
18:2 c,t	g									
18:2 t,c	g									
18:2 t,t	g									
18:2 i	g									
18:2 t not further defined	g	0.163		1	A	1		0.023		
18:3 undifferentiated	g	2.597		0	AS	1		0.364		
18:3 n-3 c,c,c (ALA)	g	2.070		175	A	1		0.290		
18:3 n-6 c,c,c	g									
18:3i	g	0.527		1	A	1		0.074		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g									
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3 (EPA)	g									
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g	0.767		0	NC	4		0.107		
Fatty acids, total trans-monoenoic	g	0.077		0	NC	4		0.011		
Fatty acids, total trans-polyenoic	g	0.690		0	NC	4		0.097		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Stigmasterol	mg									
Campesterol	mg	202		1	A	1		28		
Beta-sitosterol	mg	426		1	A	1		60		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

NDB No. 04678

Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04528
Oil, walnut

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		1927	120	40
Energy	kJ	3699		0		4		8063	503	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0	Z	7		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.4		0	AS	1		0.9	0.1	0.0
Betaine	mg	0.0		1	A	1		0.0	0.0	0.0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.40		0		1		0.87	0.05	0.02
Vitamin E, added	mg	0.00		0	NR	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	15.0		0	T	4		32.7	2.0	0.7
Lipids:										
Fatty acids, total saturated	g	9.100		0		1		19.838	1.238	0.410
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 04528
Oil, walnut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	0.000
15:0 g									
16:0 g	7.000	0.286	33		1		15.260	0.952	0.315
17:0 g									
18:0 g	2.000	0.136	34		1		4.360	0.272	0.090
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	22.800		0		1		49.704	3.101	1.026
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100	0.027	11		1		0.218	0.014	0.005
17:1 g									
18:1 undifferentiated g	22.200	1.264	34		1		48.396	3.019	0.999
20:1 g	0.400	0.268	6		1		0.872	0.054	0.018
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	63.300		0		1		137.994	8.609	2.849
18:2 undifferentiated g	52.900	1.208	34		1		115.322	7.194	2.381
18:3 undifferentiated g	10.400	0.576	32		1		22.672	1.414	0.468
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	176		0		1		384	24	8
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04528
Oil, walnut

Common Measures:

Measure 1 = 218g: 1 cup
Measure 2 = 13.6g: 1 tbsp
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04038
Oil, wheat germ

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0		4		503	8063	166
Protein (N x 0)....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)....g	100.00		0		1		13.60	218.00	4.50
Ash....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	0
Iron, Fe....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0		4		0	0	0
Phosphorus, P....mg	0		0		4		0	0	0
Potassium, K....mg	0		0		4		0	0	0
Sodium, Na....mg	0		0		4		0	0	0
Zinc, Zn....mg	0.00		1		4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin....mg	0.000		0		4		0.000	0.000	0.000
Niacin....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0		4		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	20.0		0	O	4		2.7	43.6	0.9
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	149.40		0		1		20.32	325.69	6.72
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	24.7	5.831	69	JO	11		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated....g	18.800		0		1		2.557	40.984	0.846
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 04038
Oil, wheat germ

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.100	0.041	7		1		0.014	0.218	0.005
15:0 g									
16:0 g	16.600	0.307	13		1		2.258	36.188	0.747
17:0 g									
18:0 g	0.500	0.047	12		1		0.068	1.090	0.023
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	15.100		0		1		2.054	32.918	0.680
14:1 g									
15:1 g									
16:1 undifferentiated g	0.500	0.087	13		1		0.068	1.090	0.023
17:1 g									
18:1 undifferentiated g	14.600	0.467	13		1		1.986	31.828	0.657
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	61.700		0		1		8.391	134.506	2.777
18:2 undifferentiated g	54.800	0.322	13		1		7.453	119.464	2.466
18:3 undifferentiated g	6.900	0.360	13		1		0.938	15.042	0.311
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	0
Phytosterols mg	553		0		1		75	1206	25
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	0.000
Threonine g	0.000		0		4		0.000	0.000	0.000
Isoleucine g	0.000		0		4		0.000	0.000	0.000
Leucine g	0.000		0		4		0.000	0.000	0.000
Lysine g	0.000		0		4		0.000	0.000	0.000
Methionine g	0.000		0		4		0.000	0.000	0.000
Cystine g	0.000		0		4		0.000	0.000	0.000
Phenylalanine g	0.000		0		4		0.000	0.000	0.000
Tyrosine g	0.000		0		4		0.000	0.000	0.000
Valine g	0.000		0		4		0.000	0.000	0.000
Arginine g	0.000		0		4		0.000	0.000	0.000
Histidine g	0.000		0		4		0.000	0.000	0.000
Alanine g	0.000		0		4		0.000	0.000	0.000
Aspartic acid g	0.000		0		4		0.000	0.000	0.000
Glutamic acid g	0.000		0		4		0.000	0.000	0.000
Glycine g	0.000		0		4		0.000	0.000	0.000
Proline g	0.000		0		4		0.000	0.000	0.000
Serine g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04038
Oil, wheat germ

Common Measures:

Measure 1 = 13.6g: 1 tablespoon
Measure 2 = 218g: 1 cup
Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42230
Salad Dressing, coleslaw dressing, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.00		0		4		99.53	6.29	
Energy....kcal	329		0	NC	4		884	56	
Energy....kJ	1376		0	NC	4		3701	234	
Protein....g	0.00		0		4		0.00	0.00	
Total lipid (fat)....g	20.00		0		4		53.80	3.40	
Ash....g	3.00		0	NC	4		8.07	0.51	
Carbohydrate, by difference....g	40.00		0		4		107.60	6.80	
Fiber, total dietary....g	0.4		0		4		1.1	0.1	
Sugars, total....g	38.73		0	FLA	4		104.19	6.58	
Starch....g									
Minerals:									
Calcium, Ca....mg	36		0		4		97	6	
Iron, Fe....mg	0.26		0		4		0.70	0.04	
Magnesium, Mg....mg	5		0		4		13	1	
Phosphorus, P....mg	30		0		4		81	5	
Potassium, K....mg	50		0		4		135	9	
Sodium, Na....mg	1600		0		4		4304	272	
Zinc, Zn....mg	0.18		0		4		0.48	0.03	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.004		0	FLA	4		0.012	0.001	
Selenium, Se....mcg	1.6		0	CAZN	4		4.3	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.010		0		4		0.027	0.002	
Riboflavin....mg	0.010		0		4		0.027	0.002	
Niacin....mg	0.250		0		4		0.673	0.043	
Pantothenic acid....mg	0.001		0	FLA	4		0.004	0.000	
Vitamin B-6....mg	0.020		0		4		0.054	0.003	
Folate, total....mcg	0		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	15.3		0	BFZN	4		41.0	2.6	
Betaine....mg									
Vitamin B-12....mcg	0.10		0		4		0.27	0.02	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		1	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	1		0	NC	4		2	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	1		0	FLA	4		1	0	
Vitamin E (alpha-tocopherol)....mg	1.84		0	FLA	4		4.96	0.31	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone)....mcg	39.5		0	FLA	4		106.2	6.7	
Lipids:									
Fatty acids, total saturated....g	2.980		0		4		8.016	0.507	

NDB No. 42230
Salad Dressing, coleslaw dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.020		0		4		0.054	0.003	
15:0....g									
16:0....g	1.960		0		4		5.272	0.333	
17:0....g									
18:0....g	1.000		0		4		2.690	0.170	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.600		0		4		23.134	1.462	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.080		0		4		0.215	0.014	
17:1....g									
18:1 undifferentiated....g	8.500		0		4		22.865	1.445	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.520		0		4		20.229	1.278	
18:2 undifferentiated....g	6.980		0		4		18.776	1.187	
18:3 undifferentiated....g	0.520		0		4		1.399	0.088	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	25		0		4		67	4	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 269g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 2.44 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04689

Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light

Smart Balance Foods

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.44		2	A	1		7.34		
Energy	kcal	333		1	LC	8		47		
Energy	kJ	1393		1	LC	8		195		
Protein	g	1.53		2	A	1		0.21		
Total lipid (fat)	g	34.18		2	A	1		4.79		
Ash	g	2.46		2	A	1		0.34		
Carbohydrate, by difference	g	9.39		0	NC	4		1.32		
Fiber, total dietary	g	0.2		2	A	1		0.0		
Sugars, total	g	5.38		2	A	1		0.75		
Sucrose	g	4.12		2	A	1		0.58		
Glucose (dextrose)	g	0.54		2	A	1		0.08		
Fructose	g	0.42		2	A	1		0.06		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g	0.29		2	A	1		0.04		
Starch	g	4.70		2	A	1		0.66		
Minerals:										
Calcium, Ca	mg	13		2	A	1		2		
Iron, Fe	mg	0.31		2	A	1		0.04		
Magnesium, Mg	mg	2		2	A	1		0		
Phosphorus, P	mg	27		2	A	1		4		
Potassium, K	mg	63		2	A	1		9		
Sodium, Na	mg	848		2	A	1		119		
Zinc, Zn	mg	0.20		2	A	1		0.03		
Copper, Cu	mg	0.016		2	A	1		0.002		
Manganese, Mn	mg	0.013		2	A	1		0.002		
Selenium, Se	mcg	4.4		2	A	1		0.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg	0.015		2	A	1		0.002		
Riboflavin	mg	0.030		2	A	1		0.004		
Niacin	mg	0.028		1	A	1		0.004		
Pantothenic acid	mg	0.270		2	A	1		0.038		
Vitamin B-6	mg	0.015		2	A	1		0.002		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.17		2	A	1		0.02		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Vitamin A, IU	IU	0		1	LC	8		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	10.41		2	A	1		1.46		
Tocopherol, beta	mg	0.07		2	A	1		0.01		
Tocopherol, gamma	mg	11.14		2	A	1		1.56		
Tocopherol, delta	mg	2.11		2	A	1		0.30		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	65.8		2	A	1		9.2		
Lipids:										
Fatty acids, total saturated	g	3.288		0	NC	4		0.460		
4:0	g	0.000		2	A	1		0.000		
6:0	g	0.000		2	A	1		0.000		
8:0	g	0.000		2	A	1		0.000		

NDB No. 04689

Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.022		2	A	1		0.003		
15:0....g	0.011		2	A	1		0.002		
16:0....g	2.044		2	A	1		0.286		
17:0....g	0.034		2	A	1		0.005		
18:0....g	0.863		2	A	1		0.121		
20:0....g	0.167		2	A	1		0.023		
22:0....g	0.102		2	A	1		0.014		
24:0....g	0.043		2	A	1		0.006		
Fatty acids, total monounsaturated....g	16.662		0	NC	4		2.333		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.081		0	AS	1		0.011		
16:1 c....g	0.081		2	A	1		0.011		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.043		2	A	1		0.006		
18:1 undifferentiated....g	15.970		0	AS	1		2.236		
18:1 c....g	15.923		2	A	1		2.229		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.047		2	A	1		0.007		
18:1-11t (18:1t n-7)....g									
20:1....g	0.533		2	A	1		0.075		
22:1 undifferentiated....g	0.034		0	AS	1		0.005		
22:1 c....g	0.034		2	A	1		0.005		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	11.776		0	NC	4		1.649		
18:2 undifferentiated....g	8.511		0	AS	1		1.192		
18:2 n-6 c,c....g	8.381		2	A	1		1.173		
18:2 CLAs....g	0.028		2	A	1		0.004		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.102		2	A	1		0.014		
18:3 undifferentiated....g	3.188		0	AS	1		0.446		
18:3 n-3 c,c,c (ALA)....g	3.188		2	A	1		0.446		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.024		2	A	1		0.003		
20:3 undifferentiated....g	0.020		0	AS	1		0.003		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.020		2	A	1		0.003		
20:4 undifferentiated....g	0.022		2	A	1		0.003		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.010		2	A	1		0.001		
Fatty acids, total trans....g	0.149		0	NC	4		0.021		
Fatty acids, total trans-monoenoic....g	0.047		0	NC	4		0.007		
Fatty acids, total trans-polyenoic....g	0.102		0	NC	4		0.014		
Cholesterol....mg	33		1	LC	8		5		
Phytosterols....mg									

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

NDB No. 04689

Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light

Common Measures:

Measure 1 = 14.0g: 1 tbsp (1 NLEA serving)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42193
Salad Dressing, mayonnaise-like, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.70		0	MC	9		201.47	12.59	
Energy....kcal	84		0	MC	9		215	13	
Energy....kJ	351		0		9		900	56	
Protein....g	0.20		0	MC	9		0.51	0.03	
Total lipid (fat)....g	2.70		0	NR	4		6.91	0.43	
Ash....g	2.60		0	NC	4		6.66	0.42	
Carbohydrate, by difference....g	15.50		0	MC	9		39.68	2.48	
Fiber, total dietary....g	1.9		0	MC	9		4.9	0.3	
Sugars, total....g	10.30		0	MC	9		26.37	1.65	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	MC	9		15	1	
Iron, Fe....mg	0.12		0	MC	9		0.31	0.02	
Magnesium, Mg....mg	2		0	FLM	4		6	0	
Phosphorus, P....mg	5		0	MC	9		13	1	
Potassium, K....mg	49		0	MC	9		125	8	
Sodium, Na....mg	788		0	MC	9		2017	126	
Zinc, Zn....mg	0.05		0	FLM	4		0.12	0.01	
Copper, Cu....mg	0.020		0	FLM	4		0.050	0.003	
Manganese, Mn....mg	0.022		0	FLM	4		0.057	0.004	
Selenium, Se....mcg	0.3		0	FLM	4		0.7	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0	0.0	
Thiamin....mg	0.000		0	FLM	4		0.000	0.000	
Riboflavin....mg	0.014		0	FLM	4		0.035	0.002	
Niacin....mg	0.000		0	FLM	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	FLM	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	FLM	4		0.000	0.000	
Folate, total....mcg	0		0	FLM	4		0	0	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	0		0	FLM	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.7		0	BFZN	4		1.9	0.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	Z	7		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04		0	FLM	4		0.11	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	24.7		0	BFZN	4		63.3	4.0	
Lipids:									
Fatty acids, total saturated....g	0.600		0	MC	9		1.536	0.096	
4:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 42193
Salad Dressing, mayonnaise-like, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000	0.000	
8:0....g	0.025		0	FLM	4		0.063	0.004	
10:0....g	0.027		0	FLM	4		0.069	0.004	
12:0....g	0.250		0	FLM	4		0.641	0.040	
13:0....g									
14:0....g	0.110		0	FLM	4		0.283	0.018	
15:0....g									
16:0....g	0.069		0	FLM	4		0.178	0.011	
17:0....g									
18:0....g	0.117		0	FLM	4		0.299	0.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.887		0	FLM	4		4.831	0.302	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.887		0	FLM	4		4.831	0.302	
20:1....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.063		0	FLM	4		0.161	0.010	
18:2 undifferentiated....g	0.043		0	FLM	4		0.111	0.007	
18:3 undifferentiated....g	0.019		0	FLM	4		0.049	0.003	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	9		0	MC	9		23	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	0		0	FLM	4		0	0	
Theobromine....mg	0		0	FLM	4		0	0	

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

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 16g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04121
Salad dressing, KRAFT FREE Fat Free Italian Dressing

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.60		0	MC	9		26.93		
Energy	kcal	62		0	MC	9		20		
Energy	kJ	259				9		86		
Protein	g	1.40		0	MC	9		0.46		
Total lipid (fat)	g	0.90		0	NR	4		0.30		
Ash	g	3.60		0	MC	9		1.19		
Carbohydrate, by difference (1)	g	11.00		0	MC	9		3.63		
Fiber, total dietary	g	0.7		0	MC	9		0.2		
Sugars, total	g	6.60		0	MC	9		2.18		
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0	MC	9		14		
Iron, Fe	mg	0.24		0	MC	9		0.08		
Magnesium, Mg	mg									
Phosphorus, P	mg	205		0	MC	9		68		
Potassium, K	mg	115		0	MC	9		38		
Sodium, Na	mg	1302		0	MC	9		430		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0	MC	9		0.4		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	158		0	MC	9		52		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.500		0	MC	9		0.165		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	3		0	MC	9		1		
Phytosterols	mg									

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

Common Measures:

NDB No. 04121

Salad dressing, KRAFT FREE Fat Free Italian Dressing

Measure 1 = 33g: 2 tbsp

Footnotes:

1 Contains other proximate components.

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04119
Salad dressing, KRAFT FREE Fat Free Ranch Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.60		0	MC	9		22.26		
Energy....kcal	138		0	MC	9		48		
Energy....kJ	577				9		202		
Protein....g	0.70		0	MC	9		0.25		
Total lipid (fat)....g	1.00		0	NR	4		0.35		
Ash....g	3.00		0	MC	9		1.05		
Carbohydrate, by difference (1) ....g	30.60		0	MC	9		10.71		
Fiber, total dietary....g	0.6		0	MC	9		0.2		
Sugars, total....g	6.10		0	MC	9		2.14		
Starch....g									
Minerals:									
Calcium, Ca....mg	26		0	MC	9		9		
Iron, Fe....mg	0.06		0	MC	9		0.02		
Magnesium, Mg....mg									
Phosphorus, P....mg	79		0	MC	9		28		
Potassium, K....mg	88		0	MC	9		31		
Sodium, Na....mg	1011		0	MC	9		354		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	8		0	MC	9		3		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.200		0	MC	9		0.070		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

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

Common Measures:

NDB No. 04119

Salad dressing, KRAFT FREE Fat Free Ranch Dressing

Measure 1 = 35g: 2 tbsp

Footnotes:

1 Contains other proximate components.

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04118
Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.00		0	MC	9		22.63		
Energy....kcal	170		0	MC	9		53		
Energy....kJ	711				9		220		
Protein....g	1.10		0	MC	9		0.34		
Total lipid (fat)....g	14.40		0	NR	4		4.46		
Ash....g	2.10		0	MC	9		0.65		
Carbohydrate, by difference (1) ....g	8.00		0	MC	9		2.48		
Fiber, total dietary....g	1.3		0	MC	9		0.4		
Sugars, total....g	4.90		0	MC	9		1.52		
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0	MC	9		9		
Iron, Fe....mg	0.33		0	MC	9		0.10		
Magnesium, Mg....mg									
Phosphorus, P....mg	25		0	MC	9		8		
Potassium, K....mg	90		0	MC	9		28		
Sodium, Na....mg	736		0	MC	9		228		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		0	MC	9		0.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	179		0	MC	9		55		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.300		0	MC	9		0.403		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	1		0	MC	9		0		
Phytosterols....mg									

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

Common Measures:

NDB No. 04118

Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing

Measure 1 = 31g: 2 tbsp

Footnotes:

1 Contains other proximate components.

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04117
Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.30		0	MC	9		18.39		
Energy....kcal	256		0	MC	9		77		
Energy....kJ	1071				9		321		
Protein....g	1.20		0	MC	9		0.36		
Total lipid (fat)....g	22.80		0	NR	4		6.84		
Ash....g	2.70		0	MC	9		0.81		
Carbohydrate, by difference (1) ....g	10.50		0	MC	9		3.15		
Fiber, total dietary....g	0.5		0	MC	9		0.2		
Sugars, total....g	4.20		0	MC	9		1.26		
Starch....g									
Minerals:									
Calcium, Ca....mg	26		0	MC	9		8		
Iron, Fe....mg	0.19		0	MC	9		0.06		
Magnesium, Mg....mg									
Phosphorus, P....mg	155		0	MC	9		47		
Potassium, K....mg	134		0	MC	9		40		
Sodium, Na....mg	1009		0	MC	9		303		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	41		0	MC	9		12		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.900		0	MC	9		0.570		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	28		0	MC	9		8		
Phytosterols....mg									

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

Common Measures:

NDB No. 04117

Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing

Measure 1 = 30g: 2 tbsp

Footnotes:

1 Contains other proximate components.

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04014
Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.70		0	MC	9		12.59		
Energy....kcal	84		0	MC	9		13		
Energy....kJ	351				9		56		
Protein....g	0.20		0	MC	9		0.03		
Total lipid (fat)....g	2.70		0	NR	4		0.43		
Ash....g	1.90		0	MC	9		0.30		
Carbohydrate, by difference (1) ....g	15.50		0	MC	9		2.48		
Fiber, total dietary....g	1.9		0	MC	9		0.3		
Sugars, total....g	10.30		0	MC	9		1.65		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	MC	9		1		
Iron, Fe....mg	0.12		0	MC	9		0.02		
Magnesium, Mg....mg									
Phosphorus, P....mg	5		0	MC	9		1		
Potassium, K....mg	49		0	MC	9		8		
Sodium, Na....mg	788		0	MC	9		126		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	69		0	MC	9		11		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone) (2) ....mcg	83.6		0	MC	9		13.4		
Lipids:									
Fatty acids, total saturated....g	0.600		0	MC	9		0.096		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	9		0	MC	9		1		
Phytosterols....mg									

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

Common Measures:

NDB No. 04014

Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

Measure 1 = 16g: 1 tbsp

Footnotes:

1 Contains other proximate components.

2 Added nutrient

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04012
Salad dressing, KRAFT MIRACLE WHIP LIGHT Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.30		0	MC	9		10.13		
Energy....kcal	231		0	MC	9		37		
Energy....kJ	967				9		155		
Protein....g	0.60		0	MC	9		0.10		
Total lipid (fat)....g	18.60		0	NR	4		2.98		
Ash....g	2.20		0	MC	9		0.35		
Carbohydrate, by difference (1) ....g	14.40		0	MC	9		2.30		
Fiber, total dietary....g	0.1		0	MC	9		0.0		
Sugars, total....g	9.90		0	MC	9		1.58		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	MC	9		1		
Iron, Fe....mg	0.17		0	MC	9		0.03		
Magnesium, Mg....mg									
Phosphorus, P....mg	13		0	MC	9		2		
Potassium, K....mg	23		0	MC	9		4		
Sodium, Na....mg	821		0	MC	9		131		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	34		0	MC	9		5		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone) (2) ....mcg	83.6		0	MC	9		13.4		
Lipids:									
Fatty acids, total saturated....g	2.900		0	MC	9		0.464		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	26		0	MC	9		4		
Phytosterols....mg									

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

Common Measures:

NDB No. 04012

Salad dressing, KRAFT MIRACLE WHIP LIGHT Dressing

Measure 1 = 16g: 1 tbsp

Footnotes:

1 Contains other proximate components.

2 Added nutrient

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04013
Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.80		0	MC	9		13.09		
Energy....kcal	70		0	MC	9		11		
Energy....kJ	293				9		47		
Protein....g	0.20		0	MC	9		0.03		
Total lipid (fat)....g	2.70		0	NR	4		0.43		
Ash....g	2.20		0	MC	9		0.35		
Carbohydrate, by difference (1) ....g	12.40		0	MC	9		1.98		
Fiber, total dietary....g	2.0		0	MC	9		0.3		
Sugars, total....g	6.80		0	MC	9		1.09		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	MC	9		1		
Iron, Fe....mg	0.10		0	MC	9		0.02		
Magnesium, Mg....mg									
Phosphorus, P....mg	27		0	MC	9		4		
Potassium, K....mg	50		0	MC	9		8		
Sodium, Na....mg	750		0	MC	9		120		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	99		0	MC	9		16		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone) (2) ....mcg	155.1		0	MC	9		24.8		
Lipids:									
Fatty acids, total saturated....g	0.500		0	MC	9		0.080		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	10		0	MC	9		2		
Phytosterols....mg									

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

Common Measures:

NDB No. 04013

Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

Measure 1 = 16g: 1 tbsp

Footnotes:

1 Contains other proximate components.

2 Added nutrient

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04011
Salad dressing, KRAFT Mayo Light Mayonnaise

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.40		0	MC	9		8.31		
Energy....kcal	334		0	MC	9		50		
Energy....kJ	1397				9		210		
Protein....g	0.60		0	MC	9		0.09		
Total lipid (fat)....g	32.90		0	NR	4		4.94		
Ash....g	2.10		0	MC	9		0.32		
Carbohydrate, by difference (1) ....g	8.50		0	MC	9		1.28		
Fiber, total dietary....g	0.1		0	MC	9		0.0		
Sugars, total....g	4.20		0	MC	9		0.63		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	MC	9		1		
Iron, Fe....mg	0.20		0	MC	9		0.03		
Magnesium, Mg....mg									
Phosphorus, P....mg	58		0	MC	9		9		
Potassium, K....mg	52		0	MC	9		8		
Sodium, Na....mg	797		0	MC	9		120		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	185		0	MC	9		28		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone) (2) ....mcg	155.1		0	MC	9		23.3		
Lipids:									
Fatty acids, total saturated....g	5.000		0	MC	9		0.750		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	35		0	MC	9		5		
Phytosterols....mg									

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

Common Measures:

NDB No. 04011

Salad dressing, KRAFT Mayo Light Mayonnaise

Measure 1 = 15.0g: 1 tbsp

Footnotes:

1 Contains other proximate components.

2 Added nutrient

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04115
Salad dressing, KRAFT Ranch Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.80		0	MC	9		10.67		
Energy....kcal	510		0	MC	9		148		
Energy....kJ	2134				9		619		
Protein....g	1.40		0	MC	9		0.41		
Total lipid (fat)....g	53.70		0	NR	4		15.57		
Ash....g	2.60		0	MC	9		0.75		
Carbohydrate, by difference (1) ....g	4.60		0	MC	9		1.33		
Fiber, total dietary....g	0.3		0	MC	9		0.1		
Sugars, total....g	4.00		0	MC	9		1.16		
Starch....g									
Minerals:									
Calcium, Ca....mg	29		0	MC	9		8		
Iron, Fe....mg	0.18		0	MC	9		0.05		
Magnesium, Mg....mg									
Phosphorus, P....mg	91		0	MC	9		26		
Potassium, K....mg	49		0	MC	9		14		
Sodium, Na....mg	990		0	MC	9		287		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	MC	9		0.1		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	38		0	MC	9		11		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.200		0	MC	9		2.378		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	28		0	MC	9		8		
Phytosterols....mg									

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

Common Measures:

NDB No. 04115
Salad dressing, KRAFT Ranch Dressing

Measure 1 = 29g: 2 tbsp

Footnotes:
1 Contains other proximate components.

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04116
Salad dressing, KRAFT Zesty Italian Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.70		0	MC	9		16.34		
Energy....kcal	351		0	MC	9		109		
Energy....kJ	1469				9		455		
Protein....g	0.30		0	MC	9		0.09		
Total lipid (fat)....g	35.90		0	NR	4		11.13		
Ash....g	4.20		0	MC	9		1.30		
Carbohydrate, by difference (1) ....g	5.70		0	MC	9		1.77		
Fiber, total dietary....g	0.5		0	MC	9		0.2		
Sugars, total....g	4.30		0	MC	9		1.33		
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	MC	9		1		
Iron, Fe....mg	0.16		0	MC	9		0.05		
Magnesium, Mg....mg									
Phosphorus, P....mg	14		0	MC	9		4		
Potassium, K....mg	29		0	MC	9		9		
Sodium, Na....mg	1630		0	MC	9		505		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0	MC	9		0.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	36		0	MC	9		11		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.000		0	MC	9		1.240		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

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

Common Measures:

NDB No. 04116
Salad dressing, KRAFT Zesty Italian Dressing

Measure 1 = 31g: 2 tbsp

Footnotes:
1 Contains other proximate components.

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43599
Salad dressing, Mayonnaise dressing, diet, no cholesterol

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.90		0	RKA	1		96.56	5.99	
Energy	kcal	390		0	RKI	6		944	59	
Energy	kJ	1632		0	RKI	6		3949	245	
Protein	g	0.90		0	RKA	1		2.18	0.14	
Total lipid (fat)	g	33.40		0	RKA	1		80.83	5.01	
Ash	g	1.90		0	RKA	1		4.60	0.29	
Carbohydrate, by difference	g	23.90		0	RKI	6		57.84	3.59	
Fiber, total dietary	g	0.0		0	RKI	6		0.0	0.0	
Sugars, total	g	6.40		0	RKA	1		15.49	0.96	
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	RKA	1		34	2	
Iron, Fe	mg	0.20		0	RKA	1		0.48	0.03	
Magnesium, Mg	mg	2		0	RKA	1		5	0	
Phosphorus, P	mg	26		0	RKA	1		63	4	
Potassium, K	mg	9		0	RKA	1		22	1	
Sodium, Na	mg	711		0	RKA	1		1720	107	
Zinc, Zn	mg	0.18		0	RKI	6		0.44	0.03	
Copper, Cu	mg	0.010		0	RKI	6		0.024	0.002	
Manganese, Mn	mg	0.088		0	RKI	6		0.213	0.013	
Selenium, Se	mcg	1.6		0	RKI	6		3.9	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKI	6		0.0	0.0	
Thiamin	mg	0.013		0	RKI	6		0.031	0.002	
Riboflavin	mg	0.024		0	RKI	6		0.058	0.004	
Niacin	mg	0.004		0	RKI	6		0.010	0.001	
Pantothenic acid	mg	0.243		0	RKI	6		0.588	0.036	
Vitamin B-6	mg	0.017		0	RKI	6		0.041	0.003	
Folate, total	mcg	0		0	RKI	6		0	0	
Folic acid	mcg	0		0	RKI	6		0	0	
Folate, food	mcg	0		0	RKI	6		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	0.7		0	BFZN	4		1.8	0.1	
Betaine	mg									
Vitamin B-12	mcg	0.21		0	RKI	6		0.50	0.03	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	21		0	NC	4		51	3	
Retinol	mcg	12		0	RKI	6		29	2	
Carotene, beta	mcg	94		0	RKI	6		227	14	
Carotene, alpha	mcg	1		0	RKI	6		3	0	
Cryptoxanthin, beta	mcg	27		0	RKI	6		65	4	
Vitamin A, IU	IU	220		0	NC	4		533	33	
Lycopene	mcg	0		0	RKI	6		0	0	
Lutein + zeaxanthin	mcg	87		0	RKI	6		210	13	
Vitamin E (alpha-tocopherol)	mg	2.06		0	RKA	1		4.99	0.31	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.22		0	RKA	1		0.53	0.03	
Tocopherol, gamma	mg	13.38		0	RKA	1		32.38	2.01	
Tocopherol, delta	mg	1.43		0	RKA	1		3.46	0.21	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	42.2		0	RKA	1		102.0	6.3	
Lipids:										
Fatty acids, total saturated	g	5.000		0	RKA	1		12.100	0.750	
4:0	g	0.000		0	RKA	1		0.000	0.000	

NDB No. 43599
Salad dressing, Mayonnaise dressing, diet, no cholesterol

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	RKA	1		0.000	0.000	
8:0 g	0.000		0	RKA	1		0.000	0.000	
10:0 g	0.000		0	RKA	1		0.000	0.000	
12:0 g	0.100		0	RKA	1		0.242	0.015	
13:0 g									
14:0 g	0.000		0	RKA	1		0.000	0.000	
15:0 g									
16:0 g	3.500		0	RKA	1		8.470	0.525	
17:0 g									
18:0 g	1.400		0	RKA	1		3.388	0.210	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.000		0	RKA	1		21.780	1.350	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	RKA	1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	9.000		0	RKA	1		21.780	1.350	
20:1 g	0.000		0	RKA	1		0.000	0.000	
22:1 undifferentiated g	0.000		0	RKA	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	18.000		0	RKA	1		43.560	2.700	
18:2 undifferentiated g	16.000		0	RKA	1		38.720	2.400	
18:3 undifferentiated g	2.000		0	RKA	1		4.840	0.300	
18:4 g	0.000		0	RKA	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RKA	1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	RKA	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	RKA	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	RKA	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	97		0	RKA	1		235	15	
Amino Acids:									
Tryptophan g	0.013		0	RKI	6		0.031	0.002	
Threonine g	0.049		0	RKI	6		0.119	0.007	
Isoleucine g	0.052		0	RKI	6		0.126	0.008	
Leucine g	0.077		0	RKI	6		0.186	0.012	
Lysine g	0.061		0	RKI	6		0.148	0.009	
Methionine g	0.023		0	RKI	6		0.056	0.003	
Cystine g	0.016		0	RKI	6		0.039	0.002	
Phenylalanine g	0.039		0	RKI	6		0.094	0.006	
Tyrosine g	0.039		0	RKI	6		0.094	0.006	
Valine g	0.055		0	RKI	6		0.133	0.008	
Arginine g	0.062		0	RKI	6		0.150	0.009	
Histidine g	0.022		0	RKI	6		0.053	0.003	
Alanine g	0.045		0	RKI	6		0.109	0.007	
Aspartic acid g	0.075		0	RKI	6		0.182	0.011	
Glutamic acid g	0.110		0	RKI	6		0.266	0.017	
Glycine g	0.027		0	RKI	6		0.065	0.004	
Proline g	0.037		0	RKI	6		0.090	0.006	
Serine g	0.075		0	RKI	6		0.182	0.011	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RKI	6		0.0	0.0	
Caffeine mg	0		0	RKI	6		0	0	
Theobromine mg	0		0	RKI	6		0	0	

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

NDB No. 43599

Salad dressing, Mayonnaise dressing, diet, no cholesterol

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43331
Salad dressing, bacon and tomato

