NDB No. 43212
Bacon bits, meatless

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.00		0		4		0.56		
Energy....kcal	476		0	NC	4		33		
Energy....kJ	1989		0	NC	4		139		
Protein....g	32.00		0		4		2.24		
Total lipid (fat)....g	25.90		0		4		1.81		
Ash....g	5.50		0	O	4		0.39		
Carbohydrate, by difference....g	28.60		0	NC	4		2.00		
Fiber, total dietary....g	10.2		0		4		0.7		
Sugars, total....g	0.00		0	LC	8		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	101		0		4		7		
Iron, Fe....mg	0.72		0		4		0.05		
Magnesium, Mg....mg	95		0		4		7		
Phosphorus, P....mg	217		0		4		15		
Potassium, K....mg	145		0		4		10		
Sodium, Na....mg	1770		0		4		124		
Zinc, Zn....mg	1.87		0		4		0.13		
Copper, Cu....mg	0.539		0		4		0.038		
Manganese, Mn....mg									
Selenium, Se....mcg	7.4		1	A	1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		0		4		0.1		
Thiamin....mg	0.600		0		4		0.042		
Riboflavin....mg	0.070		0		4		0.005		
Niacin....mg	1.600		0		4		0.112		
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0		4		0.006		
Folate, total....mcg	127		0		4		9		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	127		0		4		9		
Folate, DFE....mcg_DFE	127		0	NC	4		9		
Choline, total....mg	134.8		0	BFPN	4		9.4		
Betaine....mg									
Vitamin B-12....mcg	1.20		0		4		0.08		
Vitamin B-12, added....mcg	1.20		0	NR	4		0.08		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		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	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	6.90		0	O	4		0.48		
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	4.055		0		4		0.284		
4:0....g	0.000		0		4		0.000		

NDB No. 43212
Bacon bits, meatless

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.215		0		4		0.015		
13:0....g									
14:0....g	0.143		0		4		0.010		
15:0....g									
16:0....g	2.672		0		4		0.187		
17:0....g									
18:0....g	1.026		0		4		0.072		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.225		0		4		0.436		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	6.225		0		4		0.436		
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	13.548		0		4		0.948		
18:2 undifferentiated....g	12.070		0		4		0.845		
18:3 undifferentiated....g	1.479		0		4		0.104		
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	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 = 7.0g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16104
Bacon, meatless

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	48.98		2		1		70.53	7.84	2.45
Energy....kcal	310		0	NC	4		446	50	15
Energy....kJ	1296		0	NC	4		1867	207	65
Protein (N x 5.71)....g	10.68		2		1		15.38	1.71	0.53
Total lipid (fat)....g	29.52		2		1		42.51	4.72	1.48
Ash....g	4.50		2		1		6.48	0.72	0.23
Carbohydrate, by difference....g	6.32		0	NC	4		9.10	1.01	0.32
Fiber, total dietary....g	2.6		0		1		3.7	0.4	0.1
Sugars, total....g	0.00		0	LC	8		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	23		2		1		33	4	1
Iron, Fe....mg	2.41		2		1		3.47	0.39	0.12
Magnesium, Mg....mg	19		2		1		27	3	1
Phosphorus, P....mg	70		2		1		101	11	4
Potassium, K....mg	170		2		1		245	27	9
Sodium, Na....mg	1465		2		1		2110	234	73
Zinc, Zn....mg	0.42		2		1		0.60	0.07	0.02
Copper, Cu....mg	0.105		2		1		0.151	0.017	0.005
Manganese, Mn....mg	0.205		2		1		0.295	0.033	0.010
Selenium, Se....mcg	7.4		0	BFZN	4		10.7	1.2	0.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	4.400		0		1		6.336	0.704	0.220
Riboflavin....mg	0.481		2		1		0.693	0.077	0.024
Niacin....mg	7.560		2		1		10.886	1.210	0.378
Pantothenic acid....mg	0.113		2		1		0.163	0.018	0.006
Vitamin B-6....mg	0.479		2		1		0.690	0.077	0.024
Folate, total....mcg	42		2		1		60	7	2
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	42		2		1		60	7	2
Folate, DFE....mcg_DFE	42		0	NC	4		60	7	2
Choline, total....mg	45.0		0	BFPN	4		64.8	7.2	2.2
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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	4		0	NC	4		6	1	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	53		0	O	4		76	8	3
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	88		0	NC	4		127	14	4
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	6.90		0	O	4		9.94	1.10	0.35
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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	4.622		0		1		6.656	0.740	0.231
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 16104
Bacon, meatless

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.245		0		1		0.353	0.039	0.012
13:0 g									
14:0 g	0.163		0		1		0.235	0.026	0.008
15:0 g									
16:0 g	3.045		0		1		4.385	0.487	0.152
17:0 g									
18:0 g	1.169		0		1		1.683	0.187	0.058
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.095		0		1		10.217	1.135	0.355
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	7.095		0		1		10.217	1.135	0.355
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	15.441		0		1		22.235	2.471	0.772
18:2 undifferentiated g	13.756		0		1		19.809	2.201	0.688
18:3 undifferentiated g	1.686		0		1		2.428	0.270	0.084
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		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.161		12		1		0.232	0.026	0.008
Threonine g	0.453		18		1		0.652	0.072	0.023
Isoleucine g	0.559		18		1		0.805	0.089	0.028
Leucine g	0.914		18		1		1.316	0.146	0.046
Lysine g	0.727		18		1		1.047	0.116	0.036
Methionine g	0.146		17		1		0.210	0.023	0.007
Cystine g	0.176		14		1		0.253	0.028	0.009
Phenylalanine g	0.611		17		1		0.880	0.098	0.031
Tyrosine g	0.400		17		1		0.576	0.064	0.020
Valine g	0.593		18		1		0.854	0.095	0.030
Arginine g	0.875		15		1		1.260	0.140	0.044
Histidine g	0.299		15		1		0.431	0.048	0.015
Alanine g	0.492		14		1		0.708	0.079	0.025
Aspartic acid g	1.330		13		1		1.915	0.213	0.067
Glutamic acid g	2.429		14		1		3.498	0.389	0.121
Glycine g	0.473		14		1		0.681	0.076	0.024
Proline g	0.643		14		1		0.926	0.103	0.032
Serine g	0.626		14		1		0.901	0.100	0.031
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. 16104
Bacon, meatless

Common Measures:

Measure 1 = 144g: 1 cup
Measure 2 = 16g: 1 oz cooked, yield
Measure 3 = 5.0g: 1 strip

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43449
Baked beans, canned, no salt added

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.60		0		1		183.68		
Energy	kcal	105		0	NC	4		265		
Energy	kJ	438		0	NC	4		1109		
Protein	g	4.80		0		1		12.14		
Total lipid (fat)	g	0.40		0		1		1.01		
Ash	g	1.71		0	BFSN	4		4.33		
Carbohydrate, by difference	g	20.49		0	NC	4		51.84		
Fiber, total dietary	g	5.5		0		1		13.9		
Sugars, total	g	7.78		0	BFSN	4		19.69		
Starch	g									
Minerals:										
Calcium, Ca	mg	50		0		1		127		
Iron, Fe	mg	0.29		0		1		0.73		
Magnesium, Mg	mg	32		0		1		81		
Phosphorus, P	mg	104		0		1		263		
Potassium, K	mg	296		0		1		749		
Sodium, Na	mg	1		0		4		3		
Zinc, Zn	mg	1.40		0		1		3.54		
Copper, Cu	mg	0.206		0		1		0.521		
Manganese, Mn	mg									
Selenium, Se	mcg	4.5		0	BFSN	4		11.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1		0		1		7.8		
Thiamin	mg	0.150		0		1		0.380		
Riboflavin	mg	0.060		0		1		0.152		
Niacin	mg	0.430		0		1		1.088		
Pantothenic acid	mg									
Vitamin B-6	mg	0.130		0		1		0.329		
Folate, total	mcg	24		0		1		61		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	24		0		1		61		
Folate, DFE	mcg_DFE	24		0	NC	4		61		
Choline, total	mg	30.8		0	BFSN	4		78.0		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	5		0	NC	4		13		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	64		0	BFSN	4		161		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	106		0	NC	4		268		
Lycopene	mcg	500		0	BFSN	4		1265		
Lutein + zeaxanthin	mcg	16		0	BFSN	4		40		
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFSN	4		0.38		
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	0.8		0	BFSN	4		2.1		
Lipids:										
Fatty acids, total saturated	g	0.103		0		4		0.261		
4:0	g	0.000		0		4		0.000		

NDB No. 43449
Baked beans, canned, no salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000		
8:0 g	0.000		0		4		0.000		
10:0 g	0.000		0		4		0.000		
12:0 g	0.000		0		4		0.000		
13:0 g									
14:0 g	0.000		0		4		0.000		
15:0 g									
16:0 g	0.097		0		4		0.245		
17:0 g									
18:0 g	0.006		0		4		0.015		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.035		0		4		0.089		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000		
17:1 g									
18:1 undifferentiated g	0.035		0		4		0.089		
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	0.172		0		4		0.435		
18:2 undifferentiated g	0.093		0		4		0.235		
18:3 undifferentiated g	0.078		0		4		0.197		
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	0		0		1		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 = 253g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 42182
Bean beverage

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	90.90		0		4		209.07	26.18	
Energy....kcal	34		0	NC	4		79	10	
Energy....kJ	144		0	NC	4		331	41	
Protein....g	2.80		0		4		6.44	0.81	
Total lipid (fat)....g	0.00		0		4		0.00	0.00	
Ash....g	0.50		0	O	4		1.15	0.14	
Carbohydrate, by difference....g	5.80		0	NC	4		13.34	1.67	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	0.08		0	BFSN	4		0.19	0.02	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		4		39	5	
Iron, Fe....mg	1.25		0		4		2.88	0.36	
Magnesium, Mg....mg	48		0		4		110	14	
Phosphorus, P....mg	92		0		4		212	26	
Potassium, K....mg	337		0		4		775	97	
Sodium, Na....mg	2		0		4		5	1	
Zinc, Zn....mg	0.37		0		4		0.85	0.11	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.111		0	BFSN	4		0.256	0.032	
Selenium, Se....mcg	1.4		0	BFSN	4		3.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.150		0		4		0.345	0.043	
Riboflavin....mg	0.100		0		4		0.230	0.029	
Niacin....mg	0.620		0		4		1.426	0.179	
Pantothenic acid....mg	0.051		0	BFSN	4		0.118	0.015	
Vitamin B-6....mg	0.100		0		4		0.230	0.029	
Folate, total....mcg	60		0		4		138	17	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	60		0		4		138	17	
Folate, DFE....mcg_DFE	60		0	NC	4		138	17	
Choline, total....mg	8.7		0	BFSN	4		19.9	2.5	
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	Z	7		0	0	
Carotene, beta....mcg	0		0	BFSN	4		0	0	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFSN	4		0.53	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	0.9		0	BFSN	4		2.0	0.3	
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 42182
Bean beverage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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		4		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		4		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	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 = 230g: 1 cup

Measure 2 = 28.8g: 1 fl oz

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16302

Beans, adzuki, mature seed, cooked, boiled, 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	66.29		2		1		152.47		
Energy....kcal	128		0	NC	4		294		
Energy....kJ	536				4		1232		
Protein (N x 6.25)....g	7.52		1		1		17.30		
Total lipid (fat)....g	0.10		2		1		0.23		
Ash....g	1.33		1		1		3.06		
Carbohydrate, by difference....g	24.77		0	NC	4		56.97		
Fiber, total dietary....g	7.3		0	BFSN	4		16.8		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		1		1		64		
Iron, Fe....mg	2.00		1		1		4.60		
Magnesium, Mg....mg	52		1		1		120		
Phosphorus, P....mg	168		1		1		386		
Potassium, K....mg	532		1		1		1224		
Sodium, Na....mg	244		0		1		561		
Zinc, Zn....mg	1.77		0		1		4.07		
Copper, Cu....mg	0.298		0		1		0.685		
Manganese, Mn....mg	0.573		0		1		1.318		
Selenium, Se....mcg	1.2		0	BFSN	4		2.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.115		0		1		0.265		
Riboflavin....mg	0.064		0		1		0.147		
Niacin....mg	0.717		0		1		1.649		
Pantothenic acid....mg	0.430		0		4		0.989		
Vitamin B-6....mg	0.096		0		4		0.221		
Folate, total....mcg	121		0		4		279		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	121		0		4		279		
Folate, DFE....mcg_DFE	121		0	NC	4		279		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0		1		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	6		0		1		14		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	0.036		0		4		0.083		
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g									

NDB No. 16302
Beans, adzuki, mature seed, cooked, boiled, 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
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.009		0		4		0.021		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.021		0		4		0.048		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.072		0		1		0.166		
Threonine....g	0.255		0		1		0.587		
Isoleucine....g	0.300		0		1		0.690		
Leucine....g	0.632		0		1		1.454		
Lysine....g	0.567		0		1		1.304		
Methionine....g	0.079		0		1		0.182		
Cystine....g	0.070		0		1		0.161		
Phenylalanine....g	0.398		0		1		0.915		
Tyrosine....g	0.224		0		1		0.515		
Valine....g	0.387		0		1		0.890		
Arginine....g	0.486		0		1		1.118		
Histidine....g	0.198		0		1		0.455		
Alanine....g	0.439		0		1		1.010		
Aspartic acid....g	0.891		0		1		2.049		
Glutamic acid....g	1.173		0		1		2.698		
Glycine....g	0.286		0		1		0.658		
Proline....g	0.331		0		1		0.761		
Serine....g	0.369		0		1		0.849		
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 = 230g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16003
Beans, adzuki, mature seeds, canned, sweetened

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.58		1		1		120.12		
Energy	kcal	237		0	NC	4		702		
Energy	kJ	992				4		2935		
Protein (N x 6.25)	g	3.80		1		1		11.25		
Total lipid (fat)	g	0.03		1		1		0.09		
Ash	g	0.58		1		1		1.72		
Carbohydrate, by difference	g	55.01		0	NC	4		162.83		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22		1		1		65		
Iron, Fe	mg	1.13		1		1		3.34		
Magnesium, Mg	mg	31		1		1		92		
Phosphorus, P	mg	74		1		1		219		
Potassium, K	mg	119		1		1		352		
Sodium, Na	mg	218		1		1		645		
Zinc, Zn	mg	1.56		0		4		4.62		
Copper, Cu	mg	0.265		0		4		0.784		
Manganese, Mn	mg	0.504		0		4		1.492		
Selenium, Se	mcg	3.2		0	BFSN	4		9.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.101		0		4		0.299		
Riboflavin	mg	0.056		0		4		0.166		
Niacin	mg	0.631		0		4		1.868		
Pantothenic acid	mg	0.378		0		4		1.119		
Vitamin B-6	mg	0.084		0		4		0.249		
Folate, total	mcg	107		0		4		316		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	107		0		4		316		
Folate, DFE	mcg_DFE	107		0	NC	4		316		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	5		0		4		15		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.011		0		4		0.033		
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									

NDB No. 16003
Beans, adzuki, mature seeds, canned, sweetened

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.003		0		4		0.009		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.006		0		4		0.018		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.036		0		1		0.107		
Threonine....g	0.129		0		1		0.382		
Isoleucine....g	0.151		0		1		0.447		
Leucine....g	0.319		0		1		0.944		
Lysine....g	0.286		0		1		0.847		
Methionine....g	0.040		0		1		0.118		
Cystine....g	0.035		0		1		0.104		
Phenylalanine....g	0.201		0		1		0.595		
Tyrosine....g	0.113		0		1		0.334		
Valine....g	0.196		0		1		0.580		
Arginine....g	0.246		0		1		0.728		
Histidine....g	0.100		0		1		0.296		
Alanine....g	0.222		0		1		0.657		
Aspartic acid....g	0.451		0		1		1.335		
Glutamic acid....g	0.593		0		1		1.755		
Glycine....g	0.145		0		1		0.429		
Proline....g	0.167		0		1		0.494		
Serine....g	0.187		0		1		0.554		
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 = 296g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16002

Beans, adzuki, mature seeds, cooked, boiled, 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	66.29		2		1		152.47		
Energy	kcal	128		0	NC	4		294		
Energy	kJ	536				4		1232		
Protein (N x 6.25)	g	7.52		1		1		17.30		
Total lipid (fat)	g	0.10		2		1		0.23		
Ash	g	1.33		1		1		3.06		
Carbohydrate, by difference	g	24.77		0	NC	4		56.97		
Fiber, total dietary	g	7.3		0	BFSN	4		16.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28		1		1		64		
Iron, Fe	mg	2.00		1		1		4.60		
Magnesium, Mg	mg	52		1		1		120		
Phosphorus, P	mg	168		1		1		386		
Potassium, K	mg	532		1		1		1224		
Sodium, Na	mg	8		1		1		18		
Zinc, Zn	mg	1.77		0		1		4.07		
Copper, Cu	mg	0.298		0		1		0.685		
Manganese, Mn	mg	0.573		0		1		1.318		
Selenium, Se	mcg	1.2		0	BFSN	4		2.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.115		0		1		0.265		
Riboflavin	mg	0.064		0		1		0.147		
Niacin	mg	0.717		0		1		1.649		
Pantothenic acid	mg	0.430		0		4		0.989		
Vitamin B-6	mg	0.096		0		4		0.221		
Folate, total	mcg	121		0		4		279		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	121		0		4		279		
Folate, DFE	mcg_DFE	121		0	NC	4		279		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	6		0		1		14		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.036		0		4		0.083		
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									

NDB No. 16002
Beans, adzuki, mature seeds, cooked, boiled, 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
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.009		0		4		0.021		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.021		0		4		0.048		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.072		0		1		0.166		
Threonine....g	0.255		0		1		0.587		
Isoleucine....g	0.300		0		1		0.690		
Leucine....g	0.632		0		1		1.454		
Lysine....g	0.567		0		1		1.304		
Methionine....g	0.079		0		1		0.182		
Cystine....g	0.070		0		1		0.161		
Phenylalanine....g	0.398		0		1		0.915		
Tyrosine....g	0.224		0		1		0.515		
Valine....g	0.387		0		1		0.890		
Arginine....g	0.486		0		1		1.118		
Histidine....g	0.198		0		1		0.455		
Alanine....g	0.439		0		1		1.010		
Aspartic acid....g	0.891		0		1		2.049		
Glutamic acid....g	1.173		0		1		2.698		
Glycine....g	0.286		0		1		0.658		
Proline....g	0.331		0		1		0.761		
Serine....g	0.369		0		1		0.849		
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 = 230g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16001

Beans, adzuki, mature seeds, raw

Vigna angularis

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	13.44		7		1		26.48		
Energy	kcal	329		0	NC	4		648		
Energy	kJ	1377				4		2712		
Protein (N x 6.25)	g	19.87		6		1		39.14		
Total lipid (fat)	g	0.53		3		1		1.04		
Ash	g	3.26		3		1		6.42		
Carbohydrate, by difference	g	62.90		0	NC	4		123.91		
Fiber, total dietary	g	12.7		0		4		25.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	66		2		1		130		
Iron, Fe	mg	4.98		3		1		9.81		
Magnesium, Mg	mg	127		2		1		250		
Phosphorus, P	mg	381		3		1		751		
Potassium, K	mg	1254		1		1		2470		
Sodium, Na	mg	5		1		1		10		
Zinc, Zn	mg	5.04		1		1		9.93		
Copper, Cu	mg	1.094		1		1		2.155		
Manganese, Mn	mg	1.730		1		1		3.408		
Selenium, Se	mcg	3.1		0	BFSN	4		6.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.455		2		1		0.896		
Riboflavin	mg	0.220		2		1		0.433		
Niacin	mg	2.630		2		1		5.181		
Pantothenic acid	mg	1.471		0		4		2.898		
Vitamin B-6	mg	0.351		0		4		0.691		
Folate, total	mcg	622		0		4		1225		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	622		0		4		1225		
Folate, DFE	mcg_DFE	622		0	NC	4		1225		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	1		2		1		2		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	17		2		1		33		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.191		0		4		0.376		
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									

NDB No. 16001
Beans, adzuki, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.050		0		4		0.099		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.113		0		4		0.223		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (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		
Phytosterols....mg	76		0		1		150		
Amino Acids:									
Tryptophan....g	0.191		6		1		0.376		
Threonine....g	0.674		8		1		1.328		
Isoleucine....g	0.791		8		1		1.558		
Leucine....g	1.668		8		1		3.286		
Lysine....g	1.497		8		1		2.949		
Methionine....g	0.210		9		1		0.414		
Cystine....g	0.184		8		1		0.362		
Phenylalanine....g	1.052		8		1		2.072		
Tyrosine....g	0.591		8		1		1.164		
Valine....g	1.023		8		1		2.015		
Arginine....g	1.284		8		1		2.529		
Histidine....g	0.524		8		1		1.032		
Alanine....g	1.160		8		1		2.285		
Aspartic acid....g	2.355		8		1		4.639		
Glutamic acid....g	3.099		8		1		6.105		
Glycine....g	0.756		8		1		1.489		
Proline....g	0.874		8		1		1.722		
Serine....g	0.976		8		1		1.923		
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 = 197g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16004
Beans, adzuki, yokan, mature seeds

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	35.45		2		1		4.96		
Energy....kcal	260		0	NC	4		36		
Energy....kJ	1088				4		152		
Protein (N x 6.25)....g	3.29		1		1		0.46		
Total lipid (fat)....g	0.12		1		1		0.02		
Ash....g	0.42		1		1		0.06		
Carbohydrate, by difference....g	60.72		0	NC	4		8.50		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		1		1		4		
Iron, Fe....mg	1.16		1		1		0.16		
Magnesium, Mg....mg	18		1		1		3		
Phosphorus, P....mg	40		1		1		6		
Potassium, K....mg	45		1		1		6		
Sodium, Na....mg	83		1		1		12		
Zinc, Zn....mg	0.07		0		1		0.01		
Copper, Cu....mg	0.029		0		1		0.004		
Manganese, Mn....mg	0.140		0		1		0.020		
Selenium, Se....mcg	2.3		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.005		0		1		0.001		
Riboflavin....mg	0.004		0		1		0.001		
Niacin....mg	0.057		0		1		0.008		
Pantothenic acid....mg	0.099		0		1		0.014		
Vitamin B-6....mg	0.008		0		1		0.001		
Folate, total....mcg	8		0		1		1		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0		1		1		
Folate, DFE....mcg_DFE	8		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	1		0		1		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	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									
Lipids:									
Fatty acids, total saturated....g	0.043		0		4		0.006		
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g									

NDB No. 16004
Beans, adzuki, yokan, mature seeds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.011		0		4		0.002		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.026		0		4		0.004		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		0		1		0.004		
Threonine....g	0.112		0		1		0.016		
Isoleucine....g	0.131		0		1		0.018		
Leucine....g	0.276		0		1		0.039		
Lysine....g	0.248		0		1		0.035		
Methionine....g	0.035		0		1		0.005		
Cystine....g	0.031		0		1		0.004		
Phenylalanine....g	0.174		0		1		0.024		
Tyrosine....g	0.098		0		1		0.014		
Valine....g	0.169		0		1		0.024		
Arginine....g	0.213		0		1		0.030		
Histidine....g	0.087		0		1		0.012		
Alanine....g	0.192		0		1		0.027		
Aspartic acid....g	0.390		0		1		0.055		
Glutamic acid....g	0.513		0		1		0.072		
Glycine....g	0.125		0		1		0.018		
Proline....g	0.145		0		1		0.020		
Serine....g	0.161		0		1		0.023		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 14.0g: 1 slice

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16006
Beans, baked, canned, plain or vegetarian

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.00	0.122	13	JA	6		182.87		
Energy....kcal	94		0	NC	4		239		
Energy....kJ	393		0	NC	4		999		
Protein (N x 6.25)....g	4.75	0.052	8	JA	6		12.06		
Total lipid (fat)....g	0.37	0.044	8	JA	6		0.93		
Ash....g	1.75	0.044	8	JA	6		4.44		
Carbohydrate, by difference....g	21.14		0	NC	4		53.70		
Fiber, total dietary....g	4.1	0.208	7	JA	6		10.4		
Sugars, total....g	7.96		0	NC	4		20.21		
Sucrose....g	4.80	0.546	7	JA	6		12.19		
Glucose (dextrose)....g	1.59	0.050	7	JA	6		4.05		
Fructose....g	1.56	0.136	7	JA	6		3.97		
Lactose....g	0.00	0.000	5	A	1		0.00		
Maltose....g	0.00	0.000	7	JA	6		0.00		
Galactose....g	0.00	0.000	5	A	1		0.00		
Starch....g	7.38	0.248	5	A	1		18.75		
Minerals:									
Calcium, Ca....mg	34	2.282	5	JA	6		87		
Iron, Fe....mg	1.19	0.064	6	JA	6		3.02		
Magnesium, Mg....mg	27	1.286	5	JA	6		67		
Phosphorus, P....mg	74	4.759	5	JA	6		189		
Potassium, K....mg	224	11.179	5	JA	6		568		
Sodium, Na....mg	343	13.808	5	JA	6		872		
Zinc, Zn....mg	2.28	0.651	5	JA	6		5.80		
Copper, Cu....mg	0.145	0.004	5	JA	6		0.368		
Manganese, Mn....mg	0.109	0.038	5	JA	6		0.276		
Selenium, Se....mcg	5.0	0.104	29	A	1		12.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	5	JO	11		0.0		
Thiamin....mg	0.096	0.015	8	JA	6		0.244		
Riboflavin....mg	0.039	0.005	8	JA	6		0.098		
Niacin....mg	0.428	0.034	5	JA	6		1.087		
Pantothenic acid....mg	0.216	0.032	5	JA	6		0.548		
Vitamin B-6....mg	0.084	0.008	8	JA	6		0.213		
Folate, total....mcg	12	0.860	7	JA	6		29		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	12	0.860	7	JA	6		29		
Folate, DFE....mcg_DFE	12		0	NC	4		29		
Choline, total....mg	31.5		0	AS	1		80.0		
Betaine....mg	0.1		1	A	1		0.2		
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	5		0	AS	1		14		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	65	6.229	5	A	1		165		
Carotene, alpha....mcg	0	0.000	5	A	1		0		
Cryptoxanthin, beta....mcg	0	0.000	5	A	1		0		
Vitamin A, IU....IU	108		0	AS	1		275		
Lycopene....mcg	511	45.064	5	A	1		1298		
Lutein + zeaxanthin....mcg	16	6.290	5	A	1		41		
Vitamin E (alpha-tocopherol)....mg	0.15	0.022	3	A	1		0.39		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma....mg	0.71	0.025	3	A	1		1.80		
Tocopherol, delta....mg	0.05	0.000	3	A	1		0.13		
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 16006
Beans, baked, canned, plain or vegetarian

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
Vitamin K (phylloquinone).....mcg	0.8	0.072	5	A	1		2.2		
Lipids:									
Fatty acids, total saturated.....g	0.071		0	NC	4		0.179		
4:0.....g	0.000	0.000	5	JA	6		0.000		
6:0.....g	0.000	0.000	5	JA	6		0.000		
8:0.....g	0.000	0.000	5	JA	6		0.000		
10:0.....g	0.000	0.000	5	JA	6		0.000		
12:0.....g	0.000	0.000	5	JA	6		0.000		
13:0.....g	0.000	0.000	5	A	1		0.000		
14:0.....g	0.001	0.001	5	JA	6		0.001		
15:0.....g	0.000	0.000	5	A	1		0.000		
16:0.....g	0.047	0.014	5	JA	6		0.120		
17:0.....g	0.000	0.000	5	A	1		0.000		
18:0.....g	0.023	0.008	5	JA	6		0.058		
20:0.....g	0.000	0.000	5	A	1		0.000		
22:0.....g	0.000	0.000	5	A	1		0.000		
24:0.....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.095		0	NC	4		0.242		
14:1.....g	0.000	0.000	5	A	1		0.000		
15:1.....g	0.000	0.000	5	A	1		0.000		
16:1 undifferentiated.....g	0.001	0.001	5	JA	6		0.001		
17:1.....g	0.000	0.000	5	A	1		0.000		
18:1 undifferentiated.....g	0.029		1	JA	6		0.073		
18:1 c.....g	0.066	0.021	5	A	1		0.167		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000	0.000	5	A	1		0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000	0.000	5	JA	6		0.000		
22:1 undifferentiated.....g	0.000	0.000	5	JA	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.121		0	NC	4		0.307		
18:2 undifferentiated.....g	0.055	0.015	5	JA	6		0.139		
18:3 undifferentiated.....g	0.015		1	JA	6		0.037		
18:3 n-3 c,c,c (ALA).....g	0.051	0.019	5	A	1		0.131		
18:3 n-6 c,c,c.....g	0.000	0.000	5	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	5	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	5	JA	6		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	5	JA	6		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	5	JA	6		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.051		0	A	1		0.128		
Threonine.....g	0.149		0	A	1		0.378		
Isoleucine.....g	0.226		0	A	1		0.574		
Leucine.....g	0.405		0	A	1		1.029		
Lysine.....g	0.298		0	A	1		0.758		
Methionine.....g	0.047		0	A	1		0.120		

NDB No. 16006
Beans, baked, canned, plain or vegetarian

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.037		0	A	1		0.094		
Phenylalanine....g	0.267		0	A	1		0.678		
Tyrosine....g	0.121		0	A	1		0.308		
Valine....g	0.260		0	A	1		0.661		
Arginine....g	0.229		0	A	1		0.583		
Histidine....g	0.132		0	A	1		0.334		
Alanine....g	0.203		0	A	1		0.515		
Aspartic acid....g	0.631		0	A	1		1.604		
Glutamic acid....g	0.800		0	A	1		2.032		
Glycine....g	0.186		0	A	1		0.471		
Proline....g	0.240		0	A	1		0.610		
Serine....g	0.320		0	A	1		0.813		
Hydroxyproline....g	0.000	0.000	5	A	1		0.000		
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 = 254g: 1 cup

Calories Factors: Protein 4 **Fat** 8.4 **Carbohydrate**3.4

Food Group: 16 Legumes and Legume Products

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

NDB No. 16007
Beans, baked, canned, with beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.33	0.253	10		1		189.74		
Energy....kcal	121		0	NC	4		322		
Energy....kJ	506				4		1347		
Protein (N x 6.25)....g	6.38	0.083	10		1		16.97		
Total lipid (fat)....g	3.45	0.125	10		1		9.18		
Ash....g	1.94	0.040	10		1		5.16		
Carbohydrate, by difference....g	16.91		0	NC	4		44.98		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	45	1.918	10		1		120		
Iron, Fe....mg	1.60	0.082	10		1		4.26		
Magnesium, Mg....mg	25		1		1		67		
Phosphorus, P....mg	81		1		1		215		
Potassium, K....mg	320		1		1		851		
Sodium, Na....mg	475	3.535	4		1		1264		
Zinc, Zn....mg	1.20		1		1		3.19		
Copper, Cu....mg	0.300		1		1		0.798		
Manganese, Mn....mg	0.600		1		1		1.596		
Selenium, Se....mcg	9.6		0	RA	4		25.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8	0.200	10		1		4.8		
Thiamin....mg	0.052	0.002	10		1		0.138		
Riboflavin....mg	0.045	0.001	10		1		0.120		
Niacin....mg	0.940	0.037	10		1		2.500		
Pantothenic acid....mg	0.183		0		1		0.487		
Vitamin B-6....mg	0.090		1		1		0.239		
Folate, total....mcg	43		0		1		115		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	43		0		1		115		
Folate, DFE....mcg_DFE	43		0	NC	4		115		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00		
Vitamin A, RAE....mcg_RAE	11	0.948	10		1		28		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	213	18.962	10		1		567		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	1.677		0		1		4.461		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16007
Beans, baked, canned, with beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.029		0		1		0.077		
13:0 g									
14:0 g	0.121		0		1		0.322		
15:0 g									
16:0 g	0.858		0		1		2.282		
17:0 g									
18:0 g	0.622		0		1		1.655		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.385		0		1		3.684		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.138		0		1		0.367		
17:1 g									
18:1 undifferentiated g	1.195		0		1		3.179		
20:1 g	0.010		0		1		0.027		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.205		0		1		0.545		
18:2 undifferentiated g	0.142		0		1		0.378		
18:3 undifferentiated g	0.053		0		1		0.141		
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	22		0		1		59		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.077		0		1		0.205		
Threonine g	0.268		0		1		0.713		
Isoleucine g	0.279		0		1		0.742		
Leucine g	0.510		0		1		1.357		
Lysine g	0.452		0		1		1.202		
Methionine g	0.104		0		1		0.277		
Cystine g	0.068		0		1		0.181		
Phenylalanine g	0.329		0		1		0.875		
Tyrosine g	0.182		0		1		0.484		
Valine g	0.330		0		1		0.878		
Arginine g	0.401		0		1		1.067		
Histidine g	0.182		0		1		0.484		
Alanine g	0.290		0		1		0.771		
Aspartic acid g	0.743		0		1		1.976		
Glutamic acid g	0.976		0		1		2.596		
Glycine g	0.283		0		1		0.753		
Proline g	0.278		0		1		0.739		
Serine g	0.333		0		1		0.886		
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 = 266g: 1 cup

NDB No. 16007
Beans, baked, canned, with beef

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 3.8

Food Group: 16 Legumes and Legume Products

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

NDB No. 16008
Beans, baked, canned, with franks

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	69.34	0.291	29		1		179.59		
Energy	kcal	142		0	NC	4		369		
Energy	kJ	596		0	NC	4		1543		
Protein (N x 6.25)	g	6.75	0.191	29		1		17.48		
Total lipid (fat)	g	6.57	0.082	29		1		17.02		
Ash	g	1.95	0.135	29		1		5.05		
Carbohydrate, by difference	g	15.39		0	NC	4		39.86		
Fiber, total dietary	g	6.9		0		4		17.9		
Sugars, total	g	6.53		0	NR	4		16.91		
Starch	g									
Minerals:										
Calcium, Ca	mg	48	0.950	29		1		124		
Iron, Fe	mg	1.73	0.071	29		1		4.48		
Magnesium, Mg	mg	28	0.833	4		1		73		
Phosphorus, P	mg	104	4.346	4		1		269		
Potassium, K	mg	235	9.263	21		1		609		
Sodium, Na	mg	430	6.607	29		1		1114		
Zinc, Zn	mg	1.87	0.407	4		1		4.84		
Copper, Cu	mg	0.213	0.030	4		1		0.552		
Manganese, Mn	mg	0.420	0.077	4		1		1.088		
Selenium, Se	mcg	6.5		0	RA	4		16.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3	0.484	9		1		6.0		
Thiamin	mg	0.058	0.001	29		1		0.150		
Riboflavin	mg	0.056	0.002	29		1		0.145		
Niacin	mg	0.901	0.025	28		1		2.334		
Pantothenic acid	mg	0.139		2		1		0.360		
Vitamin B-6	mg	0.046	0.006	3		1		0.119		
Folate, total	mcg	30		2		1		78		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	30		2		1		78		
Folate, DFE	mcg_DFE	30		0	NC	4		78		
Choline, total	mg	34.9		0	RF	4		90.5		
Betaine	mg									
Vitamin B-12	mcg	0.34		0	RF	4		0.89		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	4		0	NC	4		11		
Retinol	mcg	0		0	RF	4		0		
Carotene, beta	mcg	52		0	RF	4		135		
Carotene, alpha	mcg	0		0	RF	4		0		
Cryptoxanthin, beta	mcg	0		0	RF	4		0		
Vitamin A, IU	IU	87		0	NC	4		224		
Lycopene	mcg	409		0	RF	4		1059		
Lutein + zeaxanthin	mcg	13		0	RF	4		33		
Vitamin E (alpha-tocopherol)	mg	0.16		0	RF	4		0.42		
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	1.0		0	RF	4		2.7		
Lipids:										
Fatty acids, total saturated	g	2.352		0		1		6.092		
4:0	g	0.000		0		1		0.000		

NDB No. 16008
Beans, baked, canned, with franks

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
8:0....g	0.000		0		1		0.000		
10:0....g	0.016		0		1		0.041		
12:0....g	0.012		0		1		0.031		
13:0....g									
14:0....g	0.108		0		1		0.280		
15:0....g									
16:0....g	0.810		0		1		2.098		
17:0....g									
18:0....g	0.751		0		1		1.945		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.830		0		1		7.330		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.266		0		1		0.689		
17:1....g									
18:1 undifferentiated....g	2.564		0		1		6.641		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.836		0		1		2.165		
18:2 undifferentiated....g	0.628		0		1		1.627		
18:3 undifferentiated....g	0.208		0		1		0.539		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	6		0		1		16		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.077		0		1		0.199		
Threonine....g	0.279		0		1		0.723		
Isoleucine....g	0.297		0		1		0.769		
Leucine....g	0.534		0		1		1.383		
Lysine....g	0.472		0		1		1.222		
Methionine....g	0.105		0		1		0.272		
Cystine....g	0.074		0		1		0.192		
Phenylalanine....g	0.349		0		1		0.904		
Tyrosine....g	0.190		0		1		0.492		
Valine....g	0.345		0		1		0.894		
Arginine....g	0.427		0		1		1.106		
Histidine....g	0.190		0		1		0.492		
Alanine....g	0.302		0		1		0.782		
Aspartic acid....g	0.800		0		1		2.072		
Glutamic acid....g	1.037		0		1		2.686		
Glycine....g	0.288		0		1		0.746		
Proline....g	0.290		0		1		0.751		
Serine....g	0.357		0		1		0.925		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

NDB No. 16008

Beans, baked, canned, with franks

Common Measures:

Measure 1 = 259g: 1 cup

Calories Factors: Protein 3.9 **Fat** 9 **Carbohydrate** 3.7

Food Group: 16 Legumes and Legume Products

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

NDB No. 16009
Beans, baked, canned, with pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.46	0.295	63		1		180.79		
Energy....kcal	106		0	NC	4		268		
Energy....kJ	443		0	NC	4		1120		
Protein (N x 6.25)....g	5.19	0.061	76		1		13.13		
Total lipid (fat)....g	1.55	0.131	77		1		3.92		
Ash....g	1.81	0.032	63		1		4.58		
Carbohydrate, by difference....g	19.99		0	NC	4		50.57		
Fiber, total dietary....g	5.5		0		1		13.9		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	53	1.490	67		1		134		
Iron, Fe....mg	1.70	0.058	83		1		4.30		
Magnesium, Mg....mg	34	1.239	11		1		86		
Phosphorus, P....mg	108		11		1		273		
Potassium, K....mg	309		54		1		782		
Sodium, Na....mg	414	6.494	70		1		1047		
Zinc, Zn....mg	1.46	0.180	11		1		3.69		
Copper, Cu....mg	0.215	0.009	11		1		0.544		
Manganese, Mn....mg	0.361	0.010	11		1		0.913		
Selenium, Se....mcg	4.7	0.080	24	A	1		11.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0	0.225	16		1		5.1		
Thiamin....mg	0.053	0.002	59		1		0.134		
Riboflavin....mg	0.038	0.002	60		1		0.096		
Niacin....mg	0.447	0.030	60		1		1.131		
Pantothenic acid....mg	0.100	0.026	3		1		0.253		
Vitamin B-6....mg	0.064	0.007	3		1		0.162		
Folate, total....mcg	36	9.837	3		1		92		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	36	9.837	3		1		92		
Folate, DFE....mcg_DFE	36		0	NC	4		92		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	AS	1		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	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									
Lipids:									
Fatty acids, total saturated....g	0.599		0		1		1.515		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16009
Beans, baked, canned, with pork

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.002		0		1		0.005		
12:0 ... g	0.003		0		1		0.008		
13:0 ... g									
14:0 ... g	0.019		0		1		0.048		
15:0 ... g									
16:0 ... g	0.370		0		1		0.936		
17:0 ... g									
18:0 ... g	0.201		0		1		0.509		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.673		0		1		1.703		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.040		0		1		0.101		
17:1 ... g									
18:1 undifferentiated ... g	0.615		0		1		1.556		
20:1 ... g	0.015		0		1		0.038		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.199		0		1		0.503		
18:2 undifferentiated ... g	0.169		0		1		0.428		
18:3 undifferentiated ... g	0.030		0		1		0.076		
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	7		0		1		18		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.062		0		1		0.157		
Threonine ... g	0.221		0		1		0.559		
Isoleucine ... g	0.232		0		1		0.587		
Leucine ... g	0.420		0		1		1.063		
Lysine ... g	0.361		0		1		0.913		
Methionine ... g	0.080		0		1		0.202		
Cystine ... g	0.057		0		1		0.144		
Phenylalanine ... g	0.285		0		1		0.721		
Tyrosine ... g	0.148		0		1		0.374		
Valine ... g	0.275		0		1		0.696		
Arginine ... g	0.326		0		1		0.825		
Histidine ... g	0.147		0		1		0.372		
Alanine ... g	0.221		0		1		0.559		
Aspartic acid ... g	0.637		0		1		1.612		
Glutamic acid ... g	0.802		0		1		2.029		
Glycine ... g	0.205		0		1		0.519		
Proline ... g	0.223		0		1		0.564		
Serine ... g	0.286		0		1		0.724		
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 = 253g: 1 cup

NDB No. 16009
Beans, baked, canned, with pork

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.6

Food Group: 16 Legumes and Legume Products

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

NDB No. 16010
Beans, baked, canned, with pork and sweet sauce

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	70.61	0.176	148	JA	6		178.64		
Energy....kcal	112		0	NC	4		282		
Energy....kJ	467		0	NC	4		1181		
Protein (N x 6.25)....g	5.29	0.046	141	JA	6		13.37		
Total lipid (fat)....g	1.44	0.042	140	JA	6		3.64		
Ash....g	1.55	0.009	141	JA	6		3.92		
Carbohydrate, by difference....g	21.12		0	NC	4		53.42		
Fiber, total dietary....g	4.2	0.133	9	JA	6		10.7		
Sugars, total....g	8.56	0.271	11	JA	6		21.65		
Sucrose....g	5.46	0.245	14	JA	6		13.82		
Glucose (dextrose)....g	1.30	0.098	14	JA	6		3.30		
Fructose....g	1.26	0.135	14	JA	6		3.20		
Lactose....g	0.00	0.000	8	A	1		0.00		
Maltose....g	0.10	0.000	9	JA	6		0.26		
Galactose....g	0.00	0.000	8	A	1		0.00		
Starch....g	7.84	0.150	8	A	1		19.83		
Minerals:									
Calcium, Ca....mg	59	1.656	141	JA	6		150		
Iron, Fe....mg	1.65	0.030	141	JA	6		4.18		
Magnesium, Mg....mg	33	0.714	47	JA	6		82		
Phosphorus, P....mg	102	0.168	94	JA	6		259		
Potassium, K....mg	258	0.940	67	JA	6		653		
Sodium, Na....mg	334	1.212	119	JA	6		845		
Zinc, Zn....mg	1.37	0.273	8	A	1		3.46		
Copper, Cu....mg	0.139	0.003	9	JA	6		0.351		
Manganese, Mn....mg	0.085	0.014	8	A	1		0.214		
Selenium, Se....mcg	5.0	0.103	32	A	1		12.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8	0.103	118	JA	6		7.1		
Thiamin....mg	0.047	0.002	141	JA	6		0.119		
Riboflavin....mg	0.059	0.002	139	JA	6		0.149		
Niacin....mg	0.353	0.009	129	JA	6		0.893		
Pantothenic acid....mg	0.196	0.027	8	JA	6		0.496		
Vitamin B-6....mg	0.057	0.003	8	JA	6		0.144		
Folate, total....mcg	8	0.535	8	A	1		21		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8	0.535	8	A	1		21		
Folate, DFE....mcg_DFE	8		0	NC	4		21		
Choline, total....mg	24.5		0	AS	1		61.9		
Betaine....mg	0.1		1	A	1		0.4		
Vitamin B-12....mcg	0.00	0.000	4	JA	6		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	5	2.432	8	A	1		12		
Carotene, alpha....mcg	0	0.000	8	A	1		0		
Cryptoxanthin, beta....mcg	0	0.000	8	A	1		0		
Vitamin A, IU....IU	8		0	AS	1		20		
Lycopene....mcg	24	13.480	8	A	1		60		
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.03	0.006	6	A	1		0.08		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00	0.000	6	A	1		0.00		
Tocopherol, gamma....mg	0.80	0.076	6	A	1		2.03		
Tocopherol, delta....mg	0.08	0.024	6	A	1		0.20		
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 16010
Beans, baked, canned, with pork and sweet sauce

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		
Vitamin K (phylloquinone)....mcg	0.8	0.211	8	A	1		1.9		
Lipids:									
Fatty acids, total saturated....g	0.491		0	NC	4		1.243		
4:0....g	0.000	0.000	8	JA	6		0.000		
6:0....g	0.000	0.000	8	JA	6		0.000		
8:0....g	0.000	0.000	8	JA	6		0.000		
10:0....g	0.000	0.000	8	JA	6		0.000		
12:0....g	0.000	0.000	8	JA	6		0.000		
13:0....g	0.000	0.000	8	A	1		0.000		
14:0....g	0.022	0.005	7	JA	6		0.056		
15:0....g	0.000	0.000	8	A	1		0.000		
16:0....g	0.295	0.052	8	JA	6		0.747		
17:0....g	0.003	0.001	8	A	1		0.007		
18:0....g	0.171	0.029	8	JA	6		0.433		
20:0....g	0.000	0.000	8	A	1		0.000		
22:0....g	0.000	0.000	8	A	1		0.000		
24:0....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total monounsaturated....g	0.498		0	NC	4		1.260		
14:1....g	0.000	0.000	8	A	1		0.000		
15:1....g	0.000	0.000	8	A	1		0.000		
16:1 undifferentiated....g	0.028	0.006	7	JA	6		0.072		
17:1....g	0.002	0.001	8	A	1		0.004		
18:1 undifferentiated....g	0.014		1	JA	6		0.036		
18:1 c....g	0.453	0.085	8	A	1		1.147		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	8	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000	0.000	8	JA	6		0.000		
22:1 undifferentiated....g	0.000	0.000	8	JA	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.376		0	NC	4		0.952		
18:2 undifferentiated....g	0.268	0.056	8	JA	6		0.677		
18:3 undifferentiated....g	0.014		1	JA	6		0.036		
18:3 n-3 c,c,c (ALA)....g	0.088	0.016	8	A	1		0.223		
18:3 n-6 c,c,c....g	0.000	0.000	8	A	1		0.000		
18:3i....g									
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g	0.006	0.003	8	A	1		0.016		
20:3 undifferentiated....g	0.000	0.000	8	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	8	JA	6		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	8	JA	6		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	8	JA	6		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	7		0		1		18		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.063		0		1		0.159		
Threonine....g	0.223		0		1		0.564		
Isoleucine....g	0.234		0		1		0.592		
Leucine....g	0.424		0		1		1.073		
Lysine....g	0.364		0		1		0.921		
Methionine....g	0.081		0		1		0.205		

NDB No. 16010
Beans, baked, canned, with pork and sweet sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.058		0		1		0.147		
Phenylalanine....g	0.287		0		1		0.726		
Tyrosine....g	0.149		0		1		0.377		
Valine....g	0.278		0		1		0.703		
Arginine....g	0.329		0		1		0.832		
Histidine....g	0.148		0		1		0.374		
Alanine....g	0.222		0		1		0.562		
Aspartic acid....g	0.642		0		1		1.624		
Glutamic acid....g	0.809		0		1		2.047		
Glycine....g	0.207		0		1		0.524		
Proline....g	0.225		0		1		0.569		
Serine....g	0.289		0		1		0.731		
Hydroxyproline....g	0.000	0.000	8	A	1		0.000		
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 = 253g: 1 cup

Calories Factors: Protein 3.9 **Fat** 8.9 **Carbohydrate** 3.7

Food Group: 16 Legumes and Legume Products

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

NDB No. 16011
Beans, baked, canned, with pork and tomato sauce

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	73.50	0.512	234	JA	6		180.80		
Energy....kcal	94		0	NC	4		232		
Energy....kJ	394		0	NC	4		970		
Protein (N x 6.25)....g	5.15	0.002	246	JA	6		12.68		
Total lipid (fat)....g	0.93	0.059	243	JO	11		2.28		
Ash....g	1.73	0.001	210	JA	6		4.25		
Carbohydrate, by difference....g	18.69		0	NC	4		45.98		
Fiber, total dietary....g	4.0	0.082	5	JA	6		9.9		
Sugars, total....g	5.67		0	NC	4		13.96		
Sucrose....g	3.36	0.366	12	JA	6		8.26		
Glucose (dextrose)....g	1.20	0.108	12	JA	6		2.96		
Fructose....g	1.03	0.151	12	JA	6		2.53		
Lactose....g	0.00	0.000	4	A	1		0.00		
Maltose....g	0.09	0.049	7	JA	6		0.21		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	8.05	0.150	4	A	1		19.80		
Minerals:									
Calcium, Ca....mg	56	0.084	225	JA	6		137		
Iron, Fe....mg	3.24	0.004	245	JA	6		7.98		
Magnesium, Mg....mg	34	0.028	83	JA	6		85		
Phosphorus, P....mg	116	0.094	186	JA	6		285		
Potassium, K....mg	295	0.200	86	JA	6		725		
Sodium, Na....mg	437	0.196	223	JA	6		1075		
Zinc, Zn....mg	5.48	1.471	10	JA	6		13.48		
Copper, Cu....mg	0.213	0.005	11	JA	6		0.525		
Manganese, Mn....mg	0.302	0.015	9	JA	6		0.743		
Selenium, Se....mcg	4.7	0.078	28	A	1		11.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.0	0.000	218	JA	6		7.5		
Thiamin....mg	0.052	0.000	226	JA	6		0.128		
Riboflavin....mg	0.046	0.000	227	JA	6		0.112		
Niacin....mg	0.494	0.010	210	JA	6		1.214		
Pantothenic acid....mg	0.392	0.019	8	JA	6		0.964		
Vitamin B-6....mg	0.063	0.003	10	JA	6		0.156		
Folate, total....mcg	15	0.223	8	JA	6		37		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	15	0.223	8	JA	6		37		
Folate, DFE....mcg_DFE	15		0	NC	4		37		
Choline, total....mg	39.2		0	AS	1		96.5		
Betaine....mg	0.4		2	A	1		1.0		
Vitamin B-12....mcg	0.00	0.000	6	JA	6		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	4		0	AS	1		10		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	50	6.589	4	A	1		124		
Carotene, alpha....mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta....mcg	0	0.000	4	A	1		0		
Vitamin A, IU....IU	84		0	AS	1		206		
Lycopene....mcg	322	69.682	4	A	1		791		
Lutein + zeaxanthin....mcg	14	4.020	4	A	1		34		
Vitamin E (alpha-tocopherol)....mg	0.10	0.008	9	JO	11		0.24		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00	0.000	9	JO	11		0.00		
Tocopherol, gamma....mg	0.61	0.054	9	JO	11		1.50		
Tocopherol, delta....mg	0.04	0.007	9	JO	11		0.10		
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 16011
Beans, baked, canned, with pork and tomato sauce

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		
Vitamin K (phylloquinone)....mcg	0.5	0.136	4	A	1		1.2		
Lipids:									
Fatty acids, total saturated....g	0.293		0	NC	4		0.720		
4:0....g	0.000	0.000	4	JA	6		0.000		
6:0....g	0.000	0.000	4	JA	6		0.000		
8:0....g	0.000	0.000	4	JA	6		0.000		
10:0....g	0.000	0.000	4	JA	6		0.000		
12:0....g	0.000	0.000	4	JA	6		0.000		
13:0....g	0.000	0.000	4	A	1		0.000		
14:0....g	0.009	0.001	4	JA	6		0.022		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	0.174	0.018	4	JA	6		0.427		
17:0....g	0.001	0.001	4	A	1		0.004		
18:0....g	0.109	0.015	4	JA	6		0.267		
20:0....g	0.000	0.000	4	A	1		0.000		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	0.277		0	NC	4		0.682		
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	0.014	0.000	4	JA	6		0.034		
17:1....g	0.001	0.001	4	A	1		0.001		
18:1 undifferentiated....g	0.263		0	AS	1		0.646		
18:1 c....g	0.263	0.023	4	A	1		0.646		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	4	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000	0.000	4	JA	6		0.000		
22:1 undifferentiated....g	0.000	0.000	4	JA	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.157		0	NC	4		0.385		
18:2 undifferentiated....g	0.114	0.006	4	JA	6		0.282		
18:3 undifferentiated....g	0.039		0	AS	1		0.097		
18:3 n-3 c,c,c (ALA)....g	0.039	0.007	4	A	1		0.097		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g	0.003	0.001	4	A	1		0.007		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	JA	6		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	JA	6		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	JA	6		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	7		0		1		17		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.075		0	A	1		0.184		
Threonine....g	0.140		0	A	1		0.345		
Isoleucine....g	0.223		0	A	1		0.548		
Leucine....g	0.383		0	A	1		0.943		
Lysine....g	0.327		0	A	1		0.804		
Methionine....g	0.040		0	A	1		0.098		
Cystine....g	0.042		0	A	1		0.104		
Phenylalanine....g	0.238		0	A	1		0.585		

NDB No. 16011
Beans, baked, canned, with pork and tomato sauce

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.118		0	A	1		0.289		
Valine....g	0.253		0	A	1		0.622		
Arginine....g	0.230		0	A	1		0.565		
Histidine....g	0.118		0	A	1		0.289		
Alanine....g	0.185		0	A	1		0.455		
Aspartic acid....g	0.603		0	A	1		1.483		
Glutamic acid....g	0.743		0	A	1		1.827		
Glycine....g	0.185		0	A	1		0.455		
Proline....g	0.258		0	A	1		0.634		
Serine....g	0.295		0	A	1		0.725		
Hydroxyproline....g	0.000	0.000	4	A	1		0.000		
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 = 246g: 1 cup