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.70		0		4		140.88	8.81	
Energy....kcal	326		0		4		782	49	
Energy....kJ	1364		0		4		3274	205	
Protein....g	1.80		0		4		4.32	0.27	
Total lipid (fat)....g	35.00		0		4		84.00	5.25	
Ash....g	2.60		0	NC	4		6.24	0.39	
Carbohydrate, by difference....g	2.00		0		4		4.80	0.30	
Fiber, total dietary....g	0.2		0		4		0.5	0.0	
Sugars, total....g	2.00		0	NR	4		4.80	0.30	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		4		10	1	
Iron, Fe....mg	0.27		0		4		0.65	0.04	
Magnesium, Mg....mg	6		0		4		14	1	
Phosphorus, P....mg	25		0		4		60	4	
Potassium, K....mg	108		0		4		259	16	
Sodium, Na....mg	1084		0		4		2602	163	
Zinc, Zn....mg	0.20		0		4		0.48	0.03	
Copper, Cu....mg	0.030		0		4		0.072	0.005	
Manganese, Mn....mg									
Selenium, Se....mcg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.8		0		4		21.1	1.3	
Thiamin....mg	0.040		0		4		0.096	0.006	
Riboflavin....mg	0.020		0		4		0.048	0.003	
Niacin....mg	0.700		0		4		1.680	0.105	
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0		4		0.192	0.012	
Folate, total....mcg	0		0	BFZN	4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	16.4		0	BFZN	4		39.3	2.5	
Betaine....mg									
Vitamin B-12....mcg	0.09		0		4		0.22	0.01	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	BFZN	4		26	2	
Retinol....mcg	4		0	BFZN	4		10	1	
Carotene, beta....mcg	92		0	BFZN	4		220	14	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	52		0	BFZN	4		125	8	
Vitamin A, IU....IU	211		0	NC	4		506	32	
Lycopene....mcg	2597		0	BFZN	4		6232	389	
Lutein + zeaxanthin....mcg	29		0	BFZN	4		69	4	
Vitamin E (alpha-tocopherol)....mg	4.00		0	BFZN	4		9.60	0.60	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	69.1		0	BFZN	4		165.8	10.4	
Lipids:									
Fatty acids, total saturated....g	5.435		0		4		13.044	0.815	
4:0....g	0.013		0		4		0.031	0.002	

NDB No. 43331
Salad dressing, bacon and tomato

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.008		0		4		0.019	0.001	
8:0 g	0.004		0		4		0.010	0.001	
10:0 g	0.012		0		4		0.029	0.002	
12:0 g	0.013		0		4		0.031	0.002	
13:0 g									
14:0 g	0.086		0		4		0.206	0.013	
15:0 g									
16:0 g	3.786		0		4		9.086	0.568	
17:0 g									
18:0 g	1.439		0		4		3.454	0.216	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.415		0		4		20.196	1.262	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.111		0		4		0.266	0.017	
17:1 g									
18:1 undifferentiated g	8.197		0		4		19.673	1.230	
20:1 g	0.067		0		4		0.161	0.010	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	19.584		0		4		47.002	2.938	
18:2 undifferentiated g	17.244		0		4		41.386	2.587	
18:3 undifferentiated g	2.304		0		4		5.530	0.346	
18:4 g	0.003		0		4		0.007	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	4		0		4		10	1	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	BFZN	4		0	0	
Theobromine mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04539

Salad dressing, blue or roquefort cheese dressing, commercial, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.71		0	FLM	4		97.30	5.96	
Energy....kcal	476		0	NC	4		1166	71	
Energy....kJ	1991		0	NC	4		4877	299	
Protein (N x 6.25)....g	1.37		2	MC	9		3.34	0.20	
Total lipid (fat)....g	51.10		2	MC	9		125.20	7.67	
Ash....g	3.20		1		1		7.84	0.48	
Carbohydrate, by difference....g	4.62		0	NC	4		11.32	0.69	
Fiber, total dietary....g	0.4		2	MC	9		0.9	0.1	
Sugars, total....g	3.48		2	MC	9		8.53	0.52	
Starch....g									
Minerals:									
Calcium, Ca....mg	37		2	MC	9		91	6	
Iron, Fe....mg	0.09		2	MC	9		0.22	0.01	
Magnesium, Mg....mg	8		0	FLM	4		19	1	
Phosphorus, P....mg	74		0		1		181	11	
Potassium, K....mg	88		0	FLM	4		215	13	
Sodium, Na....mg	930		2	MC	9		2279	140	
Zinc, Zn....mg	0.21		0	FLM	4		0.51	0.03	
Copper, Cu....mg	0.009		0	FLM	4		0.022	0.001	
Manganese, Mn....mg	0.006		0	FLM	4		0.016	0.001	
Selenium, Se....mcg	1.0		2	A	1		2.5	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		2	MC	9		1.8	0.1	
Thiamin....mg	0.010		0		1		0.025	0.002	
Riboflavin....mg	0.100		0		1		0.245	0.015	
Niacin....mg	0.100		0		1		0.245	0.015	
Pantothenic acid....mg	0.388		0		4		0.951	0.058	
Vitamin B-6....mg	0.037		0		4		0.091	0.006	
Folate, total....mcg	8		0		4		20	1	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	8		0	NR	4		20	1	
Folate, DFE....mcg_DFE	8		0	NC	4		20	1	
Choline, total....mg	17.9		0	AS	1		43.9	2.7	
Betaine....mg	2.5		1	A	1		6.1	0.4	
Vitamin B-12....mcg	0.16		0	FLM	4		0.40	0.02	
Vitamin B-12, added....mcg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	19		0	NC	4		48	3	
Retinol....mcg	19		0	NR	4		47	3	
Carotene, beta....mcg	4		0	FLM	4		9	1	
Carotene, alpha....mcg	1		0	FLM	4		2	0	
Cryptoxanthin, beta....mcg	1		0	FLM	4		2	0	
Vitamin A, IU....IU	73		2	MC	9		180	11	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	26		0	FLM	4		63	4	
Vitamin E (alpha-tocopherol)....mg	4.28		0	FLM	4		10.47	0.64	
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	FLM	4		0.2	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	4		0	FLM	4		9	1	
Vitamin K (phylloquinone)....mcg	85.9		0	FLM	4		210.6	12.9	
Lipids:									
Fatty acids, total saturated....g	8.275		2	MC	9		20.274	1.241	
4:0....g	0.017		0	FLM	4		0.041	0.002	

NDB No. 04539

Salad dressing, blue or roquefort cheese dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.008		0	FLM	4		0.020	0.001	
8:0 ... g	0.006		0	FLM	4		0.015	0.001	
10:0 ... g	0.014		0	FLM	4		0.034	0.002	
12:0 ... g	0.013		0	FLM	4		0.031	0.002	
13:0 ... g									
14:0 ... g	0.084		0	FLM	4		0.206	0.013	
15:0 ... g									
16:0 ... g	5.319		0	FLM	4		13.031	0.798	
17:0 ... g									
18:0 ... g	2.437		0	FLM	4		5.971	0.366	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	13.279		0	FLM	4		32.534	1.992	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.045		0	FLM	4		0.111	0.007	
17:1 ... g									
18:1 undifferentiated ... g	13.112		0	FLM	4		32.124	1.967	
20:1 ... g	0.113		0	FLM	4		0.276	0.017	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.001	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	27.545		0	FLM	4		67.485	4.132	
18:2 undifferentiated ... g	24.317		0	FLM	4		59.576	3.648	
18:3 undifferentiated ... g	3.196		0	FLM	4		7.830	0.479	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.010		0	FLM	4		0.026	0.002	
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.001	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.003		0	FLM	4		0.007	0.000	
Fatty acids, total trans ... g	1.340		0	FLM	4		3.283	0.201	
Cholesterol ... mg	31		0	FLM	4		76	5	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0	0.0	
Caffeine ... mg	0		0	FLM	4		0	0	
Theobromine ... mg	0		0	FLM	4		0	0	

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42192
Salad dressing, blue or roquefort cheese dressing, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.00		0		4		180.20	11.56	
Energy....kcal	115		0		4		305	20	
Energy....kJ	481		0		4		1275	82	
Protein....g	1.52		1	MC	9		4.03	0.26	
Total lipid (fat)....g	1.01		1	MC	9		2.68	0.17	
Ash....g	3.40		0	NC	4		9.01	0.58	
Carbohydrate, by difference....g	25.60		0		4		67.84	4.35	
Fiber, total dietary....g	1.8		1	MC	9		4.8	0.3	
Sugars, total....g	7.44		1	MC	9		19.72	1.26	
Starch....g									
Minerals:									
Calcium, Ca....mg	51		1	MC	9		134	9	
Iron, Fe....mg	0.12		1	MC	9		0.32	0.02	
Magnesium, Mg....mg	15		0	FLM	4		39	3	
Phosphorus, P....mg	107		0		4		284	18	
Potassium, K....mg	194		0		4		514	33	
Sodium, Na....mg	814		1	MC	9		2156	138	
Zinc, Zn....mg	0.21		0	FLM	4		0.55	0.04	
Copper, Cu....mg	0.015		0	FLM	4		0.041	0.003	
Manganese, Mn....mg	0.010		0	FLM	4		0.028	0.002	
Selenium, Se....mcg	1.6		0	CAZN	4		4.2	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		1.4	0.1	
Thiamin....mg	0.040		0		4		0.106	0.007	
Riboflavin....mg	0.166		0	FLM	4		0.440	0.028	
Niacin....mg	0.111		0	FLM	4		0.295	0.019	
Pantothenic acid....mg	0.437		0	FLM	4		1.159	0.074	
Vitamin B-6....mg	0.045		0	FLM	4		0.120	0.008	
Folate, total....mcg	2		0	FLM	4		4	0	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	2		0	FLM	4		4	0	
Folate, DFE....mcg_DFE	2		0	NC	4		4	0	
Choline, total....mg	16.4		0	FLM	4		43.4	2.8	
Betaine....mg	0.0		0	FLM	4		0.0	0.0	
Vitamin B-12....mcg	0.26		0		4		0.69	0.04	
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	5		0	FLM	4		13	1	
Retinol....mcg	5		0	FLM	4		12	1	
Carotene, beta....mcg	2		0	FLM	4		4	0	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	18		0	FLM	4		48	3	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04		0	FLM	4		0.12	0.01	
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.1		0	FLM	4		0.4	0.0	
Lipids:									
Fatty acids, total saturated....g	0.450		0	FLM	4		1.193	0.077	
4:0....g	0.015		0	FLM	4		0.041	0.003	

NDB No. 42192

Salad dressing, blue or roquefort cheese dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.007		0	FLM	4		0.019	0.001	
8:0 ... g	0.005		0	FLM	4		0.013	0.001	
10:0 ... g	0.012		0	FLM	4		0.032	0.002	
12:0 ... g	0.010		0	FLM	4		0.026	0.002	
13:0 ... g									
14:0 ... g	0.067		0	FLM	4		0.176	0.011	
15:0 ... g									
16:0 ... g	0.220		0	FLM	4		0.584	0.037	
17:0 ... g									
18:0 ... g	0.096		0	FLM	4		0.253	0.016	
20:0 ... g	0.001		0	FLM	4		0.002	0.000	
22:0 ... g	0.001		0	FLM	4		0.003	0.000	
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.441		0	FLM	4		1.169	0.075	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.023		0	FLM	4		0.062	0.004	
17:1 ... g									
18:1 undifferentiated ... g	0.404		0	FLM	4		1.071	0.069	
20:1 ... g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.069		0	FLM	4		0.182	0.012	
18:2 undifferentiated ... g	0.053		0	FLM	4		0.140	0.009	
18:3 undifferentiated ... g	0.008		0	FLM	4		0.021	0.001	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g	0.096		0	FLM	4		0.253	0.016	
Cholesterol ... mg	2		0	FLM	4		5	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0	0.0	
Caffeine ... mg	0		0	FLM	4		0	0	
Theobromine ... mg	0		0	FLM	4		0	0	

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

Common Measures:

Measure 1 = 265g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 4.03 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42153
Salad dressing, blue or roquefort cheese dressing, reduced calorie

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.80		0		1		193.72	12.45	
Energy	kcal	86		0		4		214	14	
Energy	kJ	360		0		4		897	58	
Protein	g	2.10		0		1		5.23	0.34	
Total lipid (fat)	g	2.70		1		1		6.72	0.43	
Ash	g	4.20		0	NC	4		10.46	0.67	
Carbohydrate, by difference	g	13.20		0	NC	4		32.87	2.11	
Fiber, total dietary	g	0.0		0		1		0.0	0.0	
Sugars, total	g	3.60		0	BFZN	4		8.96	0.58	
Starch	g									
Minerals:										
Calcium, Ca	mg	68		0		1		169	11	
Iron, Fe	mg	0.14		0		1		0.35	0.02	
Magnesium, Mg	mg	4		0		1		10	1	
Phosphorus, P	mg	47		0		1		117	8	
Potassium, K	mg	51		0		1		127	8	
Sodium, Na	mg	1610		0		1		4009	258	
Zinc, Zn	mg	0.30		0		1		0.75	0.05	
Copper, Cu	mg	0.013		0		1		0.032	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		4.0	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.010		0		1		0.025	0.002	
Riboflavin	mg	0.040		0		1		0.100	0.006	
Niacin	mg	0.040		0		1		0.100	0.006	
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0		1		0.050	0.003	
Folate, total	mcg	28		0	BFZN	4		69	4	
Folic acid	mcg	0		0	BFZN	4		0	0	
Folate, food	mcg	28		0	BFZN	4		69	4	
Folate, DFE	mcg_DFE	28		0	NC	4		69	4	
Choline, total	mg	17.0		0	BFZN	4		42.3	2.7	
Betaine	mg									
Vitamin B-12	mcg	0.11		0		1		0.27	0.02	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	67		0	NC	4		166	11	
Retinol	mcg	65		0	BFZN	4		161	10	
Carotene, beta	mcg	19		0	BFZN	4		46	3	
Carotene, alpha	mcg	4		0	BFZN	4		11	1	
Cryptoxanthin, beta	mcg	4		0	BFZN	4		10	1	
Vitamin A, IU	IU	254		0	NC	4		632	41	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	126		0	BFZN	4		314	20	
Vitamin E (alpha-tocopherol)	mg	0.90		0	NR	4		2.24	0.14	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	91.0		0	BFZN	4		226.7	14.6	
Lipids:										
Fatty acids, total saturated	g	0.628		0		1		1.564	0.100	
4:0	g	0.014		0		4		0.035	0.002	

NDB No. 42153
Salad dressing, blue or roquefort cheese dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.008		0		4		0.020	0.001	
8:0 ... g	0.005		0		4		0.012	0.001	
10:0 ... g	0.011		0		4		0.027	0.002	
12:0 ... g	0.012		0		4		0.030	0.002	
13:0 ... g									
14:0 ... g	0.051		0		4		0.127	0.008	
15:0 ... g									
16:0 ... g	0.350		0		4		0.872	0.056	
17:0 ... g									
18:0 ... g	0.167		0		4		0.416	0.027	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.092		0		1		2.719	0.175	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.020		0		4		0.050	0.003	
17:1 ... g									
18:1 undifferentiated ... g	1.063		0		4		2.647	0.170	
20:1 ... g	0.000		0		7		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		7		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.855		0		1		2.129	0.137	
18:2 undifferentiated ... g	0.789		0		4		1.965	0.126	
18:3 undifferentiated ... g	0.064		0		4		0.159	0.010	
18:4 ... g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		7		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		7		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	10		0		1		25	2	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	BFZN	4		0	0	
Theobromine ... mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 16g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43020
Salad dressing, blue or roquefort cheese, low calorie

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.50		1		1		194.78	11.93	
Energy	kcal	99		1		1		243	15	
Energy	kJ	414		1		1		1015	62	
Protein	g	5.10		1		1		12.50	0.77	
Total lipid (fat)	g	7.20		1		1		17.64	1.08	
Ash	g	5.30		0	NC	4		12.99	0.80	
Carbohydrate, by difference	g	2.90		0	NC	4		7.11	0.44	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	2.82		0	FLA	4		6.91	0.42	
Starch	g									
Minerals:										
Calcium, Ca	mg	89		1		1		218	13	
Iron, Fe	mg	0.50		1		1		1.23	0.08	
Magnesium, Mg	mg	7		1		1		17	1	
Phosphorus, P	mg	83		1		1		203	12	
Potassium, K	mg	5		1		1		12	1	
Sodium, Na	mg	1200		1		1		2940	180	
Zinc, Zn	mg	0.25		1		1		0.61	0.04	
Copper, Cu	mg	0.010		1		1		0.025	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.9	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1		1		0.7	0.0	
Thiamin	mg	0.020		1		1		0.049	0.003	
Riboflavin	mg	0.100		1		1		0.245	0.015	
Niacin	mg	0.050		1		1		0.123	0.008	
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		1		1		0.049	0.003	
Folate, total	mcg	3		1		1		7	0	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	3		1		1		7	0	
Folate, DFE	mcg_DFE	3		0	NC	4		7	0	
Choline, total	mg	17.0		0	BFZN	4		41.7	2.6	
Betaine	mg									
Vitamin B-12	mcg	0.23		1		1		0.56	0.03	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	2		0	FLA	4		5	0	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	3		0	NC	4		8	0	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.25		0	FLA	4		0.62	0.04	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	5.4		0	FLA	4		13.1	0.8	
Lipids:										
Fatty acids, total saturated	g	2.575		0		4		6.309	0.386	
4:0	g	0.069		0		4		0.169	0.010	

NDB No. 43020
Salad dressing, blue or roquefort cheese, low calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.038		0		4		0.093	0.006	
8:0....g	0.026		0		4		0.064	0.004	
10:0....g	0.062		0		4		0.152	0.009	
12:0....g	0.051		0		4		0.125	0.008	
13:0....g									
14:0....g	0.352		0		4		0.862	0.053	
15:0....g									
16:0....g	1.414		0		4		3.464	0.212	
17:0....g									
18:0....g	0.496		0		4		1.215	0.074	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.783		0		4		4.368	0.267	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.099		0		4		0.243	0.015	
17:1....g									
18:1 undifferentiated....g	1.645		0		4		4.030	0.247	
20:1....g	0.003		0		4		0.007	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.422		0		4		5.934	0.363	
18:2 undifferentiated....g	2.117		0		4		5.187	0.318	
18:3 undifferentiated....g	0.301		0		4		0.737	0.045	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		4		0.005	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0		4		0.002	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		1		1		2	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43215
Salad dressing, buttermilk, lite

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.04		2	A	1		9.31	18.61	
Energy....kcal	202		0	NC	4		30	61	
Energy....kJ	845		0	NC	4		127	254	
Protein....g	1.25	0.400	4	JA	6		0.19	0.37	
Total lipid (fat)....g	12.42	0.066	4	JA	6		1.86	3.73	
Ash....g	2.96		2	A	1		0.44	0.89	
Carbohydrate, by difference....g	21.33		0	NC	4		3.20	6.40	
Fiber, total dietary....g	1.1	0.282	3	JA	6		0.2	0.3	
Sugars, total....g	3.77	1.055	4	JA	6		0.57	1.13	
Sucrose....g	0.89		2	A	1		0.13	0.27	
Glucose (dextrose)....g	0.66		2	A	1		0.10	0.20	
Fructose....g	0.61		2	A	1		0.09	0.18	
Lactose....g	1.04		2	A	1		0.16	0.31	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	40	12.327	4	JA	6		6	12	
Iron, Fe....mg	0.69	0.369	4	JA	6		0.10	0.21	
Magnesium, Mg....mg	6	1.234	3	A	1		1	2	
Phosphorus, P....mg	193	38.412	3	A	1		29	58	
Potassium, K....mg	132	6.766	3	A	1		20	40	
Sodium, Na....mg	909	40.963	5	JA	6		136	273	
Zinc, Zn....mg	0.62	0.041	3	A	1		0.09	0.18	
Copper, Cu....mg	0.162	0.011	3	A	1		0.024	0.048	
Manganese, Mn....mg	0.053	0.006	3	A	1		0.008	0.016	
Selenium, Se....mcg	2.9		0	FLA	4		0.4	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.245	4	JA	6		0.1	0.2	
Thiamin....mg	0.022	0.012	3	A	1		0.003	0.007	
Riboflavin....mg	0.027	0.013	3	A	1		0.004	0.008	
Niacin....mg	0.007		1	A	1		0.001	0.002	
Pantothenic acid....mg	0.861	0.033	3	A	1		0.129	0.258	
Vitamin B-6....mg	0.029	0.008	3	A	1		0.004	0.009	
Folate, total....mcg	4	0.718	3	A	1		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4	0.718	3	A	1		1	1	
Folate, DFE....mcg_DFE	4		0	NC	4		1	1	
Choline, total....mg	16.0		0	BFZN	4		2.4	4.8	
Betaine....mg									
Vitamin B-12....mcg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	18		0	NC	4		3	5	
Retinol....mcg	17		0	FLA	4		3	5	
Carotene, beta....mcg	4		0	FLA	4		1	1	
Carotene, alpha....mcg	2		0	FLA	4		0	1	
Cryptoxanthin, beta....mcg	2		0	FLA	4		0	0	
Vitamin A, IU....IU	67		0	NC	4		10	20	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	49		0	FLA	4		7	15	
Vitamin E (alpha-tocopherol)....mg	1.60		0	FLA	4		0.24	0.48	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 43215
Salad dressing, buttermilk, lite

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	34.8		2	A	1		5.2	10.4	
Lipids:									
Fatty acids, total saturated.....g	1.250		0	NC	4		0.187	0.375	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.013		2	A	1		0.002	0.004	
15:0.....g									
16:0.....g	0.793		2	A	1		0.119	0.238	
17:0.....g	0.004		2	A	1		0.001	0.001	
18:0.....g	0.377		2	A	1		0.057	0.113	
20:0.....g	0.034		2	A	1		0.005	0.010	
22:0.....g	0.028		2	A	1		0.004	0.009	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.794		0	NC	4		0.419	0.838	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.013		0	AS	1		0.002	0.004	
16:1 c.....g	0.013		2	A	1		0.002	0.004	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	2.725		0	AS	1		0.409	0.817	
18:1 c.....g	2.725		2	A	1		0.409	0.817	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		2	A	1		0.000	0.000	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.057		2	A	1		0.008	0.017	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	4.213		0	NC	4		0.632	1.264	
18:2 undifferentiated.....g	3.685		0	AS	1		0.553	1.106	
18:2 n-6 c,c.....g	3.626		2	A	1		0.544	1.088	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.059		2	A	1		0.009	0.018	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.527		0	AS	1		0.079	0.158	
18:3 n-3 c,c,c (ALA).....g	0.527		2	A	1		0.079	0.158	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.059		0	NC	4		0.009	0.018	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.059		0	NC	4		0.009	0.018	
Cholesterol.....mg	16	8.444	5	JA	6		2	5	

NDB No. 43215
Salad dressing, buttermilk, lite

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols....mg									
Stigmasterol....mg	9		2	A	1		1	3	
Campesterol....mg	20		2	A	1		3	6	
Beta-sitosterol....mg	38		2	A	1		6	11	
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 30g: 1 serving (2 tbsp)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43015
Salad dressing, caesar dressing, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.30		1		1		80.61	5.04	10.29
Energy....kcal	542		0	NC	4		1273	80	163
Energy....kJ	2266		0	NC	4		5326	333	680
Protein....g	2.17		2	MC	9		5.10	0.32	0.65
Total lipid (fat)....g	57.85		0	FLM	4		135.94	8.50	17.35
Ash....g	2.40		0	NC	4		5.64	0.35	0.72
Carbohydrate, by difference....g	3.30		0	NC	4		7.76	0.49	0.99
Fiber, total dietary....g	0.5		2	MC	9		1.2	0.1	0.2
Sugars, total....g	2.81		1	MC	9		6.60	0.41	0.84
Starch....g									
Minerals:									
Calcium, Ca....mg	48		1	MC	9		113	7	14
Iron, Fe....mg	1.08		1	MC	9		2.54	0.16	0.32
Magnesium, Mg....mg	2		0	FLM	4		6	0	1
Phosphorus, P....mg	19		1		1		45	3	6
Potassium, K....mg	29		1		1		68	4	9
Sodium, Na....mg	1078		1		1		2533	158	323
Zinc, Zn....mg	0.11		1		1		0.26	0.02	0.03
Copper, Cu....mg	0.010		1		1		0.024	0.001	0.003
Manganese, Mn....mg	0.038		0	FLM	4		0.089	0.006	0.011
Selenium, Se....mcg	1.6		0	CAZN	4		3.8	0.2	0.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	MC	9		0.6	0.0	0.1
Thiamin....mg	0.010		1		1		0.024	0.001	0.003
Riboflavin....mg	0.010		1		1		0.024	0.001	0.003
Niacin....mg	0.040		1		1		0.094	0.006	0.012
Pantothenic acid....mg	0.083		0	FLM	4		0.196	0.012	0.025
Vitamin B-6....mg	0.025		0	FLM	4		0.058	0.004	0.007
Folate, total....mcg	2		1		1		5	0	1
Folic acid....mcg	0		0	FLM	4		0	0	0
Folate, food....mcg	2		0	NR	4		5	0	1
Folate, DFE....mcg_DFE	2		0	NC	4		5	0	1
Choline, total....mg	15.6		0	AS	1		36.6	2.3	4.7
Betaine....mg	0.5		1	A	1		1.2	0.1	0.2
Vitamin B-12....mcg	0.03		1		1		0.07	0.00	0.01
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	9		0	NC	4		21	1	3
Retinol....mcg	9		0	FLM	4		21	1	3
Carotene, beta....mcg	2		0	FLM	4		5	0	1
Carotene, alpha....mcg	1		0	FLM	4		2	0	0
Cryptoxanthin, beta....mcg	1		0	FLM	4		2	0	0
Vitamin A, IU....IU	34		0	NC	4		81	5	10
Lycopene....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....mcg	22		0	FLM	4		52	3	7
Vitamin E (alpha-tocopherol)....mg	4.74		0	FLM	4		11.15	0.70	1.42
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	FLM	4		0.3	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	5		0	FLM	4		13	1	2
Vitamin K (phylloquinone)....mcg	104.8		0	FLM	4		246.4	15.4	31.5
Lipids:									
Fatty acids, total saturated....g	8.789		0		4		20.654	1.292	2.637
4:0....g	0.015		0	FLM	4		0.035	0.002	0.005

NDB No. 43015
Salad dressing, caesar dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.006		0	FLM	4		0.013	0.001	0.002
8:0 g	0.001		0	FLM	4		0.002	0.000	0.000
10:0 g	0.005		0	FLM	4		0.013	0.001	0.002
12:0 g	0.008		0	FLM	4		0.019	0.001	0.002
13:0 g									
14:0 g	0.032		0	FLM	4		0.076	0.005	0.010
15:0 g	0.003		0	FLM	4		0.008	0.000	0.001
16:0 g	5.838		0	FLM	4		13.719	0.858	1.751
17:0 g									
18:0 g	2.466		0	FLM	4		5.795	0.363	0.740
20:0 g	0.195		0	FLM	4		0.459	0.029	0.059
22:0 g	0.198		0	FLM	4		0.465	0.029	0.059
24:0 g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	13.504		0	FLM	4		31.734	1.985	4.051
14:1 g	0.003		0	FLM	4		0.008	0.001	0.001
15:1 g									
16:1 undifferentiated g	0.030		0	FLM	4		0.071	0.004	0.009
17:1 g									
18:1 undifferentiated g	13.328		0	FLM	4		31.320	1.959	3.998
20:1 g	0.138		0	FLM	4		0.325	0.020	0.041
22:1 undifferentiated g	0.002		0	FLM	4		0.005	0.000	0.001
24:1 c g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	32.857		0	FLM	4		77.214	4.830	9.857
18:2 undifferentiated g	28.970		0	FLM	4		68.079	4.259	8.691
18:3 undifferentiated g	3.853		0	FLM	4		9.054	0.566	1.156
18:4 g	0.001		0	FLM	4		0.002	0.000	0.000
20:2 n-6 c,c g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated g	0.000		0	FLM	4		0.001	0.000	0.000
20:4 undifferentiated g	0.009		0	FLM	4		0.021	0.001	0.003
20:5 n-3 (EPA) g	0.008		0	FLM	4		0.019	0.001	0.002
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.001	0.000	0.000
22:6 n-3 (DHA) g	0.016		0	FLM	4		0.037	0.002	0.005
Fatty acids, total trans g									
Cholesterol mg	39		1	MC	9		91	6	12
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLM	4		0	0	0
Theobromine mg	0		0	FLM	4		0	0	0

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

Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 14.7g: 1 tbsp

Measure 3 = 30g: 1 serving (2 tbsp)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43021
Salad dressing, caesar, low calorie

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.20		1		1		175.68	10.98	
Energy	kcal	110		1		1		264	17	
Energy	kJ	460		1		1		1105	69	
Protein	g	0.30		1		1		0.72	0.05	
Total lipid (fat)	g	4.40		1		1		10.56	0.66	
Ash	g	3.50		0	NC	4		8.40	0.53	
Carbohydrate, by difference	g	18.60		0	NC	4		44.64	2.79	
Fiber, total dietary	g	0.1		1		1		0.2	0.0	
Sugars, total	g	16.32		0	FLA	4		39.17	2.45	
Starch	g									
Minerals:										
Calcium, Ca	mg	24		1		1		58	4	
Iron, Fe	mg	0.18		1		1		0.43	0.03	
Magnesium, Mg	mg	2		1		1		5	0	
Phosphorus, P	mg	19		1		1		46	3	
Potassium, K	mg	29		1		1		70	4	
Sodium, Na	mg	1078		1		1		2587	162	
Zinc, Zn	mg	0.11		1		1		0.26	0.02	
Copper, Cu	mg	0.010		1		1		0.024	0.002	
Manganese, Mn	mg	0.045		0	FLA	4		0.108	0.007	
Selenium, Se	mcg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.010		1		1		0.024	0.002	
Riboflavin	mg	0.010		1		1		0.024	0.002	
Niacin	mg	0.040		1		1		0.096	0.006	
Pantothenic acid	mg	0.003		0	FLA	4		0.007	0.000	
Vitamin B-6	mg	0.000		1		1		0.000	0.000	
Folate, total	mcg	2		1		1		5	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0	NR	4		5	0	
Folate, DFE	mcg_DFE	2		0	NC	4		5	0	
Choline, total	mg	17.4		0	AS	1		41.8	2.6	
Betaine	mg	0.5		2	A	1		1.1	0.1	
Vitamin B-12	mcg	0.03		1		1		0.07	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		3	0	
Retinol	mcg	1		0	FLA	4		2	0	
Carotene, beta	mcg	1		0	FLA	4		2	0	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	5		0	NC	4		12	1	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.71		0	FLA	4		1.70	0.11	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	1.0		0	FLA	4		2.4	0.2	
Lipids:										
Fatty acids, total saturated	g	0.703		0		4		1.687	0.105	
4:0	g	0.008		0		4		0.019	0.001	

NDB No. 43021
Salad dressing, caesar, low calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.003		0		4		0.007	0.000	
8:0 g	0.002		0		4		0.005	0.000	
10:0 g	0.004		0		4		0.010	0.001	
12:0 g	0.006		0		4		0.014	0.001	
13:0 g									
14:0 g	0.025		0		4		0.060	0.004	
15:0 g									
16:0 g	0.469		0		4		1.126	0.070	
17:0 g									
18:0 g	0.171		0		4		0.410	0.026	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.124		0		4		2.698	0.169	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.014		0		4		0.034	0.002	
17:1 g									
18:1 undifferentiated g	1.009		0		4		2.422	0.151	
20:1 g	0.024		0		4		0.058	0.004	
22:1 undifferentiated g	0.066		0		4		0.158	0.010	
24:1 c g									
Fatty acids, total polyunsaturated g	2.368		0		4		5.683	0.355	
18:2 undifferentiated g	2.060		0		4		4.944	0.309	
18:3 undifferentiated g	0.291		0		4		0.698	0.044	
18:4 g	0.001		0		4		0.002	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.005		0		4		0.012	0.001	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.008		0		4		0.019	0.001	
Fatty acids, total trans g									
Cholesterol mg	2		1		1		5	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43016
Salad dressing, coleslaw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.90		1		1		99.75	6.38	
Energy....kcal	390		1		1		975	62	
Energy....kJ	1632		1		1		4079	261	
Protein....g	0.90		1		1		2.25	0.14	
Total lipid (fat)....g	33.40		1		1		83.50	5.34	
Ash....g	2.00		0	NC	4		5.00	0.32	
Carbohydrate, by difference....g	23.80		0	NC	4		59.50	3.81	
Fiber, total dietary....g	0.1		1		1		0.3	0.0	
Sugars, total....g	20.11		0	FLA	4		50.27	3.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		1		1		35	2	
Iron, Fe....mg	0.20		1		1		0.50	0.03	
Magnesium, Mg....mg	2		1		1		5	0	
Phosphorus, P....mg	26		1		1		65	4	
Potassium, K....mg	9		1		1		23	1	
Sodium, Na....mg	710		1		1		1775	114	
Zinc, Zn....mg	0.18		1		1		0.45	0.03	
Copper, Cu....mg	0.011		1		1		0.028	0.002	
Manganese, Mn....mg	0.108		0	FLA	4		0.269	0.017	
Selenium, Se....mcg	1.6		0	CAZN	4		4.0	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.010		1		1		0.025	0.002	
Riboflavin....mg	0.020		1		1		0.050	0.003	
Niacin....mg	0.000		1		1		0.000	0.000	
Pantothenic acid....mg	0.131		0	FLA	4		0.328	0.021	
Vitamin B-6....mg	0.020		1		1		0.050	0.003	
Folate, total....mcg	14		0	FLA	4		34	2	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	14		0	FLA	4		34	2	
Folate, DFE....mcg_DFE	14		0	NC	4		34	2	
Choline, total....mg	15.3		0	FLA	4		38.2	2.4	
Betaine....mg									
Vitamin B-12....mcg	0.21		1		1		0.53	0.03	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	17		0	NC	4		41	3	
Retinol....mcg	16		0	FLA	4		40	3	
Carotene, beta....mcg	4		0	FLA	4		10	1	
Carotene, alpha....mcg	2		0	FLA	4		4	0	
Cryptoxanthin, beta....mcg	1		0	FLA	4		4	0	
Vitamin A, IU....IU	63		0	NC	4		157	10	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	48		0	FLA	4		119	8	
Vitamin E (alpha-tocopherol)....mg	3.08		0	FLA	4		7.70	0.49	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	FLA	4		0.2	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	3		0	FLA	4		7	0	
Vitamin K (phylloquinone)....mcg	63.7		0	FLA	4		159.1	10.2	
Lipids:									
Fatty acids, total saturated....g	4.900		1		1		12.250	0.784	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 43016
Salad dressing, coleslaw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.100		0		4		0.250	0.016	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	3.500		0		4		8.750	0.560	
17:0....g									
18:0....g	1.400		0		4		3.500	0.224	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.000		1		1		22.500	1.440	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	9.000		0		4		22.500	1.440	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	18.000		1		1		45.000	2.880	
18:2 undifferentiated....g	16.000		0		4		40.000	2.560	
18:3 undifferentiated....g	2.000		0		4		5.000	0.320	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	26		1		1		65	4	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1		1		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04120
Salad dressing, french dressing, commercial, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.56	2.490	5	A	1		91.39	5.85	4.50
Energy....kcal	457		0	NC	4		1143	73	56
Energy....kJ	1913		0	NC	4		4782	306	235
Protein (N x 6.25)....g	0.77	0.132	5	A	1		1.91	0.12	0.09
Total lipid (fat)....g	44.81	2.449	5	A	1		112.02	7.17	5.51
Ash....g	2.29	0.119	5	A	1		5.73	0.37	0.28
Carbohydrate, by difference....g	15.58		0	NC	4		38.95	2.49	1.92
Fiber, total dietary....g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total....g	15.95		1	A	1		39.88	2.55	1.96
Sucrose....g	3.89		1	A	1		9.72	0.62	0.48
Glucose (dextrose)....g	6.71		1	A	1		16.77	1.07	0.82
Fructose....g	5.36		1	A	1		13.40	0.86	0.66
Lactose....g	0.00		1	A	1		0.00	0.00	0.00
Maltose....g	0.00		1	A	1		0.00	0.00	0.00
Galactose....g	0.00		1	A	1		0.00	0.00	0.00
Starch....g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	24	5.376	5	A	1		59	4	3
Iron, Fe....mg	0.80	0.082	5	A	1		1.99	0.13	0.10
Magnesium, Mg....mg	5	0.207	5	A	1		13	1	1
Phosphorus, P....mg	19	3.658	5	A	1		48	3	2
Potassium, K....mg	67	6.129	5	A	1		167	11	8
Sodium, Na....mg	836	54.415	5	A	1		2090	134	103
Zinc, Zn....mg	0.29	0.099	5	A	1		0.73	0.05	0.04
Copper, Cu....mg	0.000	0.000	5	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.021	0.021	5	A	1		0.051	0.003	0.003
Selenium, Se....mcg	0.0		2	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.6		2	MC	9		8.9	0.6	0.4
Thiamin....mg	0.019		2	A	1		0.048	0.003	0.002
Riboflavin....mg	0.053		2	A	1		0.133	0.008	0.007
Niacin....mg	0.188		2	A	1		0.470	0.030	0.023
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1	A	1		0.000	0.000	0.000
Folate, total....mcg	0		1	A	1		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	4.6		0	AS	1		11.6	0.7	0.6
Betaine....mg	0.3		1	A	1		0.9	0.1	0.0
Vitamin B-12....mcg	0.14		0		4		0.35	0.02	0.02
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	23		0	NC	4		58	4	3
Retinol....mcg	0		0	FLA	4		0	0	0
Carotene, beta....mcg	232	38.337	5	A	1		581	37	29
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	92	19.705	5	A	1		230	15	11
Vitamin A, IU....IU	464		0	NC	4		1159	74	57
Lycopene....mcg	373	297.248	5	A	1		933	60	46
Lutein + zeaxanthin....mcg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	5.00		0		4		12.50	0.80	0.62
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 04120
Salad dressing, french dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....mcg	121.4		1	A	1		303.5	19.4	14.9
Lipids:									
Fatty acids, total saturated.....g	5.648		0	NC	4		14.119	0.904	0.695
4:0.....g	0.000		2	A	1		0.000	0.000	0.000
6:0.....g	0.000		2	A	1		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g									
16:0.....g	4.937		2	A	1		12.343	0.790	0.607
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.420		2	A	1		1.050	0.067	0.052
20:0.....g	0.133		2	A	1		0.333	0.021	0.016
22:0.....g	0.158		2	A	1		0.394	0.025	0.019
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	8.433		0	NC	4		21.081	1.349	1.037
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	8.284		2	A	1		20.710	1.325	1.019
20:1.....g	0.149		2	A	1		0.371	0.024	0.018
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.029		0	NC	4		52.571	3.365	2.587
18:2 undifferentiated.....g	18.292		2	A	1		45.730	2.927	2.250
18:3 undifferentiated.....g	2.737		2	A	1		6.841	0.438	0.337
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.007		0	FLA	4		0.018	0.001	0.001
Threonine.....g	0.016		0	FLA	4		0.039	0.003	0.002
Isoleucine.....g	0.022		0	FLA	4		0.054	0.003	0.003
Leucine.....g	0.034		0	FLA	4		0.086	0.005	0.004
Lysine.....g	0.019		0	FLA	4		0.048	0.003	0.002
Methionine.....g	0.011		0	FLA	4		0.028	0.002	0.001
Cystine.....g	0.006		0	FLA	4		0.014	0.001	0.001
Phenylalanine.....g	0.016		0	FLA	4		0.040	0.003	0.002
Tyrosine.....g	0.007		0	FLA	4		0.018	0.001	0.001
Valine.....g	0.024		0	FLA	4		0.060	0.004	0.003
Arginine.....g	0.056		0	FLA	4		0.140	0.009	0.007
Histidine.....g	0.010		0	FLA	4		0.026	0.002	0.001
Alanine.....g	0.012		0	FLA	4		0.029	0.002	0.001
Aspartic acid.....g	0.043		0	FLA	4		0.108	0.007	0.005
Glutamic acid.....g	0.071		0	FLA	4		0.178	0.011	0.009
Glycine.....g	0.018		0	FLA	4		0.044	0.003	0.002
Proline.....g	0.009		0	FLA	4		0.022	0.001	0.001
Serine.....g	0.017		0	FLA	4		0.042	0.003	0.002
Hydroxyproline.....g									
Others:									

NDB No. 04120
Salad dressing, french dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 12.3g: 1 individual (packet)

Calories Factors: Protein 2.44 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04141

Salad dressing, french dressing, commercial, regular, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	36.56	2.490	5	A	1		5.48		
Energy	kcal	459		0	NC	4		69		
Energy	kJ	1919		0	NC	4		288		
Protein (N x 6.25)	g	0.77	0.132	5	A	1		0.11		
Total lipid (fat)	g	44.81	2.449	5	A	1		6.72		
Ash	g	2.29	0.119	5	A	1		0.34		
Carbohydrate, by difference	g	15.58		0	NC	4		2.34		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	15.95		1	A	1		2.39		
Sucrose	g	3.89		1	A	1		0.58		
Glucose (dextrose)	g	6.71		1	A	1		1.01		
Fructose	g	5.36		1	A	1		0.80		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		1	A	1		0.00		
Starch	g	0.00		1	A	1		0.00		
Minerals:										
Calcium, Ca	mg	24	5.376	5	A	1		4		
Iron, Fe	mg	0.80	0.082	5	A	1		0.12		
Magnesium, Mg	mg	5	0.207	5	A	1		1		
Phosphorus, P	mg	19	3.658	5	A	1		3		
Potassium, K	mg	67	6.129	5	A	1		10		
Sodium, Na	mg	0		0		1		0		
Zinc, Zn	mg	0.29	0.099	5	A	1		0.04		
Copper, Cu	mg	0.000	0.000	5	A	1		0.000		
Manganese, Mn	mg	0.021	0.021	5	A	1		0.003		
Selenium, Se	mcg	0.0		2	A	1		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.019		2	A	1		0.003		
Riboflavin	mg	0.053		2	A	1		0.008		
Niacin	mg	0.188		2	A	1		0.028		
Pantothenic acid	mg	0.000		1	A	1		0.000		
Vitamin B-6	mg	0.000		1	A	1		0.000		
Folate, total	mcg	0		1	A	1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		1	A	1		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	23		0	NC	4		3		
Retinol	mcg	0		0	FLA	4		0		
Carotene, beta	mcg	232	38.337	5	A	1		35		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	92	19.705	5	A	1		14		
Vitamin A, IU	IU	464		0	NC	4		70		
Lycopene	mcg	373	297.248	5	A	1		56		
Lutein + zeaxanthin	mcg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol)	mg	4.12		0	FLA	4		0.62		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	121.4		1	A	1		18.2		

NDB No. 04141

Salad dressing, french dressing, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.648		0	NC	4		0.847		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.000		2	A	1		0.000		
15:0....g									
16:0....g	4.937		2	A	1		0.741		
17:0....g	0.000		2	A	1		0.000		
18:0....g	0.420		2	A	1		0.063		
20:0....g	0.133		2	A	1		0.020		
22:0....g	0.158		2	A	1		0.024		
24:0....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated....g	8.433		0	NC	4		1.265		
14:1....g	0.000		2	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		2	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	8.284		2	A	1		1.243		
20:1....g	0.149		2	A	1		0.022		
22:1 undifferentiated....g	0.000		2	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	21.029		0	NC	4		3.154		
18:2 undifferentiated....g	18.292		2	A	1		2.744		
18:3 undifferentiated....g	2.737		2	A	1		0.410		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04367
Salad dressing, french dressing, fat-free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.04	0.403	3	A	1		10.41	166.51	
Energy	kcal	132		0	NC	4		21	337	
Energy	kJ	551		0	NC	4		88	1411	
Protein	g	0.20	0.007	3	A	1		0.03	0.51	
Total lipid (fat)	g	0.27	0.065	3	A	1		0.04	0.68	
Ash	g	2.35	0.042	3	A	1		0.38	6.02	
Carbohydrate, by difference	g	32.14		0	NC	4		5.14	82.28	
Fiber, total dietary	g	2.2		1	A	1		0.3	5.6	
Sugars, total	g	16.45		0	O	4		2.63	42.11	
Sucrose	g	5.50		2	A	1		0.88	14.08	
Glucose (dextrose)	g	4.68		2	A	1		0.75	11.99	
Fructose	g	5.05		2	A	1		0.81	12.93	
Lactose	g									
Maltose	g	1.21		2	A	1		0.19	3.10	
Galactose	g									
Starch	g	14.48		2	A	1		2.32	37.08	
Minerals:										
Calcium, Ca	mg	5	0.448	3	A	1		1	12	
Iron, Fe	mg	0.58	0.101	3	A	1		0.09	1.49	
Magnesium, Mg	mg	3	0.115	3	A	1		0	8	
Phosphorus, P	mg	0	0.058	3	A	1		0	1	
Potassium, K	mg	84	4.213	3	A	1		13	214	
Sodium, Na	mg	799	44.498	3	A	1		128	2046	
Zinc, Zn	mg	0.10	0.006	3	A	1		0.02	0.25	
Copper, Cu	mg	0.121	0.069	3	A	1		0.019	0.309	
Manganese, Mn	mg	0.024	0.003	3	A	1		0.004	0.060	
Selenium, Se	mcg	2.0		1	A	1		0.3	5.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.011		1	A	1		0.002	0.028	
Riboflavin	mg	0.026		1	A	1		0.004	0.067	
Niacin	mg	0.112		1	A	1		0.018	0.287	
Pantothenic acid	mg	0.002		0	FLA	4		0.000	0.005	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	14		1	A	1		2	35	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		1	A	1		2	35	
Folate, DFE	mcg_DFE	14		0	NC	4		2	35	
Choline, total	mg	4.0		0	BFZN	4		0.6	10.2	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	4		0	NC	4		1	10	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	38	4.163	3	A	1		6	97	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	15		2	A	1		2	37	
Vitamin A, IU	IU	75		0	AS	1		12	193	
Lycopene	mcg	319	12.875	3	A	1		51	817	
Lutein + zeaxanthin	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.00	0.05	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 04367
Salad dressing, french dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.1		0	FLA	4		0.0	0.2	
Lipids:									
Fatty acids, total saturated.....g	0.037		0	NC	4		0.006	0.095	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.002		1	A	1		0.000	0.006	
13:0.....g									
14:0.....g	0.002		1	A	1		0.000	0.006	
15:0.....g									
16:0.....g	0.018		1	A	1		0.003	0.047	
17:0.....g									
18:0.....g	0.012		1	A	1		0.002	0.030	
20:0.....g									
22:0.....g									
24:0.....g	0.002		1	A	1		0.000	0.006	
Fatty acids, total monounsaturated.....g	0.141		0	NC	4		0.023	0.361	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1	A	1		0.000	0.006	
17:1.....g	0.009		1	A	1		0.001	0.024	
18:1 undifferentiated.....g	0.049		1	A	1		0.008	0.124	
20:1.....g	0.032		1	A	1		0.005	0.083	
22:1 undifferentiated.....g	0.049		1	A	1		0.008	0.124	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.062		0	NC	4		0.010	0.160	
18:2 undifferentiated.....g	0.042		1	A	1		0.007	0.106	
18:3 undifferentiated.....g	0.018		1	A	1		0.003	0.047	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g	0.002		1	A	1		0.000	0.006	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 256g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42171
Salad dressing, french dressing, reduced calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.00		1		1		153.40	9.44	
Energy....kcal	200		1		1		520	32	
Energy....kJ	837		1		1		2176	134	
Protein....g	0.40		1		1		1.04	0.06	
Total lipid (fat)....g	13.00		1		1		33.80	2.08	
Ash....g	0.60		0	NC	4		1.56	0.10	
Carbohydrate, by difference....g	27.00		0	NC	4		70.20	4.32	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	25.92		0	BFCN	4		67.38	4.15	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		4		29	2	
Iron, Fe....mg	0.40		0		4		1.04	0.06	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	14		0		4		36	2	
Potassium, K....mg	79		0		4		205	13	
Sodium, Na....mg	1000		0		4		2600	160	
Zinc, Zn....mg	0.18		0		4		0.47	0.03	
Copper, Cu....mg	0.010		0		4		0.026	0.002	
Manganese, Mn....mg	0.071		0	FLA	4		0.185	0.011	
Selenium, Se....mcg	1.6		0	CAZN	4		4.2	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.026		0	FLA	4		0.069	0.004	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	2		0	FLA	4		4	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	2		0	FLA	4		4	0	
Folate, DFE....mcg_DFE	2		0	NC	4		4	0	
Choline, total....mg	4.0		0	BFZN	4		10.3	0.6	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	FLA	4		26	2	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	120		0	FLA	4		313	19	
Carotene, alpha....mcg	4		0	FLA	4		10	1	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	204		0	FLA	4		530	33	
Lycopene....mcg	3843		0	FLA	4		9993	615	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	2.86		0	FLA	4		7.44	0.46	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	4.8		0	FLA	4		12.6	0.8	
Lipids:									
Fatty acids, total saturated....g	1.872		0		4		4.867	0.300	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 42171
Salad dressing, french dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000	0.000	
8:0 ... g	0.000		0		4		0.000	0.000	
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.013		0		4		0.034	0.002	
15:0 ... g									
16:0 ... g	1.339		0		4		3.481	0.214	
17:0 ... g									
18:0 ... g	0.494		0		4		1.284	0.079	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.029		0		4		7.875	0.485	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.026		0		4		0.068	0.004	
17:1 ... g									
18:1 undifferentiated ... g	2.964		0		4		7.706	0.474	
20:1 ... g	0.026		0		4		0.068	0.004	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	7.527		0		4		19.570	1.204	
18:2 undifferentiated ... g	6.630		0		4		17.238	1.061	
18:3 undifferentiated ... g	0.884		0		4		2.298	0.141	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	FLA	4		0	0	
Theobromine ... mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 260g: 1 cup

Measure 2 = 16g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04020
Salad dressing, french dressing, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.28	0.082	3	A	1		8.68	141.12	16.28
Energy	kcal	222		0	NC	4		35	577	67
Energy	kJ	928		0	NC	4		149	2414	278
Protein (N x 6.25)	g	0.58	0.032	5	JA	6		0.09	1.51	0.17
Total lipid (fat)	g	11.52	2.152	5	JA	6		1.84	29.94	3.45
Ash	g	2.40	0.021	3	A	1		0.38	6.25	0.72
Carbohydrate, by difference	g	31.22		0	NC	4		5.00	81.18	9.37
Fiber, total dietary	g	1.5		3	JA	6		0.2	4.0	0.5
Sugars, total	g	16.86		2	MA	12		2.70	43.84	5.06
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11	1.194	5	JA	6		2	29	3
Iron, Fe	mg	0.73	0.143	5	JA	6		0.12	1.90	0.22
Magnesium, Mg	mg	8	0.145	3	A	1		1	20	2
Phosphorus, P	mg	16	1.714	3	A	1		3	41	5
Potassium, K	mg	107	1.943	3	A	1		17	278	32
Sodium, Na	mg	788	16.036	5	JA	6		126	2049	236
Zinc, Zn	mg	0.20	0.033	3	A	1		0.03	0.52	0.06
Copper, Cu	mg	0.160		1	A	1		0.026	0.416	0.048
Manganese, Mn	mg	0.110		1	A	1		0.018	0.286	0.033
Selenium, Se	mcg	1.6		0	CAZN	4		0.3	4.2	0.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8		2	MA	12		0.8	12.4	1.4
Thiamin	mg	0.024		1	A	1		0.004	0.062	0.007
Riboflavin	mg	0.052		1	A	1		0.008	0.135	0.016
Niacin	mg	0.467		1	A	1		0.075	1.214	0.140
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6	mg	0.055		1	A	1		0.009	0.143	0.017
Folate, total	mcg	2		0	FLA	4		0	4	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0	FLA	4		0	4	0
Folate, DFE	mcg_DFE	2		0	NC	4		0	4	0
Choline, total	mg	4.0		0	BFZN	4		0.6	10.3	1.2
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	27		0	NC	4		4	70	8
Retinol	mcg	0		0	FLA	4		0	0	0
Carotene, beta	mcg	289	20.276	3	A	1		46	752	87
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	70	2.333	3	A	1		11	183	21
Vitamin A, IU	IU	541		0	NC	4		87	1406	162
Lycopene	mcg	2530	165.125	3	A	1		405	6578	759
Lutein + zeaxanthin	mcg	124		0	NR	4		20	322	37
Vitamin E (alpha-tocopherol)	mg	1.00		0		4		0.16	2.60	0.30
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 04020
Salad dressing, french dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....mcg	17.8		0	FLA	4		2.8	46.2	5.3
Lipids:									
Fatty acids, total saturated.....g	0.842		0	NC	4		0.135	2.189	0.253
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000		0	Z	7		0.000	0.000	0.000
12:0.....g	0.000		0	Z	7		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.611		1	A	1		0.098	1.589	0.183
17:0.....g									
18:0.....g	0.231		1	A	1		0.037	0.599	0.069
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.518		0	NC	4		0.723	11.747	1.355
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	4.407		1	A	1		0.705	11.458	1.322
20:1.....g	0.111		1	A	1		0.018	0.289	0.033
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.852		0	NC	4		0.616	10.016	1.156
18:2 undifferentiated.....g	2.956		1	A	1		0.473	7.686	0.887
18:3 undifferentiated.....g	0.896		1	A	1		0.143	2.330	0.269
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	MA	12		0	1	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.003		0	FLA	4		0.001	0.009	0.001
Threonine.....g	0.014		0	FLA	4		0.002	0.036	0.004
Isoleucine.....g	0.010		0	FLA	4		0.002	0.025	0.003
Leucine.....g	0.015		0	FLA	4		0.002	0.039	0.005
Lysine.....g	0.017		0	FLA	4		0.003	0.043	0.005
Methionine.....g	0.002		0	FLA	4		0.000	0.006	0.001
Cystine.....g	0.003		0	FLA	4		0.000	0.007	0.001
Phenylalanine.....g	0.016		0	FLA	4		0.003	0.042	0.005
Tyrosine.....g	0.007		0	FLA	4		0.001	0.018	0.002
Valine.....g	0.010		0	FLA	4		0.002	0.027	0.003
Arginine.....g	0.011		0	FLA	4		0.002	0.027	0.003
Histidine.....g	0.008		0	FLA	4		0.001	0.020	0.002
Alanine.....g	0.026		0	FLA	4		0.004	0.068	0.008
Aspartic acid.....g	0.093		0	FLA	4		0.015	0.243	0.028
Glutamic acid.....g	0.254		0	FLA	4		0.041	0.659	0.076
Glycine.....g	0.008		0	FLA	4		0.001	0.021	0.002
Proline.....g	0.011		0	FLA	4		0.002	0.028	0.003
Serine.....g	0.015		0	FLA	4		0.002	0.038	0.004
Hydroxyproline.....g									
Others:									

NDB No. 04020
Salad dressing, french dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 2.44 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04142
Salad dressing, french dressing, reduced fat, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.28	0.082	3	A	1		8.68	141.12	
Energy....kcal	233		0	NC	4		37	605	
Energy....kJ	974		0	NC	4		156	2532	
Protein (N x 6.25)....g	0.58	0.045	3	A	1		0.09	1.52	
Total lipid (fat)....g	13.46	1.312	3	A	1		2.15	34.99	
Ash....g	2.40	0.021	3	A	1		0.38	6.25	
Carbohydrate, by difference....g	29.28		0	NC	4		4.68	76.13	
Fiber, total dietary....g	1.1		1	A	1		0.2	2.8	
Sugars, total....g	28.45		0	AS	1		4.55	73.97	
Sucrose....g	0.00		0	Z	7		0.00	0.00	
Glucose (dextrose)....g	15.66		1	A	1		2.51	40.73	
Fructose....g	12.49		1	A	1		2.00	32.48	
Lactose....g	0.00		0	Z	7		0.00	0.00	
Maltose....g	0.29		1	A	1		0.05	0.76	
Galactose....g	0.00		0	Z	7		0.00	0.00	
Starch....g	0.86		1	A	1		0.14	2.24	
Minerals:									
Calcium, Ca....mg	11	1.674	3	A	1		2	29	
Iron, Fe....mg	0.87	0.064	3	A	1		0.14	2.26	
Magnesium, Mg....mg	8	0.145	3	A	1		1	20	
Phosphorus, P....mg	16	1.714	3	A	1		3	41	
Potassium, K....mg	107	1.943	3	A	1		17	278	
Sodium, Na....mg	30		0		1		5	78	
Zinc, Zn....mg	0.20	0.033	3	A	1		0.03	0.52	
Copper, Cu....mg	0.160		1	A	1		0.026	0.416	
Manganese, Mn....mg	0.110		1	A	1		0.018	0.286	
Selenium, Se....mcg	1.6		0	CAZN	4		0.3	4.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.024		1	A	1		0.004	0.062	
Riboflavin....mg	0.052		1	A	1		0.008	0.135	
Niacin....mg	0.467		1	A	1		0.075	1.214	
Pantothenic acid....mg	0.026		0	FLA	4		0.004	0.069	
Vitamin B-6....mg	0.055		1	A	1		0.009	0.143	
Folate, total....mcg	2		0	NR	4		0	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0	FLA	4		0	4	
Folate, DFE....mcg_DFE	2		0	NC	4		0	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	27		0	NC	4		4	70	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	289	20.276	3	A	1		46	752	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	70	2.333	3	A	1		11	183	
Vitamin A, IU....IU	541		0	NC	4		87	1406	
Lycopene....mcg	2530	165.125	3	A	1		405	6578	
Lutein + zeaxanthin....mcg	124		0	NR	4		20	322	
Vitamin E (alpha-tocopherol)....mg	2.86		0	FLA	4		0.46	7.44	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	4.8		0	FLA	4		0.8	12.6	

NDB No. 04142

Salad dressing, french dressing, reduced fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.099		0	NC	4		0.176	2.857	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.000		0	Z	7		0.000	0.000	
15:0....g									
16:0....g	0.798		1	A	1		0.128	2.075	
17:0....g									
18:0....g	0.301		1	A	1		0.048	0.783	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.898		0	NC	4		0.944	15.335	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	5.753		1	A	1		0.920	14.958	
20:1....g	0.145		1	A	1		0.023	0.377	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.029		0	NC	4		0.805	13.075	
18:2 undifferentiated....g	3.859		1	A	1		0.617	10.033	
18:3 undifferentiated....g	1.170		1	A	1		0.187	3.042	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04146
Salad dressing, french, cottonseed, oil, home recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.20		0		1		3.39	53.24	
Energy	kcal	631		0	NC	4		88	1388	
Energy	kJ	2640		0		4		370	5807	
Protein (N x 6.25)	g	0.10		0		1		0.01	0.22	
Total lipid (fat)	g	70.20		0		1		9.83	154.44	
Ash	g	1.80		0		1		0.25	3.96	
Carbohydrate, by difference	g	3.40		0	NC	4		0.48	7.48	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		1	13	
Iron, Fe	mg	0.20		0		1		0.03	0.44	
Magnesium, Mg	mg									
Phosphorus, P	mg	3		0		1		0	6	
Potassium, K	mg	24		0		1		3	52	
Sodium, Na	mg	658		0		1		92	1448	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		0.2	3.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.010		0		1		0.001	0.022	
Riboflavin	mg	0.020		0		1		0.003	0.044	
Niacin	mg	0.130		0		1		0.018	0.286	
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	18.200		0		1		2.548	40.040	
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	11.900		0		1		1.666	26.180	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g									
18:2 undifferentiated	g	36.200		0		1		5.068	79.640	
18:3 undifferentiated	g									

NDB No. 04146
Salad dressing, french, cottonseed, oil, home recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04133
Salad dressing, french, home recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.20		0		1		3.39	53.24	
Energy	kcal	631		0	NC	4		88	1388	
Energy	kJ	2640		0		4		370	5807	
Protein (N x 6.25)	g	0.10		0		1		0.01	0.22	
Total lipid (fat)	g	70.20		0		1		9.83	154.44	
Ash	g	1.80		0		1		0.25	3.96	
Carbohydrate, by difference	g	3.40		0	NC	4		0.48	7.48	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		1	13	
Iron, Fe	mg	0.20		0		1		0.03	0.44	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	3		0		1		0	6	
Potassium, K	mg	24		0		1		3	52	
Sodium, Na	mg	658		0		1		92	1448	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		0.2	3.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		0.1	1.3	
Thiamin	mg	0.010		0		1		0.001	0.022	
Riboflavin	mg	0.020		0		1		0.003	0.044	
Niacin	mg	0.130		0		1		0.018	0.286	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	26		0		1		4	57	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	514		0		1		72	1131	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	8.00		0		4		1.12	17.60	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	12.600		0		1		1.764	27.720	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 04133
Salad dressing, french, home recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.200		0		1		0.028	0.440	
15:0 g									
16:0 g	9.800		0		1		1.372	21.560	
17:0 g									
18:0 g	2.600		0		1		0.364	5.720	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	20.700		0		1		2.898	45.540	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200		0		1		0.028	0.440	
17:1 g									
18:1 undifferentiated g	20.500		0		1		2.870	45.100	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	33.700		0		1		4.718	74.140	
18:2 undifferentiated g	31.700		0		1		4.438	69.740	
18:3 undifferentiated g	1.900		0		1		0.266	4.180	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg	176		0		4		25	387	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 220g: 1 cup

NDB No. 04133
Salad dressing, french, home recipe

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43017
Salad dressing, green goddess, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.03		0	FLC	4		110.31	6.75	
Energy	kcal	427		0	NC	4		1046	64	
Energy	kJ	1787		0	NC	4		4377	268	
Protein	g	1.90		1		1		4.66	0.29	
Total lipid (fat)	g	43.33		0	FLC	4		106.17	6.50	
Ash	g	2.38		0	FLC	4		5.84	0.36	
Carbohydrate, by difference	g	7.36		0	NC	4		18.02	1.10	
Fiber, total dietary	g	0.1		0		1		0.2	0.0	
Sugars, total	g	6.67		0	FLC	4		16.33	1.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	34		1		1		83	5	
Iron, Fe	mg	0.35		1		1		0.86	0.05	
Magnesium, Mg	mg	7		1		1		17	1	
Phosphorus, P	mg	31		1		1		76	5	
Potassium, K	mg	58		1		1		142	9	
Sodium, Na	mg	867		1	LC	8		2123	130	
Zinc, Zn	mg	0.25		1		1		0.61	0.04	
Copper, Cu	mg	0.010		1		1		0.025	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		3.9	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		1		1		0.5	0.0	
Thiamin	mg	0.020		1		1		0.049	0.003	
Riboflavin	mg	0.050		1		1		0.123	0.008	
Niacin	mg	0.140		1		1		0.343	0.021	
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		1		1		0.025	0.002	
Folate, total	mcg	4		1		1		10	1	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	4		1		1		10	1	
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	
Choline, total	mg	3.6		0	BFZN	4		8.8	0.5	
Betaine	mg									
Vitamin B-12	mcg	0.26		1		1		0.64	0.04	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	10		0	NC	4		25	2	
Retinol	mcg	10		0	NC	4		25	2	
Carotene, beta	mcg	3		0	FLA	4		8	0	
Carotene, alpha	mcg	1		0	FLA	4		3	0	
Cryptoxanthin, beta	mcg	1		0	FLA	4		3	0	
Vitamin A, IU	IU	41		0	NC	4		100	6	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	39		0	FLA	4		95	6	
Vitamin E (alpha-tocopherol)	mg	4.60		0	FLA	4		11.26	0.69	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	96.7		0	FLA	4		236.8	14.5	
Lipids:										
Fatty acids, total saturated	g	5.978		0	NC	4		14.647	0.897	
4:0	g	0.016		0		4		0.038	0.002	

NDB No. 43017
Salad dressing, green goddess, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.009		0		4		0.022	0.001	
8:0 g	0.006		0		4		0.014	0.001	
10:0 g	0.012		0		4		0.030	0.002	
12:0 g	0.013		0		4		0.032	0.002	
13:0 g									
14:0 g	0.089		0		4		0.218	0.013	
15:0 g									
16:0 g	4.254		0		4		10.422	0.638	
17:0 g									
18:0 g	1.580		0		4		3.870	0.237	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.423		0	NC	4		23.086	1.413	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.091		0		4		0.222	0.014	
17:1 g									
18:1 undifferentiated g	9.252		0		4		22.668	1.388	
20:1 g	0.080		0		4		0.196	0.012	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	23.165		0	NC	4		56.755	3.475	
18:2 undifferentiated g	20.436		0		4		50.067	3.065	
18:3 undifferentiated g	2.730		0		4		6.688	0.409	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	40		0		1		98	6	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04134
Salad dressing, home recipe, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.20		0		1		176.46	11.07	
Energy	kcal	157		0	NC	4		400	25	
Energy	kJ	656		0		4		1673	105	
Protein (N x 6.25)	g	4.20		0		1		10.71	0.67	
Total lipid (fat)	g	9.50		0		1		24.23	1.52	
Ash	g	2.40		0		1		6.12	0.38	
Carbohydrate, by difference	g	14.90		0	NC	4		38.00	2.38	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	9.07		0	RA	4		23.13	1.45	
Starch	g									
Minerals:										
Calcium, Ca	mg	84		0		1		214	13	
Iron, Fe	mg	0.50		0		1		1.28	0.08	
Magnesium, Mg	mg	8		0		4		20	1	
Phosphorus, P	mg	87		0		1		222	14	
Potassium, K	mg	121		0		1		309	19	
Sodium, Na	mg	734		0		1		1872	117	
Zinc, Zn	mg	0.35		0		4		0.89	0.06	
Copper, Cu	mg	0.010		0		4		0.026	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		4.1	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		1.5	0.1	
Thiamin	mg	0.060		0		1		0.153	0.010	
Riboflavin	mg	0.150		0		1		0.383	0.024	
Niacin	mg	0.250		0		1		0.638	0.040	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.030		0		4		0.077	0.005	
Folate, total	mcg	17		0	RA	4		43	3	
Folic acid	mcg	7		0	RA	4		17	1	
Folate, food	mcg	11		0	RA	4		27	2	
Folate, DFE	mcg_DFE	22		0	NC	4		56	4	
Choline, total	mg	47.9		0	RA	4		122.1	7.7	
Betaine	mg									
Vitamin B-12	mcg	0.35		0		4		0.89	0.06	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	50		0	NC	4		128	8	
Retinol	mcg	49		0	RA	4		125	8	
Carotene, beta	mcg	3		0	RA	4		8	0	
Carotene, alpha	mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta	mcg	1		0	RA	4		3	0	
Vitamin A, IU	IU	171		0	RA	4		436	27	
Lycopene	mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin	mcg	50		0	RA	4		128	8	
Vitamin E (alpha-tocopherol)	mg	0.80		0	RA	4		2.04	0.13	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.9		0	RA	4		2.2	0.1	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	34		0	RA	4		87	5	
Vitamin K (phylloquinone)	mcg	13.8		0	RA	4		35.2	2.2	
Lipids:										
Fatty acids, total saturated	g	2.900		0		1		7.395	0.464	
4:0	g	0.100		0		1		0.255	0.016	

NDB No. 04134
Salad dressing, home recipe, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.100		0		1		0.255	0.016	
12:0 g	0.100		0		1		0.255	0.016	
13:0 g									
14:0 g	0.200		0		1		0.510	0.032	
15:0 g									
16:0 g	1.600		0		1		4.080	0.256	
17:0 g									
18:0 g	0.800		0		1		2.040	0.128	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.800		0		1		9.690	0.608	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100		0		1		0.255	0.016	
17:1 g									
18:1 undifferentiated g	3.700		0		1		9.435	0.592	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.100		0		1		5.355	0.336	
18:2 undifferentiated g	2.000		0		1		5.100	0.320	
18:3 undifferentiated g	0.100		0		1		0.255	0.016	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	57		0		4		145	9	
Phytosterols mg	24		0		4		61	4	
Amino Acids:									
Tryptophan g	0.063		0	NR	4		0.161	0.010	
Threonine g	0.183		0	NR	4		0.467	0.029	
Isoleucine g	0.259		0	NR	4		0.661	0.041	
Leucine g	0.449		0	NR	4		1.146	0.072	
Lysine g	0.329		0	NR	4		0.838	0.053	
Methionine g	0.132		0	NR	4		0.338	0.021	
Cystine g	0.130		0	NR	4		0.332	0.021	
Phenylalanine g	0.256		0	NR	4		0.654	0.041	
Tyrosine g	0.206		0	NR	4		0.526	0.033	
Valine g	0.319		0	NR	4		0.814	0.051	
Arginine g	0.241		0	NR	4		0.615	0.039	
Histidine g	0.116		0	NR	4		0.295	0.018	
Alanine g	0.223		0	NR	4		0.569	0.036	
Aspartic acid g	0.459		0	NR	4		1.169	0.073	
Glutamic acid g	0.993		0	NR	4		2.533	0.159	
Glycine g	0.138		0	NR	4		0.351	0.022	
Proline g	0.395		0	NR	4		1.006	0.063	
Serine g	0.205		0	NR	4		0.522	0.033	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