Calories Factors: Protein 4 **Fat** 8.8 **Carbohydrate** 3.5

Food Group: 16 Legumes and Legume Products

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

NDB No. 16005
Beans, baked, home prepared

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	65.17		0		1		164.88		
Energy....kcal	155		0	NC	4		392		
Energy....kJ	649		0	NC	4		1641		
Protein (N x 6.25)....g	5.54		0		1		14.02		
Total lipid (fat)....g	5.15		0		1		13.03		
Ash....g	2.51		0		1		6.35		
Carbohydrate, by difference....g	21.63		0	NC	4		54.72		
Fiber, total dietary....g	5.5		0		4		13.9		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	61		0		1		154		
Iron, Fe....mg	1.99		0		1		5.03		
Magnesium, Mg....mg	43		0		1		109		
Phosphorus, P....mg	109		0		1		276		
Potassium, K....mg	358		0		1		906		
Sodium, Na....mg	422		0		1		1068		
Zinc, Zn....mg	0.73		0		1		1.85		
Copper, Cu....mg	0.159		0		1		0.402		
Manganese, Mn....mg	0.255		0		1		0.645		
Selenium, Se....mcg	5.7		0	BFSN	4		14.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0		1		2.8		
Thiamin....mg	0.136		0		1		0.344		
Riboflavin....mg	0.049		0		1		0.124		
Niacin....mg	0.408		0		1		1.032		
Pantothenic acid....mg	0.155		0		1		0.392		
Vitamin B-6....mg	0.090		0		1		0.228		
Folate, total....mcg	48		0		1		122		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	48		0		1		122		
Folate, DFE....mcg_DFE	48		0	NC	4		122		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		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	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									
Lipids:									
Fatty acids, total saturated....g	1.948		0		1		4.928		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16005
Beans, baked, home prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.005		0		1		0.013		
12:0 g	0.009		0		1		0.023		
13:0 g									
14:0 g	0.061		0		1		0.154		
15:0 g									
16:0 g	1.227		0		1		3.104		
17:0 g									
18:0 g	0.633		0		1		1.601		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.133		0		1		5.396		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.125		0		1		0.316		
17:1 g									
18:1 undifferentiated g	1.953		0		1		4.941		
20:1 g	0.046		0		1		0.116		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.740		0		1		1.872		
18:2 undifferentiated g	0.593		0		1		1.500		
18:3 undifferentiated g	0.147		0		1		0.372		
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	5		0		1		13		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.067		0		1		0.170		
Threonine g	0.228		0		1		0.577		
Isoleucine g	0.242		0		1		0.612		
Leucine g	0.428		0		1		1.083		
Lysine g	0.379		0		1		0.959		
Methionine g	0.086		0		1		0.218		
Cystine g	0.062		0		1		0.157		
Phenylalanine g	0.287		0		1		0.726		
Tyrosine g	0.155		0		1		0.392		
Valine g	0.282		0		1		0.713		
Arginine g	0.356		0		1		0.901		
Histidine g	0.153		0		1		0.387		
Alanine g	0.236		0		1		0.597		
Aspartic acid g	0.637		0		1		1.612		
Glutamic acid g	0.841		0		1		2.128		
Glycine g	0.232		0		1		0.587		
Proline g	0.239		0		1		0.605		
Serine g	0.288		0		1		0.729		
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 = 253g: 1 cup

NDB No. 16005
Beans, baked, home prepared

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16018
Beans, black turtle soup, mature seeds, canned

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	75.64		1		1		181.54		
Energy	kcal	91		0	NC	4		218		
Energy	kJ	381				4		914		
Protein (N x 6.25)	g	6.03		1		1		14.47		
Total lipid (fat)	g	0.29		1		1		0.70		
Ash	g	1.49		1		1		3.58		
Carbohydrate, by difference	g	16.56		0	NC	4		39.74		
Fiber, total dietary	g	6.9		0	BFSN	4		16.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35		1		1		84		
Iron, Fe	mg	1.90		1		1		4.56		
Magnesium, Mg	mg	35		0		1		84		
Phosphorus, P	mg	108		0		1		259		
Potassium, K	mg	308		0		1		739		
Sodium, Na	mg	384		0		1		922		
Zinc, Zn	mg	0.54		0		1		1.30		
Copper, Cu	mg	0.192		0		1		0.461		
Manganese, Mn	mg	0.233		0		1		0.559		
Selenium, Se	mcg	1.3		0	BFSN	4		3.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		1		1		6.5		
Thiamin	mg	0.140		1		1		0.336		
Riboflavin	mg	0.120		1		1		0.288		
Niacin	mg	0.620		1		1		1.488		
Pantothenic acid	mg	0.184		0		1		0.442		
Vitamin B-6	mg	0.055		0		1		0.132		
Folate, total	mcg	61		0		1		146		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	61		0		1		146		
Folate, DFE	mcg_DFE	61		0	NC	4		146		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	4		0		1		10		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.075		0		1		0.180		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16018
Beans, black turtle soup, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.070		0		1		0.168		
17:0 g									
18:0 g	0.004		0		1		0.010		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.025		0		1		0.060		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.025		0		1		0.060		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.125		0		1		0.300		
18:2 undifferentiated g	0.068		0		1		0.163		
18:3 undifferentiated g	0.057		0		1		0.137		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.071		0		1		0.170		
Threonine g	0.254		0		1		0.610		
Isoleucine g	0.266		0		1		0.638		
Leucine g	0.481		0		1		1.154		
Lysine g	0.414		0		1		0.994		
Methionine g	0.091		0		1		0.218		
Cystine g	0.066		0		1		0.158		
Phenylalanine g	0.326		0		1		0.782		
Tyrosine g	0.170		0		1		0.408		
Valine g	0.315		0		1		0.756		
Arginine g	0.373		0		1		0.895		
Histidine g	0.168		0		1		0.403		
Alanine g	0.253		0		1		0.607		
Aspartic acid g	0.729		0		1		1.750		
Glutamic acid g	0.919		0		1		2.206		
Glycine g	0.235		0		1		0.564		
Proline g	0.255		0		1		0.612		
Serine g	0.328		0		1		0.787		
Hydroxyproline g									

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

Common Measures:

Measure 1 = 240g: 1 cup

NDB No. 16018
Beans, black turtle soup, mature seeds, canned

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16317

Beans, black turtle soup, mature seeds, cooked, boiled, 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	65.74		0		1		121.62		
Energy....kcal	130		0	NC	4		241		
Energy....kJ	544		0		4		1006		
Protein (N x 6.25)....g	8.18		0		1		15.13		
Total lipid (fat)....g	0.35		0		1		0.65		
Ash....g	1.38		0		1		2.55		
Carbohydrate, by difference....g	24.35		0	NC	4		45.05		
Fiber, total dietary....g	5.3		0	BFZN	4		9.8		
Sugars, total....g	0.32		0	BFSN	4		0.59		
Starch....g									
Minerals:									
Calcium, Ca....mg	55		0		1		102		
Iron, Fe....mg	2.85		0		1		5.27		
Magnesium, Mg....mg	49		0		1		91		
Phosphorus, P....mg	152		0		1		281		
Potassium, K....mg	433		0		1		801		
Sodium, Na....mg	239		0		1		442		
Zinc, Zn....mg	0.76		0		1		1.41		
Copper, Cu....mg	0.269		0		1		0.498		
Manganese, Mn....mg	0.327		0		1		0.605		
Selenium, Se....mcg	1.2		0	BFSN	4		2.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.225		0		1		0.416		
Riboflavin....mg	0.056		0		1		0.104		
Niacin....mg	0.527		0		1		0.975		
Pantothenic acid....mg	0.260		0		1		0.481		
Vitamin B-6....mg	0.077		0		1		0.142		
Folate, total....mcg	86		0		1		158		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	86		0		1		158		
Folate, DFE....mcg_DFE	86		0	NC	4		158		
Choline, total....mg	32.6		0	BFSN	4		60.3		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFSN	4		0		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.87		0	BFSN	4		1.61		
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	3.3		0	BFSN	4		6.1		
Lipids:									
Fatty acids, total saturated....g	0.089		0		1		0.165		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16317

Beans, black turtle soup, mature seeds, cooked, boiled, 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									
12:0 g									
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.084		0		1		0.155		
17:0 g									
18:0 g	0.005		0		1		0.009		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.030		0		1		0.056		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.030		0		1		0.056		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.149		0		1		0.276		
18:2 undifferentiated g	0.081		0		1		0.150		
18:3 undifferentiated g	0.068		0		1		0.126		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.097		0		1		0.179		
Threonine g	0.344		0		1		0.636		
Isoleucine g	0.361		0		1		0.668		
Leucine g	0.653		0		1		1.208		
Lysine g	0.562		0		1		1.040		
Methionine g	0.123		0		1		0.228		
Cystine g	0.089		0		1		0.165		
Phenylalanine g	0.442		0		1		0.818		
Tyrosine g	0.230		0		1		0.426		
Valine g	0.428		0		1		0.792		
Arginine g	0.507		0		1		0.938		
Histidine g	0.228		0		1		0.422		
Alanine g	0.343		0		1		0.635		
Aspartic acid g	0.990		0		1		1.832		
Glutamic acid g	1.247		0		1		2.307		
Glycine g	0.319		0		1		0.590		
Proline g	0.347		0		1		0.642		
Serine g	0.445		0		1		0.823		
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 = 185g: 1 cup

NDB No. 16317

Beans, black turtle soup, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16017

Beans, black turtle soup, mature seeds, cooked, boiled, 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	65.74		0		1		121.62		
Energy	kcal	130		0	NC	4		241		
Energy	kJ	544		0		4		1006		
Protein (N x 6.25)	g	8.18		0		1		15.13		
Total lipid (fat)	g	0.35		0		1		0.65		
Ash	g	1.38		0		1		2.55		
Carbohydrate, by difference	g	24.35		0	NC	4		45.05		
Fiber, total dietary	g	5.3		0		4		9.8		
Sugars, total	g	0.32		0	BFSN	4		0.59		
Starch	g									
Minerals:										
Calcium, Ca	mg	55		0		1		102		
Iron, Fe	mg	2.85		0		1		5.27		
Magnesium, Mg	mg	49		0		1		91		
Phosphorus, P	mg	152		0		1		281		
Potassium, K	mg	433		0		1		801		
Sodium, Na	mg	3		0		1		6		
Zinc, Zn	mg	0.76		0		1		1.41		
Copper, Cu	mg	0.269		0		1		0.498		
Manganese, Mn	mg	0.327		0		1		0.605		
Selenium, Se	mcg	1.2		0	BFSN	4		2.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.225		0		1		0.416		
Riboflavin	mg	0.056		0		1		0.104		
Niacin	mg	0.527		0		1		0.975		
Pantothenic acid	mg	0.260		0		1		0.481		
Vitamin B-6	mg	0.077		0		1		0.142		
Folate, total	mcg	86		0		1		158		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	86		0		1		158		
Folate, DFE	mcg_DFE	86		0	NC	4		158		
Choline, total	mg	32.6		0	BFSN	4		60.3		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		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	Z	7		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.87		0	BFSN	4		1.61		
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	3.3		0	BFSN	4		6.1		
Lipids:										
Fatty acids, total saturated	g	0.089		0		1		0.165		
4:0	g	0.000		0		1		0.000		

NDB No. 16017

Beans, black turtle soup, mature seeds, cooked, boiled, 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		1		0.000		
8:0 ....g	0.000		0		1		0.000		
10:0 ....g	0.000		0		1		0.000		
12:0 ....g	0.000		0		1		0.000		
13:0 ....g									
14:0 ....g	0.000		0		1		0.000		
15:0 ....g									
16:0 ....g	0.084		0		1		0.155		
17:0 ....g									
18:0 ....g	0.005		0		1		0.009		
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.030		0		1		0.056		
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.000		0		1		0.000		
17:1 ....g									
18:1 undifferentiated ....g	0.030		0		1		0.056		
20:1 ....g	0.000		0		1		0.000		
22:1 undifferentiated ....g	0.000		0		1		0.000		
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.149		0		1		0.276		
18:2 undifferentiated ....g	0.081		0		1		0.150		
18:3 undifferentiated ....g	0.068		0		1		0.126		
18:4 ....g	0.000		0		1		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000		
20:5 n-3 (EPA) ....g	0.000		0		1		0.000		
22:5 n-3 (DPA) ....g	0.000		0		1		0.000		
22:6 n-3 (DHA) ....g	0.000		0		1		0.000		
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		1		0		
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.097		0		1		0.179		
Threonine ....g	0.344		0		1		0.636		
Isoleucine ....g	0.361		0		1		0.668		
Leucine ....g	0.653		0		1		1.208		
Lysine ....g	0.562		0		1		1.040		
Methionine ....g	0.123		0		1		0.228		
Cystine ....g	0.089		0		1		0.165		
Phenylalanine ....g	0.442		0		1		0.818		
Tyrosine ....g	0.230		0		1		0.426		
Valine ....g	0.428		0		1		0.792		
Arginine ....g	0.507		0		1		0.938		
Histidine ....g	0.228		0		1		0.422		
Alanine ....g	0.343		0		1		0.635		
Aspartic acid ....g	0.990		0		1		1.832		
Glutamic acid ....g	1.247		0		1		2.307		
Glycine ....g	0.319		0		1		0.590		
Proline ....g	0.347		0		1		0.642		
Serine ....g	0.445		0		1		0.823		
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0		
Caffeine ....mg	0		0	Z	7		0		
Theobromine ....mg	0		0	Z	7		0		

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

NDB No. 16017

Beans, black turtle soup, mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 185g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16016

Beans, black turtle soup, mature seeds, raw

Phaseolus vulgaris

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	11.00		0		1		20.24		
Energy	kcal	339		0	NC	4		623		
Energy	kJ	1417		0	NC	4		2607		
Protein (N x 6.25)	g	21.25	0.144	3		1		39.10		
Total lipid (fat)	g	0.90	0.000	4		1		1.66		
Ash	g	3.60		0		1		6.62		
Carbohydrate, by difference	g	63.25		0	NC	4		116.38		
Fiber, total dietary	g	24.9		0		4		45.8		
Sugars, total	g	2.25		0	BFSN	4		4.14		
Starch	g									
Minerals:										
Calcium, Ca	mg	160		1		1		294		
Iron, Fe	mg	8.70		1		1		16.01		
Magnesium, Mg	mg	160		1		1		294		
Phosphorus, P	mg	440		1		1		810		
Potassium, K	mg	1500		1		1		2760		
Sodium, Na	mg	9		1		1		17		
Zinc, Zn	mg	2.20		1		1		4.05		
Copper, Cu	mg	1.000		1		1		1.840		
Manganese, Mn	mg	1.000		1		1		1.840		
Selenium, Se	mcg	3.2		0	BFSN	4		5.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.900		0		1		1.656		
Riboflavin	mg	0.193		0		1		0.355		
Niacin	mg	1.955		0		1		3.597		
Pantothenic acid	mg	0.899		0		1		1.654		
Vitamin B-6	mg	0.286		0		1		0.526		
Folate, total	mcg	444		0		1		818		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	444		0		1		818		
Folate, DFE	mcg_DFE	444		0	NC	4		818		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFSN	4		0.41		
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	6.0		0	BFSN	4		11.0		
Lipids:										
Fatty acids, total saturated	g	0.232		0		1		0.427		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		

NDB No. 16016
Beans, black turtle soup, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	BFSN	4		0.000		
12:0 ... g	0.000		0	BFSN	4		0.000		
13:0 ... g									
14:0 ... g	0.001		0		1		0.002		
15:0 ... g									
16:0 ... g	0.218		0		1		0.401		
17:0 ... g									
18:0 ... g	0.014		0		1		0.026		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.078		0		1		0.144		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFSN	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.078		0		1		0.144		
20:1 ... g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFSN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.387		0		1		0.712		
18:2 undifferentiated ... g	0.211		0		1		0.388		
18:3 undifferentiated ... g	0.176		0		1		0.324		
18:4 ... g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.252		0		1		0.464		
Threonine ... g	0.894		0		1		1.645		
Isoleucine ... g	0.938		0		1		1.726		
Leucine ... g	1.697		0		1		3.122		
Lysine ... g	1.459		0		1		2.685		
Methionine ... g	0.320		0		1		0.589		
Cystine ... g	0.231		0		1		0.425		
Phenylalanine ... g	1.149		0		1		2.114		
Tyrosine ... g	0.598		0		1		1.100		
Valine ... g	1.112		0		1		2.046		
Arginine ... g	1.316		0		1		2.421		
Histidine ... g	0.592		0		1		1.089		
Alanine ... g	0.891		0		1		1.639		
Aspartic acid ... g	2.570		0		1		4.729		
Glutamic acid ... g	3.240		0		1		5.962		
Glycine ... g	0.830		0		1		1.527		
Proline ... g	0.901		0		1		1.658		
Serine ... g	1.156		0		1		2.127		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	BFSN	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.

NDB No. 16016

Beans, black turtle soup, mature seeds, raw

Common Measures:

Measure 1 = 184g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16315
Beans, black, mature seeds, cooked, boiled, 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	65.74	1.551	9		1		113.07		
Energy....kcal	132		0	NC	4		227		
Energy....kJ	552				4		950		
Protein (N x 6.25)....g	8.86	0.152	8		1		15.24		
Total lipid (fat)....g	0.54	0.033	8		1		0.93		
Ash....g	1.15	0.033	8		1		1.98		
Carbohydrate, by difference....g	23.71		0	NC	4		40.78		
Fiber, total dietary....g	8.7		0		4		15.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27	2.294	14		1		46		
Iron, Fe....mg	2.10	0.154	8		1		3.61		
Magnesium, Mg....mg	70	4.590	14		1		120		
Phosphorus, P....mg	140	3.628	8		1		241		
Potassium, K....mg	355	25.963	14		1		611		
Sodium, Na....mg	237		0		1		408		
Zinc, Zn....mg	1.12	0.050	9		1		1.93		
Copper, Cu....mg	0.209	0.017	9		1		0.359		
Manganese, Mn....mg	0.444	0.020	8		1		0.764		
Selenium, Se....mcg	1.2		0	BFSN	4		2.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.244	0.006	8		1		0.420		
Riboflavin....mg	0.059	0.005	8		1		0.101		
Niacin....mg	0.505	0.026	8		1		0.869		
Pantothenic acid....mg	0.242	0.011	8		1		0.416		
Vitamin B-6....mg	0.069	0.004	8		1		0.119		
Folate, total....mcg	149	11.150	8		1		256		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	149	11.150	8		1		256		
Folate, DFE....mcg_DFE	149		0	NC	4		256		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0		1		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	6		0		1		10		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	0.139		0		1		0.239		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16315
Beans, black, mature seeds, cooked, boiled, 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									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.130		0		1		0.224		
17:0....g									
18:0....g	0.008		0		1		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.047		0		1		0.081		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.047		0		1		0.081		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.231		0		1		0.397		
18:2 undifferentiated....g	0.126		0		1		0.217		
18:3 undifferentiated....g	0.105		0		1		0.181		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0		1		0.181		
Threonine....g	0.373		0		1		0.642		
Isoleucine....g	0.391		0		1		0.673		
Leucine....g	0.708		0		1		1.218		
Lysine....g	0.608		0		1		1.046		
Methionine....g	0.133		0		1		0.229		
Cystine....g	0.096		0		1		0.165		
Phenylalanine....g	0.479		0		1		0.824		
Tyrosine....g	0.250		0		1		0.430		
Valine....g	0.464		0		1		0.798		
Arginine....g	0.549		0		1		0.944		
Histidine....g	0.247		0		1		0.425		
Alanine....g	0.372		0		1		0.640		
Aspartic acid....g	1.072		0		1		1.844		
Glutamic acid....g	1.351		0		1		2.324		
Glycine....g	0.346		0		1		0.595		
Proline....g	0.376		0		1		0.647		
Serine....g	0.482		0		1		0.829		
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 = 172g: 1 cup

NDB No. 16315
Beans, black, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16015

Beans, black, mature seeds, cooked, boiled, 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	65.74	1.551	9		1		113.07		
Energy....kcal	132		0	NC	4		227		
Energy....kJ	552				4		950		
Protein (N x 6.25)....g	8.86	0.152	8		1		15.24		
Total lipid (fat)....g	0.54	0.033	8		1		0.93		
Ash....g	1.15	0.033	8		1		1.98		
Carbohydrate, by difference....g	23.71		0	NC	4		40.78		
Fiber, total dietary....g	8.7		0		1		15.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27	2.294	14		1		46		
Iron, Fe....mg	2.10	0.154	8		1		3.61		
Magnesium, Mg....mg	70	4.590	14		1		120		
Phosphorus, P....mg	140	3.628	8		1		241		
Potassium, K....mg	355	25.963	14		1		611		
Sodium, Na....mg	1	0.025	4		1		2		
Zinc, Zn....mg	1.12	0.050	9		1		1.93		
Copper, Cu....mg	0.209	0.017	9		1		0.359		
Manganese, Mn....mg	0.444	0.020	8		1		0.764		
Selenium, Se....mcg	1.2		0	BFSN	4		2.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.244	0.006	8		1		0.420		
Riboflavin....mg	0.059	0.005	8		1		0.101		
Niacin....mg	0.505	0.026	8		1		0.869		
Pantothenic acid....mg	0.242	0.011	8		1		0.416		
Vitamin B-6....mg	0.069	0.004	8		1		0.119		
Folate, total....mcg	149	11.150	8		1		256		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	149	11.150	8		1		256		
Folate, DFE....mcg_DFE	149		0	NC	4		256		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0		1		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	6		0		1		10		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	0.139		0		1		0.239		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16015

Beans, black, mature seeds, cooked, boiled, 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
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.130		0		1		0.224		
17:0....g									
18:0....g	0.008		0		1		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.047		0		1		0.081		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.047		0		1		0.081		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.231		0		1		0.397		
18:2 undifferentiated....g	0.126		0		1		0.217		
18:3 undifferentiated....g	0.105		0		1		0.181		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0		1		0.181		
Threonine....g	0.373		0		1		0.642		
Isoleucine....g	0.391		0		1		0.673		
Leucine....g	0.708		0		1		1.218		
Lysine....g	0.608		0		1		1.046		
Methionine....g	0.133		0		1		0.229		
Cystine....g	0.096		0		1		0.165		
Phenylalanine....g	0.479		0		1		0.824		
Tyrosine....g	0.250		0		1		0.430		
Valine....g	0.464		0		1		0.798		
Arginine....g	0.549		0		1		0.944		
Histidine....g	0.247		0		1		0.425		
Alanine....g	0.372		0		1		0.640		
Aspartic acid....g	1.072		0		1		1.844		
Glutamic acid....g	1.351		0		1		2.324		
Glycine....g	0.346		0		1		0.595		
Proline....g	0.376		0		1		0.647		
Serine....g	0.482		0		1		0.829		
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 = 172g: 1 cup

NDB No. 16015
Beans, black, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16014

Beans, black, mature seeds, raw

Phaseolus vulgaris

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	11.02	0.320	40		1		21.38	1.33	
Energy....kcal	341		0	NC	4		661	41	
Energy....kJ	1425		0	NC	4		2765	172	
Protein (N x 6.25)....g	21.60	0.304	36		1		41.90	2.61	
Total lipid (fat)....g	1.42	0.064	12		1		2.75	0.17	
Ash....g	3.60	0.066	15		1		6.98	0.44	
Carbohydrate, by difference....g	62.36		0	NC	4		120.98	7.55	
Fiber, total dietary....g	15.2		0		4		29.5	1.8	
Sugars, total....g	2.12		0	BFSN	4		4.11	0.26	
Starch....g									
Minerals:									
Calcium, Ca....mg	123	11.539	11		1		239	15	
Iron, Fe....mg	5.02	0.566	28		1		9.74	0.61	
Magnesium, Mg....mg	171	2.602	26		1		332	21	
Phosphorus, P....mg	352	13.750	11		1		683	43	
Potassium, K....mg	1483		9		1		2877	179	
Sodium, Na....mg	5	0.620	4		1		10	1	
Zinc, Zn....mg	3.65	0.360	27		1		7.08	0.44	
Copper, Cu....mg	0.841	0.047	27		1		1.632	0.102	
Manganese, Mn....mg	1.060	0.041	26		1		2.056	0.128	
Selenium, Se....mcg	3.2		0	BFSN	4		6.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.900	0.016	26		1		1.746	0.109	
Riboflavin....mg	0.193	0.007	26		1		0.374	0.023	
Niacin....mg	1.955	0.062	30		1		3.793	0.237	
Pantothenic acid....mg	0.899	0.017	8		1		1.744	0.109	
Vitamin B-6....mg	0.286	0.006	9		1		0.555	0.035	
Folate, total....mcg	444	33.838	8		1		862	54	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	444	33.838	8		1		862	54	
Folate, DFE....mcg_DFE	444		0	NC	4		862	54	
Choline, total....mg	66.4		0	BFSN	4		128.9	8.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFSN	4		0	0	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.41	0.03	
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	5.6		0	BFSN	4		10.9	0.7	
Lipids:									
Fatty acids, total saturated....g	0.366		0		1		0.710	0.044	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16014
Beans, black, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.001		0		1		0.002	0.000	
15:0 g									
16:0 g	0.343		0		1		0.665	0.042	
17:0 g									
18:0 g	0.022		0		1		0.043	0.003	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.123		0		1		0.239	0.015	
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	0.123		0		1		0.239	0.015	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.610		0		1		1.183	0.074	
18:2 undifferentiated g	0.332		0		1		0.644	0.040	
18:3 undifferentiated g	0.278		0		1		0.539	0.034	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (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		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.256		34		1		0.497	0.031	
Threonine g	0.909		90		1		1.763	0.110	
Isoleucine g	0.954		90		1		1.851	0.115	
Leucine g	1.725		90		1		3.347	0.209	
Lysine g	1.483		91		1		2.877	0.179	
Methionine g	0.325		54		1		0.631	0.039	
Cystine g	0.235		49		1		0.456	0.028	
Phenylalanine g	1.168		88		1		2.266	0.141	
Tyrosine g	0.608		83		1		1.180	0.074	
Valine g	1.130		90		1		2.192	0.137	
Arginine g	1.337		85		1		2.594	0.162	
Histidine g	0.601		88		1		1.166	0.073	
Alanine g	0.905		77		1		1.756	0.110	
Aspartic acid g	2.613		85		1		5.069	0.316	
Glutamic acid g	3.294		77		1		6.390	0.399	
Glycine g	0.843		77		1		1.635	0.102	
Proline g	0.916		75		1		1.777	0.111	
Serine g	1.175		77		1		2.280	0.142	
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. 16014

Beans, black, mature seeds, raw

Common Measures:

Measure 1 = 194g: 1 cup

Measure 2 = 12.1g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43112
Beans, chili, barbecue, ranch style, 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	75.50		0		1		191.02		
Energy	kcal	97		0	NC	4		244		
Energy	kJ	404		0	NC	4		1023		
Protein	g	5.00		0		1		12.65		
Total lipid (fat)	g	1.00		0		1		2.53		
Ash	g	1.60		0	BFSN	4		4.04		
Carbohydrate, by difference	g	16.90		0	NC	4		42.76		
Fiber, total dietary	g	4.2		0		4		10.6		
Sugars, total	g	5.25		0	BFSN	4		13.27		
Starch	g									
Minerals:										
Calcium, Ca	mg	31		0		1		78		
Iron, Fe	mg	1.86		0		1		4.71		
Magnesium, Mg	mg	45		0		1		114		
Phosphorus, P	mg	154		0		1		390		
Potassium, K	mg	450		0		1		1139		
Sodium, Na	mg	725		0		1		1834		
Zinc, Zn	mg	2.00		0		1		5.06		
Copper, Cu	mg	0.252		0		4		0.638		
Manganese, Mn	mg									
Selenium, Se	mcg	1.3		0	BFZN	4		3.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		1		4.3		
Thiamin	mg	0.040		0		1		0.101		
Riboflavin	mg	0.150		0		1		0.380		
Niacin	mg	0.360		0		1		0.911		
Pantothenic acid	mg									
Vitamin B-6	mg	0.270		0		1		0.683		
Folate, total	mcg	26		0		4		66		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	26		0		4		66		
Folate, DFE	mcg_DFE	26		0	NC	4		66		
Choline, total	mg	36.3		0	BFSN	4		91.8		
Betaine	mg									
Vitamin B-12	mcg	0.01		0		1		0.03		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2		
Retinol	mcg	0		0	BNA	4		0		
Carotene, beta	mcg	7		0	BNA	4		18		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
Vitamin A, IU	IU	12		0	NC	4		30		
Lycopene	mcg	297		0	BFSN	4		752		
Lutein + zeaxanthin	mcg	13		0	BFSN	4		32		
Vitamin E (alpha-tocopherol)	mg	0.21		0	O	4		0.53		
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	0.4		0	BFSN	4		1.1		
Lipids:										
Fatty acids, total saturated	g	0.145		0		4		0.367		
4:0	g	0.000		0		4		0.000		