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

NDB No. 04134

Salad dressing, home recipe, cooked

Common Measures:

Measure 1 = 255g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04135
Salad dressing, home recipe, vinegar and oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.40		0		1		7.58	118.50	
Energy....kcal	449		0	NC	4		72	1122	
Energy....kJ	1878		0		4		300	4694	
Protein (N x 6.25)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	50.10		0		1		8.02	125.25	
Ash....g	0.00		0		4		0.00	0.00	
Carbohydrate, by difference....g	2.50		0	NC	4		0.40	6.25	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	2.50		0	NC	4		0.40	6.25	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	8		0		1		1	19	
Sodium, Na....mg	1		0		1		0	1	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	1.6		0	CAZN	4		0.3	4.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	0		0	FLC	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.1		0	NR	4		0.0	0.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	4.61		0	FLC	4		0.74	11.52	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	98.8		0	FLC	4		15.8	247.0	
Lipids:									
Fatty acids, total saturated....g	9.100		0		1		1.456	22.750	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04135
Salad dressing, home recipe, vinegar and oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.200		0		1		0.032	0.500	
15:0 g									
16:0 g	7.000		0		1		1.120	17.500	
17:0 g									
18:0 g	1.900		0		1		0.304	4.750	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.800		0		1		2.368	37.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100		0		1		0.016	0.250	
17:1 g									
18:1 undifferentiated g	14.700		0		1		2.352	36.750	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	24.100		0		1		3.856	60.250	
18:2 undifferentiated g	22.700		0		1		3.632	56.750	
18:3 undifferentiated g	1.400		0		1		0.224	3.500	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg	66		0		4		11	165	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

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

NDB No. 04135

Salad dressing, home recipe, vinegar and oil

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 250g: 1 cup

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04686
Salad dressing, honey mustard dressing, reduced calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.19		0	FLC	4		17.16		
Energy....kcal	207		0	FLC	4		62		
Energy....kJ	866		0	FLC	4		260		
Protein....g	0.98		0	FLC	4		0.29		
Total lipid (fat)....g	10.00		0	FLC	4		3.00		
Ash....g	2.56		0	FLC	4		0.77		
Carbohydrate, by difference....g	29.27		0	NC	4		8.78		
Fiber, total dietary....g	0.8		0	FLC	4		0.2		
Sugars, total....g	18.33		0	FLC	4		5.50		
Starch....g									
Minerals:									
Calcium, Ca....mg	67		2	LC	8		20		
Iron, Fe....mg	0.41		0	FLC	4		0.12		
Magnesium, Mg....mg	12		0	FLC	4		4		
Phosphorus, P....mg	28		0	FLC	4		9		
Potassium, K....mg	55		0	FLC	4		17		
Sodium, Na....mg	900		0	FLC	4		270		
Zinc, Zn....mg	0.17		0	FLC	4		0.05		
Copper, Cu....mg	0.025		0	FLC	4		0.007		
Manganese, Mn....mg	0.144		0	FLC	4		0.043		
Selenium, Se....mcg	6.8		0	FLC	4		2.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	FLC	4		0.1		
Thiamin....mg	0.070		0	FLC	4		0.021		
Riboflavin....mg	0.013		0	FLC	4		0.004		
Niacin....mg	0.118		0	FLC	4		0.035		
Pantothenic acid....mg	0.071		0	FLC	4		0.021		
Vitamin B-6....mg	0.020		0	FLC	4		0.006		
Folate, total....mcg	2		0	FLC	4		1		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	2		0	FLC	4		1		
Folate, DFE....mcg_DFE	2		0	NC	4		1		
Choline, total....mg	4.9		0	FLC	4		1.5		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0		
Retinol....mcg	0		0	FLC	4		0		
Carotene, beta....mcg	6		0	FLC	4		2		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	5		0	FLC	4		2		
Vitamin A, IU....IU	14		0	FLC	4		4		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	4		0	FLC	4		1		
Vitamin E (alpha-tocopherol)....mg	1.46		0	FLC	4		0.44		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	13.3		0	FLC	4		4.0		
Lipids:									
Fatty acids, total saturated....g	0.833		2	LC	8		0.250		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 04686

Salad dressing, honey mustard dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4		0.000		
8:0 ... g	0.000		0	FLC	4		0.000		
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.001		0	FLC	4		0.000		
13:0 ... g									
14:0 ... g	0.002		0	FLC	4		0.001		
15:0 ... g									
16:0 ... g	0.490		0	FLC	4		0.147		
17:0 ... g									
18:0 ... g	0.208		0	FLC	4		0.063		
20:0 ... g	0.005		0	FLC	4		0.001		
22:0 ... g	0.004		0	FLC	4		0.001		
24:0 ... g	0.002		0	FLC	4		0.001		
Fatty acids, total monounsaturated ... g	5.573		0	FLC	4		1.672		
14:1 ... g	0.000		0	FLC	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.020		0	FLC	4		0.006		
17:1 ... g									
18:1 undifferentiated ... g	4.999		0	FLC	4		1.500		
20:1 ... g	0.207		0	FLC	4		0.062		
22:1 undifferentiated ... g	0.300		0	FLC	4		0.090		
24:1 c ... g	0.017		0	FLC	4		0.005		
Fatty acids, total polyunsaturated ... g	3.152		0	FLC	4		0.946		
18:2 undifferentiated ... g	2.220		0	FLC	4		0.666		
18:3 undifferentiated ... g	0.916		0	FLC	4		0.275		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g	0.002		0	FLC	4		0.001		
20:3 undifferentiated ... g	0.006		0	FLC	4		0.002		
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g	0.003		0	FLC	4		0.001		
Cholesterol ... mg	0		2	LC	8		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 30g: 2 tbsp (1 serving)

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04114
Salad dressing, italian dressing, commercial, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.40	2.842	6	A	1		132.53	8.29	
Energy....kcal	291		0	NC	4		685	43	
Energy....kJ	1219		0	NC	4		2865	179	
Protein (N x 6.25)....g	0.38	0.034	6	A	1		0.90	0.06	
Total lipid (fat)....g	28.37	0.731	6	A	1		66.66	4.17	
Ash....g	4.42	0.137	6	A	1		10.39	0.65	
Carbohydrate, by difference....g	10.43		0	NC	4		24.52	1.53	
Fiber, total dietary....g	0.0		2	A	1		0.0	0.0	
Sugars, total....g	8.32		2	A	1		19.55	1.22	
Sucrose....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)....g	4.68		2	A	1		11.01	0.69	
Fructose....g	3.64		2	A	1		8.54	0.53	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	0.00		2	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	7	1.463	6	A	1		17	1	
Iron, Fe....mg	0.63	0.083	6	A	1		1.47	0.09	
Magnesium, Mg....mg	3	0.189	6	A	1		7	0	
Phosphorus, P....mg	9	0.807	6	A	1		22	1	
Potassium, K....mg	48	3.760	6	A	1		113	7	
Sodium, Na....mg	1654	47.394	6	A	1		3887	243	
Zinc, Zn....mg	0.13	0.025	6	A	1		0.31	0.02	
Copper, Cu....mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn....mg	0.017	0.017	6	A	1		0.039	0.002	
Selenium, Se....mcg	2.0	2.000	3	A	1		4.7	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.013	0.002	3	A	1		0.030	0.002	
Riboflavin....mg	0.021	0.002	3	A	1		0.049	0.003	
Niacin....mg	0.000	0.000	3	A	1		0.000	0.000	
Pantothenic acid....mg	0.000		2	A	1		0.000	0.000	
Vitamin B-6....mg	0.060		2	A	1		0.140	0.009	
Folate, total....mcg	0		2	A	1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	2.6		0	AS	1		6.2	0.4	
Betaine....mg	0.0		1	A	1		0.0	0.0	
Vitamin B-12....mcg	0.00		2	A	1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		4	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	21	7.719	6	A	1		48	3	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	2	1.833	6	A	1		4	0	
Vitamin A, IU....IU	36		0	NC	4		84	5	
Lycopene....mcg	16	10.172	6	A	1		38	2	
Lutein + zeaxanthin....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	5.00		0		4		11.75	0.74	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 04114
Salad dressing, italian dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	56.0		0	FLA	4		131.6	8.2	
Lipids:									
Fatty acids, total saturated.....g	4.474		0	NC	4		10.514	0.658	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g									
16:0.....g	3.298	0.144	3	A	1		7.750	0.485	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.953	0.246	3	A	1		2.240	0.140	
20:0.....g	0.073	0.036	3	A	1		0.171	0.011	
22:0.....g	0.150	0.019	3	A	1		0.353	0.022	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	6.315		0	NC	4		14.841	0.928	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	6.315	0.130	3	A	1		14.841	0.928	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.941		0	NC	4		30.411	1.902	
18:2 undifferentiated.....g	11.527	1.332	3	A	1		27.089	1.695	
18:3 undifferentiated.....g	1.413	0.356	3	A	1		3.321	0.208	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	A	1		0.000	0.000	
Threonine.....g	0.000		0	A	1		0.000	0.000	
Isoleucine.....g	0.000		0	A	1		0.000	0.000	
Leucine.....g	0.000		0	A	1		0.000	0.000	
Lysine.....g	0.000		0	A	1		0.000	0.000	
Methionine.....g	0.000		0	A	1		0.000	0.000	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.000		0	A	1		0.000	0.000	
Tyrosine.....g	0.000		0	A	1		0.000	0.000	
Valine.....g	0.000		0	A	1		0.000	0.000	
Arginine.....g	0.000		0	A	1		0.000	0.000	
Histidine.....g	0.000		0	A	1		0.000	0.000	
Alanine.....g	0.000		0	A	1		0.000	0.000	
Aspartic acid.....g	0.000		0	A	1		0.000	0.000	
Glutamic acid.....g	0.056		0	A	1		0.131	0.008	
Glycine.....g	0.000		0	A	1		0.000	0.000	
Proline.....g	0.000		0	A	1		0.000	0.000	
Serine.....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline.....g									
Others:									

NDB No. 04114
Salad dressing, italian dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 14.7g: 1 tbsp

Calories Factors: Protein 2.44 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04143

Salad dressing, italian dressing, commercial, regular, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.40	2.842	6	A	1		8.29	132.53	
Energy....kcal	292		0	NC	4		43	686	
Energy....kJ	1222		0	NC	4		180	2872	
Protein (N x 6.25)....g	0.38	0.034	6	A	1		0.06	0.90	
Total lipid (fat)....g	28.37	0.731	6	A	1		4.17	66.66	
Ash....g	4.42	0.137	6	A	1		0.65	10.39	
Carbohydrate, by difference....g	10.43		0	NC	4		1.53	24.52	
Fiber, total dietary....g	0.0		2	A	1		0.0	0.0	
Sugars, total....g	8.32		2	A	1		1.22	19.55	
Sucrose....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)....g	4.68		2	A	1		0.69	11.01	
Fructose....g	3.64		2	A	1		0.53	8.54	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	0.00		2	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	7	1.463	6	A	1		1	17	
Iron, Fe....mg	0.63	0.083	6	A	1		0.09	1.47	
Magnesium, Mg....mg	3	0.189	6	A	1		0	7	
Phosphorus, P....mg	9	0.807	6	A	1		1	22	
Potassium, K....mg	48	3.760	6	A	1		7	113	
Sodium, Na....mg	30		0		1		4	71	
Zinc, Zn....mg	0.13	0.025	6	A	1		0.02	0.31	
Copper, Cu....mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn....mg	0.017	0.017	6	A	1		0.002	0.039	
Selenium, Se....mcg	2.0	2.000	3	A	1		0.3	4.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.013	0.002	3	A	1		0.002	0.030	
Riboflavin....mg	0.021	0.002	3	A	1		0.003	0.049	
Niacin....mg	0.000	0.000	3	A	1		0.000	0.000	
Pantothenic acid....mg	0.000		2	A	1		0.000	0.000	
Vitamin B-6....mg	0.060		2	A	1		0.009	0.140	
Folate, total....mcg	0		2	A	1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		2	A	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		2	A	1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		0	4	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	21	7.719	6	A	1		3	48	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	2	1.833	6	A	1		0	4	
Vitamin A, IU....IU	36		0	NC	4		5	84	
Lycopene....mcg	16	10.172	6	A	1		2	38	
Lutein + zeaxanthin....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	2.61		0	FLA	4		0.38	6.14	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	56.0		0	FLA	4		8.2	131.6	

NDB No. 04143

Salad dressing, italian dressing, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.474		0	NC	4		0.658	10.514	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000	0.000	
15:0....g									
16:0....g	3.298	0.144	3	A	1		0.485	7.750	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.953	0.246	3	A	1		0.140	2.240	
20:0....g	0.073	0.036	3	A	1		0.011	0.171	
22:0....g	0.150	0.019	3	A	1		0.022	0.353	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	6.315		0	NC	4		0.928	14.841	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	6.315	0.130	3	A	1		0.928	14.841	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	12.941		0	NC	4		1.902	30.411	
18:2 undifferentiated....g	11.527	1.332	3	A	1		1.695	27.089	
18:3 undifferentiated....g	1.413	0.356	3	A	1		0.208	3.321	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	67		0		1		10	157	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 14.7g: 1 tablespoon

Measure 2 = 235g: 1 cup

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04636
Salad dressing, italian dressing, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.95	0.925	3	A	1		198.53	12.03	
Energy....kcal	47		0	NC	4		108	7	
Energy....kJ	195		0	NC	4		451	27	
Protein....g	0.97	0.178	3	A	1		2.23	0.14	
Total lipid (fat)....g	0.87	0.051	3	A	1		2.00	0.12	
Ash....g	3.47	0.089	3	A	1		8.01	0.49	
Carbohydrate, by difference....g	8.75		0	NC	4		20.22	1.23	
Fiber, total dietary....g	0.6		2	A	1		1.4	0.1	
Sugars, total....g	8.85		2	A	1		20.43	1.24	
Sucrose....g	0.29		2	A	1		0.66	0.04	
Glucose (dextrose)....g	2.82		2	A	1		6.50	0.39	
Fructose....g	5.59		2	A	1		12.92	0.78	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.15		2	A	1		0.34	0.02	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	30	6.854	3	A	1		69	4	
Iron, Fe....mg	0.40	0.070	3	A	1		0.92	0.06	
Magnesium, Mg....mg	5	0.291	3	A	1		10	1	
Phosphorus, P....mg	109	54.871	3	A	1		252	15	
Potassium, K....mg	102	5.068	3	A	1		236	14	
Sodium, Na....mg	1129	35.455	3	A	1		2608	158	
Zinc, Zn....mg	0.36	0.108	3	A	1		0.82	0.05	
Copper, Cu....mg	0.116	0.036	3	A	1		0.269	0.016	
Manganese, Mn....mg	0.032	0.012	3	A	1		0.074	0.004	
Selenium, Se....mcg	2.0		1	A	1		4.6	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1		1		0.9	0.1	
Thiamin....mg	0.031		1	A	1		0.072	0.004	
Riboflavin....mg	0.053		1	A	1		0.122	0.007	
Niacin....mg	0.135		1	A	1		0.312	0.019	
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6....mg	0.000		1	A	1		0.000	0.000	
Folate, total....mcg	12		1	A	1		27	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		1	A	1		27	2	
Folate, DFE....mcg_DFE	12		0	NC	4		27	2	
Choline, total....mg	4.0		0	AS	1		9.2	0.6	
Betaine....mg	1.8		1	A	1		4.2	0.3	
Vitamin B-12....mcg	0.31		1	A	1		0.71	0.04	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	4		0	NC	4		9	1	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	40	11.289	3	A	1		93	6	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	11	6.064	3	A	1		25	1	
Vitamin A, IU....IU	77		0	NC	4		177	11	
Lycopene....mcg	5	5.000	3	A	1		12	1	
Lutein + zeaxanthin....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.76		0	NR	4		1.76	0.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 04636
Salad dressing, italian dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	1.6		0	FLA	4		3.6	0.2	
Lipids:									
Fatty acids, total saturated.....g	0.295		0	NC	4		0.681	0.041	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.003		2	A	1		0.006	0.000	
12:0.....g	0.010		2	A	1		0.022	0.001	
13:0.....g	0.001		1	A	1		0.002	0.000	
14:0.....g	0.038		2	A	1		0.088	0.005	
15:0.....g	0.005		2	A	1		0.012	0.001	
16:0.....g	0.151		2	A	1		0.348	0.021	
17:0.....g	0.004		2	A	1		0.009	0.001	
18:0.....g	0.071		2	A	1		0.164	0.010	
20:0.....g	0.011		1	A	1		0.025	0.002	
22:0.....g	0.003		2	A	1		0.006	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.235		0	NC	4		0.543	0.033	
14:1.....g	0.005		2	A	1		0.010	0.001	
15:1.....g									
16:1 undifferentiated.....g	0.009		2	A	1		0.020	0.001	
17:1.....g	0.009		2	A	1		0.021	0.001	
18:1 undifferentiated.....g	0.210		2	A	1		0.485	0.029	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.003		2	A	1		0.007	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.192		0	NC	4		0.444	0.027	
18:2 undifferentiated.....g	0.163		2	A	1		0.377	0.023	
18:3 undifferentiated.....g	0.027		2	A	1		0.062	0.004	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002		1	A	1		0.005	0.000	
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	A	1		4	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 231g: 1 cup

Measure 2 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42140
Salad dressing, italian dressing, reduced calorie

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.00		0		4		151.20	9.80	
Energy	kcal	200		0		8		432	28	
Energy	kJ	837		0		8		1807	117	
Protein	g	0.30		0		4		0.65	0.04	
Total lipid (fat)	g	20.00		0		4		43.20	2.80	
Ash	g	3.00		0	NC	4		6.48	0.42	
Carbohydrate, by difference	g	6.70		0		8		14.47	0.94	
Fiber, total dietary	g	0.2		0		8		0.4	0.0	
Sugars, total	g	1.94		0	FLA	4		4.20	0.27	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		4		13	1	
Iron, Fe	mg	0.13		0		4		0.28	0.02	
Magnesium, Mg	mg	2		0		4		4	0	
Phosphorus, P	mg	7		0		4		15	1	
Potassium, K	mg	33		0		8		71	5	
Sodium, Na	mg	1421		0		8		3069	199	
Zinc, Zn	mg	0.04		0		4		0.09	0.01	
Copper, Cu	mg	0.005		0		4		0.011	0.001	
Manganese, Mn	mg	0.020		0	FLA	4		0.042	0.003	
Selenium, Se	mcg	1.6		0	CAZN	4		3.5	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		4		0.9	0.1	
Thiamin	mg	0.010		0		4		0.022	0.001	
Riboflavin	mg	0.010		0		4		0.022	0.001	
Niacin	mg	0.020		0		4		0.043	0.003	
Pantothenic acid	mg	0.000		0	FLA	4		0.000	0.000	
Vitamin B-6	mg	0.030		0		4		0.065	0.004	
Folate, total	mcg	3		0	FLA	4		6	0	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	3		0	FLA	4		6	0	
Folate, DFE	mcg_DFE	3		0	NC	4		6	0	
Choline, total	mg	3.3		0	O	4		7.1	0.5	
Betaine	mg									
Vitamin B-12	mcg	0.07		0		4		0.15	0.01	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Carotene, beta	mcg	0		0	FLA	4		0	0	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.59		0	FLA	4		1.26	0.08	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	12.5		0	FLA	4		27.1	1.8	
Lipids:										
Fatty acids, total saturated	g	2.880		0		4		6.221	0.403	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 42140
Salad dressing, italian dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.020		0		4		0.043	0.003	
15:0....g									
16:0....g	2.060		0		4		4.450	0.288	
17:0....g									
18:0....g	0.760		0		4		1.642	0.106	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.660		0		4		10.066	0.652	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		4		0.086	0.006	
17:1....g									
18:1 undifferentiated....g	4.560		0		4		9.850	0.638	
20:1....g	0.040		0		4		0.086	0.006	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.580		0		8		25.013	1.621	
18:2 undifferentiated....g	10.200		0		4		22.032	1.428	
18:3 undifferentiated....g	1.360		0		4		2.938	0.190	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 216g: 1 cup

Measure 2 = 14.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04021
Salad dressing, italian dressing, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.68	0.158	3	A	1		12.70	203.23	
Energy....kcal	75		0	NC	4		11	180	
Energy....kJ	313		0	NC	4		47	752	
Protein (N x 6.25)....g	0.47	0.046	3	A	1		0.07	1.12	
Total lipid (fat)....g	6.38	1.376	3	A	1		0.96	15.31	
Ash....g	3.90	0.087	3	A	1		0.59	9.37	
Carbohydrate, by difference....g	4.57		0	NC	4		0.69	10.97	
Fiber, total dietary....g	0.0		1	A	1		0.0	0.0	
Sugars, total....g	4.55		1	A	1		0.68	10.92	
Sucrose....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)....g	2.31		1	A	1		0.35	5.54	
Fructose....g	2.24		1	A	1		0.34	5.39	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	9	0.240	3	A	1		1	21	
Iron, Fe....mg	0.65	0.068	3	A	1		0.10	1.55	
Magnesium, Mg....mg	4	0.153	3	A	1		1	10	
Phosphorus, P....mg	11	0.267	3	A	1		2	26	
Potassium, K....mg	85	7.117	3	A	1		13	203	
Sodium, Na....mg	1366	42.782	3	A	1		205	3278	
Zinc, Zn....mg	0.19	0.007	3	A	1		0.03	0.46	
Copper, Cu....mg	0.000	0.000	3	A	1		0.000	0.000	
Manganese, Mn....mg	0.000	0.000	3	A	1		0.000	0.000	
Selenium, Se....mcg	8.0		1	A	1		1.2	19.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		1	A	1		0.000	0.000	
Riboflavin....mg	0.015		1	A	1		0.002	0.036	
Niacin....mg	0.000		1	A	1		0.000	0.000	
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6....mg	0.070		1	A	1		0.011	0.168	
Folate, total....mcg	0		1	A	1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1	A	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	3.3		0	O	4		0.5	7.9	
Betaine....mg									
Vitamin B-12....mcg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0	1	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	7	7.333	3	A	1		1	18	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0	0.000	3	A	1		0	0	
Vitamin A, IU....IU	12		0	NC	4		2	29	
Lycopene....mcg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	O	4		0.03	0.48	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 04021
Salad dressing, italian dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	12.5		0	FLA	4		1.9	30.1	
Lipids:									
Fatty acids, total saturated.....g	0.451		0	NC	4		0.068	1.082	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g									
16:0.....g	0.318		2	A	1		0.048	0.763	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.133		2	A	1		0.020	0.319	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.190		0	NC	4		0.328	5.255	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.190		2	A	1		0.328	5.255	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.704		0	NC	4		0.256	4.088	
18:2 undifferentiated.....g	1.338		2	A	1		0.201	3.210	
18:3 undifferentiated.....g	0.366		2	A	1		0.055	0.878	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6	0.278	3		1		1	14	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.006		0	FLA	4		0.001	0.014	
Threonine.....g	0.012		0	FLA	4		0.002	0.028	
Isoleucine.....g	0.016		0	FLA	4		0.002	0.040	
Leucine.....g	0.024		0	FLA	4		0.004	0.058	
Lysine.....g	0.018		0	FLA	4		0.003	0.043	
Methionine.....g	0.008		0	FLA	4		0.001	0.018	
Cystine.....g	0.006		0	FLA	4		0.001	0.014	
Phenylalanine.....g	0.013		0	FLA	4		0.002	0.031	
Tyrosine.....g	0.008		0	FLA	4		0.001	0.018	
Valine.....g	0.017		0	FLA	4		0.003	0.040	
Arginine.....g	0.051		0	FLA	4		0.008	0.123	
Histidine.....g	0.008		0	FLA	4		0.001	0.019	
Alanine.....g	0.010		0	FLA	4		0.001	0.024	
Aspartic acid.....g	0.032		0	FLA	4		0.005	0.076	
Glutamic acid.....g	0.068		0	FLA	4		0.010	0.163	
Glycine.....g	0.015		0	FLA	4		0.002	0.036	
Proline.....g	0.011		0	FLA	4		0.002	0.027	
Serine.....g	0.013		0	FLA	4		0.002	0.031	
Hydroxyproline.....g									
Others:									

NDB No. 04021
Salad dressing, italian dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04144

Salad dressing, italian dressing, reduced fat, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.68	0.158	3	A	1		12.70	203.23	
Energy....kcal	76		0	NC	4		11	182	
Energy....kJ	317		0	NC	4		48	761	
Protein (N x 6.25)....g	0.47	0.046	3	A	1		0.07	1.12	
Total lipid (fat)....g	6.38	1.376	3	A	1		0.96	15.31	
Ash....g	3.90	0.087	3	A	1		0.59	9.37	
Carbohydrate, by difference....g	4.57		0	NC	4		0.69	10.97	
Fiber, total dietary....g	0.0		1	A	1		0.0	0.0	
Sugars, total....g	4.55		1	A	1		0.68	10.92	
Sucrose....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)....g	2.31		1	A	1		0.35	5.54	
Fructose....g	2.24		1	A	1		0.34	5.39	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	9	0.240	3	A	1		1	21	
Iron, Fe....mg	0.65	0.068	3	A	1		0.10	1.55	
Magnesium, Mg....mg	4	0.153	3	A	1		1	10	
Phosphorus, P....mg	11	0.267	3	A	1		2	26	
Potassium, K....mg	85	7.117	3	A	1		13	203	
Sodium, Na....mg	30		0		1		5	72	
Zinc, Zn....mg	0.19	0.007	3	A	1		0.03	0.46	
Copper, Cu....mg	0.000	0.000	3	A	1		0.000	0.000	
Manganese, Mn....mg	0.000	0.000	3	A	1		0.000	0.000	
Selenium, Se....mcg	8.0		1	A	1		1.2	19.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		1	A	1		0.000	0.000	
Riboflavin....mg	0.015		1	A	1		0.002	0.036	
Niacin....mg	0.000		1	A	1		0.000	0.000	
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6....mg	0.070		1	A	1		0.011	0.168	
Folate, total....mcg	0		1	A	1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1	A	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1	A	1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0	1	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	7	7.333	3	A	1		1	18	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0	0.000	3	A	1		0	0	
Vitamin A, IU....IU	12		0	NC	4		2	29	
Lycopene....mcg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.59		0	FLA	4		0.09	1.40	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	12.5		0	FLA	4		1.9	30.1	

NDB No. 04144

Salad dressing, italian dressing, reduced fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.451		0	NC	4		0.068	1.082	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g									
16:0....g	0.318		2	A	1		0.048	0.763	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.133		2	A	1		0.020	0.319	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.190		0	NC	4		0.328	5.255	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	2.190		2	A	1		0.328	5.255	
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.704		0	NC	4		0.256	4.088	
18:2 undifferentiated....g	1.338		2	A	1		0.201	3.210	
18:3 undifferentiated....g	0.366		2	A	1		0.055	0.878	
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6		0		1		1	14	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate**3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43329

Salad dressing, mayonnaise and mayonnaise-type, low calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.30		1		1		125.98	7.87	
Energy....kcal	263		0	NC	4		609	38	
Energy....kJ	1099		0	NC	4		2550	159	
Protein (N x 6.25)....g	0.90		1		1		2.09	0.13	
Total lipid (fat)....g	19.00		1		1		44.08	2.75	
Ash....g	2.00		0	NC	4		4.64	0.29	
Carbohydrate, by difference....g	23.90		0	NC	4		55.45	3.47	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	4.34		2	A	1		10.07	0.63	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		1		1		32	2	
Iron, Fe....mg	0.26	0.060	4	JA	6		0.60	0.04	
Magnesium, Mg....mg	2	0.217	4	JA	6		4	0	
Phosphorus, P....mg	30	4.383	4	JA	6		70	4	
Potassium, K....mg	24	15.367	4	JA	6		57	4	
Sodium, Na....mg	691	18.550	4	JA	6		1604	100	
Zinc, Zn....mg	0.18	0.001	4	JA	6		0.42	0.03	
Copper, Cu....mg	0.001		0		4		0.002	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	1.6		0	CAZN	4		3.7	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.010		0		4		0.023	0.001	
Riboflavin....mg	0.020		0		4		0.046	0.003	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.066		2	A	1		0.153	0.010	
Vitamin B-6....mg	0.020		0		4		0.046	0.003	
Folate, total....mcg	6		0		4		14	1	
Folic acid....mcg	0		2	A	1		0	0	
Folate, food....mcg	6		0		4		14	1	
Folate, DFE....mcg_DFE	6		0	NC	4		14	1	
Choline, total....mg	8.5		0	CAZN	4		19.7	1.2	
Betaine....mg									
Vitamin B-12....mcg	0.21		0		4		0.49	0.03	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	21		0	NC	4		49	3	
Retinol....mcg	12		0	BFZN	4		28	2	
Carotene, beta....mcg	94		0	BFZN	4		218	14	
Carotene, alpha....mcg	1		0	BFZN	4		3	0	
Cryptoxanthin, beta....mcg	27		0	BFZN	4		62	4	
Vitamin A, IU....IU	220		0	NC	4		511	32	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	87		0	BFZN	4		201	13	
Vitamin E (alpha-tocopherol)....mg	3.07	0.243	3	A	1		7.13	0.45	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	24.7		0	BFZN	4		57.4	3.6	
Lipids:									
Fatty acids, total saturated....g	2.962		0		4		6.872	0.429	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 43329

Salad dressing, mayonnaise and mayonnaise-type, low calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000	0.000	
8:0 ... g	0.000		0		4		0.000	0.000	
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.022		0		4		0.051	0.003	
15:0 ... g									
16:0 ... g	2.120		0		4		4.918	0.307	
17:0 ... g									
18:0 ... g	0.777		0		4		1.803	0.113	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.628		0		4		10.737	0.671	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.076		0		4		0.176	0.011	
17:1 ... g									
18:1 undifferentiated ... g	4.494		0		4		10.426	0.652	
20:1 ... g	0.039		0		4		0.090	0.006	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	10.396		0		4		24.119	1.507	
18:2 undifferentiated ... g	9.151		0		4		21.230	1.327	
18:3 undifferentiated ... g	1.203		0		4		2.791	0.174	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.019		0		4		0.044	0.003	
20:5 n-3 (EPA) ... g	0.001		0		4		0.002	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.005		0		4		0.012	0.001	
Fatty acids, total trans ... g									
Cholesterol ... mg	26		1		1		60	4	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 14.5g: 1 tbsp

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04018
Salad dressing, mayonnaise type, regular, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.90	2.403	11		1		93.77	5.87	
Energy....kcal	390		0	NC	4		916	57	
Energy....kJ	1631		0		4		3832	240	
Protein (N x 6.25)....g	0.90	0.050	11		1		2.12	0.13	
Total lipid (fat)....g	33.40	0.412	124		1		78.49	4.91	
Ash....g	1.90	0.156	11		1		4.47	0.28	
Carbohydrate, by difference....g	23.90		0	NC	4		56.17	3.51	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	6.40		1		1		15.04	0.94	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		33	2	
Iron, Fe....mg	0.20		0		1		0.47	0.03	
Magnesium, Mg....mg	2		1		1		5	0	
Phosphorus, P....mg	26		0		1		61	4	
Potassium, K....mg	9		0		1		21	1	
Sodium, Na....mg	711	10.546	76		1		1670	104	
Zinc, Zn....mg	0.18		0		4		0.42	0.03	
Copper, Cu....mg	0.010		0		4		0.024	0.001	
Manganese, Mn....mg	0.088		0	FLA	4		0.207	0.013	
Selenium, Se....mcg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.013		0		4		0.031	0.002	
Riboflavin....mg	0.024		0		4		0.056	0.004	
Niacin....mg	0.004		0		4		0.009	0.001	
Pantothenic acid....mg	0.243		0		4		0.571	0.036	
Vitamin B-6....mg	0.017		0		4		0.040	0.002	
Folate, total....mcg	6		0		4		15	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0	NR	4		14	1	
Folate, DFE....mcg_DFE	6		0	NC	4		14	1	
Choline, total....mg	14.6		0	AS	1		34.3	2.1	
Betaine....mg	0.3		1	A	1		0.8	0.1	
Vitamin B-12....mcg	0.21		0		4		0.49	0.03	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	21		0	NC	4		50	3	
Retinol....mcg	12		0	FLA	4		29	2	
Carotene, beta....mcg	94		0	FLA	4		220	14	
Carotene, alpha....mcg	1		0	FLA	4		3	0	
Cryptoxanthin, beta....mcg	27		0	FLA	4		63	4	
Vitamin A, IU....IU	220		0		1		517	32	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	87		0	FLA	4		203	13	
Vitamin E (alpha-tocopherol)....mg	2.06		1	A	1		4.84	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.22		1	A	1		0.52	0.03	
Tocopherol, gamma....mg	13.38		1	A	1		31.44	1.97	
Tocopherol, delta....mg	1.43		1	A	1		3.36	0.21	
Vitamin D (D2 + D3)....mcg	0.1		0	FLA	4		0.3	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	4		0	FLA	4		10	1	
Vitamin K (phylloquinone)....mcg	42.2		2	A	1		99.1	6.2	
Lipids:									
Fatty acids, total saturated....g	4.900		0		1		11.515	0.720	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04018
Salad dressing, mayonnaise type, regular, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.100	0.009	117		1		0.235	0.015	
13:0 g									
14:0 g	0.000	0.005	120		1		0.000	0.000	
15:0 g									
16:0 g	3.500	0.053	127		1		8.225	0.515	
17:0 g									
18:0 g	1.400	0.024	127		1		3.290	0.206	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.000		0		1		21.150	1.323	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	9.000	0.176	73		1		21.150	1.323	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	18.000		0		1		42.300	2.646	
18:2 undifferentiated g	16.000	0.211	127		1		37.600	2.352	
18:3 undifferentiated g	2.000	0.050	127		1		4.700	0.294	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	26		2		1		61	4	
Phytosterols mg	97		2		1		228	14	
Amino Acids:									
Tryptophan g	0.013		0		4		0.031	0.002	
Threonine g	0.049		0		4		0.115	0.007	
Isoleucine g	0.052		0		4		0.122	0.008	
Leucine g	0.077		0		4		0.181	0.011	
Lysine g	0.061		0		4		0.143	0.009	
Methionine g	0.023		0		4		0.054	0.003	
Cystine g	0.016		0		4		0.038	0.002	
Phenylalanine g	0.039		0		4		0.092	0.006	
Tyrosine g	0.039		0		4		0.092	0.006	
Valine g	0.055		0		4		0.129	0.008	
Arginine g	0.062		0		4		0.146	0.009	
Histidine g	0.022		0		4		0.052	0.003	
Alanine g	0.045		0		4		0.106	0.007	
Aspartic acid g	0.075		0		4		0.176	0.011	
Glutamic acid g	0.110		0		4		0.259	0.016	
Glycine g	0.027		0		4		0.063	0.004	
Proline g	0.037		0		4		0.087	0.005	
Serine g	0.075		0		4		0.176	0.011	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