NDB No. 43112
Beans, chili, barbecue, ranch style, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.129		0		4		0.326		
17:0....g									
18:0....g	0.016		0		4		0.040		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.077		0		4		0.195		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.077		0		4		0.195		
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	0.555		0		4		1.404		
18:2 undifferentiated....g	0.216		0		4		0.546		
18:3 undifferentiated....g	0.339		0		4		0.858		
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	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 = 253g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16021
Beans, cranberry (roman), mature seeds, canned

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	77.56		7		1		201.66		
Energy....kcal	83		0	NC	4		216		
Energy....kJ	347				4		903		
Protein (N x 6.25)....g	5.54		7		1		14.40		
Total lipid (fat)....g	0.28		7		1		0.73		
Ash....g	1.50		7		1		3.90		
Carbohydrate, by difference....g	15.12		0	NC	4		39.31		
Fiber, total dietary....g	6.3		0	BFSN	4		16.4		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	34		7		1		88		
Iron, Fe....mg	1.55		7		1		4.03		
Magnesium, Mg....mg	32		0		1		83		
Phosphorus, P....mg	86		0		1		224		
Potassium, K....mg	260	24.087	6		1		676		
Sodium, Na....mg	332		7		1		863		
Zinc, Zn....mg	0.84		0		1		2.18		
Copper, Cu....mg	0.142		0		1		0.369		
Manganese, Mn....mg	0.200		0		1		0.520		
Selenium, Se....mcg	3.1		0	BFSN	4		8.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1		1		2.1		
Thiamin....mg	0.039		7		1		0.101		
Riboflavin....mg	0.039		7		1		0.101		
Niacin....mg	0.504		7		1		1.310		
Pantothenic acid....mg	0.144		0		1		0.374		
Vitamin B-6....mg	0.055		0		1		0.143		
Folate, total....mcg	77		0		1		201		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	77		0		1		201		
Folate, DFE....mcg_DFE	77		0	NC	4		201		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		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	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									
Lipids:									
Fatty acids, total saturated....g	0.072		0		1		0.187		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16021
Beans, cranberry (roman), mature seeds, canned

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.068		0		1		0.177		
17:0	g									
18:0	g	0.004		0		1		0.010		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.024		0		1		0.062		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.024		0		1		0.062		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.120		0		1		0.312		
18:2 undifferentiated	g	0.066		0		1		0.172		
18:3 undifferentiated	g	0.055		0		1		0.143		
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		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.066		0		1		0.172		
Threonine	g	0.233		0		1		0.606		
Isoleucine	g	0.245		0		1		0.637		
Leucine	g	0.443		0		1		1.152		
Lysine	g	0.381		0		1		0.991		
Methionine	g	0.083		0		1		0.216		
Cystine	g	0.060		0		1		0.156		
Phenylalanine	g	0.300		0		1		0.780		
Tyrosine	g	0.156		0		1		0.406		
Valine	g	0.290		0		1		0.754		
Arginine	g	0.343		0		1		0.892		
Histidine	g	0.154		0		1		0.400		
Alanine	g	0.232		0		1		0.603		
Aspartic acid	g	0.671		0		1		1.745		
Glutamic acid	g	0.845		0		1		2.197		
Glycine	g	0.216		0		1		0.562		
Proline	g	0.235		0		1		0.611		
Serine	g	0.302		0		1		0.785		
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 = 260g: 1 cup

NDB No. 16021
Beans, cranberry (roman), mature seeds, canned

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16320

Beans, cranberry (roman), mature seeds, cooked, boiled, 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	64.65	0.497	8		1		114.43		
Energy....kcal	136		0	NC	4		241		
Energy....kJ	569				4		1007		
Protein (N x 6.25)....g	9.34	0.177	8		1		16.53		
Total lipid (fat)....g	0.46	0.042	8		1		0.81		
Ash....g	1.09	0.023	8		1		1.93		
Carbohydrate, by difference....g	24.46		0	NC	4		43.29		
Fiber, total dietary....g	10.0		0	BFZN	4		17.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	50	1.044	8		1		89		
Iron, Fe....mg	2.09	0.118	8		1		3.70		
Magnesium, Mg....mg	50	0.909	8		1		89		
Phosphorus, P....mg	135	3.381	8		1		239		
Potassium, K....mg	387	8.836	8		1		685		
Sodium, Na....mg	237		0		1		419		
Zinc, Zn....mg	1.14	0.046	8		1		2.02		
Copper, Cu....mg	0.231	0.023	8		1		0.409		
Manganese, Mn....mg	0.370	0.010	8		1		0.655		
Selenium, Se....mcg	1.3		0	BFSN	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.210	0.010	8		1		0.372		
Riboflavin....mg	0.069	0.004	8		1		0.122		
Niacin....mg	0.515	0.037	8		1		0.912		
Pantothenic acid....mg	0.240	0.012	8		1		0.425		
Vitamin B-6....mg	0.081	0.005	8		1		0.143		
Folate, total....mcg	207	7.812	8		1		366		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	207	7.812	8		1		366		
Folate, DFE....mcg_DFE	207		0	NC	4		366		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0	0.000	8		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0	0.000	8		1		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	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									
Lipids:									
Fatty acids, total saturated....g	0.119		0		1		0.211		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16320

Beans, cranberry (roman), mature seeds, cooked, boiled, 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									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.112		0		1		0.198		
17:0....g									
18:0....g	0.007		0		1		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.040		0		1		0.071		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.040		0		1		0.071		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.199		0		1		0.352		
18:2 undifferentiated....g	0.108		0		1		0.191		
18:3 undifferentiated....g	0.091		0		1		0.161		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.111		0		1		0.196		
Threonine....g	0.393		0		1		0.696		
Isoleucine....g	0.412		0		1		0.729		
Leucine....g	0.746		0		1		1.320		
Lysine....g	0.641		0		1		1.135		
Methionine....g	0.140		0		1		0.248		
Cystine....g	0.102		0		1		0.181		
Phenylalanine....g	0.505		0		1		0.894		
Tyrosine....g	0.263		0		1		0.466		
Valine....g	0.489		0		1		0.866		
Arginine....g	0.578		0		1		1.023		
Histidine....g	0.260		0		1		0.460		
Alanine....g	0.391		0		1		0.692		
Aspartic acid....g	1.129		0		1		1.998		
Glutamic acid....g	1.424		0		1		2.520		
Glycine....g	0.365		0		1		0.646		
Proline....g	0.396		0		1		0.701		
Serine....g	0.508		0		1		0.899		
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 = 177g: 1 cup

NDB No. 16320

Beans, cranberry (roman), mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16020

Beans, cranberry (roman), mature seeds, cooked, boiled, 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	64.65	0.497	8		1		114.43		
Energy....kcal	136		0	NC	4		241		
Energy....kJ	569				4		1007		
Protein (N x 6.25)....g	9.34	0.177	8		1		16.53		
Total lipid (fat)....g	0.46	0.042	8		1		0.81		
Ash....g	1.09	0.023	8		1		1.93		
Carbohydrate, by difference....g	24.46		0	NC	4		43.29		
Fiber, total dietary....g	10.0		0	BFSN	4		17.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	50	1.044	8		1		89		
Iron, Fe....mg	2.09	0.118	8		1		3.70		
Magnesium, Mg....mg	50	0.909	8		1		89		
Phosphorus, P....mg	135	3.381	8		1		239		
Potassium, K....mg	387	8.836	8		1		685		
Sodium, Na....mg	1	0.081	4		1		2		
Zinc, Zn....mg	1.14	0.046	8		1		2.02		
Copper, Cu....mg	0.231	0.023	8		1		0.409		
Manganese, Mn....mg	0.370	0.010	8		1		0.655		
Selenium, Se....mcg	1.3		0	BFSN	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.210	0.010	8		1		0.372		
Riboflavin....mg	0.069	0.004	8		1		0.122		
Niacin....mg	0.515	0.037	8		1		0.912		
Pantothenic acid....mg	0.240	0.012	8		1		0.425		
Vitamin B-6....mg	0.081	0.005	8		1		0.143		
Folate, total....mcg	207	7.812	8		1		366		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	207	7.812	8		1		366		
Folate, DFE....mcg_DFE	207		0	NC	4		366		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0	0.000	8		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0	0.000	8		1		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	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									
Lipids:									
Fatty acids, total saturated....g	0.119		0		1		0.211		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16020

Beans, cranberry (roman), mature seeds, cooked, boiled, 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
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.112		0		1		0.198		
17:0....g									
18:0....g	0.007		0		1		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.040		0		1		0.071		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.040		0		1		0.071		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.199		0		1		0.352		
18:2 undifferentiated....g	0.108		0		1		0.191		
18:3 undifferentiated....g	0.091		0		1		0.161		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.111		0		1		0.196		
Threonine....g	0.393		0		1		0.696		
Isoleucine....g	0.412		0		1		0.729		
Leucine....g	0.746		0		1		1.320		
Lysine....g	0.641		0		1		1.135		
Methionine....g	0.140		0		1		0.248		
Cystine....g	0.102		0		1		0.181		
Phenylalanine....g	0.505		0		1		0.894		
Tyrosine....g	0.263		0		1		0.466		
Valine....g	0.489		0		1		0.866		
Arginine....g	0.578		0		1		1.023		
Histidine....g	0.260		0		1		0.460		
Alanine....g	0.391		0		1		0.692		
Aspartic acid....g	1.129		0		1		1.998		
Glutamic acid....g	1.424		0		1		2.520		
Glycine....g	0.365		0		1		0.646		
Proline....g	0.396		0		1		0.701		
Serine....g	0.508		0		1		0.899		
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 = 177g: 1 cup

NDB No. 16020

Beans, cranberry (roman), mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16019

Beans, cranberry (roman), mature seeds, raw

Phaseolus vulgaris

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	12.39	0.847	8		1		24.16		
Energy....kcal	335		0	NC	4		653		
Energy....kJ	1402				4		2733		
Protein (N x 6.25)....g	23.03	0.295	8		1		44.91		
Total lipid (fat)....g	1.23	0.062	8		1		2.40		
Ash....g	3.31	0.072	8		1		6.45		
Carbohydrate, by difference....g	60.05		0	NC	4		117.10		
Fiber, total dietary....g	24.7		0	BFSN	4		48.2		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	127	2.831	8		1		248		
Iron, Fe....mg	5.00	0.192	8		1		9.75		
Magnesium, Mg....mg	156	3.373	8		1		304		
Phosphorus, P....mg	372	14.121	8		1		725		
Potassium, K....mg	1332	33.256	8		1		2597		
Sodium, Na....mg	6	0.380	4		1		12		
Zinc, Zn....mg	3.63	0.107	8		1		7.08		
Copper, Cu....mg	0.794	0.034	8		1		1.548		
Manganese, Mn....mg	0.920	0.015	8		1		1.794		
Selenium, Se....mcg	12.7		0	BFSN	4		24.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.747	0.032	8		1		1.457		
Riboflavin....mg	0.213	0.018	8		1		0.415		
Niacin....mg	1.455	0.072	8		1		2.837		
Pantothenic acid....mg	0.748	0.017	8		1		1.459		
Vitamin B-6....mg	0.309	0.010	8		1		0.603		
Folate, total....mcg	604	28.556	8		1		1179		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	604	28.556	8		1		1179		
Folate, DFE....mcg_DFE	604		0	NC	4		1179		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0	0.052	8		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	2	1.043	8		1		4		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	0.316		0		1		0.616		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16019
Beans, cranberry (roman), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.296		0		1		0.577		
17:0 g									
18:0 g	0.019		0		1		0.037		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.106		0		1		0.207		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.106		0		1		0.207		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.527		0		1		1.028		
18:2 undifferentiated g	0.287		0		1		0.560		
18:3 undifferentiated g	0.240		0		1		0.468		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.273		0		1		0.532		
Threonine g	0.969		0		1		1.890		
Isoleucine g	1.017		0		1		1.983		
Leucine g	1.838		0		1		3.584		
Lysine g	1.580		0		1		3.081		
Methionine g	0.346		0		1		0.675		
Cystine g	0.251		0		1		0.489		
Phenylalanine g	1.245		0		1		2.428		
Tyrosine g	0.648		0		1		1.264		
Valine g	1.205		0		1		2.350		
Arginine g	1.426		0		1		2.781		
Histidine g	0.641		0		1		1.250		
Alanine g	0.965		0		1		1.882		
Aspartic acid g	2.785		0		1		5.431		
Glutamic acid g	3.511		0		1		6.846		
Glycine g	0.899		0		1		1.753		
Proline g	0.976		0		1		1.903		
Serine g	1.253		0		1		2.443		
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 = 195g: 1 cup

NDB No. 16019
Beans, cranberry (roman), mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16323

Beans, french, mature seeds, cooked, boiled, 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	66.57		0		1		117.83		
Energy	kcal	129		0	NC	4		228		
Energy	kJ	540				4		955		
Protein (N x 6.25)	g	7.05		0		1		12.48		
Total lipid (fat)	g	0.76		0		1		1.35		
Ash	g	1.61		0		1		2.85		
Carbohydrate, by difference	g	24.02		0	NC	4		42.52		
Fiber, total dietary	g	9.4		0	BFSN	4		16.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	63		0		1		112		
Iron, Fe	mg	1.08		0		1		1.91		
Magnesium, Mg	mg	56		0		1		99		
Phosphorus, P	mg	102		0		1		181		
Potassium, K	mg	370		0		1		655		
Sodium, Na	mg	242		0		1		428		
Zinc, Zn	mg	0.64		0		1		1.13		
Copper, Cu	mg	0.115		0		1		0.204		
Manganese, Mn	mg	0.382		0		1		0.676		
Selenium, Se	mcg	1.2		0	BFSN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1		
Thiamin	mg	0.130		0		1		0.230		
Riboflavin	mg	0.062		0		1		0.110		
Niacin	mg	0.546		0		1		0.966		
Pantothenic acid	mg	0.222		0		1		0.393		
Vitamin B-6	mg	0.105		0		1		0.186		
Folate, total	mcg	75		0		1		132		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	75		0		1		132		
Folate, DFE	mcg_DFE	75		0	NC	4		132		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	3		0		1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.083		0		1		0.147		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16323

Beans, french, mature seeds, cooked, boiled, 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									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.002		0		1		0.004		
15:0 ... g									
16:0 ... g	0.070		0		1		0.124		
17:0 ... g									
18:0 ... g	0.009		0		1		0.016		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.052		0		1		0.092		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0		1		0.002		
17:1 ... g									
18:1 undifferentiated ... g	0.051		0		1		0.090		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.453		0		1		0.802		
18:2 undifferentiated ... g	0.166		0		1		0.294		
18:3 undifferentiated ... g	0.287		0		1		0.508		
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		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.083		0		1		0.147		
Threonine ... g	0.297		0		1		0.526		
Isoleucine ... g	0.311		0		1		0.550		
Leucine ... g	0.563		0		1		0.997		
Lysine ... g	0.484		0		1		0.857		
Methionine ... g	0.106		0		1		0.188		
Cystine ... g	0.077		0		1		0.136		
Phenylalanine ... g	0.381		0		1		0.674		
Tyrosine ... g	0.199		0		1		0.352		
Valine ... g	0.369		0		1		0.653		
Arginine ... g	0.437		0		1		0.773		
Histidine ... g	0.196		0		1		0.347		
Alanine ... g	0.296		0		1		0.524		
Aspartic acid ... g	0.853		0		1		1.510		
Glutamic acid ... g	1.075		0		1		1.903		
Glycine ... g	0.275		0		1		0.487		
Proline ... g	0.299		0		1		0.529		
Serine ... g	0.384		0		1		0.680		
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 = 177g: 1 cup

NDB No. 16323

Beans, french, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16023

Beans, french, mature seeds, cooked, boiled, 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	66.57		0		1		117.83		
Energy	kcal	129		0	NC	4		228		
Energy	kJ	540				4		955		
Protein (N x 6.25)	g	7.05		0		1		12.48		
Total lipid (fat)	g	0.76		0		1		1.35		
Ash	g	1.61		0		1		2.85		
Carbohydrate, by difference	g	24.02		0	NC	4		42.52		
Fiber, total dietary	g	9.4		0	BFSN	4		16.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	63		0		1		112		
Iron, Fe	mg	1.08		0		1		1.91		
Magnesium, Mg	mg	56		0		1		99		
Phosphorus, P	mg	102		0		1		181		
Potassium, K	mg	370		0		1		655		
Sodium, Na	mg	6		0		1		11		
Zinc, Zn	mg	0.64		0		1		1.13		
Copper, Cu	mg	0.115		0		1		0.204		
Manganese, Mn	mg	0.382		0		1		0.676		
Selenium, Se	mcg	1.2		0	BFSN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1		
Thiamin	mg	0.130		0		1		0.230		
Riboflavin	mg	0.062		0		1		0.110		
Niacin	mg	0.546		0		1		0.966		
Pantothenic acid	mg	0.222		0		1		0.393		
Vitamin B-6	mg	0.105		0		1		0.186		
Folate, total	mcg	75		0		1		132		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	75		0		1		132		
Folate, DFE	mcg_DFE	75		0	NC	4		132		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	3		0		1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.083		0		1		0.147		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16023

Beans, french, mature seeds, cooked, boiled, 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
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.002		0		1		0.004		
15:0 g									
16:0 g	0.070		0		1		0.124		
17:0 g									
18:0 g	0.009		0		1		0.016		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.052		0		1		0.092		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.002		
17:1 g									
18:1 undifferentiated g	0.051		0		1		0.090		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.453		0		1		0.802		
18:2 undifferentiated g	0.166		0		1		0.294		
18:3 undifferentiated g	0.287		0		1		0.508		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.083		0		1		0.147		
Threonine g	0.297		0		1		0.526		
Isoleucine g	0.311		0		1		0.550		
Leucine g	0.563		0		1		0.997		
Lysine g	0.484		0		1		0.857		
Methionine g	0.106		0		1		0.188		
Cystine g	0.077		0		1		0.136		
Phenylalanine g	0.381		0		1		0.674		
Tyrosine g	0.199		0		1		0.352		
Valine g	0.369		0		1		0.653		
Arginine g	0.437		0		1		0.773		
Histidine g	0.196		0		1		0.347		
Alanine g	0.296		0		1		0.524		
Aspartic acid g	0.853		0		1		1.510		
Glutamic acid g	1.075		0		1		1.903		
Glycine g	0.275		0		1		0.487		
Proline g	0.299		0		1		0.529		
Serine g	0.384		0		1		0.680		
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 = 177g: 1 cup

NDB No. 16023

Beans, french, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16022

Beans, french, mature seeds, raw

Phaseolus vulgaris

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	10.77		2		1		19.82		
Energy	kcal	343		0	NC	4		631		
Energy	kJ	1435				4		2641		
Protein (N x 6.25)	g	18.81		2		1		34.61		
Total lipid (fat)	g	2.02		2		1		3.72		
Ash	g	4.30		2		1		7.91		
Carbohydrate, by difference	g	64.11		0	NC	4		117.96		
Fiber, total dietary	g	25.2		0	BFSN	4		46.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	186		2		1		342		
Iron, Fe	mg	3.40		1		1		6.26		
Magnesium, Mg	mg	188		2		1		346		
Phosphorus, P	mg	304		2		1		559		
Potassium, K	mg	1316		2		1		2421		
Sodium, Na	mg	18		1		1		33		
Zinc, Zn	mg	1.90		1		1		3.50		
Copper, Cu	mg	0.440		1		1		0.810		
Manganese, Mn	mg	1.200		1		1		2.208		
Selenium, Se	mcg	12.9		0	BFSN	4		23.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.6		0		1		8.5		
Thiamin	mg	0.535		0		1		0.984		
Riboflavin	mg	0.221		0		1		0.407		
Niacin	mg	2.083		0		1		3.833		
Pantothenic acid	mg	0.789		0		1		1.452		
Vitamin B-6	mg	0.401		0		1		0.738		
Folate, total	mcg	399		0		1		733		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	399		0		1		733		
Folate, DFE	mcg_DFE	399		0	NC	4		733		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	8		0		1		15		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.221		0		1		0.407		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16022
Beans, french, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.005		0		1		0.009		
15:0....g									
16:0....g	0.186		0		1		0.342		
17:0....g									
18:0....g	0.023		0		1		0.042		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.138		0		1		0.254		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.006		
17:1....g									
18:1 undifferentiated....g	0.135		0		1		0.248		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.207		0		1		2.221		
18:2 undifferentiated....g	0.442		0		1		0.813		
18:3 undifferentiated....g	0.765		0		1		1.408		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		0		1		0.410		
Threonine....g	0.792		0		1		1.457		
Isoleucine....g	0.831		0		1		1.529		
Leucine....g	1.502		0		1		2.764		
Lysine....g	1.291		0		1		2.375		
Methionine....g	0.283		0		1		0.521		
Cystine....g	0.205		0		1		0.377		
Phenylalanine....g	1.017		0		1		1.871		
Tyrosine....g	0.530		0		1		0.975		
Valine....g	0.984		0		1		1.811		
Arginine....g	1.165		0		1		2.144		
Histidine....g	0.524		0		1		0.964		
Alanine....g	0.789		0		1		1.452		
Aspartic acid....g	2.276		0		1		4.188		
Glutamic acid....g	2.869		0		1		5.279		
Glycine....g	0.734		0		1		1.351		
Proline....g	0.798		0		1		1.468		
Serine....g	1.023		0		1		1.882		
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 = 184g: 1 cup

NDB No. 16022
Beans, french, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16026
Beans, great northern, mature seeds, canned

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	69.89		0		1		183.11		
Energy....kcal	114		0	NC	4		300		
Energy....kJ	479		0	NC	4		1254		
Protein (N x 6.25)....g	7.37		0		1		19.31		
Total lipid (fat)....g	0.39		0		1		1.02		
Ash....g	1.33		0		1		3.48		
Carbohydrate, by difference....g	21.02		0	NC	4		55.07		
Fiber, total dietary....g	4.9		0		1		12.8		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	53		0		1		139		
Iron, Fe....mg	1.57		0		1		4.11		
Magnesium, Mg....mg	51		0		1		134		
Phosphorus, P....mg	136		0		1		356		
Potassium, K....mg	351		0		1		920		
Sodium, Na....mg	4		0		1		10		
Zinc, Zn....mg	0.65		1		1		1.70		
Copper, Cu....mg	0.160		1		1		0.419		
Manganese, Mn....mg	0.408		0		1		1.069		
Selenium, Se....mcg	4.1		0	BFSN	4		10.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		0		1		3.4		
Thiamin....mg	0.143		0		1		0.375		
Riboflavin....mg	0.060		0		1		0.157		
Niacin....mg	0.461		0		1		1.208		
Pantothenic acid....mg	0.278		0		1		0.728		
Vitamin B-6....mg	0.106		0		1		0.278		
Folate, total....mcg	81		0		1		213		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	81		0		1		213		
Folate, DFE....mcg_DFE	81		0	NC	4		213		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	AS	1		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	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									
Lipids:									
Fatty acids, total saturated....g	0.120		0		1		0.314		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16026
Beans, great northern, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.113		0		1		0.296		
17:0....g									
18:0....g	0.007		0		1		0.018		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.018		0		1		0.047		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.047		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.161		0		1		0.422		
18:2 undifferentiated....g	0.089		0		1		0.233		
18:3 undifferentiated....g	0.072		0		1		0.189		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.088		0	NR	4		0.231		
Threonine....g	0.271		0	NR	4		0.710		
Isoleucine....g	0.349		0	NR	4		0.913		
Leucine....g	0.626		0	NR	4		1.640		
Lysine....g	0.516		0	NR	4		1.351		
Methionine....g	0.096		0	NR	4		0.252		
Cystine....g	0.069		0	NR	4		0.181		
Phenylalanine....g	0.435		0	NR	4		1.139		
Tyrosine....g	0.174		0	NR	4		0.457		
Valine....g	0.425		0	NR	4		1.114		
Arginine....g	0.404		0	NR	4		1.059		
Histidine....g	0.202		0	NR	4		0.530		
Alanine....g	0.335		0	NR	4		0.877		
Aspartic acid....g	0.923		0	NR	4		2.418		
Glutamic acid....g	1.184		0	NR	4		3.103		
Glycine....g	0.298		0	NR	4		0.782		
Proline....g	0.421		0	NR	4		1.104		
Serine....g	0.462		0	NR	4		1.211		
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 = 262g: 1 cup

NDB No. 16026
Beans, great northern, mature seeds, canned

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16325

Beans, great northern, mature seeds, cooked, boiled, 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	69.00	1.515	25		1		122.13		
Energy....kcal	118		0	NC	4		209		
Energy....kJ	494				4		874		
Protein (N x 6.25)....g	8.33	0.088	20		1		14.74		
Total lipid (fat)....g	0.45	0.013	20		1		0.80		
Ash....g	1.14	0.021	20		1		2.02		
Carbohydrate, by difference....g	21.09		0	NC	4		37.33		
Fiber, total dietary....g	7.0		0		4		12.4		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	68	1.629	20		1		120		
Iron, Fe....mg	2.13	0.157	20		1		3.77		
Magnesium, Mg....mg	50	1.339	20		1		89		
Phosphorus, P....mg	165	4.334	20		1		292		
Potassium, K....mg	391	10.884	20		1		692		
Sodium, Na....mg	238		0		1		421		
Zinc, Zn....mg	0.88	0.018	20		1		1.56		
Copper, Cu....mg	0.247	0.019	20		1		0.437		
Manganese, Mn....mg	0.518	0.019	20		1		0.917		
Selenium, Se....mcg	4.1	1.033	3	A	1		7.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		0		1		2.3		
Thiamin....mg	0.158	0.009	20		1		0.280		
Riboflavin....mg	0.059	0.002	20		1		0.104		
Niacin....mg	0.681	0.094	20		1		1.205		
Pantothenic acid....mg	0.266	0.005	8		1		0.471		
Vitamin B-6....mg	0.117	0.002	8		1		0.207		
Folate, total....mcg	102	18.373	13		1		181		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	102	18.373	13		1		181		
Folate, DFE....mcg_DFE	102		0	NC	4		181		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	1		0		1		2		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	0.140		0		1		0.248		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16325

Beans, great northern, mature seeds, cooked, boiled, 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									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.132		0		1		0.234		
17:0....g									
18:0....g	0.008		0		1		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0		1		0.037		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.037		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.187		0		1		0.331		
18:2 undifferentiated....g	0.103		0		1		0.182		
18:3 undifferentiated....g	0.084		0		1		0.149		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.099		0		1		0.175		
Threonine....g	0.351		0		1		0.621		
Isoleucine....g	0.368		0		1		0.651		
Leucine....g	0.665		0		1		1.177		
Lysine....g	0.572		0		1		1.012		
Methionine....g	0.125		0		1		0.221		
Cystine....g	0.091		0		1		0.161		
Phenylalanine....g	0.451		0		1		0.798		
Tyrosine....g	0.235		0		1		0.416		
Valine....g	0.436		0		1		0.772		
Arginine....g	0.516		0		1		0.913		
Histidine....g	0.232		0		1		0.411		
Alanine....g	0.349		0		1		0.618		
Aspartic acid....g	1.008		0		1		1.784		
Glutamic acid....g	1.270		0		1		2.248		
Glycine....g	0.325		0		1		0.575		
Proline....g	0.353		0		1		0.625		
Serine....g	0.453		0		1		0.802		
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 = 177g: 1 cup