NDB No. 04018

Salad dressing, mayonnaise type, regular, with salt

Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 14.7g: 1 tbsp

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04028
Salad dressing, mayonnaise, imitation, milk cream

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.60		1		1		11.94	191.04	
Energy	kcal	97		0	NC	4		14	232	
Energy	kJ	404		0		4		61	970	
Protein (N x 6.25)	g	2.10		1		1		0.32	5.04	
Total lipid (fat)	g	5.10		1		1		0.77	12.24	
Ash	g	2.10		1		1		0.32	5.04	
Carbohydrate, by difference	g	11.10		0	NC	4		1.67	26.64	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	72		0		4		11	173	
Iron, Fe	mg	0.50		0		4		0.08	1.20	
Magnesium, Mg	mg	7		0		4		1	17	
Phosphorus, P	mg	57		0		4		9	137	
Potassium, K	mg	97		0		4		15	233	
Sodium, Na	mg	504		1		1		76	1210	
Zinc, Zn	mg	0.25		0		4		0.04	0.60	
Copper, Cu	mg	0.010		0	A	1		0.002	0.024	
Manganese, Mn	mg	0.001		0	RA	4		0.000	0.002	
Selenium, Se	mcg	1.6		0	CAZN	4		0.2	3.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		4		0.1	0.8	
Thiamin	mg	0.024		0		4		0.004	0.058	
Riboflavin	mg	0.097		0		4		0.015	0.233	
Niacin	mg	0.054		0		4		0.008	0.130	
Pantothenic acid	mg	0.194		0		4		0.029	0.466	
Vitamin B-6	mg	0.021		0		4		0.003	0.050	
Folate, total	mcg	3		0		4		0	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		0	7	
Folate, DFE	mcg_DFE	3		0	NC	4		0	7	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.23		0		4		0.04	0.56	
Vitamin A, RAE	mcg_RAE	4		0	NC	4		1	9	
Retinol	mcg	4		0	NC	4		1	9	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	13		0		4		2	31	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.40		0		4		0.06	0.96	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.800		0		1		0.420	6.720	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 04028
Salad dressing, mayonnaise, imitation, milk cream

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.100		2		1		0.015	0.240	
13:0 ... g									
14:0 ... g	0.400		2		1		0.060	0.960	
15:0 ... g									
16:0 ... g	1.200		2		1		0.180	2.880	
17:0 ... g									
18:0 ... g	1.000		2		1		0.150	2.400	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.700		0		1		0.255	4.080	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	1.700		2		1		0.255	4.080	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.300		0		1		0.045	0.720	
18:2 undifferentiated ... g	0.200		2		1		0.030	0.480	
18:3 undifferentiated ... g	0.100		2		1		0.015	0.240	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	43		1		1		6	103	
Phytosterols ... mg	6		0		4		1	14	
Amino Acids:									
Tryptophan ... g	0.030		0		4		0.005	0.072	
Threonine ... g	0.095		0		4		0.014	0.228	
Isoleucine ... g	0.127		0		4		0.019	0.305	
Leucine ... g	0.206		0		4		0.031	0.494	
Lysine ... g	0.166		0		4		0.025	0.398	
Methionine ... g	0.053		0		4		0.008	0.127	
Cystine ... g	0.019		0		4		0.003	0.046	
Phenylalanine ... g	0.101		0		4		0.015	0.242	
Tyrosine ... g	0.101		0		4		0.015	0.242	
Valine ... g	0.141		0		4		0.021	0.338	
Arginine ... g	0.076		0		4		0.011	0.182	
Histidine ... g	0.057		0		4		0.009	0.137	
Alanine ... g	0.072		0		4		0.011	0.173	
Aspartic acid ... g	0.159		0		4		0.024	0.382	
Glutamic acid ... g	0.439		0		4		0.066	1.054	
Glycine ... g	0.049		0		4		0.007	0.118	
Proline ... g	0.203		0		4		0.030	0.487	
Serine ... g	0.114		0		4		0.017	0.274	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

NDB No. 04028

Salad dressing, mayonnaise, imitation, milk cream

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04027
Salad dressing, mayonnaise, imitation, soybean

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.70	0.617	3		1		150.48	9.41	
Energy....kcal	232		0	NC	4		556	35	
Energy....kJ	969		0		4		2326	145	
Protein (N x 6.25)....g	0.30	0.250	3		1		0.72	0.05	
Total lipid (fat)....g	19.20	4.909	3		1		46.08	2.88	
Ash....g	1.80	0.367	3		1		4.32	0.27	
Carbohydrate, by difference....g	16.00		0	NC	4		38.40	2.40	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	6.00		0	BFZN	4		14.40	0.90	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	10		0		4		24	2	
Sodium, Na....mg	497		1		1		1193	75	
Zinc, Zn....mg	0.11		1		1		0.26	0.02	
Copper, Cu....mg	0.010		0		4		0.024	0.002	
Manganese, Mn....mg									
Selenium, Se....mcg	1.6		0	CAZN	4		3.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	14.6		0	AS	1		35.0	2.2	
Betaine....mg	0.3		1	A	1		0.8	0.1	
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	2.00		0		4		4.80	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	42.2		0	BFZN	4		101.2	6.3	
Lipids:									
Fatty acids, total saturated....g	3.300		0		1		7.920	0.495	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04027
Salad dressing, mayonnaise, imitation, soybean

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	2.400	0.651	3		1		5.760	0.360	
17:0....g									
18:0....g	0.900	0.252	3		1		2.160	0.135	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.500		0		1		10.800	0.675	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		2		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	4.500	1.146	3		1		10.800	0.675	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.600		0		1		25.440	1.590	
18:2 undifferentiated....g	9.000	2.351	3		1		21.600	1.350	
18:3 undifferentiated....g	1.600	0.414	3		1		3.840	0.240	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	24		2		1		58	4	
Phytosterols....mg	62		2		1		149	9	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

NDB No. 04027

Salad dressing, mayonnaise, imitation, soybean

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04029

Salad dressing, mayonnaise, imitation, soybean without cholesterol

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	34.60	3.851	3		1		4.88	77.85	
Energy....kcal	482		0	NC	4		68	1084	
Energy....kJ	2016		0		4		284	4537	
Protein (N x 6.25)....g	0.10	0.106	3		1		0.01	0.23	
Total lipid (fat)....g	47.70	2.691	3		1		6.73	107.33	
Ash....g	1.80	0.380	3		1		0.25	4.05	
Carbohydrate, by difference....g	15.80		0	NC	4		2.23	35.55	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	6.00		0	O	4		0.85	13.50	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.01		0		4		0.00	0.02	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	10		0		4		1	23	
Sodium, Na....mg	353		1		1		50	794	
Zinc, Zn....mg	0.11		0		4		0.02	0.25	
Copper, Cu....mg	0.001		0		4		0.000	0.002	
Manganese, Mn....mg									
Selenium, Se....mcg	1.6		0	CAZN	4		0.2	3.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.7		0	BFZN	4		0.1	1.6	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	5.00		0		4		0.71	11.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	42.2		0	BFZN	4		5.9	94.8	
Lipids:									
Fatty acids, total saturated....g	7.500		0		1		1.058	16.875	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04029
Salad dressing, mayonnaise, imitation, soybean without cholesterol

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		1		1		0.000	0.000	
13:0 g									
14:0 g	0.000		1		1		0.000	0.000	
15:0 g									
16:0 g	5.500	0.533	3		1		0.776	12.375	
17:0 g									
18:0 g	2.000	0.191	3		1		0.282	4.500	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.500		0		1		1.481	23.625	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	10.500	0.594	3		1		1.481	23.625	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	27.600		0		1		3.892	62.100	
18:2 undifferentiated g	23.000	1.560	3		1		3.243	51.750	
18:3 undifferentiated g	4.600	0.362	3		1		0.649	10.350	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		2		1		0	0	
Phytosterols mg	216		2		1		30	486	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

NDB No. 04029

Salad dressing, mayonnaise, imitation, soybean without cholesterol

Common Measures:

Measure 1 = 14.1g: 1 tablespoon

Measure 2 = 225g: 1 cup

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04641
Salad dressing, mayonnaise, light

lite mayonnaise
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.91	0.368	3	A	1		8.39		
Energy....kcal	324		0	NC	4		49		
Energy....kJ	1356		0	NC	4		203		
Protein (N x 6.25)....g	0.88	0.096	3	A	1		0.13		
Total lipid (fat)....g	33.09	0.099	3	A	1		4.96		
Ash....g	1.91	0.101	3	A	1		0.29		
Carbohydrate, by difference....g	8.20		0	NC	4		1.23		
Fiber, total dietary....g	0.0		0	FLA	4		0.0		
Sugars, total....g	4.34		2	A	1		0.65		
Sucrose....g	2.79		2	A	1		0.42		
Glucose (dextrose)....g	0.70		2	A	1		0.10		
Fructose....g	0.85		2	A	1		0.13		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	3.01		2	A	1		0.45		
Minerals:									
Calcium, Ca....mg	8	0.361	3	A	1		1		
Iron, Fe....mg	0.32	0.006	3	A	1		0.05		
Magnesium, Mg....mg	2	0.067	3	A	1		0		
Phosphorus, P....mg	35	5.904	3	A	1		5		
Potassium, K....mg	40	2.434	3	A	1		6		
Sodium, Na....mg	673	48.011	3	A	1		101		
Zinc, Zn....mg	0.18	0.017	3	A	1		0.03		
Copper, Cu....mg	0.112	0.000	3	A	1		0.017		
Manganese, Mn....mg	0.006		0	FLA	4		0.001		
Selenium, Se....mcg	2.6		2	A	1		0.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0		
Thiamin....mg	0.018		2	A	1		0.003		
Riboflavin....mg	0.000		2	A	1		0.000		
Niacin....mg	0.000		2	A	1		0.000		
Pantothenic acid....mg	0.066		2	A	1		0.010		
Vitamin B-6....mg	0.000		2	A	1		0.000		
Folate, total....mcg	4		0	FLA	4		1		
Folic acid....mcg	0		2	A	1		0		
Folate, food....mcg	4		0	FLA	4		1		
Folate, DFE....mcg_DFE	4		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		2	A	1		0.00		
Vitamin A, RAE....mcg_RAE	21		0	BFZN	4		3		
Retinol....mcg	12		0	BFZN	4		2		
Carotene, beta....mcg	94		0	BFZN	4		14		
Carotene, alpha....mcg	1		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	27		0	BFZN	4		4		
Vitamin A, IU....IU	220		0	BFZN	4		33		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	87		0	BFZN	4		13		
Vitamin E (alpha-tocopherol)....mg	3.07	0.243	3	A	1		0.46		
Tocopherol, beta....mg	0.28	0.020	3	A	1		0.04		
Tocopherol, gamma....mg	23.04	1.871	3	A	1		3.46		
Tocopherol, delta....mg	6.79	0.509	3	A	1		1.02		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	24.7		0	BFZN	4		3.7		

NDB No. 04641
Salad dressing, mayonnaise, light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....mcg	24.7			BFZN	4				
Lipids:									
Fatty acids, total saturated....g	5.209		0	NC	4		0.781		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.028	0.000	3	A	1		0.004		
15:0....g									
16:0....g	3.483	0.046	3	A	1		0.523		
17:0....g	0.036	0.005	3	A	1		0.005		
18:0....g	1.389	0.028	3	A	1		0.208		
20:0....g	0.159	0.041	3	A	1		0.024		
22:0....g	0.113	0.002	3	A	1		0.017		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	8.135		0	NC	4		1.220		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.052		0	AS	1		0.008		
16:1 c....g	0.052	0.003	3	A	1		0.008		
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	8.015		0	AS	1		1.202		
18:1 c....g	8.015	0.341	3	A	1		1.202		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	3	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.068	0.016	3	A	1		0.010		
22:1 undifferentiated....g									
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	17.953		0	NC	4		2.693		
18:2 undifferentiated....g	16.035		0	AS	1		2.405		
18:2 n-6 c,c....g	15.791	0.329	3	A	1		2.369		
18:2 CLAs....g	0.137	0.042	3	A	1		0.020		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.107	0.041	3	A	1		0.016		
18:2 t not further defined....g									
18:3 undifferentiated....g	1.918		0	AS	1		0.288		
18:3 n-3 c,c,c (ALA)....g	1.918	0.087	3	A	1		0.288		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.107		0	NC	4		0.016		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.107		0	NC	4		0.016		
Cholesterol....mg	35	2.470	3	A	1		5		
Phytosterols....mg									
Stigmasterol....mg	21	1.237	3	A	1		3		

NDB No. 04641
Salad dressing, mayonnaise, light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Campesterol.....mg	19		1.885	3	A	1	3		
Beta-sitosterol.....mg	48		3.036	3	A	1	7		
Others:									
Alcohol, ethyl.....g	0.0			0	Z	7	0.0		
Caffeine.....mg	0			0	FLA	4	0		
Theobromine.....mg	0			0	FLA	4	0		

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.38

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04026
Salad dressing, mayonnaise, soybean and safflower oil, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	15.30	0.400	25		1		2.11	33.66	
Energy....kcal	717		0	NC	4		99	1577	
Energy....kJ	2999		0		4		414	6598	
Protein (N x 6.25)....g	1.10	0.000	25		1		0.15	2.42	
Total lipid (fat)....g	79.40	0.000	678		1		10.96	174.68	
Ash....g	1.50	0.100	25		1		0.21	3.30	
Carbohydrate, by difference....g	2.70		0	NC	4		0.37	5.94	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.48		0	O	4		0.07	1.06	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		2	40	
Iron, Fe....mg	0.50		0		1		0.07	1.10	
Magnesium, Mg....mg	1		0		4		0	2	
Phosphorus, P....mg	28		0		1		4	62	
Potassium, K....mg	34		0		1		5	75	
Sodium, Na....mg	568	2.420	408		1		78	1250	
Zinc, Zn....mg	0.12		1		4		0.02	0.26	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	1.6		0	CAZN	4		0.2	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.005		0		4		0.001	0.011	
Pantothenic acid....mg	0.297		0		4		0.041	0.653	
Vitamin B-6....mg	0.577		0		4		0.080	1.269	
Folate, total....mcg	8		0		4		1	17	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		4		1	17	
Folate, DFE....mcg_DFE	8		0	NC	4		1	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.26		0		4		0.04	0.56	
Vitamin A, RAE....mcg_RAE	84		0		1		12	185	
Retinol....mcg	84		0	NR	4		12	185	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	280		0		1		39	616	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	22.00		0		4		3.04	48.40	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	24.7	5.831	69	JO	11		3.4	54.4	
Lipids:									
Fatty acids, total saturated....g	8.600		0		1		1.187	18.920	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		2		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.100		2		1		0.014	0.220	
15:0 ... g									
16:0 ... g	6.100		2		1		0.842	13.420	
17:0 ... g									
18:0 ... g	2.400		2		1		0.331	5.280	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	13.000		0		1		1.794	28.600	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	13.000		2		1		1.794	28.600	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	55.000		0		1		7.590	121.000	
18:2 undifferentiated ... g	52.000		2		1		7.176	114.400	
18:3 undifferentiated ... g	3.000		2		1		0.414	6.600	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	59		0		4		8	130	
Phytosterols ... mg	347		0		4		48	763	
Amino Acids:									
Tryptophan ... g	0.017		0		1		0.002	0.037	
Threonine ... g	0.055		0		1		0.008	0.121	
Isoleucine ... g	0.065		0		1		0.009	0.143	
Leucine ... g	0.095		0		1		0.013	0.209	
Lysine ... g	0.072		0		1		0.010	0.158	
Methionine ... g	0.035		0		1		0.005	0.077	
Cystine ... g	0.023		0		1		0.003	0.051	
Phenylalanine ... g	0.057		0		1		0.008	0.125	
Tyrosine ... g	0.046		0		1		0.006	0.101	
Valine ... g	0.074		0		1		0.010	0.163	
Arginine ... g	0.072		0		1		0.010	0.158	
Histidine ... g	0.026		0		1		0.004	0.057	
Alanine ... g	0.061		0		1		0.008	0.134	
Aspartic acid ... g	0.094		0		1		0.013	0.207	
Glutamic acid ... g	0.143		0		1		0.020	0.315	
Glycine ... g	0.037		0		1		0.005	0.081	
Proline ... g	0.044		0		1		0.006	0.097	
Serine ... g	0.088		0		1		0.012	0.194	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

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

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

Common Measures:

Measure 1 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04025
Salad dressing, mayonnaise, soybean oil, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.06	0.331	31	JA	6		33.13	2.08	1.51
Energy	kcal	718		0	NC	4		1580	99	72
Energy	kJ	3005		0	NC	4		6611	415	300
Protein (N x 6.25)	g	0.90	0.000	31	JA	6		1.98	0.12	0.09
Total lipid (fat)	g	79.39	0.039	683	JA	6		174.66	10.96	7.94
Ash	g	1.48	0.043	31	JA	6		3.26	0.20	0.15
Carbohydrate, by difference	g	3.16		0	NC	4		6.96	0.44	0.32
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	1.08	0.130	3	A	1		2.37	0.15	0.11
Sucrose	g	0.70	0.134	3	A	1		1.54	0.10	0.07
Glucose (dextrose)	g	0.21	0.048	3	A	1		0.46	0.03	0.02
Fructose	g	0.16	0.039	3	A	1		0.36	0.02	0.02
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.350	6	JA	6		16	1	1
Iron, Fe	mg	0.22	0.013	6	A	1		0.49	0.03	0.02
Magnesium, Mg	mg	1	0.084	6	A	1		3	0	0
Phosphorus, P	mg	25	1.515	6	JA	6		55	3	3
Potassium, K	mg	12	0.388	6	A	1		27	2	1
Sodium, Na	mg	568	2.408	411	JA	6		1249	78	57
Zinc, Zn	mg	0.17	0.011	5	A	1		0.37	0.02	0.02
Copper, Cu	mg	0.029	0.008	6	A	1		0.063	0.004	0.003
Manganese, Mn	mg	0.008	0.000	6	A	1		0.017	0.001	0.001
Selenium, Se	mcg	1.7	0.431	15	A	1		3.7	0.2	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.034	0.007	3	JA	6		0.075	0.005	0.003
Riboflavin	mg	0.056	0.006	3	JA	6		0.123	0.008	0.006
Niacin	mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Pantothenic acid	mg	0.194	0.004	3	A	1		0.428	0.027	0.019
Vitamin B-6	mg	0.577		0		4		1.269	0.080	0.058
Folate, total	mcg	5	0.404	3	A	1		12	1	1
Folic acid	mcg	0		0	FLA	4		0	0	0
Folate, food	mcg	5		0	NR	4		12	1	1
Folate, DFE	mcg_DFE	5		0	NC	4		12	1	1
Choline, total	mg	21.8		0	AS	1		48.0	3.0	2.2
Betaine	mg	0.0		2	A	1		0.1	0.0	0.0
Vitamin B-12	mcg	0.33	0.000	3	A	1		0.72	0.05	0.03
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	81		0	NC	4		177	11	8
Retinol	mcg	80		0	FLC	4		176	11	8
Carotene, beta	mcg	6		0	FLC	4		13	1	1
Carotene, alpha	mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta	mcg	5		0	FLC	4		11	1	1
Vitamin A, IU	IU	280		0		1		616	39	28
Lycopene	mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin	mcg	190		0	FLC	4		419	26	19
Vitamin E (alpha-tocopherol)	mg	5.22	0.372	6	A	1		11.49	0.72	0.52
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.32	0.022	6	A	1		0.70	0.04	0.03
Tocopherol, gamma	mg	35.24	2.256	6	A	1		77.52	4.86	3.52
Tocopherol, delta	mg	7.54	0.531	6	A	1		16.60	1.04	0.75
Vitamin D (D2 + D3)	mcg	0.2		0	FLA	4		0.4	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 04025
Salad dressing, mayonnaise, soybean oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	7		0	FLA	4		15	1	1
Vitamin K (phylloquinone).....mcg	42.2		2	A	1		92.7	5.8	4.2
Lipids:									
Fatty acids, total saturated.....g	11.885		0	NC	4		26.146	1.640	1.188
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.068	0.003	6	A	1		0.150	0.009	0.007
15:0.....g									
16:0.....g	7.905	0.083	6	A	1		17.391	1.091	0.790
17:0.....g	0.074	0.015	6	A	1		0.163	0.010	0.007
18:0.....g	3.254	0.043	6	A	1		7.159	0.449	0.325
20:0.....g	0.292	0.011	6	A	1		0.642	0.040	0.029
22:0.....g	0.291	0.005	6	A	1		0.640	0.040	0.029
24:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	19.598		0	NC	4		43.116	2.705	1.960
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.110		0	AS	1		0.243	0.015	0.011
16:1 c.....g	0.110	0.006	6	A	1		0.243	0.015	0.011
16:1 t.....g									
17:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	19.385		0	AS	1		42.647	2.675	1.939
18:1 c.....g	19.385	0.673	6	A	1		42.647	2.675	1.939
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7).....g									
20:1.....g	0.103	0.035	6	A	1		0.226	0.014	0.010
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	42.380		0	NC	4		93.235	5.848	4.238
18:2 undifferentiated.....g	37.678		0	AS	1		82.891	5.200	3.768
18:2 n-6 c,c.....g	37.404	0.421	6	A	1		82.289	5.162	3.740
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.274	0.089	6	A	1		0.603	0.038	0.027
18:2 t not further defined.....g									
18:3 undifferentiated.....g	4.702		0	AS	1		10.344	0.649	0.470
18:3 n-3 c,c,c (ALA).....g	4.702	0.108	6	A	1		10.344	0.649	0.470
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	6	JA	6		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.274		0	NC	4		0.603	0.038	0.027
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.274		0	NC	4		0.603	0.038	0.027
Cholesterol.....mg	38		0	A	1				4

NDB No. 04025

Salad dressing, mayonnaise, soybean oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	38			A	1		84	5	
Phytosterols....mg									
Stigmasterol....mg	39	1.600	3	A	1		85	5	4
Campesterol....mg	39	4.671	3	A	1		86	5	4
Beta-sitosterol....mg	102	6.657	3	A	1		225	14	10
Amino Acids:									
Tryptophan....g	0.017		0		1		0.037	0.002	0.002
Threonine....g	0.055		0		1		0.121	0.008	0.006
Isoleucine....g	0.065		0		1		0.143	0.009	0.007
Leucine....g	0.095		0		1		0.209	0.013	0.010
Lysine....g	0.072		0		1		0.158	0.010	0.007
Methionine....g	0.035		0		1		0.077	0.005	0.004
Cystine....g	0.023		0		1		0.051	0.003	0.002
Phenylalanine....g	0.057		0		1		0.125	0.008	0.006
Tyrosine....g	0.046		0		1		0.101	0.006	0.005
Valine....g	0.074		0		1		0.163	0.010	0.007
Arginine....g	0.072		0		1		0.158	0.010	0.007
Histidine....g	0.026		0		1		0.057	0.004	0.003
Alanine....g	0.061		0		1		0.134	0.008	0.006
Aspartic acid....g	0.094		0		1		0.207	0.013	0.009
Glutamic acid....g	0.143		0		1		0.315	0.020	0.014
Glycine....g	0.037		0		1		0.081	0.005	0.004
Proline....g	0.044		0		1		0.097	0.006	0.004
Serine....g	0.088		0		1		0.194	0.012	0.009
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0
Theobromine....mg	0		0	FLC	4		0	0	0

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

Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 13.8g: 1 tbsp

Measure 3 = 10.0g: 1 packet

Calories Factors: Protein 4.36 **Fat** 8.85 **Carbohydrate** 3.68

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04145
Salad dressing, mayonnaise, soybean oil, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.70		0		4		2.30	36.74	
Energy....kcal	717		0	NC	4		99	1577	
Energy....kJ	2999		0		4		414	6598	
Protein (N x 6.25)....g	1.10		0		1		0.15	2.42	
Total lipid (fat)....g	79.40		0		1		10.96	174.68	
Ash....g	0.10		0		4		0.01	0.22	
Carbohydrate, by difference....g	2.70		0	NC	4		0.37	5.94	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		2	40	
Iron, Fe....mg	0.50		0		1		0.07	1.10	
Magnesium, Mg....mg									
Phosphorus, P....mg	28		0		1		4	62	
Potassium, K....mg	34		0		1		5	75	
Sodium, Na....mg	30		0		1		4	66	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	1.6		0	CAZN	4		0.2	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.000		0		1		0.000	0.000	
Riboflavin....mg	0.000		0		1		0.000	0.000	
Niacin....mg	0.000		0		1		0.000	0.000	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	84		0		1		12	185	
Vitamin A, IU....IU	280		0		1		39	616	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.800		0		1		1.628	25.960	
Fatty acids, total monounsaturated....g	22.700		0		1		3.133	49.940	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		0		1		0.014	0.220	
17:1....g									
18:1 undifferentiated....g	22.500		0		1		3.105	49.500	
20:1....g	0.100		0		1		0.014	0.220	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	37.100		0		1		5.120	81.620	
18:2 undifferentiated....g	37.100		0		1		5.120	81.620	

NDB No. 04145
Salad dressing, mayonnaise, soybean oil, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:3 undifferentiated.....g	4.200		0		1		0.580	9.240	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		8	130	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42137
Salad dressing, peppercorn dressing, commercial, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	31.90		0		4		4.27	8.29	
Energy	kcal	564		1		1		76	147	
Energy	kJ	2360		1		1		316	614	
Protein	g	1.20		1		1		0.16	0.31	
Total lipid (fat)	g	61.40		1		1		8.23	15.96	
Ash	g	2.00		0	NC	4		0.27	0.52	
Carbohydrate, by difference	g	3.50		0	NC	4		0.47	0.91	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	2.45		0	BFZN	4		0.33	0.64	
Starch	g									
Minerals:										
Calcium, Ca	mg	22		1		1		3	6	
Iron, Fe	mg	0.35		1		1		0.05	0.09	
Magnesium, Mg	mg	2		0		4		0	1	
Phosphorus, P	mg	26		0		4		3	7	
Potassium, K	mg	176		0		4		24	46	
Sodium, Na	mg	1065		1		1		143	277	
Zinc, Zn	mg	0.18		0		4		0.02	0.05	
Copper, Cu	mg	0.010		0		4		0.001	0.003	
Manganese, Mn	mg									
Selenium, Se	mcg	1.6		0	CAZN	4		0.2	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		1		1		0.1	0.2	
Thiamin	mg	0.000		1		1		0.000	0.000	
Riboflavin	mg	0.000		1		1		0.000	0.000	
Niacin	mg	0.000		1		1		0.000	0.000	
Pantothenic acid	mg									
Vitamin B-6	mg	0.070		0		4		0.009	0.018	
Folate, total	mcg	4		0	BFZN	4		0	1	
Folic acid	mcg	0		0	BFZN	4		0	0	
Folate, food	mcg	4		0	BFZN	4		0	1	
Folate, DFE	mcg_DFE	4		0	NC	4		0	1	
Choline, total	mg	20.6		0	BFZN	4		2.8	5.4	
Betaine	mg									
Vitamin B-12	mcg	0.12		0		4		0.02	0.03	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	10		0	NC	4		1	3	
Retinol	mcg	10		0	BFZN	4		1	3	
Carotene, beta	mcg	2		0	BFZN	4		0	1	
Carotene, alpha	mcg	1		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	1		0	BFZN	4		0	0	
Vitamin A, IU	IU	38		0	NC	4		5	10	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	29		0	BFZN	4		4	8	
Vitamin E (alpha-tocopherol)	mg	4.23		0	BFZN	4		0.57	1.10	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	BFZN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	4		0	BFZN	4		0	1	
Vitamin K (phylloquinone)	mcg	125.2		0	BFZN	4		16.8	32.6	
Lipids:										
Fatty acids, total saturated	g	10.527		1		1		1.411	2.737	
4:0	g	0.128		0		4		0.017	0.033	

NDB No. 42137
Salad dressing, peppercorn dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.048		0		4		0.006	0.012	
8:0....g	0.026		0		4		0.003	0.007	
10:0....g	0.064		0		4		0.009	0.017	
12:0....g	0.087		0		4		0.012	0.023	
13:0....g									
14:0....g	0.352		0		4		0.047	0.092	
15:0....g									
16:0....g	7.062		0		4		0.946	1.836	
17:0....g									
18:0....g	2.570		0		4		0.344	0.668	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.840		1		1		1.989	3.858	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.229		0		4		0.031	0.060	
17:1....g									
18:1 undifferentiated....g	14.386		0		4		1.928	3.740	
20:1....g	0.120		0		4		0.016	0.031	
22:1 undifferentiated....g	0.001		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	32.972		1		1		4.418	8.573	
18:2 undifferentiated....g	29.006		0		4		3.887	7.542	
18:3 undifferentiated....g	3.861		0		4		0.517	1.004	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.037		0		4		0.005	0.010	
20:5 n-3 (EPA)....g	0.001		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.010		0		4		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	49		1		1		7	13	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 13.4g: 1 tbsp

Measure 2 = 26.0g: 1 fl oz

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04639
Salad dressing, ranch dressing, commercial, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.18	2.808	3	A	1		5.73		
Energy....kcal	484		0	NC	4		73		
Energy....kJ	2026		0	NC	4		304		
Protein....g	1.03	0.880	3	A	1		0.15		
Total lipid (fat)....g	51.39	3.542	3	A	1		7.71		
Ash....g	2.71	0.192	3	A	1		0.41		
Carbohydrate, by difference....g	6.69		0	NC	4		1.00		
Fiber, total dietary....g	0.7		2	A	1		0.1		
Sugars, total....g	2.45	0.535	3	A	1		0.37		
Sucrose....g	1.50	0.717	3	A	1		0.23		
Glucose (dextrose)....g	0.48	0.065	3	A	1		0.07		
Fructose....g	0.40	0.148	3	A	1		0.06		
Lactose....g	0.07	0.000	3	A	1		0.01		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	1.77	0.134	3	A	1		0.27		
Minerals:									
Calcium, Ca....mg	31	4.801	3	A	1		5		
Iron, Fe....mg	0.62	0.145	3	A	1		0.09		
Magnesium, Mg....mg	5	0.887	3	A	1		1		
Phosphorus, P....mg	161	32.146	3	A	1		24		
Potassium, K....mg	62	7.526	3	A	1		9		
Sodium, Na....mg	816	87.617	3	A	1		122		
Zinc, Zn....mg	0.40	0.028	3	A	1		0.06		
Copper, Cu....mg	0.043	0.006	3	A	1		0.006		
Manganese, Mn....mg	0.042	0.009	3	A	1		0.006		
Selenium, Se....mcg	2.1		0	FLA	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.4		2	A	1		0.5		
Thiamin....mg	0.096	0.082	3	A	1		0.014		
Riboflavin....mg	0.055	0.003	3	A	1		0.008		
Niacin....mg	0.007	0.000	3	A	1		0.001		
Pantothenic acid....mg	0.798	0.002	3	A	1		0.120		
Vitamin B-6....mg	0.023	0.003	3	A	1		0.003		
Folate, total....mcg	4	0.617	3	A	1		1		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	4		0	NR	4		1		
Folate, DFE....mcg_DFE	4		0	NC	4		1		
Choline, total....mg	20.6		0	FLA	4		3.1		
Betaine....mg									
Vitamin B-12....mcg	0.33	0.000	3	A	1		0.05		
Vitamin A, RAE....mcg_RAE	10		0	NC	4		2		
Retinol....mcg	10		0	FLA	4		1		
Carotene, beta....mcg	2		0	FLA	4		0		
Carotene, alpha....mcg	1		0	FLA	4		0		
Cryptoxanthin, beta....mcg	1		0	FLA	4		0		
Vitamin A, IU....IU	38		0	FLA	4		6		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	29		0	FLA	4		4		
Vitamin E (alpha-tocopherol)....mg	4.23		0	FLA	4		0.63		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	FLA	4		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	4		0	FLA	4		1		

NDB No. 04639
Salad dressing, ranch dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU	4			FLA	4				
Vitamin K (phylloquinone)....mcg	125.2		2	A	1		18.8		
Lipids:									
Fatty acids, total saturated....g	8.019		0	NC	4		1.203		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.047	0.002	3	A	1		0.007		
15:0....g									
16:0....g	5.321	0.558	3	A	1		0.798		
17:0....g	0.059	0.006	3	A	1		0.009		
18:0....g	2.248	0.252	3	A	1		0.337		
20:0....g	0.168	0.020	3	A	1		0.025		
22:0....g	0.177	0.021	3	A	1		0.027		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	11.394		0	NC	4		1.709		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.065		0	AS	1		0.010		
16:1 c....g	0.065	0.005	3	A	1		0.010		
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	10.987		0	AS	1		1.648		
18:1 c....g	10.987	1.161	3	A	1		1.648		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	3	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.343	0.102	3	A	1		0.051		
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	28.329		0	NC	4		4.249		
18:2 undifferentiated....g	25.267		0	AS	1		3.790		
18:2 n-6 c,c....g	24.887	2.569	3	A	1		3.733		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.380	0.207	3	A	1		0.057		
18:2 t not further defined....g									
18:3 undifferentiated....g	3.063		0	AS	1		0.459		
18:3 n-3 c,c,c (ALA)....g	3.063	0.414	3	A	1		0.459		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.380		0	NC	4		0.057		
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g	0.380		0	NC	4		0.057		
Cholesterol....mg	33	1.931	3	A	1		5		
Phytosterols....mg									

NDB No. 04639
Salad dressing, ranch dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Stigmasterol.....mg	34		4.581	3	A	1	5		
Campesterol.....mg	32		3.627	3	A	1	5		
Beta-sitosterol.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04638
Salad dressing, ranch dressing, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.33	3.899	3	A	1		9.57		
Energy....kcal	119		0	NC	4		17		
Energy....kJ	497		0	NC	4		70		
Protein....g	0.25	0.053	3	A	1		0.03		
Total lipid (fat)....g	1.92	0.329	3	A	1		0.27		
Ash....g	3.00	0.176	3	A	1		0.42		
Carbohydrate, by difference....g	26.51		0	NC	4		3.71		
Fiber, total dietary....g	0.1		0	FLA	4		0.0		
Sugars, total....g	5.35	0.917	3	A	1		0.75		
Sucrose....g	1.57	0.748	3	A	1		0.22		
Glucose (dextrose)....g	1.91	0.477	3	A	1		0.27		
Fructose....g	0.42	0.187	3	A	1		0.06		
Lactose....g	0.07	0.000	3	A	1		0.01		
Maltose....g	1.38	0.670	3	A	1		0.19		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	4.99	0.481	3	A	1		0.70		
Minerals:									
Calcium, Ca....mg	50	11.647	3	A	1		7		
Iron, Fe....mg	1.05	0.183	3	A	1		0.15		
Magnesium, Mg....mg	8	1.649	3	A	1		1		
Phosphorus, P....mg	113	19.985	3	A	1		16		
Potassium, K....mg	111	6.888	3	A	1		16		
Sodium, Na....mg	755	59.255	3	A	1		106		
Zinc, Zn....mg	0.40		2	A	1		0.06		
Copper, Cu....mg	0.195	0.137	3	A	1		0.027		
Manganese, Mn....mg	0.111	0.048	3	A	1		0.016		
Selenium, Se....mcg	0.8		0	FLA	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0		
Thiamin....mg	0.030	0.004	3	A	1		0.004		
Riboflavin....mg	0.025	0.018	3	A	1		0.003		
Niacin....mg	0.007	0.000	3	A	1		0.001		
Pantothenic acid....mg	0.771	0.058	3	A	1		0.108		
Vitamin B-6....mg	0.024	0.000	3	A	1		0.003		
Folate, total....mcg	6	2.217	3	A	1		1		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	6	2.217	3	A	1		1		
Folate, DFE....mcg_DFE	6		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00	0.000	3	A	1		0.00		
Vitamin A, RAE....mcg_RAE	1		0	FLA	4		0		
Retinol....mcg	1		0	FLA	4		0		
Carotene, beta....mcg	0		0	FLA	4		0		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	3		0	FLA	4		0		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	4		0	FLA	4		1		
Vitamin E (alpha-tocopherol)....mg	0.18		0	FLA	4		0.03		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	2.3		2	A	1		0.3		

NDB No. 04638
Salad dressing, ranch dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g									
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.062	0.032	3	A	1		0.009		
15:0....g									
16:0....g	0.413	0.098	3	A	1		0.058		
17:0....g	0.010	0.003	3	A	1		0.001		
18:0....g	0.258	0.120	3	A	1		0.036		
20:0....g	0.009	0.001	3	A	1		0.001		
22:0....g	0.007	0.004	3	A	1		0.001		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0	A	1		0.001		
16:1 c....g	0.010	0.005	3	A	1		0.001		
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	0.628		0	A	1		0.088		
18:1 c....g	0.608	0.087	3	A	1		0.085		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.019	0.011	3	A	1		0.003		
18:1-11t (18:1t n-7)....g									
20:1....g	0.013	0.005	3	A	1		0.002		
22:1 undifferentiated....g	0.007	0.007	3	A	1		0.001		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.017		0	A	1		0.002		
18:2 n-6 c,c....g	1.038	0.198	3	A	1		0.145		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.017	0.006	3	A	1		0.002		
18:2 t not further defined....g									
18:3 undifferentiated....g									
18:3 n-3 c,c,c (ALA)....g	0.129	0.019	3	A	1		0.018		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	7	4.389	3	A	1		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									

NDB No. 04638
Salad dressing, ranch dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04640
Salad dressing, ranch dressing, reduced fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.04		2	A	1		9.31	18.61	
Energy	kcal	196		0	NC	4		29	59	
Energy	kJ	821		0	NC	4		123	246	
Protein	g	1.25	0.400	4	JA	6		0.19	0.37	
Total lipid (fat)	g	12.42	0.066	4	JA	6		1.86	3.73	
Ash	g	2.96		2	A	1		0.44	0.89	
Carbohydrate, by difference	g	21.33		0	NC	4		3.20	6.40	
Fiber, total dietary	g	1.1	0.282	3	JA	6		0.2	0.3	
Sugars, total	g	3.77	1.055	4	JA	6		0.57	1.13	
Sucrose	g	0.89		2	A	1		0.13	0.27	
Glucose (dextrose)	g	0.66		0	A	1		0.10	0.20	
Fructose	g	0.61		2	A	1		0.09	0.18	
Lactose	g	1.04		2	A	1		0.16	0.31	
Maltose	g	0.00		2	A	1		0.00	0.00	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch	g	6.15		2	A	1		0.92	1.84	
Minerals:										
Calcium, Ca	mg	40	12.327	4	JA	6		6	12	
Iron, Fe	mg	0.69	0.369	4	JA	6		0.10	0.21	
Magnesium, Mg	mg	6	1.234	3	A	1		1	2	
Phosphorus, P	mg	193	38.412	3	A	1		29	58	
Potassium, K	mg	132	6.766	3	A	1		20	40	
Sodium, Na	mg	909	40.963	5	JA	6		136	273	
Zinc, Zn	mg	0.62	0.041	3	A	1		0.09	0.18	
Copper, Cu	mg	0.162	0.011	3	A	1		0.024	0.048	
Manganese, Mn	mg	0.053	0.006	3	A	1		0.008	0.016	
Selenium, Se	mcg	2.9		0	FLA	4		0.4	0.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6	0.245	4	JA	6		0.1	0.2	
Thiamin	mg	0.022	0.012	3	A	1		0.003	0.007	
Riboflavin	mg	0.027	0.013	3	A	1		0.004	0.008	
Niacin	mg	0.007		1	A	1		0.001	0.002	
Pantothenic acid	mg	0.861	0.033	3	A	1		0.129	0.258	
Vitamin B-6	mg	0.029	0.008	3	A	1		0.004	0.009	
Folate, total	mcg	4	0.718	3	A	1		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4	0.718	3	A	1		1	1	
Folate, DFE	mcg_DFE	4		0	NC	4		1	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	18		0	NC	4		3	5	
Retinol	mcg	17		0	FLA	4		3	5	
Carotene, beta	mcg	4		0	FLA	4		1	1	
Carotene, alpha	mcg	2		0	FLA	4		0	1	
Cryptoxanthin, beta	mcg	2		0	FLA	4		0	0	
Vitamin A, IU	IU	67		0	NC	4		10	20	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	49		0	FLA	4		7	15	
Vitamin E (alpha-tocopherol)	mg	1.60		0	FLA	4		0.24	0.48	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									

NDB No. 04640
Salad dressing, ranch dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	34.8		2	A	1		5.2	10.4	
Lipids:									
Fatty acids, total saturated....g	1.250		0	NC	4		0.187	0.375	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.013		2	A	1		0.002	0.004	
15:0....g									
16:0....g	0.793		2	A	1		0.119	0.238	
17:0....g	0.004		2	A	1		0.001	0.001	
18:0....g	0.377		2	A	1		0.057	0.113	
20:0....g	0.034		2	A	1		0.005	0.010	
22:0....g	0.028		2	A	1		0.004	0.009	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.794		0	NC	4		0.419	0.838	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.013		0	AS	1		0.002	0.004	
16:1 c....g	0.013		2	A	1		0.002	0.004	
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	2.725		0	AS	1		0.409	0.817	
18:1 c....g	2.725		2	A	1		0.409	0.817	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		2	A	1		0.000	0.000	
18:1-11t (18:1t n-7)....g									
20:1....g	0.057		2	A	1		0.008	0.017	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	4.213		0	NC	4		0.632	1.264	
18:2 undifferentiated....g	3.685		0	AS	1		0.553	1.106	
18:2 n-6 c,c....g	3.626		2	A	1		0.544	1.088	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.059		2	A	1		0.009	0.018	
18:2 t not further defined....g									
18:3 undifferentiated....g	0.527		0	AS	1		0.079	0.158	
18:3 n-3 c,c,c (ALA)....g	0.527		2	A	1		0.079	0.158	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.059		0	NC	4		0.009	0.018	
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic....g	0.059		0	NC	4		0.009	0.018	
Cholesterol....mg	16	8.444	5	JA	6		2	5	
Phytosterols....mg									

NDB No. 04640
Salad dressing, ranch dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 4.36 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04015
Salad dressing, russian dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.53		0	FLC	4		94.39	5.78	11.56
Energy....kcal	355		0	NC	4		870	53	107
Energy....kJ	1485		0	NC	4		3639	223	446
Protein (N x 6.25)....g	0.69		1	MC	9		1.69	0.10	0.21
Total lipid (fat)....g	26.18		0	FLC	4		64.15	3.93	7.86
Ash....g	2.70		0	FLC	4		6.62	0.41	0.81
Carbohydrate, by difference....g	31.90		0	NC	4		78.16	4.79	9.57
Fiber, total dietary....g	0.7		1	MC	9		1.6	0.1	0.2
Sugars, total....g	17.68		1	MC	9		43.32	2.65	5.30
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1	MC	9		32	2	4
Iron, Fe....mg	0.60		1	MC	9		1.47	0.09	0.18
Magnesium, Mg....mg	10		0	FLC	4		24	1	3
Phosphorus, P....mg	20		0	FLC	4		49	3	6
Potassium, K....mg	173		0	FLC	4		423	26	52
Sodium, Na....mg	993		1	MC	9		2432	149	298
Zinc, Zn....mg	0.22		0	FLC	4		0.54	0.03	0.07
Copper, Cu....mg	0.058		0	FLC	4		0.143	0.009	0.018
Manganese, Mn....mg	0.063		0	FLC	4		0.154	0.009	0.019
Selenium, Se....mcg	1.6		0	CAZN	4		3.9	0.2	0.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.0		1	MC	9		14.6	0.9	1.8
Thiamin....mg	0.029		0	FLC	4		0.072	0.004	0.009
Riboflavin....mg	0.046		0	FLC	4		0.113	0.007	0.014
Niacin....mg	0.594		0	FLC	4		1.456	0.089	0.178
Pantothenic acid....mg	0.400		0		4		0.980	0.060	0.120
Vitamin B-6....mg	0.097		0	FLC	4		0.237	0.015	0.029
Folate, total....mcg	5		0	FLC	4		13	1	2
Folic acid....mcg	0		0	FLC	4		0	0	0
Folate, food....mcg	5		0	FLC	4		13	1	2
Folate, DFE....mcg_DFE	5		0	NC	4		13	1	2
Choline, total....mg	4.6		0	FLC	4		11.3	0.7	1.4
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	29		0	NC	4		71	4	9
Retinol....mcg	0		0	FLC	4		0	0	0
Carotene, beta....mcg	320		0	FLC	4		784	48	96
Carotene, alpha....mcg	2		0	BNA	4		4	0	1
Cryptoxanthin, beta....mcg	49		0	BNA	4		120	7	15
Vitamin A, IU....IU	577		0	O	4		1414	87	173
Lycopene....mcg	3576		0	FLC	4		8762	536	1073
Lutein + zeaxanthin....mcg	173		0	FLC	4		424	26	52
Vitamin E (alpha-tocopherol)....mg	3.32		0	FLC	4		8.13	0.50	1.00
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	53.7		0	FLC	4		131.6	8.1	16.1
Lipids:									
Fatty acids, total saturated....g	2.390		1	MC	9		5.856	0.359	0.717
4:0....g	0.000		0	FLC	4		0.000	0.000	0.000

NDB No. 04015
Salad dressing, russian dressing

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4		0.000	0.000	0.000
8:0....g	0.000		0	FLC	4		0.000	0.000	0.000
10:0....g	0.000		0	FLC	4		0.000	0.000	0.000
12:0....g	0.002		0	FLC	4		0.005	0.000	0.001
13:0....g									
14:0....g	0.021		0	FLC	4		0.052	0.003	0.006
15:0....g									
16:0....g	1.731		0	FLC	4		4.240	0.260	0.519
17:0....g									
18:0....g	0.636		0	FLC	4		1.559	0.095	0.191
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.928		0	FLC	4		14.524	0.889	1.778
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.053		0	FLC	4		0.129	0.008	0.016
17:1....g									
18:1 undifferentiated....g	5.824		0	FLC	4		14.270	0.874	1.747
20:1....g	0.051		0	FLC	4		0.125	0.008	0.015
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	14.830		0	FLC	4		36.334	2.225	4.449
18:2 undifferentiated....g	13.089		0	FLC	4		32.067	1.963	3.927
18:3 undifferentiated....g	1.741		0	FLC	4		4.266	0.261	0.522
18:4....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.170		1	MC	9		0.417	0.026	0.051
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0
Theobromine....mg	0		0	FLC	4		0	0	0

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 3.4 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04022
Salad dressing, russian dressing, low calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.00	0.143	3		1		10.40	169.00	
Energy....kcal	141		0	NC	4		23	368	
Energy....kJ	592		0		4		95	1538	
Protein (N x 6.25)....g	0.50	0.069	3		1		0.08	1.30	
Total lipid (fat)....g	4.00	0.265	3		1		0.64	10.40	
Ash....g	2.90	0.099	3		1		0.46	7.54	
Carbohydrate, by difference....g	27.60		0	NC	4		4.42	71.76	
Fiber, total dietary....g	0.3		0		4		0.0	0.8	
Sugars, total....g	21.87		0	BFZN	4		3.50	56.86	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		3	49	
Iron, Fe....mg	0.60		0		1		0.10	1.56	
Magnesium, Mg....mg	0		0		4		0	1	
Phosphorus, P....mg	37		0		1		6	96	
Potassium, K....mg	157		0		1		25	408	
Sodium, Na....mg	868		0		1		139	2257	
Zinc, Zn....mg	0.10		0		4		0.02	0.26	
Copper, Cu....mg	0.010		0		4		0.002	0.026	
Manganese, Mn....mg									
Selenium, Se....mcg	1.6		0	CAZN	4		0.3	4.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.0		0		4		1.0	15.6	
Thiamin....mg	0.007		0		4		0.001	0.018	
Riboflavin....mg	0.013		0		4		0.002	0.034	
Niacin....mg	0.002		0		4		0.000	0.005	
Pantothenic acid....mg	0.135		0		4		0.022	0.351	
Vitamin B-6....mg	0.009		0		4		0.001	0.023	
Folate, total....mcg	3		0		4		1	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		4		1	9	
Folate, DFE....mcg_DFE	3		0	NC	4		1	9	
Choline, total....mg	4.6		0	BFZN	4		0.7	12.0	
Betaine....mg									
Vitamin B-12....mcg	0.12		0		4		0.02	0.30	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		0	4	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	20		0	FLA	4		3	51	
Carotene, alpha....mcg	1		0	FLA	4		0	2	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	33		0	NC	4		5	87	
Lycopene....mcg	628		0	FLA	4		101	1634	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0		4		0.06	1.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	6.7		0	BFFN	4		1.1	17.3	
Lipids:									
Fatty acids, total saturated....g	0.600		0		1		0.096	1.560	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04022
Salad dressing, russian dressing, low calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	
15:0 g									
16:0 g	0.400		0		1		0.064	1.040	
17:0 g									
18:0 g	0.200		0		1		0.032	0.520	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.900		0		1		0.144	2.340	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.900		0		1		0.144	2.340	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.300		0		1		0.368	5.980	
18:2 undifferentiated g	2.000		0		1		0.320	5.200	
18:3 undifferentiated g	0.300		0		1		0.048	0.780	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	6	0.324	3		1		1	16	
Phytosterols mg	10		0		4		2	26	
Amino Acids:									
Tryptophan g	0.007		0		4		0.001	0.018	
Threonine g	0.027		0		4		0.004	0.070	
Isoleucine g	0.029		0		4		0.005	0.075	
Leucine g	0.043		0		4		0.007	0.112	
Lysine g	0.034		0		4		0.005	0.088	
Methionine g	0.013		0		4		0.002	0.034	
Cystine g	0.009		0		4		0.001	0.023	
Phenylalanine g	0.022		0		4		0.004	0.057	
Tyrosine g	0.022		0		4		0.004	0.057	
Valine g	0.030		0		4		0.005	0.078	
Arginine g	0.035		0		4		0.006	0.091	
Histidine g	0.012		0		4		0.002	0.031	
Alanine g	0.025		0		4		0.004	0.065	
Aspartic acid g	0.042		0		4		0.007	0.109	
Glutamic acid g	0.061		0		4		0.010	0.159	
Glycine g	0.015		0		4		0.002	0.039	
Proline g	0.021		0		4		0.003	0.055	
Serine g	0.041		0		4		0.007	0.107	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

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

NDB No. 04022

Salad dressing, russian dressing, low calorie

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04016
Salad dressing, sesame seed dressing, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.20	3.740	6		1		5.88	96.04	
Energy....kcal	443		0	NC	4		66	1086	
Energy....kJ	1854		0		4		278	4542	
Protein (N x 6.25)....g	3.10	1.288	6		1		0.47	7.60	
Total lipid (fat)....g	45.20	4.899	6		1		6.78	110.74	
Ash....g	3.90	0.223	6		1		0.59	9.56	
Carbohydrate, by difference....g	8.60		0	NC	4		1.29	21.07	
Fiber, total dietary....g	1.0		0		4		0.2	2.5	
Sugars, total....g	8.32		0	BFZN	4		1.25	20.38	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		4		3	47	
Iron, Fe....mg	0.60		0		4		0.09	1.47	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	37		0		4		6	91	
Potassium, K....mg	157		0		4		24	385	
Sodium, Na....mg	1000		0		1		150	2450	
Zinc, Zn....mg	0.10		0		4		0.02	0.25	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	1.6		0	CAZN	4		0.2	3.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	4.0		0	BFZN	4		0.6	9.8	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		0	4	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	21		0	BFZN	4		3	50	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	2		0	BFZN	4		0	4	
Vitamin A, IU....IU	36		0	NC	4		5	87	
Lycopene....mcg	16		0	BFZN	4		2	39	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	5.00		0		4		0.75	12.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	56.0		0	BFZN	4		8.4	137.2	
Lipids:									
Fatty acids, total saturated....g	6.200		0		1		0.930	15.190	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 04016
Salad dressing, sesame seed dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	4.200	0.466	6		1		0.630	10.290	
17:0....g									
18:0....g	1.900	0.230	6		1		0.285	4.655	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.900		0		1		1.785	29.155	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	11.900	1.343	6		1		1.785	29.155	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	25.100		0		1		3.765	61.495	
18:2 undifferentiated....g	23.200	2.518	6		1		3.480	56.840	
18:3 undifferentiated....g	2.000	0.312	6		1		0.300	4.900	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	6		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.047		0		4		0.007	0.115	
Threonine....g	0.049		0		4		0.007	0.120	
Isoleucine....g	0.047		0		4		0.007	0.115	
Leucine....g	0.082		0		4		0.012	0.201	
Lysine....g	0.142		0		4		0.021	0.348	
Methionine....g	0.029		0		4		0.004	0.071	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.086		0		4		0.013	0.211	
Tyrosine....g	0.102		0		4		0.015	0.250	
Valine....g	0.068		0		4		0.010	0.167	
Arginine....g	0.399		0		4		0.060	0.978	
Histidine....g	0.031		0		4		0.005	0.076	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.461		0		4		0.069	1.129	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

NDB No. 04016

Salad dressing, sesame seed dressing, regular

Common Measures:

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

Calories Factors: Protein 4.03 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04688
Salad dressing, spray-style dressing, assorted flavors

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.00		0	NC	4		5.68		
Energy....kcal	165	5.912	9	MC	9		13		
Energy....kJ	690		9	MC	9		55		
Protein....g	0.16	0.076	9	MC	9		0.01		
Total lipid (fat)....g	10.75	0.704	9	MC	9		0.86		
Ash....g	1.50		0	CAZN	4		0.12		
Carbohydrate, by difference....g	16.60	1.249	9	MC	9		1.33		
Fiber, total dietary....g	0.3	0.014	9	MC	9		0.0		
Sugars, total....g	14.29	1.460	9	MC	9		1.14		
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.426	9	MC	9		0		
Iron, Fe....mg	0.18	0.023	9	MC	9		0.01		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	1102	89.768	9	MC	9		88		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.352	9	MC	9		0.1		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	347	226.251	9	MC	9		28		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.643	0.112	9	MC	9		0.131		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.139	0.013	9	MC	9		0.011		
Cholesterol....mg	0	0.040	9	MC	9		0		
Phytosterols....mg									

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

Common Measures:

NDB No. 04688

Salad dressing, spray-style dressing, assorted flavors

Measure 1 = 8.0g: 1 serving (approximately 10 sprays)

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43019
Salad dressing, sweet and sour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	95.70		1		1		239.25	15.31	
Energy....kcal	15		1		1		38	2	
Energy....kJ	63		1		1		157	10	
Protein....g	0.10		1		1		0.25	0.02	
Total lipid (fat)....g	0.00		0		7		0.00	0.00	
Ash....g	0.50		0	O	4		1.25	0.08	
Carbohydrate, by difference....g	3.70		0	NC	4		9.25	0.59	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	3.70		0	NR	4		9.25	0.59	
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		1		1		10	1	
Iron, Fe....mg	0.04		1		1		0.10	0.01	
Magnesium, Mg....mg	3		1		1		8	0	
Phosphorus, P....mg	3		1		1		8	0	
Potassium, K....mg	33		1		1		83	5	
Sodium, Na....mg	208		1		1		520	33	
Zinc, Zn....mg	0.02		1		1		0.05	0.00	
Copper, Cu....mg	0.010		1		1		0.025	0.002	
Manganese, Mn....mg	0.060		0	FLA	4		0.150	0.010	
Selenium, Se....mcg	1.6		0	CAZN	4		4.0	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.1		1		1		20.3	1.3	
Thiamin....mg	0.010		1		1		0.025	0.002	
Riboflavin....mg	0.000		1		1		0.000	0.000	
Niacin....mg	0.060		1		1		0.150	0.010	
Pantothenic acid....mg	0.027		0	FLA	4		0.067	0.004	
Vitamin B-6....mg	0.010		1		1		0.025	0.002	
Folate, total....mcg	2		0	FLA	4		6	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	2		0	FLA	4		6	0	
Folate, DFE....mcg_DFE	2		0	NC	4		6	0	
Choline, total....mg	0.1		0	BFZN	4		0.2	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	Z	7		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	2.56		0	FLA	4		6.41	0.41	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 43019
Salad dressing, sweet and sour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	39.6		0	FLA	4		99.1	6.3	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		7		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04635
Salad dressing, thousand island dressing, fat-free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.14	0.074	3	A	1		10.58	169.32	
Energy	kcal	132		0	NC	4		21	339	
Energy	kJ	554		0	NC	4		89	1417	
Protein	g	0.55	0.075	3	A	1		0.09	1.40	
Total lipid (fat)	g	1.45	0.049	3	A	1		0.23	3.71	
Ash	g	2.59	0.029	3	A	1		0.41	6.64	
Carbohydrate, by difference	g	29.27		0	NC	4		4.68	74.93	
Fiber, total dietary	g	3.3		2	A	1		0.5	8.5	
Sugars, total	g	16.83		2	A	1		2.69	43.07	
Sucrose	g	2.72		2	A	1		0.44	6.97	
Glucose (dextrose)	g	6.42		2	A	1		1.03	16.43	
Fructose	g	6.58		2	A	1		1.05	16.84	
Lactose	g	0.15		2	A	1		0.02	0.38	
Maltose	g	0.96		2	A	1		0.15	2.46	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch	g	11.75		2	A	1		1.88	30.08	
Minerals:										
Calcium, Ca	mg	11	2.817	3	A	1		2	29	
Iron, Fe	mg	0.28	0.021	3	A	1		0.05	0.72	
Magnesium, Mg	mg	4	0.321	3	A	1		1	10	
Phosphorus, P	mg	1	0.133	3	A	1		0	3	
Potassium, K	mg	122	3.928	3	A	1		20	313	
Sodium, Na	mg	729	8.576	3	A	1		117	1865	
Zinc, Zn	mg	0.09	0.015	3	A	1		0.01	0.24	
Copper, Cu	mg	0.178	0.136	3	A	1		0.028	0.456	
Manganese, Mn	mg	0.021	0.006	3	A	1		0.003	0.054	
Selenium, Se	mcg	2.0		2	A	1		0.3	5.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.236		2	A	1		0.038	0.603	
Riboflavin	mg	0.049		2	A	1		0.008	0.124	
Niacin	mg	0.261		2	A	1		0.042	0.668	
Pantothenic acid	mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6	mg	0.000		1	A	1		0.000	0.000	
Folate, total	mcg	12		1	A	1		2	31	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		1	A	1		2	31	
Folate, DFE	mcg_DFE	12		0	NC	4		2	31	
Choline, total	mg	4.6		0	BFZN	4		0.7	11.8	
Betaine	mg									
Vitamin B-12	mcg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	1	
Retinol	mcg	0		0	FLA	4		0	0	
Carotene, beta	mcg	0	0.000	3	A	1		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	13	6.557	3	A	1		2	33	
Vitamin A, IU	IU	11		0	NC	4		2	28	
Lycopene	mcg	1587	77.983	3	A	1		254	4063	
Lutein + zeaxanthin	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.75		0	NR	4		0.12	1.92	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 04635
Salad dressing, thousand island dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	3.7		2	A	1		0.6	9.5	
Lipids:									
Fatty acids, total saturated.....g	0.198		0	NC	4		0.032	0.507	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	Z	7		0.000	0.000	
12:0.....g	0.001		1	A	1		0.000	0.003	
13:0.....g									
14:0.....g	0.002		1	A	1		0.000	0.005	
15:0.....g									
16:0.....g	0.129		1	A	1		0.021	0.330	
17:0.....g	0.002		1	A	1		0.000	0.005	
18:0.....g	0.052		1	A	1		0.008	0.133	
20:0.....g	0.006		1	A	1		0.001	0.015	
22:0.....g	0.004		1	A	1		0.001	0.010	
24:0.....g	0.002		1	A	1		0.000	0.005	
Fatty acids, total monounsaturated.....g	0.342		0	NC	4		0.055	0.876	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		1	A	1		0.001	0.018	
17:1.....g	0.009		1	A	1		0.001	0.023	
18:1 undifferentiated.....g	0.285		1	A	1		0.046	0.730	
20:1.....g	0.018		1	A	1		0.003	0.046	
22:1 undifferentiated.....g	0.023		1	A	1		0.004	0.059	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0	NC	4		0.101	1.613	
18:2 undifferentiated.....g	0.538		1	A	1		0.086	1.377	
18:3 undifferentiated.....g	0.088		1	A	1		0.014	0.225	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.004		1	A	1		0.001	0.010	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	A	1		1	12	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 256g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04023

Salad dressing, thousand island dressing, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.73	0.139	3	A	1		9.11	148.78	9.11
Energy....kcal	195		0	NC	4		29	477	29
Energy....kJ	815		0	NC	4		122	1996	122
Protein (N x 6.25)....g	0.83	0.190	4	JA	6		0.12	2.03	0.12
Total lipid (fat)....g	11.32	1.829	4	JA	6		1.70	27.74	1.70
Ash....g	3.07	0.004	3	A	1		0.46	7.51	0.46
Carbohydrate, by difference....g	24.06		0	NC	4		3.61	58.94	3.61
Fiber, total dietary....g	1.2	0.003	3	JA	6		0.2	2.9	0.2
Sugars, total....g	17.31		2	A	1		2.60	42.42	2.60
Sucrose....g	0.80		2	A	1		0.12	1.96	0.12
Glucose (dextrose)....g	9.11		2	A	1		1.37	22.32	1.37
Fructose....g	6.90		2	A	1		1.03	16.90	1.03
Lactose....g	0.00		2	A	1		0.00	0.00	0.00
Maltose....g	0.50		2	A	1		0.08	1.23	0.08
Galactose....g	0.00		2	A	1		0.00	0.00	0.00
Starch....g	4.92		2	A	1		0.74	12.05	0.74
Minerals:									
Calcium, Ca....mg	27	10.856	4	JA	6		4	66	4
Iron, Fe....mg	0.90	0.115	4	JA	6		0.13	2.20	0.13
Magnesium, Mg....mg	7	0.100	3	A	1		1	18	1
Phosphorus, P....mg	14	0.593	3	A	1		2	35	2
Potassium, K....mg	202	3.374	3	A	1		30	495	30
Sodium, Na....mg	833	14.149	4	JA	6		125	2041	125
Zinc, Zn....mg	0.19	0.031	3	A	1		0.03	0.47	0.03
Copper, Cu....mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.120	0.006	3	A	1		0.018	0.294	0.018
Selenium, Se....mcg	0.0		2	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		2	JA	6		0.2	3.8	0.2
Thiamin....mg	0.049		2	A	1		0.007	0.119	0.007
Riboflavin....mg	0.043		2	A	1		0.006	0.104	0.006
Niacin....mg	0.437		2	A	1		0.066	1.071	0.066
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1	A	1		0.000	0.000	0.000
Folate, total....mcg	0		1	A	1		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		1	A	1		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	16.0		0	BFZN	4		2.4	39.2	2.4
Betaine....mg									
Vitamin B-12....mcg	0.00		1	A	1		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	16		0	NC	4		2	38	2
Retinol....mcg	0		0	FLA	4		0	1	0
Carotene, beta....mcg	154		2	A	1		23	376	23
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	65		2	A	1		10	159	10
Vitamin A, IU....IU	311		0	NC	4		47	762	47
Lycopene....mcg	3097		2	A	1		464	7586	464
Lutein + zeaxanthin....mcg	100		0	NR	4		15	244	15
Vitamin E (alpha-tocopherol)....mg	1.00		0		4		0.15	2.45	0.15
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0

NDB No. 04023
Salad dressing, thousand island dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	27.6		0	FLA	4		4.1	67.6	4.1
Lipids:									
Fatty acids, total saturated....g	0.746		0	NC	4		0.112	1.828	0.112
4:0....g	0.000		2	A	1		0.000	0.000	0.000
6:0....g	0.000		2	A	1		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	0.000
15:0....g									
16:0....g	0.524		2	A	1		0.079	1.283	0.079
17:0....g	0.000		1	A	1		0.000	0.000	0.000
18:0....g	0.223		2	A	1		0.033	0.545	0.033
20:0....g	0.000		2	A	1		0.000	0.000	0.000
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	6.468		0	NC	4		0.970	15.845	0.970
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	6.285		2	A	1		0.943	15.398	0.943
20:1....g	0.183		2	A	1		0.027	0.447	0.027
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.692		0	NC	4		0.404	6.594	0.404
18:2 undifferentiated....g	1.955		2	A	1		0.293	4.789	0.293
18:3 undifferentiated....g	0.737		2	A	1		0.111	1.806	0.111
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	11		2	JA	6		2	26	2
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	JA	6		0.000	0.000	0.000
Threonine....g	0.000		0	JA	6		0.000	0.000	0.000
Isoleucine....g	0.000		0	JA	6		0.000	0.000	0.000
Leucine....g	0.000		0	JA	6		0.000	0.000	0.000
Lysine....g	0.000		0	JA	6		0.000	0.000	0.000
Methionine....g	0.000		0	JA	6		0.000	0.000	0.000
Cystine....g	0.000		0	JA	6		0.000	0.000	0.000
Phenylalanine....g	0.000		0	JA	6		0.000	0.000	0.000
Tyrosine....g	0.000		0	JA	6		0.000	0.000	0.000
Valine....g	0.000		0	JA	6		0.000	0.000	0.000
Arginine....g	0.000		0	JA	6		0.000	0.000	0.000
Histidine....g	0.000		0	JA	6		0.000	0.000	0.000
Alanine....g	0.000		0	JA	6		0.000	0.000	0.000
Aspartic acid....g	0.000		0	JA	6		0.000	0.000	0.000
Glutamic acid....g	0.135		0	JA	6		0.020	0.332	0.020
Glycine....g	0.000		0	JA	6		0.000	0.000	0.000
Proline....g	0.000		0	JA	6		0.000	0.000	0.000
Serine....g	0.000		0	JA	6		0.000	0.000	0.000

NDB No. 04023
Salad dressing, thousand island dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

Measure 3 = 15g: 1 serving (2 tbsp)