NDB No. 16325

Beans, great northern, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16025

Beans, great northern, mature seeds, cooked, boiled, 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	69.00	1.515	25		1		122.13		
Energy....kcal	118		0	NC	4		209		
Energy....kJ	494				4		874		
Protein (N x 6.25)....g	8.33	0.088	20		1		14.74		
Total lipid (fat)....g	0.45	0.013	20		1		0.80		
Ash....g	1.14	0.021	20		1		2.02		
Carbohydrate, by difference....g	21.09		0	NC	4		37.33		
Fiber, total dietary....g	7.0		0		1		12.4		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	68	1.629	20		1		120		
Iron, Fe....mg	2.13	0.157	20		1		3.77		
Magnesium, Mg....mg	50	1.339	20		1		89		
Phosphorus, P....mg	165	4.334	20		1		292		
Potassium, K....mg	391	10.884	20		1		692		
Sodium, Na....mg	2	0.212	16		1		4		
Zinc, Zn....mg	0.88	0.018	20		1		1.56		
Copper, Cu....mg	0.247	0.019	20		1		0.437		
Manganese, Mn....mg	0.518	0.019	20		1		0.917		
Selenium, Se....mcg	4.1	1.033	3	A	1		7.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		0		1		2.3		
Thiamin....mg	0.158	0.009	20		1		0.280		
Riboflavin....mg	0.059	0.002	20		1		0.104		
Niacin....mg	0.681	0.094	20		1		1.205		
Pantothenic acid....mg	0.266	0.005	8		1		0.471		
Vitamin B-6....mg	0.117	0.002	8		1		0.207		
Folate, total....mcg	102	18.373	13		1		181		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	102	18.373	13		1		181		
Folate, DFE....mcg_DFE	102		0	NC	4		181		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	1		0		1		2		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	0.140		0		1		0.248		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16025

Beans, great northern, mature seeds, cooked, boiled, 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
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.132		0		1		0.234		
17:0....g									
18:0....g	0.008		0		1		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0		1		0.037		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.037		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.187		0		1		0.331		
18:2 undifferentiated....g	0.103		0		1		0.182		
18:3 undifferentiated....g	0.084		0		1		0.149		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.099		0		1		0.175		
Threonine....g	0.351		0		1		0.621		
Isoleucine....g	0.368		0		1		0.651		
Leucine....g	0.665		0		1		1.177		
Lysine....g	0.572		0		1		1.012		
Methionine....g	0.125		0		1		0.221		
Cystine....g	0.091		0		1		0.161		
Phenylalanine....g	0.451		0		1		0.798		
Tyrosine....g	0.235		0		1		0.416		
Valine....g	0.436		0		1		0.772		
Arginine....g	0.516		0		1		0.913		
Histidine....g	0.232		0		1		0.411		
Alanine....g	0.349		0		1		0.618		
Aspartic acid....g	1.008		0		1		1.784		
Glutamic acid....g	1.270		0		1		2.248		
Glycine....g	0.325		0		1		0.575		
Proline....g	0.353		0		1		0.625		
Serine....g	0.453		0		1		0.802		
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 = 177g: 1 cup

NDB No. 16025

Beans, great northern, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16024

Beans, great northern, mature seeds, raw

Phaseolus vulgaris

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	10.70	0.293	45		1		19.58		
Energy....kcal	339		0	NC	4		621		
Energy....kJ	1419		0	NC	4		2597		
Protein (N x 6.25)....g	21.86	0.201	48		1		40.00		
Total lipid (fat)....g	1.14	0.047	49		1		2.09		
Ash....g	3.93	0.090	45		1		7.19		
Carbohydrate, by difference....g	62.37		0	NC	4		114.14		
Fiber, total dietary....g	20.2		0		4		37.0		
Sugars, total....g	2.26		0	BFSN	4		4.13		
Starch....g									
Minerals:									
Calcium, Ca....mg	175	2.905	36		1		320		
Iron, Fe....mg	5.47	0.305	36		1		10.01		
Magnesium, Mg....mg	189	3.752	36		1		346		
Phosphorus, P....mg	447	6.430	35		1		818		
Potassium, K....mg	1387	50.802	36		1		2538		
Sodium, Na....mg	14	2.333	31		1		26		
Zinc, Zn....mg	2.31	0.069	35		1		4.23		
Copper, Cu....mg	0.837	0.025	35		1		1.532		
Manganese, Mn....mg	1.423	0.038	35		1		2.604		
Selenium, Se....mcg	12.9		1	A	1		23.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.3		1		1		9.7		
Thiamin....mg	0.653	0.028	45		1		1.195		
Riboflavin....mg	0.237	0.010	45		1		0.434		
Niacin....mg	1.955	0.111	45		1		3.578		
Pantothenic acid....mg	1.098	0.027	32		1		2.009		
Vitamin B-6....mg	0.447	0.008	32		1		0.818		
Folate, total....mcg	482	14.027	32		1		882		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	482	14.027	32		1		882		
Folate, DFE....mcg_DFE	482		0	NC	4		882		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFSN	4		0		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFSN	4		0.41		
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	6.0		0	BFSN	4		10.9		
Lipids:									
Fatty acids, total saturated....g	0.356		0		1		0.651		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		

NDB No. 16024
Beans, great northern, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	BFSN	4		0.000		
12:0 g	0.000		0	BFSN	4		0.000		
13:0 g									
14:0 g									
15:0 g									
16:0 g	0.335		0		1		0.613		
17:0 g									
18:0 g	0.021		0		1		0.038		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.053		0		1		0.097		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	BFSN	4		0.000		
17:1 g									
18:1 undifferentiated g	0.053		0		1		0.097		
20:1 g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated g	0.000		0	BFSN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.477		0		1		0.873		
18:2 undifferentiated g	0.263		0		1		0.481		
18:3 undifferentiated g	0.213		0		1		0.390		
18:4 g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.259		0		1		0.474		
Threonine g	0.920		0		1		1.684		
Isoleucine g	0.965		0		1		1.766		
Leucine g	1.745		0		1		3.193		
Lysine g	1.500		0		1		2.745		
Methionine g	0.329		0		1		0.602		
Cystine g	0.238		0		1		0.436		
Phenylalanine g	1.182		0		1		2.163		
Tyrosine g	0.615		0		1		1.125		
Valine g	1.144		0		1		2.094		
Arginine g	1.353		0		1		2.476		
Histidine g	0.608		0		1		1.113		
Alanine g	0.916		0		1		1.676		
Aspartic acid g	2.644		0		1		4.839		
Glutamic acid g	3.333		0		1		6.099		
Glycine g	0.853		0		1		1.561		
Proline g	0.927		0		1		1.696		
Serine g	1.189		0		1		2.176		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	BFSN	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.

NDB No. 16024

Beans, great northern, mature seeds, raw

Common Measures:

Measure 1 = 183g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16029
Beans, kidney, all types, mature seeds, canned

Includes USDA commodity food A086
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	78.04	0.095	44	JA	6		199.80		
Energy....kcal	84		0	NC	4		216		
Energy....kJ	353		0	NC	4		903		
Protein....g	5.22	0.020	44	JA	6		13.36		
Total lipid (fat)....g	0.60	0.295	43	JA	6		1.55		
Ash....g	1.64	0.025	44	JA	6		4.19		
Carbohydrate, by difference....g	14.50		0	NC	4		37.11		
Fiber, total dietary....g	5.3		0	NR	4		13.6		
Sugars, total....g	1.85		1	A	1		4.74		
Sucrose....g	1.85		1	A	1		4.74		
Glucose (dextrose)....g	0.00		1	A	1		0.00		
Fructose....g	0.00		1	A	1		0.00		
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	8.90		1	A	1		22.78		
Minerals:									
Calcium, Ca....mg	34	6.550	44	JA	6		86		
Iron, Fe....mg	1.17	0.065	45	JA	6		2.98		
Magnesium, Mg....mg	27		2	JA	6		70		
Phosphorus, P....mg	90		2	JA	6		230		
Potassium, K....mg	237	20.500	41	JA	6		605		
Sodium, Na....mg	296	51.000	42	JA	6		758		
Zinc, Zn....mg	0.46		2	JA	6		1.19		
Copper, Cu....mg	0.135		2	JA	6		0.345		
Manganese, Mn....mg	0.168		1	JA	6		0.431		
Selenium, Se....mcg	0.9	0.350	10	A	1		2.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		5		1		3.1		
Thiamin....mg	0.116	0.007	44	JA	6		0.296		
Riboflavin....mg	0.051	0.021	46	JA	6		0.130		
Niacin....mg	0.411	0.091	43	JA	6		1.052		
Pantothenic acid....mg	0.138		1	JA	6		0.353		
Vitamin B-6....mg	0.074		1	JA	6		0.191		
Folate, total....mcg	36		1	JA	6		92		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	36		1	JA	6		92		
Folate, DFE....mcg_DFE	36		0	NC	4		92		
Choline, total....mg	34.9		0	AS	1		89.2		
Betaine....mg	0.1		1	A	1		0.2		
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.02		1	A	1		0.05		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.69		1	A	1		1.77		
Tocopherol, delta....mg	0.02		1	A	1		0.05		
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	4.1		1	A	1		10.4		

NDB No. 16029
Beans, kidney, all types, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.141		0	NC	4		0.360		
4:0....g	0.000		1	A	1		0.000		
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	0.000		1	A	1		0.000		
13:0....g	0.000		1	A	1		0.000		
14:0....g	0.009		1	A	1		0.024		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.094		1	JA	6		0.240		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.038		1	JA	6		0.096		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.382		0	NC	4		0.978		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.015		1	A	1		0.038		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.129		0	JA	6		0.330		
18:1 c....g	0.238		1	A	1		0.609		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000		
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	0.263		0	NC	4		0.672		
18:2 undifferentiated....g	0.106		1	JA	6		0.270		
18:3 undifferentiated....g	0.082		0	JA	6		0.209		
18:3 n-3 c,c,c (ALA)....g	0.075		1	A	1		0.193		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
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									
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.063		0	A	1		0.160		
Threonine....g	0.193		0	A	1		0.493		
Isoleucine....g	0.248		0	A	1		0.634		
Leucine....g	0.445		0	A	1		1.139		
Lysine....g	0.367		0	A	1		0.939		
Methionine....g	0.068		0	A	1		0.175		
Cystine....g	0.049		0	A	1		0.126		
Phenylalanine....g	0.309		0	A	1		0.791		
Tyrosine....g	0.124		0	A	1		0.317		
Valine....g	0.302		0	A	1		0.773		
Arginine....g	0.287		0	A	1		0.735		

NDB No. 16029
Beans, kidney, all types, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.144		0	A	1		0.368		
Alanine.....g	0.238		0	A	1		0.609		
Aspartic acid.....g	0.656		0	A	1		1.679		
Glutamic acid.....g	0.842		0	A	1		2.155		
Glycine.....g	0.212		0	A	1		0.543		
Proline.....g	0.300		0	A	1		0.767		
Serine.....g	0.329		0	A	1		0.841		
Hydroxyproline.....g	0.000		1	A	1		0.000		

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

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16328

Beans, kidney, all types, mature seeds, cooked, boiled, 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	66.94	0.208	20		1		118.48		
Energy....kcal	127		0	NC	4		225		
Energy....kJ	532		0	NC	4		941		
Protein (N x 6.25)....g	8.67	0.097	23		1		15.35		
Total lipid (fat)....g	0.50	0.015	23		1		0.89		
Ash....g	1.09	0.028	23		1		1.93		
Carbohydrate, by difference....g	22.80		0	NC	4		40.36		
Fiber, total dietary....g	6.4		0		4		11.3		
Sugars, total....g	0.32		0	BFSN	4		0.56		
Starch....g									
Minerals:									
Calcium, Ca....mg	28	1.913	30		1		50		
Iron, Fe....mg	2.94	0.180	30		1		5.20		
Magnesium, Mg....mg	45	0.888	29		1		80		
Phosphorus, P....mg	142	5.977	30		1		251		
Potassium, K....mg	403	11.701	31		1		713		
Sodium, Na....mg	238		0		1		421		
Zinc, Zn....mg	1.07	0.029	32		1		1.89		
Copper, Cu....mg	0.242	0.012	32		1		0.428		
Manganese, Mn....mg	0.477	0.025	31		1		0.844		
Selenium, Se....mcg	1.2	0.270	9	A	1		2.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		0		1		2.1		
Thiamin....mg	0.160	0.017	23		1		0.283		
Riboflavin....mg	0.058	0.003	23		1		0.103		
Niacin....mg	0.578	0.038	23		1		1.023		
Pantothenic acid....mg	0.220	0.006	8		1		0.389		
Vitamin B-6....mg	0.120	0.006	8		1		0.212		
Folate, total....mcg	130	3.817	8		1		229		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	130	3.817	8		1		229		
Folate, DFE....mcg_DFE	130		0	NC	4		229		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		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	Z	7		0		
Carotene, beta....mcg	0		0	BFSN	4		0		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.87		0	BFSN	4		1.55		
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	3.3		0	BFSN	4		5.8		
Lipids:									
Fatty acids, total saturated....g	0.072		0		1		0.127		
4:0....g	0.000		0	BFSN	4		0.000		

NDB No. 16328

Beans, kidney, all types, mature seeds, cooked, boiled, 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	BFSN	4		0.000		
8:0 g	0.000		0	BFSN	4		0.000		
10:0 g	0.000		0	BFSN	4		0.000		
12:0 g	0.000		0	BFSN	4		0.000		
13:0 g									
14:0 g									
15:0 g									
16:0 g	0.064		0		1		0.113		
17:0 g									
18:0 g	0.008		0		1		0.014		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.039		0		1		0.069		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	BFSN	4		0.000		
17:1 g									
18:1 undifferentiated g	0.039		0		1		0.069		
20:1 g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated g	0.000		0	BFSN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.275		0		1		0.487		
18:2 undifferentiated g	0.107		0		1		0.189		
18:3 undifferentiated g	0.168		0		1		0.297		
18:4 g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.103		0		1		0.182		
Threonine g	0.365		0		1		0.646		
Isoleucine g	0.383		0		1		0.678		
Leucine g	0.693		0		1		1.227		
Lysine g	0.595		0		1		1.053		
Methionine g	0.130		0		1		0.230		
Cystine g	0.094		0		1		0.166		
Phenylalanine g	0.469		0		1		0.830		
Tyrosine g	0.244		0		1		0.432		
Valine g	0.454		0		1		0.804		
Arginine g	0.537		0		1		0.950		
Histidine g	0.242		0		1		0.428		
Alanine g	0.364		0		1		0.644		
Aspartic acid g	1.049		0		1		1.857		
Glutamic acid g	1.323		0		1		2.342		
Glycine g	0.339		0		1		0.600		
Proline g	0.368		0		1		0.651		
Serine g	0.472		0		1		0.835		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	BFSN	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.

NDB No. 16328

Beans, kidney, all types, mature seeds, cooked, boiled, with salt

Common Measures:

Measure 1 = 177g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16028

Beans, kidney, all types, mature seeds, cooked, boiled, 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	66.94	0.208	20		1		118.48	7.36	
Energy....kcal	127		0	NC	4		225	14	
Energy....kJ	532		0	NC	4		941	58	
Protein (N x 6.25)....g	8.67	0.097	23		1		15.35	0.95	
Total lipid (fat)....g	0.50	0.015	23		1		0.89	0.06	
Ash....g	1.09	0.028	23		1		1.93	0.12	
Carbohydrate, by difference....g	22.80		0	NC	4		40.36	2.51	
Fiber, total dietary....g	6.4		0		1		11.3	0.7	
Sugars, total....g	0.32		0	BFSN	4		0.56	0.03	
Starch....g									
Minerals:									
Calcium, Ca....mg	35	0.919	53	JA	6		63	4	
Iron, Fe....mg	2.22	0.125	54	JA	6		3.93	0.24	
Magnesium, Mg....mg	42	0.814	54	JA	6		75	5	
Phosphorus, P....mg	138	3.054	53	JA	6		245	15	
Potassium, K....mg	405	9.316	54	JA	6		716	45	
Sodium, Na....mg	1	0.758	50	JA	6		2	0	
Zinc, Zn....mg	1.00	0.019	54	JA	6		1.76	0.11	
Copper, Cu....mg	0.216	0.014	54	JA	6		0.383	0.024	
Manganese, Mn....mg	0.430	0.027	54	JA	6		0.761	0.047	
Selenium, Se....mcg	1.1	0.223	48	JA	6		1.9	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		0		1		2.1	0.1	
Thiamin....mg	0.160	0.017	23		1		0.283	0.018	
Riboflavin....mg	0.058	0.003	23		1		0.103	0.006	
Niacin....mg	0.578	0.038	23		1		1.023	0.064	
Pantothenic acid....mg	0.220	0.006	8		1		0.389	0.024	
Vitamin B-6....mg	0.120	0.006	8		1		0.212	0.013	
Folate, total....mcg	130	3.817	8		1		229	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	130	3.817	8		1		229	14	
Folate, DFE....mcg_DFE	130		0	NC	4		229	14	
Choline, total....mg	30.5		0	AS	1		54.0	3.4	
Betaine....mg	0.1		1	A	1		0.1	0.0	
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFSN	4		0	0	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.03		1		1		0.05	0.00	
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	0.92		1		1		1.63	0.10	
Tocopherol, delta....mg	0.01		1		1		0.02	0.00	
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	8.4		1		1		14.9	0.9	
Lipids:									
Fatty acids, total saturated....g	0.073		0	NC	4		0.129	0.008	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16028

Beans, kidney, all types, mature seeds, cooked, boiled, 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		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	0.065		0		1		0.114	0.007	
17:0....g									
18:0....g	0.008		0		1		0.014	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.039		0	NC	4		0.070	0.004	
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	0.039		0		1		0.070	0.004	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.278		0	NC	4		0.492	0.031	
18:2 undifferentiated....g	0.108		0		1		0.191	0.012	
18:3 undifferentiated....g	0.170		0		1		0.300	0.019	
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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.104		0	NR	4		0.183	0.011	
Threonine....g	0.319		0	NR	4		0.564	0.035	
Isoleucine....g	0.410		0	NR	4		0.726	0.045	
Leucine....g	0.736		0	NR	4		1.303	0.081	
Lysine....g	0.607		0	NR	4		1.074	0.067	
Methionine....g	0.113		0	NR	4		0.200	0.012	
Cystine....g	0.081		0	NR	4		0.144	0.009	
Phenylalanine....g	0.511		0	NR	4		0.905	0.056	
Tyrosine....g	0.205		0	NR	4		0.363	0.023	
Valine....g	0.500		0	NR	4		0.885	0.055	
Arginine....g	0.475		0	NR	4		0.841	0.052	
Histidine....g	0.238		0	NR	4		0.421	0.026	
Alanine....g	0.394		0	NR	4		0.697	0.043	
Aspartic acid....g	1.086		0	NR	4		1.921	0.119	
Glutamic acid....g	1.393		0	NR	4		2.466	0.153	
Glycine....g	0.351		0	NR	4		0.621	0.039	
Proline....g	0.496		0	NR	4		0.877	0.055	
Serine....g	0.544		0	NR	4		0.962	0.060	
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. 16028

Beans, kidney, all types, mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 177g: 1 cup

Measure 2 = 11.0g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16027

Beans, kidney, all types, mature seeds, raw

Phaseolus vulgaris

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	11.75		86		1		21.62		
Energy....kcal	333		0	NC	4		613		
Energy....kJ	1393		0	NC	4		2564		
Protein (N x 6.25)....g	23.58		102		1		43.39		
Total lipid (fat)....g	0.83		108		1		1.53		
Ash....g	3.83		85		1		7.05		
Carbohydrate, by difference....g	60.01		0	NC	4		110.42		
Fiber, total dietary....g	24.9		0		4		45.8		
Sugars, total....g	2.23		0	BFSN	4		4.11		
Starch....g									
Minerals:									
Calcium, Ca....mg	143		71		1		263		
Iron, Fe....mg	8.20	0.595	90		1		15.09		
Magnesium, Mg....mg	140		69		1		258		
Phosphorus, P....mg	407		66		1		749		
Potassium, K....mg	1406		67		1		2587		
Sodium, Na....mg	24		55		1		44		
Zinc, Zn....mg	2.79	0.212	68		1		5.13		
Copper, Cu....mg	0.958		64		1		1.763		
Manganese, Mn....mg	1.021		68		1		1.879		
Selenium, Se....mcg	3.2		0	BFSN	4		5.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.5		1		1		8.3		
Thiamin....mg	0.529		53		1		0.973		
Riboflavin....mg	0.219		53		1		0.403		
Niacin....mg	2.060		48		1		3.790		
Pantothenic acid....mg	0.780	0.022	32		1		1.435		
Vitamin B-6....mg	0.397	0.007	32		1		0.730		
Folate, total....mcg	394	13.422	32		1		725		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	394	13.422	32		1		725		
Folate, DFE....mcg_DFE	394		0	NC	4		725		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFSN	4		0		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.22		0	BFSN	4		0.41		
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	19.0		0	T	4		35.0		
Lipids:									
Fatty acids, total saturated....g	0.120		0		1		0.221		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		

NDB No. 16027
Beans, kidney, all types, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	BFSN	4		0.000		
12:0 g	0.000		0	BFSN	4		0.000		
13:0 g									
14:0 g									
15:0 g									
16:0 g	0.106		0		1		0.195		
17:0 g									
18:0 g	0.014		0		1		0.026		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.064		0		1		0.118		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	BFSN	4		0.000		
17:1 g									
18:1 undifferentiated g	0.064		0		1		0.118		
20:1 g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated g	0.000		0	BFSN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.457		0		1		0.841		
18:2 undifferentiated g	0.178		0		1		0.328		
18:3 undifferentiated g	0.279		0		1		0.513		
18:4 g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0		
Phytosterols mg	127		0		1		234		
Amino Acids:									
Tryptophan g	0.279		0		1		0.513		
Threonine g	0.992		0		1		1.825		
Isoleucine g	1.041		0		1		1.915		
Leucine g	1.882		0		1		3.463		
Lysine g	1.618		0		1		2.977		
Methionine g	0.355		0		1		0.653		
Cystine g	0.256		0		1		0.471		
Phenylalanine g	1.275		0		1		2.346		
Tyrosine g	0.664		0		1		1.222		
Valine g	1.233		0		1		2.269		
Arginine g	1.460		0		1		2.686		
Histidine g	0.656		0		1		1.207		
Alanine g	0.988		0		1		1.818		
Aspartic acid g	2.852		0		1		5.248		
Glutamic acid g	3.595		0		1		6.615		
Glycine g	0.920		0		1		1.693		
Proline g	1.000		0		1		1.840		
Serine g	1.282		0		1		2.359		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	BFSN	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.

NDB No. 16027

Beans, kidney, all types, mature seeds, raw

Common Measures:

Measure 1 = 184g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16331

Beans, kidney, california red, mature seeds, cooked, boiled, 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	66.93		0		1		118.47		
Energy	kcal	124		0	NC	4		219		
Energy	kJ	519		0		4		918		
Protein (N x 6.25)	g	9.13		0		1		16.16		
Total lipid (fat)	g	0.09		0		1		0.16		
Ash	g	1.44		0		1		2.55		
Carbohydrate, by difference	g	22.41		0	NC	4		39.67		
Fiber, total dietary	g	9.3		0	BFSN	4		16.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	66		0		1		117		
Iron, Fe	mg	2.98		0		1		5.27		
Magnesium, Mg	mg	48		0		1		85		
Phosphorus, P	mg	137		0		1		242		
Potassium, K	mg	419		0		1		742		
Sodium, Na	mg	240		0		1		425		
Zinc, Zn	mg	0.86		0		1		1.52		
Copper, Cu	mg	0.289		0		1		0.512		
Manganese, Mn	mg	0.318		0		1		0.563		
Selenium, Se	mcg	1.2		0	BFSN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1		
Thiamin	mg	0.129		0		1		0.228		
Riboflavin	mg	0.062		0		1		0.110		
Niacin	mg	0.540		0		1		0.956		
Pantothenic acid	mg	0.219		0		1		0.388		
Vitamin B-6	mg	0.104		0		1		0.184		
Folate, total	mcg	74		0		1		131		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	74		0		1		131		
Folate, DFE	mcg_DFE	74		0	NC	4		131		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.014		0		1		0.025		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16331

Beans, kidney, california red, mature seeds, cooked, boiled, 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									
12:0 g									
13:0 g									
14:0 g									
15:0 g									
16:0 g	0.012		0		1		0.021		
17:0 g									
18:0 g	0.002		0		1		0.004		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.007		0		1		0.012		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.007		0		1		0.012		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.052		0		1		0.092		
18:2 undifferentiated g	0.020		0		1		0.035		
18:3 undifferentiated g	0.032		0		1		0.057		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.108		0		1		0.191		
Threonine g	0.384		0		1		0.680		
Isoleucine g	0.403		0		1		0.713		
Leucine g	0.729		0		1		1.290		
Lysine g	0.627		0		1		1.110		
Methionine g	0.137		0		1		0.242		
Cystine g	0.099		0		1		0.175		
Phenylalanine g	0.494		0		1		0.874		
Tyrosine g	0.257		0		1		0.455		
Valine g	0.478		0		1		0.846		
Arginine g	0.565		0		1		1.000		
Histidine g	0.254		0		1		0.450		
Alanine g	0.383		0		1		0.678		
Aspartic acid g	1.105		0		1		1.956		
Glutamic acid g	1.392		0		1		2.464		
Glycine g	0.356		0		1		0.630		
Proline g	0.387		0		1		0.685		
Serine g	0.497		0		1		0.880		
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 = 177g: 1 cup

NDB No. 16331

Beans, kidney, california red, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16031

Beans, kidney, california red, mature seeds, cooked, boiled, 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	66.93		0		1		118.47		
Energy	kcal	124		0	NC	4		219		
Energy	kJ	519				4		918		
Protein (N x 6.25)	g	9.13		0		1		16.16		
Total lipid (fat)	g	0.09		0		1		0.16		
Ash	g	1.44		0		1		2.55		
Carbohydrate, by difference	g	22.41		0	NC	4		39.67		
Fiber, total dietary	g	9.3		0	BFSN	4		16.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	66		0		1		117		
Iron, Fe	mg	2.98		0		1		5.27		
Magnesium, Mg	mg	48		0		1		85		
Phosphorus, P	mg	137		0		1		242		
Potassium, K	mg	419		0		1		742		
Sodium, Na	mg	4		0		1		7		
Zinc, Zn	mg	0.86		0		1		1.52		
Copper, Cu	mg	0.289		0		1		0.512		
Manganese, Mn	mg	0.318		0		1		0.563		
Selenium, Se	mcg	1.2		0	BFSN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1		
Thiamin	mg	0.129		0		1		0.228		
Riboflavin	mg	0.062		0		1		0.110		
Niacin	mg	0.540		0		1		0.956		
Pantothenic acid	mg	0.219		0		1		0.388		
Vitamin B-6	mg	0.104		0		1		0.184		
Folate, total	mcg	74		0		1		131		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	74		0		1		131		
Folate, DFE	mcg_DFE	74		0	NC	4		131		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	3		0		1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.014		0		1		0.025		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16031