Calories Factors: Protein 3.9 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04017
Salad dressing, thousand island, commercial, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.51	1.369	6	A	1		116.28	7.44	13.95
Energy....kcal	370		0	NC	4		925	59	111
Energy....kJ	1548		0	NC	4		3870	248	464
Protein (N x 6.25)....g	1.09	0.023	6	A	1		2.73	0.17	0.33
Total lipid (fat)....g	35.06	0.791	6	A	1		87.66	5.61	10.52
Ash....g	2.69	0.044	6	A	1		6.73	0.43	0.81
Carbohydrate, by difference....g	14.64		0	NC	4		36.60	2.34	4.39
Fiber, total dietary....g	0.8		2	A	1		1.9	0.1	0.2
Sugars, total....g	15.18		2	A	1		37.94	2.43	4.55
Sucrose....g	6.40		2	A	1		15.99	1.02	1.92
Glucose (dextrose)....g	4.78		2	A	1		11.96	0.77	1.44
Fructose....g	4.00		2	A	1		9.99	0.64	1.20
Lactose....g	0.00		2	A	1		0.00	0.00	0.00
Maltose....g	0.00		2	A	1		0.00	0.00	0.00
Galactose....g	0.00		2	A	1		0.00	0.00	0.00
Starch....g	0.00		2	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	17	0.692	6	A	1		43	3	5
Iron, Fe....mg	1.18	0.089	6	A	1		2.96	0.19	0.36
Magnesium, Mg....mg	8	0.217	6	A	1		19	1	2
Phosphorus, P....mg	27	0.735	6	A	1		68	4	8
Potassium, K....mg	107	2.622	6	A	1		268	17	32
Sodium, Na....mg	863	21.246	6	A	1		2158	138	259
Zinc, Zn....mg	0.26	0.017	6	A	1		0.65	0.04	0.08
Copper, Cu....mg	0.000	0.000	6	A	1		0.000	0.000	0.000
Manganese, Mn....mg	0.040	0.025	6	A	1		0.100	0.006	0.012
Selenium, Se....mcg	1.5		2	A	1		3.8	0.2	0.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin....mg	1.445	1.213	3	A	1		3.613	0.231	0.434
Riboflavin....mg	0.058	0.002	3	A	1		0.144	0.009	0.017
Niacin....mg	0.418	0.015	3	A	1		1.044	0.067	0.125
Pantothenic acid....mg	0.000		2	A	1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		2	A	1		0.000	0.000	0.000
Folate, total....mcg	0		2	A	1		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		2	A	1		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	16.0		0	BFZN	4		40.0	2.6	4.8
Betaine....mg									
Vitamin B-12....mcg	0.00		2	A	1		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	14		0	NC	4		35	2	4
Retinol....mcg	4		0	FLA	4		11	1	1
Carotene, beta....mcg	92	6.726	6	A	1		229	15	28
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	52	3.276	6	A	1		130	8	16
Vitamin A, IU....IU	211		0	NC	4		527	34	63
Lycopene....mcg	2597	163.390	6	A	1		6491	415	779
Lutein + zeaxanthin....mcg	29		0	FLA	4		72	5	9
Vitamin E (alpha-tocopherol)....mg	4.00		0		4		10.00	0.64	1.20
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	FLA	4		0.2	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 04017
Salad dressing, thousand island, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	3		0	FLA	4		8	0	1
Vitamin K (phylloquinone)....mcg	69.1		1	A	1		172.7	11.1	20.7
Lipids:									
Fatty acids, total saturated....g	5.092		0	NC	4		12.729	0.815	1.527
4:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0....g									
16:0....g	3.516	0.087	4	A	1		8.789	0.562	1.055
17:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0....g	1.341	0.029	4	A	1		3.351	0.214	0.402
20:0....g	0.122	0.004	4	A	1		0.304	0.019	0.036
22:0....g	0.114	0.002	4	A	1		0.285	0.018	0.034
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	7.881		0	NC	4		19.703	1.261	2.364
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g									
16:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	7.727	0.344	4	A	1		19.318	1.236	2.318
20:1....g	0.154	0.004	4	A	1		0.385	0.025	0.046
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	18.220		0	NC	4		45.549	2.915	5.466
18:2 undifferentiated....g	15.869	0.348	4	A	1		39.672	2.539	4.761
18:3 undifferentiated....g	2.351	0.063	4	A	1		5.877	0.376	0.705
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	26		2	A	1		65	4	8
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	A	1		0.000	0.000	0.000
Threonine....g	0.000		0	A	1		0.000	0.000	0.000
Isoleucine....g	0.000		0	A	1		0.000	0.000	0.000
Leucine....g	0.000		0	A	1		0.000	0.000	0.000
Lysine....g	0.000		0	A	1		0.000	0.000	0.000
Methionine....g	0.000		0	A	1		0.000	0.000	0.000
Cystine....g	0.000		0	A	1		0.000	0.000	0.000
Phenylalanine....g	0.000		0	A	1		0.000	0.000	0.000
Tyrosine....g	0.000		0	A	1		0.000	0.000	0.000
Valine....g	0.000		0	A	1		0.000	0.000	0.000
Arginine....g	0.000		0	A	1		0.000	0.000	0.000
Histidine....g	0.000		0	A	1		0.000	0.000	0.000
Alanine....g	0.000		0	A	1		0.000	0.000	0.000
Aspartic acid....g	0.110		0	A	1		0.275	0.018	0.033
Glutamic acid....g	0.250		0	A	1		0.626	0.040	0.075
Glycine....g	0.000		0	A	1		0.000	0.000	0.000
Proline....g	0.000		0	A	1		0.000	0.000	0.000
Serine....g	0.000		0	A	1		0.000	0.000	0.000
Hydroxyproline....g									
Others:									

NDB No. 04017
Salad dressing, thousand island, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 30g: 1 serving (2 tbsp)

Calories Factors: Protein 4.03 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04030
Sandwich spread, with chopped pickle, regular, unspecified oils

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	40.80	1.148	6		1		6.12	99.96	
Energy....kcal	389		0	NC	4		58	953	
Energy....kJ	1628		0		4		244	3988	
Protein (N x 6.25)....g	0.90	0.106	7		1		0.14	2.21	
Total lipid (fat)....g	34.00	1.570	7		1		5.10	83.30	
Ash....g	2.00	0.140	7		1		0.30	4.90	
Carbohydrate, by difference....g	22.40		0	NC	4		3.36	54.88	
Fiber, total dietary....g	0.4		0		4		0.1	1.0	
Sugars, total....g	15.18		0	BFZN	4		2.28	37.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		4		2	34	
Iron, Fe....mg	0.20		0		4		0.03	0.49	
Magnesium, Mg....mg	2		0		4		0	5	
Phosphorus, P....mg	26		0		4		4	64	
Potassium, K....mg	35		0		4		5	86	
Sodium, Na....mg	1000		0		4		150	2450	
Zinc, Zn....mg	0.81		0		4		0.12	1.98	
Copper, Cu....mg	0.010		0		4		0.002	0.025	
Manganese, Mn....mg									
Selenium, Se....mcg	1.6		0	CAZN	4		0.2	3.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.010		0		4		0.002	0.025	
Riboflavin....mg	0.020		0		4		0.003	0.049	
Niacin....mg	0.010		0		4		0.002	0.025	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.020		0		4		0.003	0.049	
Folate, total....mcg	6		0		4		1	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		4		1	15	
Folate, DFE....mcg_DFE	6		0	NC	4		1	15	
Choline, total....mg	14.6		0	FLM	4		2.2	35.8	
Betaine....mg									
Vitamin B-12....mcg	0.21		0		4		0.03	0.51	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	22		0	NC	4		3	54	
Retinol....mcg	13		0	FLM	4		2	32	
Carotene, beta....mcg	94		0	BFZN	4		14	230	
Carotene, alpha....mcg	1		0	BFZN	4		0	3	
Cryptoxanthin, beta....mcg	27		0	BFZN	4		4	66	
Vitamin A, IU....IU	220		0		4		33	539	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	87		0	BFZN	4		13	212	
Vitamin E (alpha-tocopherol)....mg	4.00		0		4		0.60	9.80	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	BFFN	4		0.0	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	4		0	BFFN	4		1	11	
Vitamin K (phylloquinone)....mcg	24.7		0	BFZN	4		3.7	60.6	
Lipids:									
Fatty acids, total saturated....g	5.100		0		1		0.765	12.495	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04030
Sandwich spread, with chopped pickle, regular, unspecified oils

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0		1		0.000	0.000	
8:0 ....g	0.000		0		1		0.000	0.000	
10:0 ....g	0.000		0		1		0.000	0.000	
12:0 ....g	0.000		0		1		0.000	0.000	
13:0 ....g									
14:0 ....g	0.000		0		1		0.000	0.000	
15:0 ....g									
16:0 ....g	3.900	0.202	8		1		0.585	9.555	
17:0 ....g									
18:0 ....g	1.200	0.080	8		1		0.180	2.940	
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	7.400		0		1		1.110	18.130	
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.000		0		1		0.000	0.000	
17:1 ....g									
18:1 undifferentiated ....g	7.400	0.364	8		1		1.110	18.130	
20:1 ....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ....g	0.000		0		1		0.000	0.000	
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	20.000		0		1		3.000	49.000	
18:2 undifferentiated ....g	18.100	0.848	8		1		2.715	44.345	
18:3 undifferentiated ....g	1.900	0.188	8		1		0.285	4.655	
18:4 ....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ....g									
Cholesterol ....mg	76	5.857	7		1		11	186	
Phytosterols ....mg	75		0		4		11	184	
Amino Acids:									
Tryptophan ....g	0.013		0		4		0.002	0.032	
Threonine ....g	0.049		0		4		0.007	0.120	
Isoleucine ....g	0.052		0		4		0.008	0.127	
Leucine ....g	0.077		0		4		0.012	0.189	
Lysine ....g	0.061		0		4		0.009	0.149	
Methionine ....g	0.023		0		4		0.003	0.056	
Cystine ....g	0.016		0		4		0.002	0.039	
Phenylalanine ....g	0.039		0		4		0.006	0.096	
Tyrosine ....g	0.039		0		4		0.006	0.096	
Valine ....g	0.055		0		4		0.008	0.135	
Arginine ....g	0.062		0		4		0.009	0.152	
Histidine ....g	0.022		0		4		0.003	0.054	
Alanine ....g	0.045		0		4		0.007	0.110	
Aspartic acid ....g	0.075		0		4		0.011	0.184	
Glutamic acid ....g	0.110		0		4		0.017	0.270	
Glycine ....g	0.027		0		4		0.004	0.066	
Proline ....g	0.037		0		4		0.006	0.091	
Serine ....g	0.075		0		4		0.011	0.184	
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	
Caffeine ....mg	0		0	Z	7		0	0	
Theobromine ....mg	0		0	Z	7		0	0	

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

NDB No. 04030

Sandwich spread, with chopped pickle, regular, unspecified oils

Common Measures:

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

Calories Factors: Protein 3.92 **Fat** 8.84 **Carbohydrate** 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04546
Shortening bread, soybean (hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699		0		4		473	7582	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00		0		1		12.80	205.00	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg	0.000		0	BFZN	4		0.000	0.000	
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	8.00		0		4		1.02	16.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	22.000		0		1		2.816	45.100	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 04546
Shortening bread, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	
15:0 g									
16:0 g	10.400	0.386	7		1		1.331	21.320	
17:0 g									
18:0 g	11.600	1.595	7		1		1.485	23.780	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	33.000		0		1		4.224	67.650	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	33.000	3.373	7		1		4.224	67.650	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	40.600		0		1		5.197	83.230	
18:2 undifferentiated g	36.700	2.189	7		1		4.698	75.235	
18:3 undifferentiated g	4.000	0.641	7		1		0.512	8.200	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg	200		0		4		26	410	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

NDB No. 04546

Shortening bread, soybean (hydrogenated) and cottonseed

Common Measures:

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04548

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1	A	1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699		0		4		473	7582	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00	0.000	6	A	1		12.80	205.00	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0	Z	7		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.80	0.804	7	A	1		0.10	1.65	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma....mg	29.44	5.320	7	A	1		3.77	60.36	
Tocopherol, delta....mg	16.68	3.339	7	A	1		2.14	34.20	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	43.0		1	CAZN	4		5.5	88.2	
Lipids:									
Fatty acids, total saturated....g	27.200		0		1		3.482	55.760	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04548
Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.100		1		1		0.013	0.205	
13:0 g									
14:0 g	0.400		1		1		0.051	0.820	
15:0 g									
16:0 g	18.000	1.629	3		1		2.304	36.900	
17:0 g									
18:0 g	8.800	2.903	3		1		1.126	18.040	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	54.200		0		1		6.938	111.110	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	54.200	1.609	3		1		6.938	111.110	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	14.100		0		1		1.805	28.905	
18:2 undifferentiated g	13.100	1.124	3		1		1.677	26.855	
18:3 undifferentiated g	1.100		1		1		0.141	2.255	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg	200		0		4		26	410	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

NDB No. 04548

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.82 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1	A	1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699		0		4		473	7582	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00	0.000	6	A	1		12.80	205.00	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0	Z	7		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.3		0	BFZN	4		0.0	0.6	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.95		0	RA	4		0.25	4.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	43.0		1	CAZN	4		5.5	88.2	
Lipids:									
Fatty acids, total saturated....g	91.300		0		1		11.686	187.165	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	4.300	0.625	3		1		0.550	8.815	
10:0....g	4.300	0.634	3		1		0.550	8.815	
12:0....g	35.800	3.295	3		1		4.582	73.390	
13:0....g									
14:0....g	14.400	1.421	3		1		1.843	29.520	
15:0....g									
16:0....g	10.700	0.599	3		1		1.370	21.935	
17:0....g									
18:0....g	21.900	5.376	3		1		2.803	44.895	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.200		0		1		0.282	4.510	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	2.200	0.316	3		1		0.282	4.510	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.000		0		1		0.128	2.050	
18:2 undifferentiated....g	1.000		1		1		0.128	2.050	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	86		0		4		11	176	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04550
Shortening frying (heavy duty), beef tallow and cottonseed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	900		0	NC	4		115	1845	
Energy	kJ	3766				4		482	7719	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		12.80	205.00	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	4.00		0		4		0.51	8.20	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	44.900		0		1		5.747	92.045	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 04550
Shortening frying (heavy duty), beef tallow and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	3.400		1		1		0.435	6.970	
15:0 ... g									
16:0 ... g	24.500		1		1		3.136	50.225	
17:0 ... g									
18:0 ... g	17.000		1		1		2.176	34.850	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	38.500		0		1		4.928	78.925	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	4.300		1		1		0.550	8.815	
17:1 ... g									
18:1 undifferentiated ... g	34.200		1		1		4.378	70.110	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	8.800		0		1		1.126	18.040	
18:2 undifferentiated ... g	8.300		1		1		1.062	17.015	
18:3 undifferentiated ... g	0.500		1		1		0.064	1.025	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	100		0		4		13	205	
Phytosterols ... mg	32		0		4		4	66	
Amino Acids:									
Tryptophan ... g	0.000		0		4		0.000	0.000	
Threonine ... g	0.000		0		4		0.000	0.000	
Isoleucine ... g	0.000		0		4		0.000	0.000	
Leucine ... g	0.000		0		4		0.000	0.000	
Lysine ... g	0.000		0		4		0.000	0.000	
Methionine ... g	0.000		0		4		0.000	0.000	
Cystine ... g	0.000		0		4		0.000	0.000	
Phenylalanine ... g	0.000		0		4		0.000	0.000	
Tyrosine ... g	0.000		0		4		0.000	0.000	
Valine ... g	0.000		0		4		0.000	0.000	
Arginine ... g	0.000		0		4		0.000	0.000	
Histidine ... g	0.000		0		4		0.000	0.000	
Alanine ... g	0.000		0		4		0.000	0.000	
Aspartic acid ... g	0.000		0		4		0.000	0.000	
Glutamic acid ... g	0.000		0		4		0.000	0.000	
Glycine ... g	0.000		0		4		0.000	0.000	
Proline ... g	0.000		0		4		0.000	0.000	
Serine ... g	0.000		0		4		0.000	0.000	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

NDB No. 04550
Shortening frying (heavy duty), beef tallow and cottonseed

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04556
Shortening frying (heavy duty), palm (hydrogenated)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		113	1812	
Energy	kJ	3699				4		473	7582	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		12.80	205.00	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	19.00		0		4		2.43	38.95	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	47.500		0		1		6.080	97.375	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 04556
Shortening frying (heavy duty), palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0		4		0.000	0.000	
15:0 ... g									
16:0 ... g	40.600	1.813	4		1		5.197	83.230	
17:0 ... g									
18:0 ... g	6.900	0.767	4		1		0.883	14.145	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	40.600		0		1		5.197	83.230	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	40.600	1.714	4		1		5.197	83.230	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	7.500		0		1		0.960	15.375	
18:2 undifferentiated ... g	7.500	2.186	4		1		0.960	15.375	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0	0	
Phytosterols ... mg	49		0		4		6	100	
Amino Acids:									
Tryptophan ... g	0.000		0		4		0.000	0.000	
Threonine ... g	0.000		0		4		0.000	0.000	
Isoleucine ... g	0.000		0		4		0.000	0.000	
Leucine ... g	0.000		0		4		0.000	0.000	
Lysine ... g	0.000		0		4		0.000	0.000	
Methionine ... g	0.000		0		4		0.000	0.000	
Cystine ... g	0.000		0		4		0.000	0.000	
Phenylalanine ... g	0.000		0		4		0.000	0.000	
Tyrosine ... g	0.000		0		4		0.000	0.000	
Valine ... g	0.000		0		4		0.000	0.000	
Arginine ... g	0.000		0		4		0.000	0.000	
Histidine ... g	0.000		0		4		0.000	0.000	
Alanine ... g	0.000		0		4		0.000	0.000	
Aspartic acid ... g	0.000		0		4		0.000	0.000	
Glutamic acid ... g	0.000		0		4		0.000	0.000	
Glycine ... g	0.000		0		4		0.000	0.000	
Proline ... g	0.000		0		4		0.000	0.000	
Serine ... g	0.000		0		4		0.000	0.000	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

NDB No. 04556
Shortening frying (heavy duty), palm (hydrogenated)

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04560
Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1	A	1		0.00	0.00	
Energy	kcal	884		0	NC	4		113	1812	
Energy	kJ	3699				4		473	7582	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00	0.000	6	A	1		12.80	205.00	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0	Z	7		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0	Z	7		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.80	0.804	7	A	1		0.10	1.65	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma	mg	29.44	5.320	7	A	1		3.77	60.36	
Tocopherol, delta	mg	16.68	3.339	7	A	1		2.14	34.20	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	43.0		1	CAZN	4		5.5	88.2	
Lipids:										
Fatty acids, total saturated	g	21.100		0		1		2.701	43.255	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	10.900		1		1		1.395	22.345	
17:0....g									
18:0....g	10.200		1		1		1.306	20.910	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	73.700		0		1		9.434	151.085	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	73.700		1		1		9.434	151.085	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.400		0		1		0.051	0.820	
18:2 undifferentiated....g	0.300		1		1		0.038	0.615	
18:3 undifferentiated....g	0.100		1		1		0.013	0.205	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg	181		0		4		23	371	
Amino Acids:									
Tryptophan....g	0.000		0		4		0.000	0.000	
Threonine....g	0.000		0		4		0.000	0.000	
Isoleucine....g	0.000		0		4		0.000	0.000	
Leucine....g	0.000		0		4		0.000	0.000	
Lysine....g	0.000		0		4		0.000	0.000	
Methionine....g	0.000		0		4		0.000	0.000	
Cystine....g	0.000		0		4		0.000	0.000	
Phenylalanine....g	0.000		0		4		0.000	0.000	
Tyrosine....g	0.000		0		4		0.000	0.000	
Valine....g	0.000		0		4		0.000	0.000	
Arginine....g	0.000		0		4		0.000	0.000	
Histidine....g	0.000		0		4		0.000	0.000	
Alanine....g	0.000		0		4		0.000	0.000	
Aspartic acid....g	0.000		0		4		0.000	0.000	
Glutamic acid....g	0.000		0		4		0.000	0.000	
Glycine....g	0.000		0		4		0.000	0.000	
Proline....g	0.000		0		4		0.000	0.000	
Serine....g	0.000		0		4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04559
Shortening household soybean (hydrogenated) and palm

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699				4		473	7582	
Protein (N x 0)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	100.00		1		1		12.80	205.00	
Ash....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.000		0		4		0.000	0.000	
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	25.020		0		1		3.203	51.291	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.100		1		1		0.013	0.205	

NDB No. 04559
Shortening household soybean (hydrogenated) and palm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.100		1		1		0.013	0.205	
12:0 g	0.400	0.262	3		1		0.051	0.820	
13:0 g									
14:0 g	0.240		2		1		0.031	0.492	
15:0 g									
16:0 g	14.040		2		1		1.797	28.782	
17:0 g									
18:0 g	10.740		2		1		1.375	22.017	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	42.510		0		1		5.441	87.146	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100		2		1		0.013	0.205	
17:1 g									
18:1 undifferentiated g	42.220		2		1		5.404	86.551	
20:1 g	0.190		2		1		0.024	0.390	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	26.640		0		1		3.410	54.612	
18:2 undifferentiated g	25.160		2		1		3.220	51.578	
18:3 undifferentiated g	1.480		2		1		0.189	3.034	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg	148		1		1		19	303	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

NDB No. 04559
Shortening household soybean (hydrogenated) and palm

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04549
Shortening industrial, lard and vegetable oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	900		0	NC	4		115	1845	
Energy	kJ	3766				4		482	7719	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		12.80	205.00	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	1.00		0		4		0.13	2.05	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	35.700		0		1		4.570	73.185	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 04549
Shortening industrial, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.200		2		1		0.026	0.410	
13:0 g									
14:0 g	1.200		2		1		0.154	2.460	
15:0 g									
16:0 g	19.200	1.198	3		1		2.458	39.360	
17:0 g									
18:0 g	14.600	0.240	3		1		1.869	29.930	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	40.700		0		1		5.210	83.435	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.400		2		1		0.179	2.870	
17:1 g									
18:1 undifferentiated g	38.000	1.934	3		1		4.864	77.900	
20:1 g	0.600		2		1		0.077	1.230	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	19.200		0		1		2.458	39.360	
18:2 undifferentiated g	18.100	0.683	3		1		2.317	37.105	
18:3 undifferentiated g	1.000		2		1		0.128	2.050	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	56		0		4		7	115	
Phytosterols mg	13		0		4		2	27	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

NDB No. 04549
Shortening industrial, lard and vegetable oil

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04554
Shortening industrial, soybean (hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1	A	1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699		0		4		473	7582	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00	0.000	6	A	1		12.80	205.00	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0	Z	7		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.80	0.804	7	A	1		0.10	1.65	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma....mg	29.44	5.320	7	A	1		3.77	60.36	
Tocopherol, delta....mg	16.68	3.339	7	A	1		2.14	34.20	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	43.0		1	CAZN	4		5.5	88.2	
Lipids:									
Fatty acids, total saturated....g	25.600		0		1		3.277	52.480	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04554
Shortening industrial, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.500	0.158	6		1		0.064	1.025	
15:0 g									
16:0 g	13.000	0.401	22		1		1.664	26.650	
17:0 g									
18:0 g	12.100	0.445	22		1		1.549	24.805	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	58.000		0		1		7.424	118.900	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	58.000	1.046	22		1		7.424	118.900	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	12.000		0		1		1.536	24.600	
18:2 undifferentiated g	11.400	1.028	22		1		1.459	23.370	
18:3 undifferentiated g	0.600	0.171	10		1		0.077	1.230	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg	200		0		4		26	410	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

NDB No. 04554

Shortening industrial, soybean (hydrogenated) and cottonseed

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04570
Shortening, confectionery, fractionated palm

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		120	1927	
Energy	kJ	3699				4		503	8063	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		13.60	218.00	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	19.00		0		4		2.58	41.42	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	65.500		0		1		8.908	142.790	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 04570
Shortening, confectionery, fractionated palm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	1.100		1		1		0.150	2.398	
13:0 g									
14:0 g	0.900		1		1		0.122	1.962	
15:0 g									
16:0 g	36.000		1		1		4.896	78.480	
17:0 g									
18:0 g	26.200		1		1		3.563	57.116	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	29.600		0		1		4.026	64.528	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	29.300		1		1		3.985	63.874	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.500		0		1		0.068	1.090	
18:2 undifferentiated g	0.500		1		1		0.068	1.090	
18:3 undifferentiated g	0.000		0		4		0.000	0.000	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg	49		0		4		7	107	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

NDB No. 04570
Shortening, confectionery, fractionated palm

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04544
Shortening, household, lard and vegetable oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	900		0	NC	4		115	1845	
Energy	kJ	3766		0		4		482	7719	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		12.80	205.00	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	0		0		4		0	0	
Potassium, K	mg	0		0		4		0	0	
Sodium, Na	mg	0		0		4		0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		7		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	25.0		0	O	4		3.2	51.3	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	BFZN	4		0	0	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	1.00		0		4		0.13	2.05	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	21.5		0	RA	4		2.8	44.1	
Lipids:										
Fatty acids, total saturated	g	40.300		0		1		5.158	82.615	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 04544
Shortening, household, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.100		7		1		0.013	0.205	
12:0 g	0.100		10		1		0.013	0.205	
13:0 g									
14:0 g	1.600	0.132	13		1		0.205	3.280	
15:0 g									
16:0 g	23.000	0.247	20		1		2.944	47.150	
17:0 g									
18:0 g	15.200	0.746	20		1		1.946	31.160	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	44.400		0		1		5.683	91.020	
14:1 g									
15:1 g									
16:1 undifferentiated g	3.100	0.226	14		1		0.397	6.355	
17:1 g									
18:1 undifferentiated g	40.900	0.793	20		1		5.235	83.845	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	10.900		0		1		1.395	22.345	
18:2 undifferentiated g	9.700	0.476	20		1		1.242	19.885	
18:3 undifferentiated g	1.100	0.131	12		1		0.141	2.255	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	56		0		4		7	115	
Phytosterols mg	13		0		4		2	27	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	BFZN	4		0	0	
Theobromine mg	0		0	BFZN	4		0	0	

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

NDB No. 04544

Shortening, household, lard and vegetable oil

Common Measures:

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 9.02 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04031
Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1	A	1		0.00	0.00	
Energy....kcal	884		0	NC	4		1812	113	
Energy....kJ	3699		0		4		7582	473	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	100.00	0.000	6	A	1		205.00	12.80	
Ash....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0	Z	7		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	CAZN	4		0.4	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.80	0.804	7	A	1		1.65	0.10	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma....mg	29.44	5.320	7	A	1		60.36	3.77	
Tocopherol, delta....mg	16.68	3.339	7	A	1		34.20	2.14	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	43.0		1	CAZN	4		88.2	5.5	
Lipids:									
Fatty acids, total saturated....g	25.000		0		1		51.250	3.200	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 04031
Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.400		11		1		0.820	0.051	
15:0 g									
16:0 g	14.100	0.470	19		1		28.905	1.805	
17:0 g									
18:0 g	10.600	0.359	19		1		21.730	1.357	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	44.500		0		1		91.225	5.696	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	44.500	1.002	19		1		91.225	5.696	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	26.100		0		1		53.505	3.341	
18:2 undifferentiated g	24.500	1.106	19		1		50.225	3.136	
18:3 undifferentiated g	1.600	0.189	17		1		3.280	0.205	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		4		0	0	
Phytosterols mg	200		0		4		410	26	
Amino Acids:									
Tryptophan g	0.000		0		4		0.000	0.000	
Threonine g	0.000		0		4		0.000	0.000	
Isoleucine g	0.000		0		4		0.000	0.000	
Leucine g	0.000		0		4		0.000	0.000	
Lysine g	0.000		0		4		0.000	0.000	
Methionine g	0.000		0		4		0.000	0.000	
Cystine g	0.000		0		4		0.000	0.000	
Phenylalanine g	0.000		0		4		0.000	0.000	
Tyrosine g	0.000		0		4		0.000	0.000	
Valine g	0.000		0		4		0.000	0.000	
Arginine g	0.000		0		4		0.000	0.000	
Histidine g	0.000		0		4		0.000	0.000	
Alanine g	0.000		0		4		0.000	0.000	
Aspartic acid g	0.000		0		4		0.000	0.000	
Glutamic acid g	0.000		0		4		0.000	0.000	
Glycine g	0.000		0		4		0.000	0.000	
Proline g	0.000		0		4		0.000	0.000	
Serine g	0.000		0		4		0.000	0.000	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

NDB No. 04031

Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04666
Shortening, industrial, soy (partially hydrogenated) and corn for frying

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	
Energy....kcal	884		0	BFZN	4		113	1812	
Energy....kJ	3699		0	BFZN	4		473	7582	
Protein (N x 0)....g	0.00		0	BFZN	4		0.00	0.00	
Total lipid (fat)....g	100.00		1	PAK	1		12.80	205.00	
Ash....g	0.00		0	BFZN	4		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg....mg	0		0	BFZN	4		0	0	
Phosphorus, P....mg	0		0	BFZN	4		0	0	
Potassium, K....mg	0		0	BFZN	4		0	0	
Sodium, Na....mg	0		0	BFZN	4		0	0	
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total....mcg	0		0	BFZN	4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.80		0	BFZN	4		0.10	1.65	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, gamma....mg	29.44		0	BFZN	4		3.77	60.36	
Tocopherol, delta....mg	16.68		0	BFZN	4		2.14	34.20	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	43.0		0	BFZN	4		5.5	88.2	
Lipids:									
Fatty acids, total saturated....g	17.416		0	NC	4		2.229	35.703	
4:0....g	0.000		1	A	1		0.000	0.000	

NDB No. 04666

Shortening, industrial, soy (partially hydrogenated) and corn for frying

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.075		1	A	1		0.010	0.154	
15:0....g	0.037		1	A	1		0.005	0.076	
16:0....g	10.439		1	A	1		1.336	21.399	
17:0....g	0.095		1	A	1		0.012	0.195	
18:0....g	6.090		1	A	1		0.779	12.484	
20:0....g	0.392		1	A	1		0.050	0.804	
22:0....g	0.288		1	A	1		0.037	0.591	
24:0....g									
Fatty acids, total monounsaturated....g	40.824		0	NC	4		5.225	83.688	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.133		0	AS	1		0.017	0.272	
16:1 c....g	0.133		1	A	1		0.017	0.272	
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	40.490		0	AS	1		5.183	83.004	
18:1 c....g	30.744		1	A	1		3.935	63.024	
18:1-11c (18:1c n-7)....g									
18:1 t....g	9.746		1	A	1		1.248	19.980	
18:1-11t (18:1t n-7)....g									
20:1....g	0.201		1	A	1		0.026	0.413	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	36.038		0	NC	4		4.613	73.877	
18:2 undifferentiated....g	33.715		0	AS	1		4.316	69.116	
18:2 n-6 c,c....g	30.372		1	A	1		3.888	62.263	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	3.343		1	A	1		0.428	6.853	
18:2 t not further defined....g									
18:3 undifferentiated....g	1.628		0	AS	1		0.208	3.337	
18:3 n-3 c,c,c (ALA)....g	1.628		1	A	1		0.208	3.337	
18:3 n-6 c,c,c....g									
18:3i....g	0.695		1	A	1		0.089	1.425	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	13.784		0	NC	4		1.764	28.257	
Fatty acids, total trans-monoenoic....g	9.746		0	NC	4		1.248	19.980	
Fatty acids, total trans-polyenoic....g	4.038		0	NC	4		0.517	8.277	
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg	200		0	BFZN	4		26	410	
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	
Threonine....g	0.000		0	BFZN	4		0.000	0.000	
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	
Leucine....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 04666

Shortening, industrial, soy (partially hydrogenated) and corn for frying

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0	BFZN	4		0.000	0.000	
Methionine....g	0.000		0	BFZN	4		0.000	0.000	
Cystine....g	0.000		0	BFZN	4		0.000	0.000	
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	
Valine....g	0.000		0	BFZN	4		0.000	0.000	
Arginine....g	0.000		0	BFZN	4		0.000	0.000	
Histidine....g	0.000		0	BFZN	4		0.000	0.000	
Alanine....g	0.000		0	BFZN	4		0.000	0.000	
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	
Glycine....g	0.000		0	BFZN	4		0.000	0.000	
Proline....g	0.000		0	BFZN	4		0.000	0.000	
Serine....g	0.000		0	BFZN	4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04667

Shortening, industrial, soy (partially hydrogenated) for baking and confections

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	
Energy....kcal	884		0	BFZN	4		113	1812	
Energy....kJ	3699		0	BFZN	4		473	7582	
Protein (N x 0)....g	0.00		0	BFZN	4		0.00	0.00	
Total lipid (fat)....g	100.00		1	PAK	1		12.80	205.00	
Ash....g	0.00		0	BFZN	4		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg....mg	0		0	BFZN	4		0	0	
Phosphorus, P....mg	0		0	BFZN	4		0	0	
Potassium, K....mg	0		0	BFZN	4		0	0	
Sodium, Na....mg	0		0	BFZN	4		0	0	
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total....mcg	0		0	BFZN	4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	BFZN	4		0.0	0.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.80		0	BFZN	4		0.10	1.65	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, gamma....mg	29.44		0	BFZN	4		3.77	60.36	
Tocopherol, delta....mg	16.68		0	BFZN	4		2.14	34.20	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	43.0		0	BFZN	4		5.5	88.2	
Lipids:									
Fatty acids, total saturated....g	18.788		0	NC	4		2.405	38.516	
4:0....g	0.000		1	A	1		0.000	0.000	

NDB No. 04667

Shortening, industrial, soy (partially hydrogenated) for baking and confections

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.094		1	A	1		0.012	0.193	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	10.638		1	A	1		1.362	21.807	
17:0....g	0.114		1	A	1		0.015	0.234	
18:0....g	7.281		1	A	1		0.932	14.926	
20:0....g	0.316		1	A	1		0.040	0.647	
22:0....g	0.346		1	A	1		0.044	0.709	
24:0....g									
Fatty acids, total monounsaturated....g	71.023		0	NC	4		9.091	145.598	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.057		0	AS	1		0.007	0.116	
16:1 c....g	0.057		1	A	1		0.007	0.116	
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	70.967		0	AS	1		9.084	145.481	
18:1 c....g	30.848		1	A	1		3.949	63.239	
18:1-11c (18:1c n-7)....g									
18:1 t....g	40.118		1	A	1		5.135	82.242	
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.400		0	NC	4		0.691	11.070	
18:2 undifferentiated....g	5.000		0	AS	1		0.640	10.250	
18:2 n-6 c,c....g	2.667		1	A	1		0.341	5.467	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	2.333		1	A	1		0.299	4.783	
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000	0.000	
18:3 n-6 c,c,c....g									
18:3i....g	0.400		1	A	1		0.051	0.820	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	42.851		0	NC	4		5.485	87.845	
Fatty acids, total trans-monoenoic....g	40.118		0	NC	4		5.135	82.242	
Fatty acids, total trans-polyenoic....g	2.733		0	NC	4		0.350	5.603	
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg	200		0	BFZN	4		26	410	
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	
Threonine....g	0.000		0	BFZN	4		0.000	0.000	
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	
Leucine....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 04667

Shortening, industrial, soy (partially hydrogenated) for baking and confections

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0	BFZN	4		0.000	0.000	
Methionine....g	0.000		0	BFZN	4		0.000	0.000	
Cystine....g	0.000		0	BFZN	4		0.000	0.000	
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	
Valine....g	0.000		0	BFZN	4		0.000	0.000	
Arginine....g	0.000		0	BFZN	4		0.000	0.000	
Histidine....g	0.000		0	BFZN	4		0.000	0.000	
Alanine....g	0.000		0	BFZN	4		0.000	0.000	
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	
Glycine....g	0.000		0	BFZN	4		0.000	0.000	
Proline....g	0.000		0	BFZN	4		0.000	0.000	
Serine....g	0.000		0	BFZN	4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy....kcal	884		0	NC	4		120	1927	40
Energy....kJ	3699		0	NC	4		503	8063	166
Protein....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	0
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg....mg	0		0	BFZN	4		0	0	0
Phosphorus, P....mg	0		0	BFZN	4		0	0	0
Potassium, K....mg	0		0	BFZN	4		0	0	0
Sodium, Na....mg	0		0	BFZN	4		0	0	0
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated....g	18.358		0	NC	4		2.497	40.021	0.826
4:0....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.085		1	A	1		0.012	0.185	0.004
15:0 g	0.037		1	A	1		0.005	0.081	0.002
16:0 g	10.714		1	A	1		1.457	23.355	0.482
17:0 g	0.105		1	A	1		0.014	0.228	0.005
18:0 g	6.709		1	A	1		0.912	14.626	0.302
20:0 g	0.354		1	A	1		0.048	0.772	0.016
22:0 g	0.355		1	A	1		0.048	0.775	0.016
24:0 g									
Fatty acids, total monounsaturated g	38.870		0	NC	4		5.286	84.737	1.749
14:1 g									
15:1 g									
16:1 undifferentiated g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c g	0.104		1	A	1		0.014	0.227	0.005
16:1 t g									
17:1 g									
18:1 undifferentiated g	38.603		0	AS	1		5.250	84.155	1.737
18:1 c g	29.315		1	A	1		3.987	63.906	1.319
18:1-11c (18:1c n-7) g									
18:1 t g	9.289		1	A	1		1.263	20.250	0.418
18:1-11t (18:1t n-7) g									
20:1 g	0.163		1	A	1		0.022	0.355	0.007
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	38.009		0	NC	4		5.169	82.859	1.710
18:2 undifferentiated g	34.829		0	AS	1		4.737	75.928	1.567
18:2 n-6 c,c g	32.239		1	A	1		4.384	70.280	1.451
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	2.591		1	A	1		0.352	5.647	0.117
18:2 t not further defined g									
18:3 undifferentiated g	2.485		0	AS	1		0.338	5.417	0.112
18:3 n-3 c,c,c (ALA) g	2.485		1	A	1		0.338	5.417	0.112
18:3 n-6 c,c,c g									
18:3i g	0.695		1	A	1		0.095	1.515	0.031
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	12.574		0	NC	4		1.710	27.412	0.566
Fatty acids, total trans-monoenoic g	9.289		0	NC	4		1.263	20.250	0.418
Fatty acids, total trans-polyenoic g	3.285		0	NC	4		0.447	7.162	0.148
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04616
Shortening, institutional, composite

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0		4		0.00	0.00	
Energy....kcal	894		0	RA	4		114	1833	
Energy....kJ	3740		0		4		479	7668	
Protein....g	0.00		0		4		0.00	0.00	
Total lipid (fat)....g	100.00		0	RA	4		12.80	205.00	
Ash....g	0.00		0		4		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.80		0	BFZN	4		0.10	1.65	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, gamma....mg	29.44		0	BFZN	4		3.77	60.36	
Tocopherol, delta....mg	16.68		0	BFZN	4		2.14	34.20	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	43.0		0	BFZN	4		5.5	88.2	
Lipids:									
Fatty acids, total saturated....g	23.950		1	A	1		3.066	49.098	
4:0....g	0.000		1	A	1		0.000	0.000	

NDB No. 04616
Shortening, institutional, composite

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		1	A	1		0.000	0.000	
8:0 g	0.000		1	A	1		0.000	0.000	
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.090		1	A	1		0.012	0.185	
13:0 g									
14:0 g	0.130		1	A	1		0.017	0.267	
15:0 g									
16:0 g	11.060		1	A	1		1.416	22.673	
17:0 g									
18:0 g	12.210		1	A	1		1.563	25.031	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	59.560		1	A	1		7.624	122.098	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.050		1	A	1		0.006	0.103	
17:1 g									
18:1 undifferentiated g	59.440		1	A	1		7.608	121.852	
20:1 g	0.040		1	A	1		0.005	0.082	
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	12.090		1	A	1		1.548	24.785	
18:2 undifferentiated g	11.950		1	A	1		1.530	24.498	
18:3 undifferentiated g	0.140		1	A	1		0.018	0.287	
18:4 g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	RA	4		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04595
Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699				4		473	7582	
Protein (N x 0)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	100.00		1		1		12.80	205.00	
Ash....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.000		0		4		0.000	0.000	
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	30.423		0		1		3.894	62.367	
4:0....g									
6:0....g									
8:0....g	0.101		1		1		0.013	0.207	

NDB No. 04595

Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.101		1		1		0.013	0.207	
12:0....g	0.403		1		1		0.052	0.826	
13:0....g									
14:0....g	0.403		1		1		0.052	0.826	
15:0....g									
16:0....g	19.442		1		1		2.489	39.856	
17:0....g									
18:0....g	9.973		1		1		1.277	20.445	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	50.973		0		1		6.525	104.495	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	50.973		1		1		6.525	104.495	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	14.204		0		1		1.818	29.118	
18:2 undifferentiated....g	13.600		1		1		1.741	27.880	
18:3 undifferentiated....g	0.604		1		1		0.077	1.238	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04587

Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1	A	1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699				4		473	7582	
Protein (N x 0)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	100.00	0.000	6	A	1		12.80	205.00	
Ash....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.000		0		4		0.000	0.000	
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0	Z	7		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.80	0.804	7	A	1		0.10	1.65	
Tocopherol, beta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma....mg	29.44	5.320	7	A	1		3.77	60.36	
Tocopherol, delta....mg	16.68	3.339	7	A	1		2.14	34.20	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	43.0		1	CAZN	4		5.5	88.2	
Lipids:									
Fatty acids, total saturated....g	28.843		0		1		3.692	59.128	
4:0....g									
6:0....g									
8:0....g									

NDB No. 04587

Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.450		1		1		0.058	0.923	
15:0....g									
16:0....g	23.392		1		1		2.994	47.954	
17:0....g									
18:0....g	5.001		1		1		0.640	10.252	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	29.583		0		1		3.787	60.645	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.230		1		1		0.029	0.472	
17:1....g									
18:1 undifferentiated....g	29.353		1		1		3.757	60.174	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	37.174		0		1		4.758	76.207	
18:2 undifferentiated....g	33.984		1		1		4.350	69.667	
18:3 undifferentiated....g	3.190		1		1		0.408	6.540	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04586

Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1	A	1		0.00	0.00	
Energy....kcal	884		0	NC	4		113	1812	
Energy....kJ	3699				4		473	7582	
Protein (N x 0)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	100.00	0.000	6	A	1		12.80	205.00	
Ash....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	0		0		4		0	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.000		0		4		0.000	0.000	
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0	Z	7		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	Z	7		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.80	0.804	7	A	1		0.10	1.65	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma....mg	29.44	5.320	7	A	1		3.77	60.36	
Tocopherol, delta....mg	16.68	3.339	7	A	1		2.14	34.20	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	43.0		1	CAZN	4		5.5	88.2	
Lipids:									
Fatty acids, total saturated....g	20.001		0		1		2.560	41.002	
4:0....g									

NDB No. 04586

Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	9.666		1		1		1.237	19.815	
17:0....g									
18:0....g	10.335		1		1		1.323	21.187	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	36.555		0		1		4.679	74.938	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	36.555		1		1		4.679	74.938	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	37.991		0		1		4.863	77.882	
18:2 undifferentiated....g	35.790		1		1		4.581	73.370	
18:3 undifferentiated....g	2.201		1		1		0.282	4.512	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04615
Shortening, vegetable, household, composite

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00	0.000	7	A	1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kJ	3698		0	NC	4		7580	473	
Protein (N x 6.25)	g	0.00	0.000	7	A	1		0.00	0.00	
Total lipid (fat)	g	99.97		0	O	4		204.94	12.80	
Ash	g	0.03	0.022	7	A	1		0.06	0.00	
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	1	0.139	6	A	1		2	0	
Iron, Fe	mg	0.07	0.016	6	A	1		0.14	0.01	
Magnesium, Mg	mg	0	0.030	6	A	1		0	0	
Phosphorus, P	mg	0	0.000	6	A	1		0	0	
Potassium, K	mg	0	0.000	6	A	1		0	0	
Sodium, Na	mg	4	0.535	6	A	1		9	1	
Zinc, Zn	mg	0.00	0.000	6	A	1		0.00	0.00	
Copper, Cu	mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn	mg	0.000	0.000	6	A	1		0.000	0.000	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.020		1	A	1		0.042	0.003	
Riboflavin	mg	0.000		1	A	1		0.000	0.000	
Niacin	mg	0.000		1	A	1		0.000	0.000	
Pantothenic acid	mg	0.680		1	A	1		1.394	0.087	
Vitamin B-6	mg	0.001		1	A	1		0.002	0.000	
Folate, total	mcg	0		0	BFZN	4		0	0	
Folic acid	mcg	0		0	BFZN	4		0	0	
Folate, food	mcg	0		0	BFZN	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	0.2		0	CAZN	4		0.4	0.0	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	BFZN	4		0	0	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	0		0	BFZN	4		0	0	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.80	0.804	7	A	1		1.65	0.10	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma	mg	29.44	5.320	7	A	1		60.36	3.77	
Tocopherol, delta	mg	16.68	3.339	7	A	1		34.20	2.14	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	53.2	13.440	3	A	1		109.1	6.8	
Lipids:										
Fatty acids, total saturated	g	24.980		0	NC	4		51.209	3.197	
4:0	g	0.000	0.000	7	A	1		0.000	0.000	

NDB No. 04615
Shortening, vegetable, household, composite

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000	0.000	7	A	1		0.000	0.000	
8:0....g	0.000	0.000	7	A	1		0.000	0.000	
10:0....g	0.000	0.000	7	A	1		0.000	0.000	
12:0....g	0.000	0.000	7	A	1		0.000	0.000	
13:0....g									
14:0....g	0.167	0.007	7	A	1		0.342	0.021	
15:0....g									
16:0....g	12.460	0.341	7	A	1		25.543	1.595	
17:0....g	0.095	0.026	7	A	1		0.196	0.012	
18:0....g	11.412	0.149	7	A	1		23.394	1.461	
20:0....g	0.428	0.005	7	A	1		0.878	0.055	
22:0....g	0.367	0.011	7	A	1		0.752	0.047	
24:0....g	0.052	0.018	7	A	1		0.106	0.007	
Fatty acids, total monounsaturated....g	41.186		0	NC	4		84.431	5.272	
14:1....g	0.000	0.000	7	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.021	0.011	7	JA	6		0.044	0.003	
17:1....g									
18:1 undifferentiated....g	41.076		0	AS	1		84.206	5.258	
18:1 c....g	30.309	0.703	7	A	1		62.133	3.880	
18:1-11c (18:1c n-7)....g									
18:1 t....g	10.767	1.005	7	A	1		22.073	1.378	
18:1-11t (18:1t n-7)....g									
20:1....g	0.088	0.038	7	A	1		0.181	0.011	
22:1 undifferentiated....g	0.000	0.000	7	JA	6		0.000	0.000	
24:1 c....g	0.000	0.000	7	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	28.097		0	NC	4		57.598	3.596	
18:2 undifferentiated....g	26.213		0	AS	1		53.737	3.355	
18:2 n-6 c,c....g	23.760	1.182	7	A	1		48.708	3.041	
18:2 CLAs....g	0.057	0.027	6	A	1		0.116	0.007	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	2.397	0.218	7	A	1		4.913	0.307	
18:2 t not further defined....g									
18:3 undifferentiated....g	1.883		0	AS	1		3.861	0.241	
18:3 n-3 c,c,c (ALA)....g	1.883	0.207	7	A	1		3.861	0.241	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000	0.000	7	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	7	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	7	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	7	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	7	A	1		0.000	0.000	
Fatty acids, total trans....g	13.164		0	NC	4		26.986	1.685	
Fatty acids, total trans-monoenoic....g	10.767		0	NC	4		22.073	1.378	
Fatty acids, total trans-polyenoic....g	2.397		0	NC	4		4.913	0.307	
Cholesterol....mg	0	0.000	6	A	1		0	0	
Phytosterols....mg									
Stigmasterol....mg	51	5.653	6	A	1		105	7	
Campesterol....mg	50	3.624	6	A	1		103	6	
Beta-sitosterol....mg	138	14.003	6	A	1		282	18	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4				

NDB No. 04615
Shortening, vegetable, household, composite

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0			BFZN	4		0	0	

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04670
USDA Commodity Food, oil, vegetable, low saturated fat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy	kcal	884		0	BFZN	4		120	1927	40
Energy	kJ	3699		0	BFZN	4		503	8063	166
Protein (N x 0)	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe	mg	0.02		0	BFZN	4		0.00	0.04	0.00
Magnesium, Mg	mg	0		0	BFZN	4		0	0	0
Phosphorus, P	mg	0		0	BFZN	4		0	1	0
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	0		0	BFZN	4		0	0	0
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	9.21		0	BFZN	4		1.25	20.09	0.41
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	197.6		0	BFZN	4		26.9	430.7	8.9
Lipids:										
Fatty acids, total saturated	g	7.429		0	NC	4		1.010	16.196	0.334
4:0	g	0.000		1	A	1		0.000	0.000	0.000
6:0	g	0.000		1	A	1		0.000	0.000	0.000
8:0	g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04670
USDA Commodity Food, oil, vegetable, low saturated fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		1	A	1		0.000	0.000	0.000
15:0 g									
16:0 g	4.172		1	A	1		0.567	9.094	0.188
17:0 g	0.000		1	A	1		0.000	0.000	0.000
18:0 g	3.183		1	A	1		0.433	6.939	0.143
20:0 g	0.037		1	A	1		0.005	0.081	0.002
22:0 g	0.037		1	A	1		0.005	0.081	0.002
24:0 g									
Fatty acids, total monounsaturated g	22.730		0	NC	4		3.091	49.552	1.023
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	AS	1		0.000	0.000	0.000
16:1 c g	0.000		1	A	1		0.000	0.000	0.000
16:1 t g									
17:1 g									
18:1 undifferentiated g	22.730		0	AS	1		3.091	49.552	1.023
18:1 c g	22.730		1	A	1		3.091	49.552	1.023
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		1	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	65.138		0	NC	4		8.859	142.001	2.931
18:2 undifferentiated g	57.733		0	AS	1		7.852	125.857	2.598
18:2 n-6 c,c g	56.601		1	A	1		7.698	123.390	2.547
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	1.131		1	A	1		0.154	2.466	0.051
18:2 t not further defined g									
18:3 undifferentiated g	7.406		0	A	1		1.007	16.144	0.333
18:3 n-3 c,c,c (ALA) g	5.960		1	A	1		0.810	12.992	0.268
18:3 n-6 c,c,c g									
18:3i g	1.446		1	A	1		0.197	3.152	0.065
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	2.577		0	NC	4		0.351	5.619	0.116
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	2.577		0	NC	4		0.351	5.619	0.116
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	250		0	BFZN	4		34	545	11
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04670
USDA Commodity Food, oil, vegetable, low saturated fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04669
USDA Commodity Food, oil, vegetable, soybean, refined

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy....kcal	884		0	BFZN	4		120	1927	40
Energy....kJ	3699		0	BFZN	4		503	8063	166
Protein (N x 0)....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)....g	100.00	0.000	3	PAK	1		13.60	218.00	4.50
Ash....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	0
Iron, Fe....mg	0.02		0	BFZN	4		0.00	0.04	0.00
Magnesium, Mg....mg	0		0	BFZN	4		0	0	0
Phosphorus, P....mg	0		0	BFZN	4		0	1	0
Potassium, K....mg	0		0	BFZN	4		0	0	0
Sodium, Na....mg	0		0	BFZN	4		0	0	0
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total....mcg	0		0	BFZN	4		0	0	0
Folic acid....mcg	0		0	BFZN	4		0	0	0
Folate, food....mcg	0		0	BFZN	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	BFZN	4		0.0	0.4	0.0
Betaine....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol....mcg	0		0	BFZN	4		0	0	0
Carotene, beta....mcg	0		0	BFZN	4		0	0	0
Carotene, alpha....mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU....IU	0		0	BFZN	4		0	0	0
Lycopene....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	8.18		0	BFZN	4		1.11	17.83	0.37
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	183.9		0	BFZN	4		25.0	400.9	8.3
Lipids:									
Fatty acids, total saturated....g	15.251		0	NC	4		2.074	33.248	0.686
4:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 04669
USDA Commodity Food, oil, vegetable, soybean, refined

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.041	0.025	3	A	1		0.006	0.089	0.002
15:0 g									
16:0 g	10.657	0.095	3	A	1		1.449	23.231	0.480
17:0 g	0.047	0.031	3	A	1		0.006	0.103	0.002
18:0 g	4.003	0.161	3	A	1		0.544	8.726	0.180
20:0 g	0.242	0.103	3	A	1		0.033	0.528	0.011
22:0 g	0.262	0.113	3	A	1		0.036	0.571	0.012
24:0 g									
Fatty acids, total monounsaturated g	22.727		0	NC	4		3.091	49.544	1.023
14:1 g									
15:1 g									
16:1 undifferentiated g	0.025		0	AS	1		0.003	0.054	0.001
16:1 c g	0.025	0.012	3	A	1		0.003	0.054	0.001
16:1 t g									
17:1 g									
18:1 undifferentiated g	22.571		0	AS	1		3.070	49.206	1.016
18:1 c g	22.571	0.484	3	A	1		3.070	49.206	1.016
18:1-11c (18:1c n-7) g									
18:1 t g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.131	0.047	3	A	1		0.018	0.285	0.006
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	57.333		0	NC	4		7.797	124.987	2.580
18:2 undifferentiated g	50.299		0	AS	1		6.841	109.652	2.263
18:2 n-6 c,c g	50.118	0.539	3	A	1		6.816	109.258	2.255
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.181	0.143	3	A	1		0.025	0.394	0.008
18:2 t not further defined g									
18:3 undifferentiated g	7.034		0	A	1		0.957	15.335	0.317
18:3 n-3 c,c,c (ALA) g	6.537	0.314	3	A	1		0.889	14.251	0.294
18:3 n-6 c,c,c g									
18:3i g	0.497	0.209	3	A	1		0.068	1.084	0.022
18:4 g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.678		0	NC	4		0.092	1.478	0.031
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	0.678		0	NC	4		0.092	1.478	0.031
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterols mg	250		0	BFZN	4		34	545	11
Amino Acids:									
Tryptophan g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 04669
USDA Commodity Food, oil, vegetable, soybean, refined

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFZN	4		0	0	0
Theobromine....mg	0		0	BFZN	4		0	0	0

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04672

USDA Commodity Food, shortening, all purpose, soybean (partially hydrogenated) and cottonseed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	
Energy....kcal	884		0	BFZN	4		1812	113	
Energy....kJ	3699		0	BFZN	4		7582	473	
Protein....g	0.00		0	BFZN	4		0.00	0.00	
Total lipid (fat)....g	100.00		1	PAK	1		205.00	12.80	
Ash....g	0.00		0	BFZN	4		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg....mg	0		0	BFZN	4		0	0	
Phosphorus, P....mg	0		0	BFZN	4		0	0	
Potassium, K....mg	0		0	BFZN	4		0	0	
Sodium, Na....mg	0		0	BFZN	4		0	0	
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total....mcg	0		0	BFZN	4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.80		0	BFZN	4		1.65	0.10	
Tocopherol, beta....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, gamma....mg	29.44		0	BFZN	4		60.36	3.77	
Tocopherol, delta....mg	16.68		0	BFZN	4		34.20	2.14	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	43.0		0	BFZN	4		88.2	5.5	
Lipids:									
Fatty acids, total saturated....g	23.243		0	NC	4		47.648	2.975	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	

NDB No. 04672

USDA Commodity Food, shortening, all purpose, soybean (partially hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.122		1	A	1		0.251	0.016	
15:0....g									
16:0....g	11.624		1	A	1		23.829	1.488	
17:0....g	0.124		1	A	1		0.253	0.016	
18:0....g	10.712		1	A	1		21.959	1.371	
20:0....g	0.325		1	A	1		0.667	0.042	
22:0....g	0.336		1	A	1		0.689	0.043	
24:0....g									
Fatty acids, total monounsaturated....g	64.431		0	NC	4		132.084	8.247	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.066		0	AS	1		0.136	0.008	
16:1 c....g	0.066		1	A	1		0.136	0.008	
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	64.231		0	AS	1		131.673	8.222	
18:1 c....g	33.364		1	A	1		68.395	4.271	
18:1-11c (18:1c n-7)....g									
18:1 t....g	30.867		1	A	1		63.278	3.951	
18:1-11t (18:1t n-7)....g									
20:1....g	0.134		1	A	1		0.275	0.017	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.968		0	NC	4		14.284	0.892	
18:2 undifferentiated....g	6.931		0	AS	1		14.208	0.887	
18:2 n-6 c,c....g	4.381		1	A	1		8.981	0.561	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	2.550		1	A	1		5.226	0.326	
18:2 t not further defined....g									
18:3 undifferentiated....g	0.037		0	A	1		0.076	0.005	
18:3 n-3 c,c,c (ALA)....g	0.037		1	A	1		0.076	0.005	
18:3 n-6 c,c,c....g									
18:3i....g	0.000		1	A	1		0.000	0.000	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	33.417		0	NC	4		68.505	4.277	
Fatty acids, total trans-monoenoic....g	30.867		0	NC	4		63.278	3.951	
Fatty acids, total trans-polyenoic....g	2.550		0	NC	4		5.226	0.326	
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	BFZN	4		0.000	0.000	
Threonine....g	0.000		0	BFZN	4		0.000	0.000	
Isoleucine....g	0.000		0	BFZN	4		0.000	0.000	
Leucine....g	0.000		0	BFZN	4		0.000	0.000	
Lysine....g	0.000		0	BFZN	4		0.000	0.000	
Methionine....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 04672

USDA Commodity Food, shortening, all purpose, soybean (partially hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.000		0	BFZN	4		0.000	0.000	
Phenylalanine....g	0.000		0	BFZN	4		0.000	0.000	
Tyrosine....g	0.000		0	BFZN	4		0.000	0.000	
Valine....g	0.000		0	BFZN	4		0.000	0.000	
Arginine....g	0.000		0	BFZN	4		0.000	0.000	
Histidine....g	0.000		0	BFZN	4		0.000	0.000	
Alanine....g	0.000		0	BFZN	4		0.000	0.000	
Aspartic acid....g	0.000		0	BFZN	4		0.000	0.000	
Glutamic acid....g	0.000		0	BFZN	4		0.000	0.000	
Glycine....g	0.000		0	BFZN	4		0.000	0.000	
Proline....g	0.000		0	BFZN	4		0.000	0.000	
Serine....g	0.000		0	BFZN	4		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein **Fat** 8.84 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04671

USDA Commodity Food, shortening, type III, creamy liquid, soybean and soybean (partially hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		0	BFZN	4		0.00	0.00	
Energy....kcal	884		0	BFZN	4		1812	113	
Energy....kJ	3699		0	BFZN	4		7582	473	
Protein....g	0.00		0	BFZN	4		0.00	0.00	
Total lipid (fat)....g	100.00		1	PAK	1		205.00	12.80	
Ash....g	0.00		0	BFZN	4		0.00	0.00	
Carbohydrate, by difference....g	0.00		0	BFZN	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	0.00		0	BFZN	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	BFZN	4		0	0	
Iron, Fe....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg....mg	0		0	BFZN	4		0	0	
Phosphorus, P....mg	0		0	BFZN	4		0	0	
Potassium, K....mg	0		0	BFZN	4		0	0	
Sodium, Na....mg	0		0	BFZN	4		0	0	
Zinc, Zn....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total....mcg	0		0	BFZN	4		0	0	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4		0	0	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	0		0	BFZN	4		0	0	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.80		0	BFZN	4		1.65	0.10	
Tocopherol, beta....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, gamma....mg	29.44		0	BFZN	4		60.36	3.77	
Tocopherol, delta....mg	16.68		0	BFZN	4		34.20	2.14	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	43.0		0	BFZN	4		88.2	5.5	
Lipids:									
Fatty acids, total saturated....g	17.139		0	NC	4		35.134	2.194	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	

NDB No. 04671

USDA Commodity Food, shortening, type III, creamy liquid, soybean and soybean (partially hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.000		1	A	1		0.000	0.000	
13:0 g									
14:0 g	0.085		1	A	1		0.174	0.011	
15:0 g									
16:0 g	10.827		1	A	1		22.196	1.386	
17:0 g	0.037		1	A	1		0.076	0.005	
18:0 g	5.442		1	A	1		11.155	0.697	
20:0 g	0.383		1	A	1		0.785	0.049	
22:0 g	0.365		1	A	1		0.748	0.047	
24:0 g									
Fatty acids, total monounsaturated g	32.666		0	NC	4		66.966	4.181	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.037		0	AS	1		0.076	0.005	
16:1 c g	0.037		1	A	1		0.076	0.005	
16:1 t g									
17:1 g									
18:1 undifferentiated g	32.592		0	AS	1		66.813	4.172	
18:1 c g	24.751		1	A	1		50.740	3.168	
18:1-11c (18:1c n-7) g									
18:1 t g	7.841		1	A	1		16.073	1.004	
18:1-11t (18:1t n-7) g									
20:1 g	0.037		1	A	1		0.076	0.005	
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	45.209		0	NC	4		92.679	5.787	
18:2 undifferentiated g	40.200		0	AS	1		82.409	5.146	
18:2 n-6 c,c g	38.010		1	A	1		77.921	4.865	
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	2.190		1	A	1		4.488	0.280	
18:2 t not further defined g									
18:3 undifferentiated g	5.009		0	A	1		10.269	0.641	
18:3 n-3 c,c,c (ALA) g	4.427		1	A	1		9.075	0.567	
18:3 n-6 c,c,c g									
18:3i g	0.583		1	A	1		1.194	0.075	
18:4 g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans g	10.613		0	NC	4		21.756	1.358	
Fatty acids, total trans-monoenoic g	7.841		0	NC	4		16.073	1.004	
Fatty acids, total trans-polyenoic g	2.772		0	NC	4		5.683	0.355	
Cholesterol mg	0		0	BFZN	4		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	BFZN	4		0.0	0.0	
Caffeine mg	0		0	BFZN	4		0	0	
Theobromine mg	0		0	BFZN	4		0	0	

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

NDB No. 04671

USDA Commodity Food, shortening, type III, creamy liquid, soybean and soybean (partially hydrogenated)

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

food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tablespoon

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 04513
Vegetable oil, palm kernel

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.00		1		1		0.00	0.00	0.00
Energy....kcal	862		0	NC	4		117	1879	233
Energy....kJ	3607		0		4		490	7862	974
Protein (N x 0)....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)....g	100.00		1		1		13.60	218.00	27.00
Ash....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0	0	0
Iron, Fe....mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg....mg	0		1		1		0	0	0
Phosphorus, P....mg	0		1		1		0	0	0
Potassium, K....mg	0		1		1		0	0	0
Sodium, Na....mg	0		1		1		0	0	0
Zinc, Zn....mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	0.0
Thiamin....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin....mg	0.000		1		1		0.000	0.000	0.000
Niacin....mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid....mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1		1		0.000	0.000	0.000
Folate, total....mcg	0		0	Z	7		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		0	Z	7		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.2		0	CAZN	4		0.0	0.4	0.1
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	3.81		0	NR	4		0.52	8.31	1.03
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	24.7	5.831	69	JO	11		3.4	53.9	6.7
Lipids:									
Fatty acids, total saturated....g	81.500		0		1		11.084	177.670	22.005
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 04513
Vegetable oil, palm kernel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.200		14		1		0.027	0.436	0.054
8:0 g	3.300		14		1		0.449	7.194	0.891
10:0 g	3.700		14		1		0.503	8.066	0.999
12:0 g	47.000		14		1		6.392	102.460	12.690
13:0 g									
14:0 g	16.400		14		1		2.230	35.752	4.428
15:0 g									
16:0 g	8.100		14		1		1.102	17.658	2.187
17:0 g									
18:0 g	2.800		14		1		0.381	6.104	0.756
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.400		0		1		1.550	24.852	3.078
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	11.400		14		1		1.550	24.852	3.078
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.600		0		1		0.218	3.488	0.432
18:2 undifferentiated g	1.600		14		1		0.218	3.488	0.432
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	0
Phytosterols mg	95	0.000	14		1		13	207	26
Amino Acids:									
Tryptophan g	0.000		0		1		0.000	0.000	0.000
Threonine g	0.000		0		1		0.000	0.000	0.000
Isoleucine g	0.000		0		1		0.000	0.000	0.000
Leucine g	0.000		0		1		0.000	0.000	0.000
Lysine g	0.000		0		1		0.000	0.000	0.000
Methionine g	0.000		0		1		0.000	0.000	0.000
Cystine g	0.000		0		1		0.000	0.000	0.000
Phenylalanine g	0.000		0		1		0.000	0.000	0.000
Tyrosine g	0.000		0		1		0.000	0.000	0.000
Valine g	0.000		0		1		0.000	0.000	0.000
Arginine g	0.000		0		1		0.000	0.000	0.000
Histidine g	0.000		0		1		0.000	0.000	0.000
Alanine g	0.000		0		1		0.000	0.000	0.000
Aspartic acid g	0.000		0		1		0.000	0.000	0.000
Glutamic acid g	0.000		0		1		0.000	0.000	0.000
Glycine g	0.000		0		1		0.000	0.000	0.000
Proline g	0.000		0		1		0.000	0.000	0.000
Serine g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

NDB No. 04513
Vegetable oil, palm kernel

Common Measures:

Measure 1 = 13.6g: 1 tablespoon
Measure 2 = 218g: 1 cup
Measure 3 = 27g: 2 tbsp (1/8 cup)

Calories Factors: Protein **Fat** 8.62 **Carbohydrate**

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42151
Vegetable oil-butter spread, reduced calorie

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.70		1		1		92.53	5.81	
Energy	kcal	465		0		4		963	60	
Energy	kJ	1946		0		4		4027	253	
Protein	g	0.00		0		8		0.00	0.00	
Total lipid (fat)	g	53.00		1		1		109.71	6.89	
Ash	g	2.30		0	NC	4		4.76	0.30	
Carbohydrate, by difference	g	0.00		1		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		4		12	1	
Iron, Fe	mg	0.04		0		4		0.08	0.01	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	10		0		4		21	1	
Potassium, K	mg	6		0		4		12	1	
Sodium, Na	mg	581		1		1		1203	76	
Zinc, Zn	mg	0.01		1		1		0.02	0.00	
Copper, Cu	mg	0.001		1		1		0.002	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.5		0	RA	4		1.0	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.010		0		4		0.021	0.001	
Niacin	mg	0.010		0		4		0.021	0.001	
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	1		0		4		2	0	
Folic acid	mcg	0		0	BFZN	4		0	0	
Folate, food	mcg	1		0		4		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Choline, total	mg	6.5		0	BFZN	4		13.5	0.8	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	819		0	NC	4		1695	106	
Retinol	mcg	768		0	BFZN	4		1590	100	
Carotene, beta	mcg	610		0	BFZN	4		1263	79	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	3577		0	NC	4		7404	465	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	9.20		0	NR	4		19.04	1.20	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	61.1		0	BFFN	4		126.4	7.9	
Lipids:										
Fatty acids, total saturated	g	17.880		0		4		37.012	2.324	
4:0	g	0.710		0		4		1.470	0.092	

NDB No. 42151
Vegetable oil-butter spread, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.460		0		4		0.952	0.060	
8:0....g	0.300		0		4		0.621	0.039	
10:0....g	0.660		0		4		1.366	0.086	
12:0....g	0.760		0		4		1.573	0.099	
13:0....g									
14:0....g	2.130		0		4		4.409	0.277	
15:0....g									
16:0....g	9.020		0		4		18.671	1.173	
17:0....g									
18:0....g	4.000		0		4		8.280	0.520	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	20.770		0		4		42.994	2.700	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.410		0		4		0.849	0.053	
17:1....g									
18:1 undifferentiated....g	20.160		0		4		41.731	2.621	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.150		0		4		23.081	1.450	
18:2 undifferentiated....g	10.690		0		4		22.128	1.390	
18:3 undifferentiated....g	0.460		0		4		0.952	0.060	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	54		1		1		112	7	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

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

Common Measures:

Measure 1 = 207g: 1 cup

Measure 2 = 13.0g: 1 tbsp

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

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 22 (2009)