Beans, kidney, california red, mature seeds, cooked, boiled, 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
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.012		0		1		0.021		
17:0....g									
18:0....g	0.002		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.012		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.052		0		1		0.092		
18:2 undifferentiated....g	0.020		0		1		0.035		
18:3 undifferentiated....g	0.032		0		1		0.057		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.108		0		1		0.191		
Threonine....g	0.384		0		1		0.680		
Isoleucine....g	0.403		0		1		0.713		
Leucine....g	0.729		0		1		1.290		
Lysine....g	0.627		0		1		1.110		
Methionine....g	0.137		0		1		0.242		
Cystine....g	0.099		0		1		0.175		
Phenylalanine....g	0.494		0		1		0.874		
Tyrosine....g	0.257		0		1		0.455		
Valine....g	0.478		0		1		0.846		
Arginine....g	0.565		0		1		1.000		
Histidine....g	0.254		0		1		0.450		
Alanine....g	0.383		0		1		0.678		
Aspartic acid....g	1.105		0		1		1.956		
Glutamic acid....g	1.392		0		1		2.464		
Glycine....g	0.356		0		1		0.630		
Proline....g	0.387		0		1		0.685		
Serine....g	0.497		0		1		0.880		
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 = 177g: 1 cup

NDB No. 16031

Beans, kidney, california red, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16030

Beans, kidney, california red, mature seeds, raw

Phaseolus vulgaris

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	11.75		0		1		21.62		
Energy	kcal	330		0	NC	4		607		
Energy	kJ	1381				4		2541		
Protein (N x 6.25)	g	24.37	0.149	6		1		44.84		
Total lipid (fat)	g	0.25	0.019	8		1		0.46		
Ash	g	3.83		0		1		7.05		
Carbohydrate, by difference	g	59.80		0	NC	4		110.03		
Fiber, total dietary	g	24.9		0		4		45.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	195		2		1		359		
Iron, Fe	mg	9.35		2		1		17.20		
Magnesium, Mg	mg	160		2		1		294		
Phosphorus, P	mg	405		2		1		745		
Potassium, K	mg	1490		2		1		2742		
Sodium, Na	mg	11		2		1		20		
Zinc, Zn	mg	2.55		2		1		4.69		
Copper, Cu	mg	1.100		2		1		2.024		
Manganese, Mn	mg	1.000		2		1		1.840		
Selenium, Se	mcg	3.2		0	BFSN	4		5.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.5		0		1		8.3		
Thiamin	mg	0.529		0		1		0.973		
Riboflavin	mg	0.219		0		1		0.403		
Niacin	mg	2.060		0		1		3.790		
Pantothenic acid	mg	0.780		0		1		1.435		
Vitamin B-6	mg	0.397		0		1		0.730		
Folate, total	mcg	394		0		1		725		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	394		0		1		725		
Folate, DFE	mcg_DFE	394		0	NC	4		725		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	8		0		1		15		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.036		0		1		0.066		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16030
Beans, kidney, california red, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.032		0		1		0.059		
17:0....g									
18:0....g	0.004		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.019		0		1		0.035		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.019		0		1		0.035		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.138		0		1		0.254		
18:2 undifferentiated....g	0.054		0		1		0.099		
18:3 undifferentiated....g	0.084		0		1		0.155		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.289		0		1		0.532		
Threonine....g	1.026		0		1		1.888		
Isoleucine....g	1.076		0		1		1.980		
Leucine....g	1.946		0		1		3.581		
Lysine....g	1.673		0		1		3.078		
Methionine....g	0.367		0		1		0.675		
Cystine....g	0.265		0		1		0.488		
Phenylalanine....g	1.318		0		1		2.425		
Tyrosine....g	0.686		0		1		1.262		
Valine....g	1.275		0		1		2.346		
Arginine....g	1.509		0		1		2.777		
Histidine....g	0.679		0		1		1.249		
Alanine....g	1.022		0		1		1.880		
Aspartic acid....g	2.948		0		1		5.424		
Glutamic acid....g	3.717		0		1		6.839		
Glycine....g	0.952		0		1		1.752		
Proline....g	1.034		0		1		1.903		
Serine....g	1.326		0		1		2.440		
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 = 184g: 1 cup

NDB No. 16030
Beans, kidney, california red, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16034
Beans, kidney, red, mature seeds, canned

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	77.37	0.023	43	JA	6		198.08	12.38	
Energy....kcal	84		0	NC	4		216	14	
Energy....kJ	354		0	NC	4		905	57	
Protein (N x 6.25)....g	5.26	0.015	43	JA	6		13.48	0.84	
Total lipid (fat)....g	0.36	0.011	42	JA	6		0.91	0.06	
Ash....g	1.47	0.001	43	JA	6		3.75	0.23	
Carbohydrate, by difference....g	15.54		0	NC	4		39.78	2.49	
Fiber, total dietary....g	5.4		2	JA	6		13.8	0.9	
Sugars, total....g	1.86		2	A	1		4.76	0.30	
Sucrose....g	1.86		2	A	1		4.76	0.30	
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	
Fructose....g	0.00		2	A	1		0.00	0.00	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	9.15		2	A	1		23.42	1.46	
Minerals:									
Calcium, Ca....mg	25	0.447	43	JA	6		65	4	
Iron, Fe....mg	1.27	0.014	43	JA	6		3.24	0.20	
Magnesium, Mg....mg	28		2	JA	6		73	5	
Phosphorus, P....mg	91		2	JA	6		234	15	
Potassium, K....mg	256	16.225	42	JA	6		655	41	
Sodium, Na....mg	258		2	A	1		659	41	
Zinc, Zn....mg	1.64	1.207	3	JA	6		4.21	0.26	
Copper, Cu....mg	0.140	0.010	3	JA	6		0.358	0.022	
Manganese, Mn....mg	0.155		2	JA	6		0.397	0.025	
Selenium, Se....mcg	0.5		2	A	1		1.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		4		1		2.8	0.2	
Thiamin....mg	0.104	0.002	43	JA	6		0.266	0.017	
Riboflavin....mg	0.086	0.000	45	JA	6		0.219	0.014	
Niacin....mg	0.445	0.004	42	JA	6		1.140	0.071	
Pantothenic acid....mg	0.135		2	JA	6		0.345	0.022	
Vitamin B-6....mg	0.080		2	JA	6		0.205	0.013	
Folate, total....mcg	20		2	A	1		51	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	20		2	A	1		51	3	
Folate, DFE....mcg_DFE	20		0	NC	4		51	3	
Choline, total....mg	30.5		0	AS	1		78.1	4.9	
Betaine....mg	0.1		1	A	1		0.2	0.0	
Vitamin B-12....mcg	0.00		0		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	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFSN	4		0	0	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		1	A	1		0.05	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.69		1	A	1		1.77	0.11	
Tocopherol, delta....mg	0.02		1	A	1		0.05	0.00	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 16034
Beans, kidney, red, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	4.3		2	A	1		11.1	0.7	
Lipids:									
Fatty acids, total saturated.....g	0.085		0	NC	4		0.217	0.014	
4:0.....g	0.000		2	JA	6		0.000	0.000	
6:0.....g	0.000		2	JA	6		0.000	0.000	
8:0.....g	0.000		2	JA	6		0.000	0.000	
10:0.....g	0.000		2	JA	6		0.000	0.000	
12:0.....g	0.000		2	JA	6		0.000	0.000	
13:0.....g	0.000		2	A	1		0.000	0.000	
14:0.....g	0.002		2	JA	6		0.006	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.064		2	JA	6		0.163	0.010	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.019		2	JA	6		0.048	0.003	
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	0.171		0	NC	4		0.437	0.027	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.004		2	JA	6		0.010	0.001	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.083		0	AS	1		0.213	0.013	
18:1 c.....g	0.083		2	A	1		0.213	0.013	
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	0.000		2	JA	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	JA	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.151		0	NC	4		0.387	0.024	
18:2 undifferentiated.....g	0.058		2	JA	6		0.149	0.009	
18:3 undifferentiated.....g	0.046		0	AS	1		0.119	0.007	
18:3 n-3 c,c,c (ALA).....g	0.046		2	A	1		0.119	0.007	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	JA	6		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	JA	6		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	JA	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									

NDB No. 16034
Beans, kidney, red, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 16g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16333

Beans, kidney, red, mature seeds, cooked, boiled, 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	66.94	0.208	20		1		118.48		
Energy....kcal	127		0	NC	4		225		
Energy....kJ	532		0	NC	4		941		
Protein (N x 6.25)....g	8.67	0.097	23		1		15.35		
Total lipid (fat)....g	0.50	0.015	23		1		0.89		
Ash....g	1.09	0.028	23		1		1.93		
Carbohydrate, by difference....g	22.80		0	NC	4		40.36		
Fiber, total dietary....g	7.4		1	A	1		13.1		
Sugars, total....g	0.32		0	BFSN	4		0.56		
Starch....g									
Minerals:									
Calcium, Ca....mg	28	1.913	30		1		50		
Iron, Fe....mg	2.94	0.180	30		1		5.20		
Magnesium, Mg....mg	45	0.888	29		1		80		
Phosphorus, P....mg	142	5.977	30		1		251		
Potassium, K....mg	403	11.701	31		1		713		
Sodium, Na....mg	238		0		1		421		
Zinc, Zn....mg	1.07	0.029	32		1		1.89		
Copper, Cu....mg	0.242	0.012	32		1		0.428		
Manganese, Mn....mg	0.477	0.025	31		1		0.844		
Selenium, Se....mcg	1.2		0	BFZN	4		2.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		0		1		2.1		
Thiamin....mg	0.160	0.017	23		1		0.283		
Riboflavin....mg	0.058	0.003	23		1		0.103		
Niacin....mg	0.578	0.038	23		1		1.023		
Pantothenic acid....mg	0.220	0.006	8		1		0.389		
Vitamin B-6....mg	0.120	0.006	8		1		0.212		
Folate, total....mcg	130	3.817	8		1		229		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	130	3.817	8		1		229		
Folate, DFE....mcg_DFE	130		0	NC	4		229		
Choline, total....mg	30.5		0	BFSN	4		54.0		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFSN	4		0		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.03		0	BFSN	4		0.05		
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	8.4		0	BFSN	4		14.9		
Lipids:									
Fatty acids, total saturated....g	0.072		0		1		0.127		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16333

Beans, kidney, red, mature seeds, cooked, boiled, 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									
12:0 g									
13:0 g									
14:0 g									
15:0 g									
16:0 g	0.064		0		1		0.113		
17:0 g									
18:0 g	0.008		0		1		0.014		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.039		0		1		0.069		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.039		0		1		0.069		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.275		0		1		0.487		
18:2 undifferentiated g	0.107		0		1		0.189		
18:3 undifferentiated g	0.168		0		1		0.297		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.103		0		1		0.182		
Threonine g	0.365		0		1		0.646		
Isoleucine g	0.383		0		1		0.678		
Leucine g	0.693		0		1		1.227		
Lysine g	0.595		0		1		1.053		
Methionine g	0.130		0		1		0.230		
Cystine g	0.094		0		1		0.166		
Phenylalanine g	0.469		0		1		0.830		
Tyrosine g	0.244		0		1		0.432		
Valine g	0.454		0		1		0.804		
Arginine g	0.537		0		1		0.950		
Histidine g	0.242		0		1		0.428		
Alanine g	0.364		0		1		0.644		
Aspartic acid g	1.049		0		1		1.857		
Glutamic acid g	1.323		0		1		2.342		
Glycine g	0.339		0		1		0.600		
Proline g	0.368		0		1		0.651		
Serine g	0.472		0		1		0.835		
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 = 177g: 1 cup

NDB No. 16333
Beans, kidney, red, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16033

Beans, kidney, red, mature seeds, cooked, boiled, 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	66.94	0.208	20		1		118.48	7.36	
Energy	kcal	127		0	NC	4		225	14	
Energy	kJ	532		0	NC	4		941	58	
Protein (N x 6.25)	g	8.67	0.097	23		1		15.35	0.95	
Total lipid (fat)	g	0.50	0.015	23		1		0.89	0.06	
Ash	g	1.09	0.028	23		1		1.93	0.12	
Carbohydrate, by difference	g	22.80		0	NC	4		40.36	2.51	
Fiber, total dietary	g	7.4		0		1		13.1	0.8	
Sugars, total	g	0.32		0	BFSN	4		0.56	0.03	
Starch	g									
Minerals:										
Calcium, Ca	mg	28	1.913	30		1		50	3	
Iron, Fe	mg	2.94	0.180	30		1		5.20	0.32	
Magnesium, Mg	mg	45	0.888	29		1		80	5	
Phosphorus, P	mg	142	5.977	30		1		251	16	
Potassium, K	mg	403	11.701	31		1		713	44	
Sodium, Na	mg	2	0.419	21		1		4	0	
Zinc, Zn	mg	1.07	0.029	32		1		1.89	0.12	
Copper, Cu	mg	0.242	0.012	32		1		0.428	0.027	
Manganese, Mn	mg	0.477	0.025	31		1		0.844	0.052	
Selenium, Se	mcg	1.2		0	BFZN	4		2.1	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1	0.1	
Thiamin	mg	0.160	0.017	23		1		0.283	0.018	
Riboflavin	mg	0.058	0.003	23		1		0.103	0.006	
Niacin	mg	0.578	0.038	23		1		1.023	0.064	
Pantothenic acid	mg	0.220	0.006	8		1		0.389	0.024	
Vitamin B-6	mg	0.120	0.006	8		1		0.212	0.013	
Folate, total	mcg	130	3.817	8		1		229	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	130	3.817	8		1		229	14	
Folate, DFE	mcg_DFE	130		0	NC	4		229	14	
Choline, total	mg	30.5		0	BFSN	4		54.0	3.4	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		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	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	BFSN	4		0	0	
Carotene, alpha	mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.03		0	BFSN	4		0.05	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (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	8.4		0	BFSN	4		14.9	0.9	
Lipids:										
Fatty acids, total saturated	g	0.072		0		1		0.127	0.008	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 16033
Beans, kidney, red, mature seeds, cooked, boiled, 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		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	0.064		0		1		0.113	0.007	
17:0....g									
18:0....g	0.008		0		1		0.014	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.039		0		1		0.069	0.004	
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	0.039		0		1		0.069	0.004	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.275		0		1		0.487	0.030	
18:2 undifferentiated....g	0.107		0		1		0.189	0.012	
18:3 undifferentiated....g	0.168		0		1		0.297	0.018	
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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.103		0		1		0.182	0.011	
Threonine....g	0.365		0		1		0.646	0.040	
Isoleucine....g	0.383		0		1		0.678	0.042	
Leucine....g	0.693		0		1		1.227	0.076	
Lysine....g	0.595		0		1		1.053	0.065	
Methionine....g	0.130		0		1		0.230	0.014	
Cystine....g	0.094		0		1		0.166	0.010	
Phenylalanine....g	0.469		0		1		0.830	0.052	
Tyrosine....g	0.244		0		1		0.432	0.027	
Valine....g	0.454		0		1		0.804	0.050	
Arginine....g	0.537		0		1		0.950	0.059	
Histidine....g	0.242		0		1		0.428	0.027	
Alanine....g	0.364		0		1		0.644	0.040	
Aspartic acid....g	1.049		0		1		1.857	0.115	
Glutamic acid....g	1.323		0		1		2.342	0.146	
Glycine....g	0.339		0		1		0.600	0.037	
Proline....g	0.368		0		1		0.651	0.040	
Serine....g	0.472		0		1		0.835	0.052	
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. 16033

Beans, kidney, red, mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 177g: 1 cup

Measure 2 = 11.0g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16032

Beans, kidney, red, mature seeds, raw

Phaseolus vulgaris

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	11.75	0.216	58		1		21.62	1.43	
Energy....kcal	337		0	NC	4		619	41	
Energy....kJ	1408		0	NC	4		2591	172	
Protein (N x 6.25)....g	22.53	0.225	61		1		41.46	2.75	
Total lipid (fat)....g	1.06	0.058	65		1		1.95	0.13	
Ash....g	3.37	0.065	58		1		6.20	0.41	
Carbohydrate, by difference....g	61.29		0	NC	4		112.77	7.48	
Fiber, total dietary....g	15.2		0		4		28.0	1.9	
Sugars, total....g	2.10		0	BFSN	4		3.87	0.26	
Starch....g									
Minerals:									
Calcium, Ca....mg	83	4.973	50		1		153	10	
Iron, Fe....mg	6.69	0.243	51		1		12.31	0.82	
Magnesium, Mg....mg	138	4.450	49		1		254	17	
Phosphorus, P....mg	406	11.195	50		1		747	50	
Potassium, K....mg	1359	24.742	51		1		2501	166	
Sodium, Na....mg	12	2.153	44		1		22	1	
Zinc, Zn....mg	2.79	0.064	51		1		5.13	0.34	
Copper, Cu....mg	0.699	0.038	50		1		1.286	0.085	
Manganese, Mn....mg	1.111	0.055	48		1		2.044	0.136	
Selenium, Se....mcg	3.2		0	BFSN	4		5.9	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.5		1		1		8.3	0.5	
Thiamin....mg	0.608	0.046	48		1		1.119	0.074	
Riboflavin....mg	0.215	0.008	48		1		0.396	0.026	
Niacin....mg	2.110	0.108	47		1		3.882	0.257	
Pantothenic acid....mg	0.780	0.022	32		1		1.435	0.095	
Vitamin B-6....mg	0.397	0.007	32		1		0.730	0.048	
Folate, total....mcg	394	13.422	32		1		725	48	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	394	13.422	32		1		725	48	
Folate, DFE....mcg_DFE	394		0	NC	4		725	48	
Choline, total....mg	65.9		0	BFSN	4		121.2	8.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFSN	4		0	0	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.38	0.03	
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	5.6		0	BFSN	4		10.2	0.7	
Lipids:									
Fatty acids, total saturated....g	0.154		0		1		0.283	0.019	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16032
Beans, kidney, red, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.136		0		1		0.250	0.017	
17:0....g									
18:0....g	0.018		0		1		0.033	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.082		0		1		0.151	0.010	
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	0.082		0		1		0.151	0.010	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.586		0		1		1.078	0.071	
18:2 undifferentiated....g	0.228		0		1		0.420	0.028	
18:3 undifferentiated....g	0.358		0		1		0.659	0.044	
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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.267		0		1		0.491	0.033	
Threonine....g	0.948		0		1		1.744	0.116	
Isoleucine....g	0.995		0		1		1.831	0.121	
Leucine....g	1.799		0		1		3.310	0.219	
Lysine....g	1.547		0		1		2.846	0.189	
Methionine....g	0.339		0		1		0.624	0.041	
Cystine....g	0.245		0		1		0.451	0.030	
Phenylalanine....g	1.218		0		1		2.241	0.149	
Tyrosine....g	0.634		0		1		1.167	0.077	
Valine....g	1.179		0		1		2.169	0.144	
Arginine....g	1.395		0		1		2.567	0.170	
Histidine....g	0.627		0		1		1.154	0.076	
Alanine....g	0.945		0		1		1.739	0.115	
Aspartic acid....g	2.725		0		1		5.014	0.332	
Glutamic acid....g	3.436		0		1		6.322	0.419	
Glycine....g	0.880		0		1		1.619	0.107	
Proline....g	0.955		0		1		1.757	0.117	
Serine....g	1.226		0		1		2.256	0.150	
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. 16032

Beans, kidney, red, mature seeds, raw

Common Measures:

Measure 1 = 184g: 1 cup

Measure 2 = 12.2g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16336

Beans, kidney, royal red, mature seeds, cooked, boiled 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	66.99		0		1		118.57		
Energy	kcal	123		0	NC	4		218		
Energy	kJ	515				4		911		
Protein (N x 6.25)	g	9.49		0		1		16.80		
Total lipid (fat)	g	0.17		0		1		0.30		
Ash	g	1.50		0		1		2.66		
Carbohydrate, by difference	g	21.85		0	NC	4		38.67		
Fiber, total dietary	g	9.3		0	BFSN	4		16.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	44		0		1		78		
Iron, Fe	mg	2.77		0		1		4.90		
Magnesium, Mg	mg	42		0		1		74		
Phosphorus, P	mg	142		0		1		251		
Potassium, K	mg	378		0		1		669		
Sodium, Na	mg	241		0		1		427		
Zinc, Zn	mg	0.90		0		1		1.59		
Copper, Cu	mg	0.262		0		1		0.464		
Manganese, Mn	mg	0.255		0		1		0.451		
Selenium, Se	mcg	1.2		0	BFZN	4		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.1		
Thiamin	mg	0.095		0		1		0.168		
Riboflavin	mg	0.067		0		1		0.119		
Niacin	mg	0.552		0		1		0.977		
Pantothenic acid	mg	0.219		0		1		0.388		
Vitamin B-6	mg	0.104		0		1		0.184		
Folate, total	mcg	74		0		1		130		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	74		0		1		130		
Folate, DFE	mcg_DFE	74		0	NC	4		130		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	3		0		1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.024		0		1		0.042		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16336

Beans, kidney, royal red, mature seeds, cooked, boiled 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									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.022		0		1		0.039		
17:0....g									
18:0....g	0.003		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.023		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.023		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.093		0		1		0.165		
18:2 undifferentiated....g	0.036		0		1		0.064		
18:3 undifferentiated....g	0.057		0		1		0.101		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.112		0		1		0.198		
Threonine....g	0.399		0		1		0.706		
Isoleucine....g	0.419		0		1		0.742		
Leucine....g	0.757		0		1		1.340		
Lysine....g	0.651		0		1		1.152		
Methionine....g	0.143		0		1		0.253		
Cystine....g	0.103		0		1		0.182		
Phenylalanine....g	0.513		0		1		0.908		
Tyrosine....g	0.267		0		1		0.473		
Valine....g	0.496		0		1		0.878		
Arginine....g	0.587		0		1		1.039		
Histidine....g	0.264		0		1		0.467		
Alanine....g	0.398		0		1		0.704		
Aspartic acid....g	1.148		0		1		2.032		
Glutamic acid....g	1.447		0		1		2.561		
Glycine....g	0.370		0		1		0.655		
Proline....g	0.402		0		1		0.712		
Serine....g	0.516		0		1		0.913		
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 = 177g: 1 cup

NDB No. 16336

Beans, kidney, royal red, mature seeds, cooked, boiled with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16036

Beans, kidney, royal red, mature seeds, cooked, boiled, 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	66.99		0		1		118.57		
Energy....kcal	123		0	NC	4		218		
Energy....kJ	515				4		911		
Protein (N x 6.25)....g	9.49		0		1		16.80		
Total lipid (fat)....g	0.17		0		1		0.30		
Ash....g	1.50		0		1		2.66		
Carbohydrate, by difference....g	21.85		0	NC	4		38.67		
Fiber, total dietary....g	9.3		0	BFSN	4		16.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	44		0		1		78		
Iron, Fe....mg	2.77		0		1		4.90		
Magnesium, Mg....mg	42		0		1		74		
Phosphorus, P....mg	142		0		1		251		
Potassium, K....mg	378		0		1		669		
Sodium, Na....mg	5		0		1		9		
Zinc, Zn....mg	0.90		0		1		1.59		
Copper, Cu....mg	0.262		0		1		0.464		
Manganese, Mn....mg	0.255		0		1		0.451		
Selenium, Se....mcg	1.2		0	BFZN	4		2.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		0		1		2.1		
Thiamin....mg	0.095		0		1		0.168		
Riboflavin....mg	0.067		0		1		0.119		
Niacin....mg	0.552		0		1		0.977		
Pantothenic acid....mg	0.219		0		1		0.388		
Vitamin B-6....mg	0.104		0		1		0.184		
Folate, total....mcg	74		0		1		130		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	74		0		1		130		
Folate, DFE....mcg_DFE	74		0	NC	4		130		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	3		0		1		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	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									
Lipids:									
Fatty acids, total saturated....g	0.024		0		1		0.042		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16036

Beans, kidney, royal red, mature seeds, cooked, boiled, 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
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.022		0		1		0.039		
17:0....g									
18:0....g	0.003		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.023		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.023		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.093		0		1		0.165		
18:2 undifferentiated....g	0.036		0		1		0.064		
18:3 undifferentiated....g	0.057		0		1		0.101		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.112		0		1		0.198		
Threonine....g	0.399		0		1		0.706		
Isoleucine....g	0.419		0		1		0.742		
Leucine....g	0.757		0		1		1.340		
Lysine....g	0.651		0		1		1.152		
Methionine....g	0.143		0		1		0.253		
Cystine....g	0.103		0		1		0.182		
Phenylalanine....g	0.513		0		1		0.908		
Tyrosine....g	0.267		0		1		0.473		
Valine....g	0.496		0		1		0.878		
Arginine....g	0.587		0		1		1.039		
Histidine....g	0.264		0		1		0.467		
Alanine....g	0.398		0		1		0.704		
Aspartic acid....g	1.148		0		1		2.032		
Glutamic acid....g	1.447		0		1		2.561		
Glycine....g	0.370		0		1		0.655		
Proline....g	0.402		0		1		0.712		
Serine....g	0.516		0		1		0.913		
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 = 177g: 1 cup

NDB No. 16036

Beans, kidney, royal red, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16035

Beans, kidney, royal red, mature seeds, raw

Phaseolus vulgaris

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	11.90		1		1		21.90		
Energy	kcal	329		0	NC	4		605		
Energy	kJ	1377				4		2533		
Protein (N x 6.25)	g	25.33	0.809	6		1		46.61		
Total lipid (fat)	g	0.45	0.094	8		1		0.83		
Ash	g	4.00		1		1		7.36		
Carbohydrate, by difference	g	58.33		0	NC	4		107.33		
Fiber, total dietary	g	24.9		0	BFSN	4		45.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	131		2		1		241		
Iron, Fe	mg	8.70		2		1		16.01		
Magnesium, Mg	mg	138		0		1		254		
Phosphorus, P	mg	406		0		1		747		
Potassium, K	mg	1346		2		1		2477		
Sodium, Na	mg	13		1		1		24		
Zinc, Zn	mg	2.66		2		1		4.89		
Copper, Cu	mg	1.000		1		1		1.840		
Manganese, Mn	mg	1.109		0		1		2.041		
Selenium, Se	mcg	3.2		0	BFSN	4		5.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.5		0		1		8.3		
Thiamin	mg	0.390		1		1		0.718		
Riboflavin	mg	0.240		1		1		0.442		
Niacin	mg	2.106		0		1		3.875		
Pantothenic acid	mg	0.779		0		1		1.433		
Vitamin B-6	mg	0.396		0		1		0.729		
Folate, total	mcg	393		0		1		724		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	393		0		1		724		
Folate, DFE	mcg_DFE	393		0	NC	4		724		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	8		0		1		15		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.065		0		1		0.120		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16035
Beans, kidney, royal red, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.058		0		1		0.107		
17:0....g									
18:0....g	0.008		0		1		0.015		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.035		0		1		0.064		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.035		0		1		0.064		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.249		0		1		0.458		
18:2 undifferentiated....g	0.097		0		1		0.178		
18:3 undifferentiated....g	0.152		0		1		0.280		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.300		0		1		0.552		
Threonine....g	1.066		0		1		1.961		
Isoleucine....g	1.118		0		1		2.057		
Leucine....g	2.022		0		1		3.720		
Lysine....g	1.738		0		1		3.198		
Methionine....g	0.381		0		1		0.701		
Cystine....g	0.276		0		1		0.508		
Phenylalanine....g	1.370		0		1		2.521		
Tyrosine....g	0.713		0		1		1.312		
Valine....g	1.325		0		1		2.438		
Arginine....g	1.568		0		1		2.885		
Histidine....g	0.705		0		1		1.297		
Alanine....g	1.062		0		1		1.954		
Aspartic acid....g	3.063		0		1		5.636		
Glutamic acid....g	3.862		0		1		7.106		
Glycine....g	0.989		0		1		1.820		
Proline....g	1.074		0		1		1.976		
Serine....g	1.378		0		1		2.536		
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 = 184g: 1 cup

NDB No. 16035
Beans, kidney, royal red, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43125
Beans, liquid from stewed kidney beans

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	91.50		0		1		219.60		
Energy	kcal	47		0	NC	4		113		
Energy	kJ	197		0	NC	4		474		
Protein	g	1.80		0		1		4.32		
Total lipid (fat)	g	3.20		0		4		7.68		
Ash	g	0.70		0	O	4		1.68		
Carbohydrate, by difference	g	2.80		0		4		6.72		
Fiber, total dietary	g	0.1		0		4		0.2		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		4		31		
Iron, Fe	mg	1.96		0		1		4.70		
Magnesium, Mg	mg	37		0		1		89		
Phosphorus, P	mg	88		0		1		211		
Potassium, K	mg	408		0		1		979		
Sodium, Na	mg	2		0		1		5		
Zinc, Zn	mg	0.49		0		1		1.18		
Copper, Cu	mg	0.098		0		1		0.235		
Manganese, Mn	mg									
Selenium, Se	mcg	0.5		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.100		0		1		0.240		
Riboflavin	mg	0.090		0		1		0.216		
Niacin	mg	0.390		0		1		0.936		
Pantothenic acid	mg									
Vitamin B-6	mg	0.030		0		4		0.072		
Folate, total	mcg	33		0		4		79		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	33		0		4		79		
Folate, DFE	mcg_DFE	33		0	NC	4		79		
Choline, total	mg	13.5		0	BFSN	4		32.4		
Betaine	mg									
Vitamin B-12	mcg	0.02		0		4		0.05		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		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	AS	1		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	1.174		0		4		2.818		
4:0	g	0.000		0		4		0.000		

NDB No. 43125
Beans, liquid from stewed kidney beans

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.006		0		4		0.014		
13:0....g									
14:0....g	0.043		0		4		0.103		
15:0....g									
16:0....g	0.729		0		4		1.750		
17:0....g									
18:0....g	0.389		0		4		0.934		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.536		0		4		3.686		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.095		0		4		0.228		
17:1....g									
18:1 undifferentiated....g	1.420		0		4		3.408		
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	0.340		0		4		0.816		
18:2 undifferentiated....g	0.299		0		4		0.718		
18:3 undifferentiated....g	0.033		0		4		0.079		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.007		0		4		0.017		
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	4		0		4		10		
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 = 240g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16039
Beans, navy, mature seeds, canned

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	70.45		0		1		184.58		
Energy	kcal	113		0	NC	4		296		
Energy	kJ	473		0		4		1239		
Protein (N x 6.25)	g	7.53		0		1		19.73		
Total lipid (fat)	g	0.43		0		1		1.13		
Ash	g	1.14		0		1		2.99		
Carbohydrate, by difference	g	20.45		0	NC	4		53.58		
Fiber, total dietary	g	5.1		0		1		13.4		
Sugars, total	g	0.28		0	BFSN	4		0.74		
Starch	g									
Minerals:										
Calcium, Ca	mg	47		0		1		123		
Iron, Fe	mg	1.85		0		1		4.85		
Magnesium, Mg	mg	47		0		1		123		
Phosphorus, P	mg	134		0		1		351		
Potassium, K	mg	288		0		1		755		
Sodium, Na	mg	448		0		1		1174		
Zinc, Zn	mg	0.77		0		1		2.02		
Copper, Cu	mg	0.208		0		1		0.545		
Manganese, Mn	mg	0.375		0		1		0.983		
Selenium, Se	mcg	5.8		0	BFZN	4		15.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.8		
Thiamin	mg	0.141		0		1		0.369		
Riboflavin	mg	0.055		0		1		0.144		
Niacin	mg	0.487		0		1		1.276		
Pantothenic acid	mg	0.172		0		1		0.451		
Vitamin B-6	mg	0.103		0		1		0.270		
Folate, total	mcg	62		0		1		163		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	62		0		1		163		
Folate, DFE	mcg_DFE	62		0	NC	4		163		
Choline, total	mg	26.9		0	AS	1		70.6		
Betaine	mg	0.1		2	A	1		0.2		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.78		0	BFSN	4		2.04		
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	2.9		0	BFSN	4		7.6		
Lipids:										
Fatty acids, total saturated	g	0.112		0	NC	4		0.293		
4:0	g	0.000		0		1		0.000		

NDB No. 16039
Beans, navy, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.105		0		1		0.275		
17:0 g									
18:0 g	0.007		0		1		0.018		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.038		0	NC	4		0.099		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.038		0		1		0.099		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.186		0	NC	4		0.486		
18:2 undifferentiated g	0.101		0		1		0.264		
18:3 undifferentiated g	0.085		0		1		0.222		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.090		0	NR	4		0.236		
Threonine g	0.277		0	NR	4		0.725		
Isoleucine g	0.356		0	NR	4		0.933		
Leucine g	0.639		0	NR	4		1.675		
Lysine g	0.527		0	NR	4		1.381		
Methionine g	0.098		0	NR	4		0.257		
Cystine g	0.071		0	NR	4		0.185		
Phenylalanine g	0.444		0	NR	4		1.164		
Tyrosine g	0.178		0	NR	4		0.466		
Valine g	0.434		0	NR	4		1.138		
Arginine g	0.413		0	NR	4		1.082		
Histidine g	0.207		0	NR	4		0.542		
Alanine g	0.342		0	NR	4		0.896		
Aspartic acid g	0.943		0	NR	4		2.470		
Glutamic acid g	1.210		0	NR	4		3.170		
Glycine g	0.305		0	NR	4		0.799		
Proline g	0.431		0	NR	4		1.128		
Serine g	0.472		0	NR	4		1.237		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

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

NDB No. 16039

Beans, navy, mature seeds, canned

Common Measures:

Measure 1 = 262g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16338

Beans, navy, mature seeds, cooked, boiled, 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	63.81	0.396	9	JO	11		116.13		
Energy....kcal	140		0	NC	4		254		
Energy....kJ	585		0	NC	4		1064		
Protein (N x 6.25)....g	8.23	0.300	3	JO	11		14.98		
Total lipid (fat)....g	0.62	0.000	9	JO	11		1.12		
Ash....g	1.30	0.022	9	JO	11		2.37		
Carbohydrate, by difference....g	26.05		0	NC	4		47.40		
Fiber, total dietary....g	10.5		1	A	1		19.0		
Sugars, total....g	0.37		1	A	1		0.67		
Sucrose....g	0.37		1	A	1		0.67		
Glucose (dextrose)....g	0.00		1	A	1		0.00		
Fructose....g	0.00		1	A	1		0.00		
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	15.40		1	A	1		28.03		
Minerals:									
Calcium, Ca....mg	69	2.524	44	JO	11		126		
Iron, Fe....mg	2.36	0.060	45	JO	11		4.29		
Magnesium, Mg....mg	53	0.986	45	JO	11		97		
Phosphorus, P....mg	144	3.005	44	JO	11		262		
Potassium, K....mg	389	10.703	45	JO	11		708		
Sodium, Na....mg	237		0		1		431		
Zinc, Zn....mg	1.03	0.025	45	JO	11		1.87		
Copper, Cu....mg	0.210	0.015	45	JO	11		0.382		
Manganese, Mn....mg	0.527	0.039	45	JO	11		0.959		
Selenium, Se....mcg	2.9	0.653	29	JA	6		5.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.237	0.006	9	JO	11		0.431		
Riboflavin....mg	0.066	0.002	9	JO	11		0.119		
Niacin....mg	0.649	0.037	9	JO	11		1.180		
Pantothenic acid....mg	0.266	0.009	9	JO	11		0.483		
Vitamin B-6....mg	0.138	0.005	9	JO	11		0.251		
Folate, total....mcg	140	6.063	8	A	1		255		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	140	6.063	8	A	1		255		
Folate, DFE....mcg_DFE	140		0	NC	4		255		
Choline, total....mg	44.7		0	AS	1		81.3		
Betaine....mg	0.1		1	A	1		0.2		
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFSY	4		0		
Carotene, alpha....mcg	0		0	BFSY	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSY	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol)....mg	0.01		1	A	1		0.03		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	1.28		1	A	1		2.33		
Tocopherol, delta....mg	0.09		1	A	1		0.16		
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		

NDB No. 16338

Beans, navy, mature seeds, cooked, boiled, 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 K (phylloquinone)....mcg	0.6		1	A	1		1.1		
Lipids:									
Fatty acids, total saturated....g	0.098		0	NC	4		0.178		
4:0....g	0.000		1	A	1		0.000		
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	0.000		1	A	1		0.000		
13:0....g	0.000		1	A	1		0.000		
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.080		1	A	1		0.145		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.018		1	A	1		0.033		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.142		0	NC	4		0.258		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.071		0	AS	1		0.129		
18:1 c....g	0.071		1	A	1		0.129		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000		
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	0.490		0	NC	4		0.892		
18:2 undifferentiated....g	0.136		1	A	1		0.247		
18:3 undifferentiated....g	0.177		0	AS	1		0.323		
18:3 n-3 c,c,c (ALA)....g	0.177		1	A	1		0.323		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
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									
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0	JO	11		0.183		
Threonine....g	0.289		0	JO	11		0.526		
Isoleucine....g	0.387		0	JO	11		0.704		
Leucine....g	0.700		0	JO	11		1.274		
Lysine....g	0.520		0	JO	11		0.947		
Methionine....g	0.111		0	JO	11		0.202		
Cystine....g	0.076		0	JO	11		0.138		
Phenylalanine....g	0.471		0	JO	11		0.857		

NDB No. 16338

Beans, navy, mature seeds, cooked, boiled, 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
Tyrosine.....g	0.197		0	JO	11		0.358		
Valine.....g	0.504		0	JO	11		0.918		
Arginine.....g	0.415		0	JO	11		0.754		
Histidine.....g	0.206		0	JO	11		0.375		
Alanine.....g	0.369		0	JO	11		0.672		
Aspartic acid.....g	1.056		0	JO	11		1.921		
Glutamic acid.....g	1.259		0	JO	11		2.291		
Glycine.....g	0.326		0	JO	11		0.592		
Proline.....g	0.454		0	JO	11		0.826		
Serine.....g	0.479		0	JO	11		0.873		
Hydroxyproline.....g	0.000		1	A	1		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 182g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16038

Beans, navy, mature seeds, cooked, boiled, 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	63.81	0.396	9	JO	11		116.13		
Energy....kcal	140		0	NC	4		254		
Energy....kJ	585		0	NC	4		1064		
Protein (N x 6.25)....g	8.23	0.300	3	JO	11		14.98		
Total lipid (fat)....g	0.62	0.000	9	JO	11		1.12		
Ash....g	1.30	0.022	9	JO	11		2.37		
Carbohydrate, by difference....g	26.05		0	NC	4		47.40		
Fiber, total dietary....g	10.5		1	A	1		19.0		
Sugars, total....g	0.37		1	A	1		0.67		
Sucrose....g	0.37		1	A	1		0.67		
Glucose (dextrose)....g	0.00		1	A	1		0.00		
Fructose....g	0.00		1	A	1		0.00		
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	15.40		1	A	1		28.03		
Minerals:									
Calcium, Ca....mg	69	2.524	44	JO	11		126		
Iron, Fe....mg	2.36	0.060	45	JO	11		4.29		
Magnesium, Mg....mg	53	0.986	45	JO	11		97		
Phosphorus, P....mg	144	3.005	44	JO	11		262		
Potassium, K....mg	389	10.703	45	JO	11		708		
Sodium, Na....mg	0	0.082	37	JO	11		1		
Zinc, Zn....mg	1.03	0.025	45	JO	11		1.87		
Copper, Cu....mg	0.210	0.015	45	JO	11		0.382		
Manganese, Mn....mg	0.527	0.039	45	JO	11		0.959		
Selenium, Se....mcg	2.9	0.653	29	JA	6		5.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0		1		1.6		
Thiamin....mg	0.237	0.006	9	JO	11		0.431		
Riboflavin....mg	0.066	0.002	9	JO	11		0.119		
Niacin....mg	0.649	0.037	9	JO	11		1.180		
Pantothenic acid....mg	0.266	0.009	9	JO	11		0.483		
Vitamin B-6....mg	0.138	0.005	9	JO	11		0.251		
Folate, total....mcg	140	6.063	8	A	1		255		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	140	6.063	8	A	1		255		
Folate, DFE....mcg_DFE	140		0	NC	4		255		
Choline, total....mg	44.7		0	AS	1		81.3		
Betaine....mg	0.1		1	A	1		0.2		
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFSY	4		0		
Carotene, alpha....mcg	0		0	BFSY	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSY	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol)....mg	0.01		1	A	1		0.03		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	1.28		1	A	1		2.33		
Tocopherol, delta....mg	0.09		1	A	1		0.16		
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		

NDB No. 16038

Beans, navy, mature seeds, cooked, boiled, 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
Vitamin K (phylloquinone)....mcg	0.6		1	A	1		1.1		
Lipids:									
Fatty acids, total saturated....g	0.098		0	NC	4		0.178		
4:0....g	0.000		1	A	1		0.000		
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	0.000		1	A	1		0.000		
13:0....g	0.000		1	A	1		0.000		
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.080		1	A	1		0.145		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.018		1	A	1		0.033		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.142		0	NC	4		0.258		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.071		0	AS	1		0.129		
18:1 c....g	0.071		1	A	1		0.129		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		1	A	1		0.000		
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	0.490		0	NC	4		0.892		
18:2 undifferentiated....g	0.136		1	A	1		0.247		
18:3 undifferentiated....g	0.177		0	AS	1		0.323		
18:3 n-3 c,c,c (ALA)....g	0.177		1	A	1		0.323		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
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									
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0	JO	11		0.183		
Threonine....g	0.289		0	JO	11		0.526		
Isoleucine....g	0.387		0	JO	11		0.704		
Leucine....g	0.700		0	JO	11		1.274		
Lysine....g	0.520		0	JO	11		0.947		
Methionine....g	0.111		0	JO	11		0.202		
Cystine....g	0.076		0	JO	11		0.138		
Phenylalanine....g	0.471		0	JO	11		0.857		

NDB No. 16038

Beans, navy, mature seeds, cooked, boiled, 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
Tyrosine....g	0.197		0	JO	11		0.358		
Valine....g	0.504		0	JO	11		0.918		
Arginine....g	0.415		0	JO	11		0.754		
Histidine....g	0.206		0	JO	11		0.375		
Alanine....g	0.369		0	JO	11		0.672		
Aspartic acid....g	1.056		0	JO	11		1.921		
Glutamic acid....g	1.259		0	JO	11		2.291		
Glycine....g	0.326		0	JO	11		0.592		
Proline....g	0.454		0	JO	11		0.826		
Serine....g	0.479		0	JO	11		0.873		
Hydroxyproline....g	0.000		1	A	1		0.000		
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 = 182g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16037

Beans, navy, mature seeds, raw

Phaseolus vulgaris

Includes USDA commodity food A918, A924

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.10	0.236	17	JO	11		25.17		
Energy....kcal	337		0	NC	4		702		
Energy....kJ	1411		0	NC	4		2935		
Protein (N x 6.25)....g	22.33	0.256	72		1		46.45		
Total lipid (fat)....g	1.50	0.066	17	JO	11		3.12		
Ash....g	3.32	0.024	17	JO	11		6.91		
Carbohydrate, by difference....g	60.75		0	NC	4		126.36		
Fiber, total dietary....g	24.4		0		4		50.8		
Sugars, total....g	3.88		1	A	1		8.07		
Sucrose....g	3.33		1	A	1		6.93		
Glucose (dextrose)....g	0.21		1	A	1		0.44		
Fructose....g	0.00		1	A	1		0.00		
Lactose....g	0.00		1	A	1		0.00		
Maltose....g	0.00		1	A	1		0.00		
Galactose....g	0.34		1	A	1		0.71		
Starch....g	32.90		1	A	1		68.43		
Minerals:									
Calcium, Ca....mg	147	2.879	13	JO	11		305		
Iron, Fe....mg	5.49	0.203	13	JO	11		11.42		
Magnesium, Mg....mg	175	1.876	13	JO	11		364		
Phosphorus, P....mg	407	6.820	13	JO	11		847		
Potassium, K....mg	1185	10.253	13	JO	11		2465		
Sodium, Na....mg	5	0.705	9	JO	11		11		
Zinc, Zn....mg	3.65	0.107	13	JO	11		7.59		
Copper, Cu....mg	0.834	0.053	13	JO	11		1.734		
Manganese, Mn....mg	1.418	0.100	13	JO	11		2.949		
Selenium, Se....mcg	11.0	1.732	3	A	1		22.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.775	0.014	17	JO	11		1.612		
Riboflavin....mg	0.164	0.008	17	JO	11		0.341		
Niacin....mg	2.188	0.062	17	JO	11		4.552		
Pantothenic acid....mg	0.744	0.023	17	JO	11		1.548		
Vitamin B-6....mg	0.428	0.005	17	JO	11		0.889		
Folate, total....mcg	364	11.327	17	JO	11		757		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	364	11.327	17	JO	11		757		
Folate, DFE....mcg_DFE	364		0	NC	4		757		
Choline, total....mg	87.4		0	AS	1		181.8		
Betaine....mg	0.1		1	A	1		0.3		
Vitamin B-12....mcg	0.00		0		1		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	Z	7		0		
Carotene, beta....mcg	0		0	BFSN	4		0		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.02		1	A	1		0.04		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	2.01		1	A	1		4.18		
Tocopherol, delta....mg	0.17		1	A	1		0.35		
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 16037
Beans, navy, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....mcg	2.5		1	A	1		5.2		
Lipids:									
Fatty acids, total saturated.....g	0.170		0	NC	4		0.354		
4:0.....g	0.000		1	A	1		0.000		
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	0.000		1	A	1		0.000		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.002		1	A	1		0.005		
15:0.....g	0.001		1	A	1		0.002		
16:0.....g	0.135		1	A	1		0.282		
17:0.....g	0.002		1	A	1		0.005		
18:0.....g	0.023		1	A	1		0.049		
20:0.....g	0.006		1	A	1		0.012		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.245		0	NC	4		0.509		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.002		1	A	1		0.005		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.117		0	AS	1		0.244		
18:1 c.....g	0.117		1	A	1		0.244		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		1	A	1		0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.008		1	A	1		0.017		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.411		0	NC	4		2.934		
18:2 undifferentiated.....g	0.335		1	A	1		0.697		
18:3 undifferentiated.....g	0.538		0	AS	1		1.119		
18:3 n-3 c,c,c (ALA).....g	0.538		1	A	1		1.119		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
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									
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.247		0	JO	11		0.513		
Threonine.....g	0.711		0	JO	11		1.478		
Isoleucine.....g	0.952		0	JO	11		1.980		
Leucine.....g	1.723		0	JO	11		3.583		
Lysine.....g	1.280		0	JO	11		2.663		
Methionine.....g	0.273		0	JO	11		0.568		

NDB No. 16037
Beans, navy, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine....g	0.187		0	JO	11		0.389		
Phenylalanine....g	1.158		0	JO	11		2.409		
Tyrosine....g	0.484		0	JO	11		1.006		
Valine....g	1.241		0	JO	11		2.581		
Arginine....g	1.020		0	JO	11		2.122		
Histidine....g	0.507		0	JO	11		1.055		
Alanine....g	0.908		0	JO	11		1.889		
Aspartic acid....g	2.598		0	JO	11		5.404		
Glutamic acid....g	3.098		0	JO	11		6.444		
Glycine....g	0.801		0	JO	11		1.666		
Proline....g	1.117		0	JO	11		2.322		
Serine....g	1.180		0	JO	11		2.454		
Hydroxyproline....g	0.000		1	A	1		0.000		
Others:									
Alcohol, ethyl....g	0.0		0	BFSN	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 = 208g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16341

Beans, pink, mature seeds, cooked, boiled, 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	61.20	0.534	8		1		103.43		
Energy....kcal	149		0	NC	4		252		
Energy....kJ	623		0		4		1054		
Protein (N x 6.25)....g	9.06	0.170	9		1		15.31		
Total lipid (fat)....g	0.49	0.035	9		1		0.83		
Ash....g	1.34	0.063	9		1		2.26		
Carbohydrate, by difference....g	27.91		0	NC	4		47.17		
Fiber, total dietary....g	5.3		0	BFZN	4		9.0		
Sugars, total....g	0.36		0	BFSN	4		0.61		
Starch....g									
Minerals:									
Calcium, Ca....mg	52	2.571	9		1		88		
Iron, Fe....mg	2.30	0.119	9		1		3.89		
Magnesium, Mg....mg	65	1.697	9		1		110		
Phosphorus, P....mg	165	7.032	9		1		279		
Potassium, K....mg	508	15.005	9		1		859		
Sodium, Na....mg	238		0		1		402		
Zinc, Zn....mg	0.96	0.041	15		1		1.62		
Copper, Cu....mg	0.271	0.015	15		1		0.458		
Manganese, Mn....mg	0.548	0.023	9		1		0.926		
Selenium, Se....mcg	1.4		0	BFSN	4		2.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.257	0.006	9		1		0.434		
Riboflavin....mg	0.063	0.006	9		1		0.106		
Niacin....mg	0.570	0.036	9		1		0.963		
Pantothenic acid....mg	0.299	0.014	8		1		0.505		
Vitamin B-6....mg	0.175	0.004	8		1		0.296		
Folate, total....mcg	168	13.161	8		1		284		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	168	13.161	8		1		284		
Folate, DFE....mcg_DFE	168		0	NC	4		284		
Choline, total....mg	36.9		0	BFSN	4		62.4		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFSN	4		0		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.98		0	BFSN	4		1.66		
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	3.7		0	BFSN	4		6.3		
Lipids:									
Fatty acids, total saturated....g	0.126		0		1		0.213		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16341

Beans, pink, mature seeds, cooked, boiled, 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									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.118		0		1		0.199		
17:0....g									
18:0....g	0.008		0		1		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.042		0		1		0.071		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.042		0		1		0.071		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.210		0		1		0.355		
18:2 undifferentiated....g	0.114		0		1		0.193		
18:3 undifferentiated....g	0.096		0		1		0.162		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.107		0		1		0.181		
Threonine....g	0.381		0		1		0.644		
Isoleucine....g	0.400		0		1		0.676		
Leucine....g	0.723		0		1		1.222		
Lysine....g	0.622		0		1		1.051		
Methionine....g	0.136		0		1		0.230		
Cystine....g	0.099		0		1		0.167		
Phenylalanine....g	0.490		0		1		0.828		
Tyrosine....g	0.255		0		1		0.431		
Valine....g	0.474		0		1		0.801		
Arginine....g	0.561		0		1		0.948		
Histidine....g	0.252		0		1		0.426		
Alanine....g	0.380		0		1		0.642		
Aspartic acid....g	1.095		0		1		1.851		
Glutamic acid....g	1.381		0		1		2.334		
Glycine....g	0.354		0		1		0.598		
Proline....g	0.384		0		1		0.649		
Serine....g	0.493		0		1		0.833		
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 = 169g: 1 cup

NDB No. 16341

Beans, pink, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16041
Beans, pink, mature seeds, cooked, boiled, 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	61.20	0.534	8		1		103.43		
Energy....kcal	149		0	NC	4		252		
Energy....kJ	623		0		4		1054		
Protein (N x 6.25)....g	9.06	0.170	9		1		15.31		
Total lipid (fat)....g	0.49	0.035	9		1		0.83		
Ash....g	1.34	0.063	9		1		2.26		
Carbohydrate, by difference....g	27.91		0	NC	4		47.17		
Fiber, total dietary....g	5.3		0		4		9.0		
Sugars, total....g	0.36		0	BFSN	4		0.61		
Starch....g									
Minerals:									
Calcium, Ca....mg	52	2.571	9		1		88		
Iron, Fe....mg	2.30	0.119	9		1		3.89		
Magnesium, Mg....mg	65	1.697	9		1		110		
Phosphorus, P....mg	165	7.032	9		1		279		
Potassium, K....mg	508	15.005	9		1		859		
Sodium, Na....mg	2	0.326	5		1		3		
Zinc, Zn....mg	0.96	0.041	15		1		1.62		
Copper, Cu....mg	0.271	0.015	15		1		0.458		
Manganese, Mn....mg	0.548	0.023	9		1		0.926		
Selenium, Se....mcg	1.4		0	BFSN	4		2.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.257	0.006	9		1		0.434		
Riboflavin....mg	0.063	0.006	9		1		0.106		
Niacin....mg	0.570	0.036	9		1		0.963		
Pantothenic acid....mg	0.299	0.014	8		1		0.505		
Vitamin B-6....mg	0.175	0.004	8		1		0.296		
Folate, total....mcg	168	13.161	8		1		284		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	168	13.161	8		1		284		
Folate, DFE....mcg_DFE	168		0	NC	4		284		
Choline, total....mg	36.9		0	BFSN	4		62.4		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		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	Z	7		0		
Carotene, beta....mcg	0		0	BFSN	4		0		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.98		0	BFSN	4		1.66		
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	3.7		0	BFSN	4		6.3		
Lipids:									
Fatty acids, total saturated....g	0.126		0		1		0.213		
4:0....g	0.000		0		1		0.000		

NDB No. 16041
Beans, pink, mature seeds, cooked, boiled, 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		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.118		0		1		0.199		
17:0....g									
18:0....g	0.008		0		1		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.042		0		1		0.071		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.042		0		1		0.071		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.210		0		1		0.355		
18:2 undifferentiated....g	0.114		0		1		0.193		
18:3 undifferentiated....g	0.096		0		1		0.162		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.107		0		1		0.181		
Threonine....g	0.381		0		1		0.644		
Isoleucine....g	0.400		0		1		0.676		
Leucine....g	0.723		0		1		1.222		
Lysine....g	0.622		0		1		1.051		
Methionine....g	0.136		0		1		0.230		
Cystine....g	0.099		0		1		0.167		
Phenylalanine....g	0.490		0		1		0.828		
Tyrosine....g	0.255		0		1		0.431		
Valine....g	0.474		0		1		0.801		
Arginine....g	0.561		0		1		0.948		
Histidine....g	0.252		0		1		0.426		
Alanine....g	0.380		0		1		0.642		
Aspartic acid....g	1.095		0		1		1.851		
Glutamic acid....g	1.381		0		1		2.334		
Glycine....g	0.354		0		1		0.598		
Proline....g	0.384		0		1		0.649		
Serine....g	0.493		0		1		0.833		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

NDB No. 16041

Beans, pink, mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 169g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16040

Beans, pink, mature seeds, raw

Phaseolus vulgaris

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	10.06	0.381	17		1		21.13		
Energy	kcal	343		0	NC	4		720		
Energy	kJ	1435		0		4		3014		
Protein (N x 6.25)	g	20.96	0.375	20		1		44.02		
Total lipid (fat)	g	1.13	0.069	21		1		2.37		
Ash	g	3.66	0.084	17		1		7.69		
Carbohydrate, by difference	g	64.19		0	NC	4		134.80		
Fiber, total dietary	g	12.7		0		4		26.7		
Sugars, total	g	2.14		0	BFSN	4		4.50		
Starch	g									
Minerals:										
Calcium, Ca	mg	130	4.494	14		1		273		
Iron, Fe	mg	6.77	0.405	14		1		14.22		
Magnesium, Mg	mg	182	4.262	10		1		382		
Phosphorus, P	mg	415	23.373	10		1		872		
Potassium, K	mg	1464	23.725	14		1		3074		
Sodium, Na	mg	8	1.280	6		1		17		
Zinc, Zn	mg	2.55	0.137	20		1		5.36		
Copper, Cu	mg	0.810	0.046	16		1		1.701		
Manganese, Mn	mg	1.376	0.086	10		1		2.890		
Selenium, Se	mcg	13.0		0	BFSN	4		27.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.772	0.039	14		1		1.621		
Riboflavin	mg	0.192	0.013	13		1		0.403		
Niacin	mg	1.892	0.053	10		1		3.973		
Pantothenic acid	mg	0.997	0.018	8		1		2.094		
Vitamin B-6	mg	0.527	0.024	8		1		1.107		
Folate, total	mcg	463	32.276	9		1		973		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	463	32.276	9		1		973		
Folate, DFE	mcg_DFE	463		0	NC	4		973		
Choline, total	mg	67.2		0	BFSN	4		141.0		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		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	Z	7		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.21		0	BFSN	4		0.45		
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	5.7		0	BFSN	4		11.9		
Lipids:										
Fatty acids, total saturated	g	0.292		0		1		0.613		
4:0	g	0.000		0		1		0.000		

NDB No. 16040
Beans, pink, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.274		0		1		0.575		
17:0 g									
18:0 g	0.018		0		1		0.038		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.098		0		1		0.206		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.098		0		1		0.206		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.487		0		1		1.023		
18:2 undifferentiated g	0.265		0		1		0.557		
18:3 undifferentiated g	0.222		0		1		0.466		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.248		0		1		0.521		
Threonine g	0.882		0		1		1.852		
Isoleucine g	0.925		0		1		1.943		
Leucine g	1.673		0		1		3.513		
Lysine g	1.438		0		1		3.020		
Methionine g	0.315		0		1		0.662		
Cystine g	0.228		0		1		0.479		
Phenylalanine g	1.133		0		1		2.379		
Tyrosine g	0.590		0		1		1.239		
Valine g	1.096		0		1		2.302		
Arginine g	1.298		0		1		2.726		
Histidine g	0.583		0		1		1.224		
Alanine g	0.878		0		1		1.844		
Aspartic acid g	2.535		0		1		5.324		
Glutamic acid g	3.195		0		1		6.710		
Glycine g	0.818		0		1		1.718		
Proline g	0.889		0		1		1.867		
Serine g	1.140		0		1		2.394		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

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

NDB No. 16040

Beans, pink, mature seeds, raw

Common Measures:

Measure 1 = 210g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16044
Beans, pinto, mature seeds, canned

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	77.54		48	A	1		186.10		
Energy	kcal	86		0	NC	4		206		
Energy	kJ	360		0		4		864		
Protein (N x 6.25)	g	4.86	0.085	53	A	1		11.66		
Total lipid (fat)	g	0.81	0.110	56	A	1		1.94		
Ash	g	1.54	0.046	56	A	1		3.70		
Carbohydrate, by difference	g	15.25		0	NC	4		36.60		
Fiber, total dietary	g	4.6		0	A	1		11.0		
Sugars, total	g	0.21		0	BFSN	4		0.50		
Starch	g									
Minerals:										
Calcium, Ca	mg	43	2.289	57	A	1		103		
Iron, Fe	mg	1.46	0.065	58	A	1		3.50		
Magnesium, Mg	mg	27		2		1		65		
Phosphorus, P	mg	92		2		1		221		
Potassium, K	mg	243	10.984	25	A	1		583		
Sodium, Na	mg	294	14.688	43	A	1		706		
Zinc, Zn	mg	0.69		1		1		1.66		
Copper, Cu	mg	0.140		1		1		0.336		
Manganese, Mn	mg	0.229		0		1		0.550		
Selenium, Se	mcg	7.1		0	BFZN	4		17.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	0.157	53	A	1		2.2		
Thiamin	mg	0.101		6		1		0.242		
Riboflavin	mg	0.063		8		1		0.151		
Niacin	mg	0.292		6		1		0.701		
Pantothenic acid	mg	0.136		0		1		0.326		
Vitamin B-6	mg	0.074		0		1		0.178		
Folate, total	mcg	60		0		1		144		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	60		0		1		144		
Folate, DFE	mcg_DFE	60		0	NC	4		144		
Choline, total	mg	21.4		0	BFSN	4		51.3		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.57		0	BFSN	4		1.37		
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	2.1		0	BFSN	4		5.1		
Lipids:										
Fatty acids, total saturated	g	0.167		0	BFFN	4		0.401		
4:0	g	0.000		0	BFFN	4		0.000		
6:0	g	0.000		0	BFFN	4		0.000		
8:0	g	0.000		0	BFFN	4		0.000		

NDB No. 16044
Beans, pinto, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.000		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	BFFN	4		0.000		
15:0 ... g									
16:0 ... g	0.162		0	BFFN	4		0.389		
17:0 ... g									
18:0 ... g	0.003		0	BFFN	4		0.007		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.162		0	BFFN	4		0.389		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.162		0	BFFN	4		0.389		
20:1 ... g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.289		0	BFFN	4		0.694		
18:2 undifferentiated ... g	0.122		0	BFFN	4		0.293		
18:3 undifferentiated ... g	0.167		0	BFFN	4		0.401		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.058		0	BFPN	4		0.139		
Threonine ... g	0.205		0	BFPN	4		0.492		
Isoleucine ... g	0.214		0	BFPN	4		0.514		
Leucine ... g	0.388		0	BFPN	4		0.931		
Lysine ... g	0.334		0	BFPN	4		0.802		
Methionine ... g	0.074		0	BFPN	4		0.178		
Cystine ... g	0.053		0	BFPN	4		0.127		
Phenylalanine ... g	0.263		0	BFPN	4		0.631		
Tyrosine ... g	0.136		0	BFPN	4		0.326		
Valine ... g	0.255		0	BFPN	4		0.612		
Arginine ... g	0.302		0	BFPN	4		0.725		
Histidine ... g	0.135		0	BFPN	4		0.324		
Alanine ... g	0.204		0	BFPN	4		0.490		
Aspartic acid ... g	0.588		0	BFPN	4		1.411		
Glutamic acid ... g	0.742		0	BFPN	4		1.781		
Glycine ... g	0.190		0	BFPN	4		0.456		
Proline ... g	0.206		0	BFPN	4		0.494		
Serine ... g	0.264		0	BFPN	4		0.634		
Hydroxyproline ... g									
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.

NDB No. 16044

Beans, pinto, mature seeds, canned

Common Measures:

Measure 1 = 240g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16343

Beans, pinto, mature seeds, cooked, boiled, 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	62.95	0.476	13	JO	11		107.64		
Energy	kcal	143		0	NC	4		245		
Energy	kJ	600		0	NC	4		1026		
Protein (N x 6.25)	g	9.01	0.264	6	JO	11		15.42		
Total lipid (fat)	g	0.65	0.022	12	JO	11		1.10		
Ash	g	1.17	0.032	12	JO	11		2.00		
Carbohydrate, by difference	g	26.22		0	NC	4		44.84		
Fiber, total dietary	g	9.0	0.213	5	JA	6		15.4		
Sugars, total	g	0.34		0	BFZN	4		0.59		
Sucrose	g	0.34	0.034	4	A	1		0.59		
Glucose (dextrose)	g	0.00	0.000	4	A	1		0.00		
Fructose	g	0.00	0.000	4	A	1		0.00		
Lactose	g	0.00	0.000	4	A	1		0.00		
Maltose	g	0.00	0.000	4	A	1		0.00		
Galactose	g									
Starch	g	15.15	0.853	4	A	1		25.91		
Minerals:										
Calcium, Ca	mg	46	0.812	65	JO	11		79		
Iron, Fe	mg	2.09	0.045	66	JO	11		3.57		
Magnesium, Mg	mg	50	0.846	66	JO	11		86		
Phosphorus, P	mg	147	2.496	65	JO	11		251		
Potassium, K	mg	436	8.999	66	JO	11		745		
Sodium, Na	mg	238		0		1		407		
Zinc, Zn	mg	0.98	0.015	66	JO	11		1.68		
Copper, Cu	mg	0.219	0.010	66	JO	11		0.375		
Manganese, Mn	mg	0.453	0.021	66	JO	11		0.775		
Selenium, Se	mcg	6.2	0.586	53	JA	6		10.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		2	A	1		1.3		
Thiamin	mg	0.193	0.010	12	JO	11		0.329		
Riboflavin	mg	0.062	0.006	12	JO	11		0.106		
Niacin	mg	0.318	0.033	12	JO	11		0.544		
Pantothenic acid	mg	0.210	0.011	12	JO	11		0.359		
Vitamin B-6	mg	0.229	0.039	16	JO	11		0.391		
Folate, total	mcg	172	7.341	8		1		294		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	172	7.341	8		1		294		
Folate, DFE	mcg_DFE	172		0	NC	4		294		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		2	A	1		0		
Carotene, alpha	mcg	0		2	A	1		0		
Cryptoxanthin, beta	mcg	0		2	A	1		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg	0		2	A	1		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.94		0	BFZN	4		1.61		
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	3.5	0.406	5	JO	11		6.1		

NDB No. 16343

Beans, pinto, mature seeds, cooked, boiled, 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
Lipids:									
Fatty acids, total saturated....g	0.109		0		1		0.186		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.106		0		1		0.181		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.106		0		1		0.181		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.106		0		1		0.181		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.188		0		1		0.321		
18:2 undifferentiated....g	0.078		0		1		0.133		
18:3 undifferentiated....g	0.109		0		1		0.186		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0	DA	1		0.168		
Threonine....g	0.350		0	DA	1		0.599		
Isoleucine....g	0.368		0	DA	1		0.628		
Leucine....g	0.664		0	DA	1		1.136		
Lysine....g	0.571		0	DA	1		0.976		
Methionine....g	0.126		0	DA	1		0.215		
Cystine....g	0.090		0	DA	1		0.154		
Phenylalanine....g	0.450		0	DA	1		0.769		
Tyrosine....g	0.234		0	DA	1		0.400		
Valine....g	0.435		0	DA	1		0.744		
Arginine....g	0.515		0	DA	1		0.881		
Histidine....g	0.232		0	DA	1		0.396		
Alanine....g	0.348		0	DA	1		0.596		
Aspartic acid....g	1.005		0	DA	1		1.719		
Glutamic acid....g	1.268		0	DA	1		2.168		
Glycine....g	0.325		0	DA	1		0.556		
Proline....g	0.352		0	DA	1		0.603		
Serine....g	0.453		0	DA	1		0.774		
Hydroxyproline....g									

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

NDB No. 16343

Beans, pinto, mature seeds, cooked, boiled, with salt

Common Measures:

Measure 1 = 171g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16043

Beans, pinto, mature seeds, cooked, boiled, 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	62.95	0.476	13	JO	11		107.64	6.67	
Energy....kcal	143		0	NC	4		245	15	
Energy....kJ	600		0	NC	4		1026	64	
Protein (N x 6.25)....g	9.01	0.264	6	JO	11		15.42	0.96	
Total lipid (fat)....g	0.65	0.022	12	JO	11		1.10	0.07	
Ash....g	1.17	0.032	12	JO	11		2.00	0.12	
Carbohydrate, by difference....g	26.22		0	NC	4		44.84	2.78	
Fiber, total dietary....g	9.0	0.213	5	JA	6		15.4	1.0	
Sugars, total....g	0.34		0	AS	1		0.59	0.04	
Sucrose....g	0.34	0.034	4	A	1		0.59	0.04	
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00	0.00	
Fructose....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00		0	Z	7		0.00	0.00	
Starch....g	15.15	0.853	4	A	1		25.91	1.61	
Minerals:									
Calcium, Ca....mg	46	0.812	65	JO	11		79	5	
Iron, Fe....mg	2.09	0.045	66	JO	11		3.57	0.22	
Magnesium, Mg....mg	50	0.846	66	JO	11		86	5	
Phosphorus, P....mg	147	2.496	65	JO	11		251	16	
Potassium, K....mg	436	8.999	66	JO	11		745	46	
Sodium, Na....mg	1	0.067	58	JO	11		2	0	
Zinc, Zn....mg	0.98	0.015	66	JO	11		1.68	0.10	
Copper, Cu....mg	0.219	0.010	66	JO	11		0.375	0.023	
Manganese, Mn....mg	0.453	0.021	66	JO	11		0.775	0.048	
Selenium, Se....mcg	6.2	0.586	53	JA	6		10.6	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		2	A	1		1.3	0.1	
Thiamin....mg	0.193	0.010	12	JO	11		0.329	0.020	
Riboflavin....mg	0.062	0.006	12	JO	11		0.106	0.007	
Niacin....mg	0.318	0.033	12	JO	11		0.544	0.034	
Pantothenic acid....mg	0.210	0.011	12	JO	11		0.359	0.022	
Vitamin B-6....mg	0.229	0.039	16	JO	11		0.391	0.024	
Folate, total....mcg	172	7.341	8		1		294	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	172	7.341	8		1		294	18	
Folate, DFE....mcg_DFE	172		0	NC	4		294	18	
Choline, total....mg	35.3		0	AS	1		60.3	3.7	
Betaine....mg	0.1	0.006	4	A	1		0.1	0.0	
Vitamin B-12....mcg	0.00		0		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		2	A	1		0	0	
Carotene, alpha....mcg	0		2	A	1		0	0	
Cryptoxanthin, beta....mcg	0		2	A	1		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		2	A	1		0	0	
Lutein + zeaxanthin....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.94		0	NR	4		1.61	0.10	
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	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

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Beans, pinto, mature seeds, cooked, boiled, 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	3.5	0.406	5	JO	11		6.1	0.4	
Lipids:									
Fatty acids, total saturated.....g	0.136		0	NC	4		0.232	0.014	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.133		0		1		0.228	0.014	
17:0.....g									
18:0.....g	0.003		0		1		0.004	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.133		0	NC	4		0.228	0.014	
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	0.133		0		1		0.228	0.014	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.235		0	NC	4		0.402	0.025	
18:2 undifferentiated.....g	0.098		0		1		0.168	0.010	
18:3 undifferentiated.....g	0.137		0		1		0.234	0.015	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0	JO	11		0.184	0.011	
Threonine.....g	0.331		0	JO	11		0.566	0.035	
Isoleucine.....g	0.426		0	JO	11		0.728	0.045	
Leucine.....g	0.765		0	JO	11		1.308	0.081	
Lysine.....g	0.630		0	JO	11		1.078	0.067	
Methionine.....g	0.117		0	JO	11		0.201	0.012	
Cystine.....g	0.084		0	JO	11		0.144	0.009	
Phenylalanine.....g	0.531		0	JO	11		0.909	0.056	
Tyrosine.....g	0.213		0	JO	11		0.364	0.023	
Valine.....g	0.519		0	JO	11		0.888	0.055	
Arginine.....g	0.494		0	JO	11		0.844	0.052	
Histidine.....g	0.247		0	JO	11		0.423	0.026	
Alanine.....g	0.409		0	JO	11		0.699	0.043	
Aspartic acid.....g	1.128		0	JO	11		1.929	0.120	
Glutamic acid.....g	1.447		0	JO	11		2.475	0.153	
Glycine.....g	0.365		0	JO	11		0.624	0.039	
Proline.....g	0.515		0	JO	11		0.881	0.055	
Serine.....g	0.565		0	JO	11		0.966	0.060	
Hydroxyproline.....g									
Others:									

NDB No. 16043

Beans, pinto, mature seeds, cooked, boiled, 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
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 = 171g: 1 cup

Measure 2 = 10.6g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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NDB No. 16042

Beans, pinto, mature seeds, raw

Phaseolus vulgaris

Includes USDA commodity food A914, A942

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	11.33	0.306	20	JO	11		21.87	1.36	
Energy....kcal	347		0	NC	4		670	42	
Energy....kJ	1452		0	NC	4		2802	174	
Protein (N x 6.25)....g	21.42	0.403	8	JO	11		41.35	2.57	
Total lipid (fat)....g	1.23	0.040	20	JO	11		2.38	0.15	
Ash....g	3.46	0.064	20	JO	11		6.68	0.42	
Carbohydrate, by difference....g	62.55		0	NC	4		120.72	7.51	
Fiber, total dietary....g	15.5	0.170	4	A	1		29.9	1.9	
Sugars, total....g	2.11		0	AS	1		4.08	0.25	
Sucrose....g	1.98	0.038	4	A	1		3.82	0.24	
Glucose (dextrose)....g	0.13	0.058	4	A	1		0.26	0.02	
Fructose....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose....g	0.00		0	Z	7		0.00	0.00	
Starch....g	34.17	1.016	4	A	1		65.96	4.10	
Minerals:									
Calcium, Ca....mg	113	2.275	16	JO	11		217	14	
Iron, Fe....mg	5.07	0.234	16	JO	11		9.79	0.61	
Magnesium, Mg....mg	176	1.847	16	JO	11		340	21	
Phosphorus, P....mg	411	6.530	16	JO	11		794	49	
Potassium, K....mg	1393	10.880	16	JO	11		2689	167	
Sodium, Na....mg	12	1.037	12	JO	11		24	1	
Zinc, Zn....mg	2.28	0.077	16	JO	11		4.41	0.27	
Copper, Cu....mg	0.893	0.031	16	JO	11		1.724	0.107	
Manganese, Mn....mg	1.148	0.034	16	JO	11		2.216	0.138	
Selenium, Se....mcg	27.9		2	A	1		53.8	3.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.3		2	A	1		12.1	0.8	
Thiamin....mg	0.713	0.025	20	JO	11		1.376	0.086	
Riboflavin....mg	0.212	0.018	20	JO	11		0.408	0.025	
Niacin....mg	1.174	0.037	20	JO	11		2.266	0.141	
Pantothenic acid....mg	0.785	0.015	20	JO	11		1.515	0.094	
Vitamin B-6....mg	0.474	0.013	16	JO	11		0.915	0.057	
Folate, total....mcg	525	23.102	12	A	1		1013	63	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	525	23.102	12	A	1		1013	63	
Folate, DFE....mcg_DFE	525		0	NC	4		1013	63	
Choline, total....mg	66.2		0	AS	1		127.8	7.9	
Betaine....mg	0.4		1	A	1		0.7	0.0	
Vitamin B-12....mcg	0.00		0		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		2	A	1		0	0	
Carotene, alpha....mcg	0		2	A	1		0	0	
Cryptoxanthin, beta....mcg	0		2	A	1		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		2	A	1		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	NR	4		0.41	0.03	
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. 16042
Beans, pinto, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	5.6	0.293	4	A	1		10.8	0.7	
Lipids:									
Fatty acids, total saturated.....g	0.235		0	NC	4		0.454	0.028	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.000	
15:0.....g									
16:0.....g	0.229		0		1		0.442	0.027	
17:0.....g									
18:0.....g	0.005		0		1		0.010	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.229		0	NC	4		0.442	0.027	
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	0.229		0		1		0.442	0.027	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.407		0	NC	4		0.786	0.049	
18:2 undifferentiated.....g	0.170		0		1		0.328	0.020	
18:3 undifferentiated.....g	0.237		0		1		0.457	0.028	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.237		0	JO	11		0.458	0.028	
Threonine.....g	0.810		0	JO	11		1.563	0.097	
Isoleucine.....g	0.871		0	JO	11		1.680	0.104	
Leucine.....g	1.558		0	JO	11		3.007	0.187	
Lysine.....g	1.356		0	JO	11		2.617	0.163	
Methionine.....g	0.259		0	JO	11		0.500	0.031	
Cystine.....g	0.187		0	JO	11		0.361	0.022	
Phenylalanine.....g	1.095		0	JO	11		2.113	0.131	
Tyrosine.....g	0.427		0	JO	11		0.825	0.051	
Valine.....g	0.998		0	JO	11		1.926	0.120	
Arginine.....g	1.096		0	JO	11		2.115	0.132	
Histidine.....g	0.556		0	JO	11		1.072	0.067	
Alanine.....g	0.872		0	JO	11		1.682	0.105	
Aspartic acid.....g	2.268		0	JO	11		4.377	0.272	
Glutamic acid.....g	3.027		0	JO	11		5.842	0.363	
Glycine.....g	0.796		0	JO	11		1.535	0.095	
Proline.....g	1.072		0	JO	11		2.068	0.129	
Serine.....g	1.171		0	JO	11		2.260	0.141	
Hydroxyproline.....g									
Others:									

NDB No. 16042
Beans, pinto, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 193g: 1 cup

Measure 2 = 12.0g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16346

Beans, small white, mature seeds, cooked, boiled, 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	63.24	0.349	8		1		113.20		
Energy	kcal	142		0	NC	4		254		
Energy	kJ	594				4		1063		
Protein (N x 6.25)	g	8.97	0.280	9		1		16.06		
Total lipid (fat)	g	0.64	0.031	9		1		1.15		
Ash	g	1.34	0.047	9		1		2.40		
Carbohydrate, by difference	g	25.81		0	NC	4		46.20		
Fiber, total dietary	g	10.4		0	BFZN	4		18.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	73	4.819	9		1		131		
Iron, Fe	mg	2.84	0.154	9		1		5.08		
Magnesium, Mg	mg	68	2.912	8		1		122		
Phosphorus, P	mg	169	12.584	9		1		303		
Potassium, K	mg	463	18.280	9		1		829		
Sodium, Na	mg	238		0		1		426		
Zinc, Zn	mg	1.09	0.047	9		1		1.95		
Copper, Cu	mg	0.149	0.019	9		1		0.267		
Manganese, Mn	mg	0.510	0.025	9		1		0.913		
Selenium, Se	mcg	1.3		0	BFSN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.236	0.011	9		1		0.422		
Riboflavin	mg	0.059	0.006	9		1		0.106		
Niacin	mg	0.272	0.015	9		1		0.487		
Pantothenic acid	mg	0.251	0.008	8		1		0.449		
Vitamin B-6	mg	0.127	0.007	8		1		0.227		
Folate, total	mcg	137	7.607	8		1		245		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	137	7.607	8		1		245		
Folate, DFE	mcg_DFE	137		0	NC	4		245		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.166		0		1		0.297		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16346

Beans, small white, mature seeds, cooked, boiled, 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									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.155		0		1		0.277		
17:0	g									
18:0	g	0.010		0		1		0.018		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.056		0		1		0.100		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.056		0		1		0.100		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.276		0		1		0.494		
18:2 undifferentiated	g	0.150		0		1		0.269		
18:3 undifferentiated	g	0.126		0		1		0.226		
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		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.106		0		1		0.190		
Threonine	g	0.377		0		1		0.675		
Isoleucine	g	0.396		0		1		0.709		
Leucine	g	0.716		0		1		1.282		
Lysine	g	0.616		0		1		1.103		
Methionine	g	0.135		0		1		0.242		
Cystine	g	0.098		0		1		0.175		
Phenylalanine	g	0.485		0		1		0.868		
Tyrosine	g	0.253		0		1		0.453		
Valine	g	0.469		0		1		0.840		
Arginine	g	0.555		0		1		0.993		
Histidine	g	0.250		0		1		0.448		
Alanine	g	0.376		0		1		0.673		
Aspartic acid	g	1.085		0		1		1.942		
Glutamic acid	g	1.368		0		1		2.449		
Glycine	g	0.350		0		1		0.627		
Proline	g	0.380		0		1		0.680		
Serine	g	0.488		0		1		0.874		
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 = 179g: 1 cup

NDB No. 16346

Beans, small white, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16046

Beans, small white, mature seeds, cooked, boiled, 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	63.24	0.349	8		1		113.20		
Energy	kcal	142		0	NC	4		254		
Energy	kJ	594				4		1063		
Protein (N x 6.25)	g	8.97	0.280	9		1		16.06		
Total lipid (fat)	g	0.64	0.031	9		1		1.15		
Ash	g	1.34	0.047	9		1		2.40		
Carbohydrate, by difference	g	25.81		0	NC	4		46.20		
Fiber, total dietary	g	10.4		0	BFSN	4		18.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	73	4.819	9		1		131		
Iron, Fe	mg	2.84	0.154	9		1		5.08		
Magnesium, Mg	mg	68	2.912	8		1		122		
Phosphorus, P	mg	169	12.584	9		1		303		
Potassium, K	mg	463	18.280	9		1		829		
Sodium, Na	mg	2	0.542	5		1		4		
Zinc, Zn	mg	1.09	0.047	9		1		1.95		
Copper, Cu	mg	0.149	0.019	9		1		0.267		
Manganese, Mn	mg	0.510	0.025	9		1		0.913		
Selenium, Se	mcg	1.3		0	BFSN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.236	0.011	9		1		0.422		
Riboflavin	mg	0.059	0.006	9		1		0.106		
Niacin	mg	0.272	0.015	9		1		0.487		
Pantothenic acid	mg	0.251	0.008	8		1		0.449		
Vitamin B-6	mg	0.127	0.007	8		1		0.227		
Folate, total	mcg	137	7.607	8		1		245		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	137	7.607	8		1		245		
Folate, DFE	mcg_DFE	137		0	NC	4		245		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.166		0		1		0.297		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16046

Beans, small white, mature seeds, cooked, boiled, 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
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.155		0		1		0.277		
17:0	g									
18:0	g	0.010		0		1		0.018		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.056		0		1		0.100		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.056		0		1		0.100		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.276		0		1		0.494		
18:2 undifferentiated	g	0.150		0		1		0.269		
18:3 undifferentiated	g	0.126		0		1		0.226		
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		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.106		0		1		0.190		
Threonine	g	0.377		0		1		0.675		
Isoleucine	g	0.396		0		1		0.709		
Leucine	g	0.716		0		1		1.282		
Lysine	g	0.616		0		1		1.103		
Methionine	g	0.135		0		1		0.242		
Cystine	g	0.098		0		1		0.175		
Phenylalanine	g	0.485		0		1		0.868		
Tyrosine	g	0.253		0		1		0.453		
Valine	g	0.469		0		1		0.840		
Arginine	g	0.555		0		1		0.993		
Histidine	g	0.250		0		1		0.448		
Alanine	g	0.376		0		1		0.673		
Aspartic acid	g	1.085		0		1		1.942		
Glutamic acid	g	1.368		0		1		2.449		
Glycine	g	0.350		0		1		0.627		
Proline	g	0.380		0		1		0.680		
Serine	g	0.488		0		1		0.874		
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 = 179g: 1 cup

NDB No. 16046

Beans, small white, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16045

Beans, small white, mature seeds, raw

Phaseolus vulgaris

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	11.71	0.346	15		1		25.18		
Energy	kcal	336		0	NC	4		722		
Energy	kJ	1406				4		3023		
Protein (N x 6.25)	g	21.11	0.723	18		1		45.39		
Total lipid (fat)	g	1.18	0.124	19		1		2.54		
Ash	g	3.75	0.075	15		1		8.06		
Carbohydrate, by difference	g	62.25		0	NC	4		133.84		
Fiber, total dietary	g	24.9		0	BFSN	4		53.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	173	9.073	14		1		372		
Iron, Fe	mg	7.73	0.590	14		1		16.62		
Magnesium, Mg	mg	183	5.584	12		1		393		
Phosphorus, P	mg	445	28.283	12		1		957		
Potassium, K	mg	1542	45.578	14		1		3315		
Sodium, Na	mg	12	2.993	8		1		26		
Zinc, Zn	mg	2.81	0.120	14		1		6.04		
Copper, Cu	mg	0.635	0.070	12		1		1.365		
Manganese, Mn	mg	1.278	0.032	12		1		2.748		
Selenium, Se	mcg	12.8		0	BFSN	4		27.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.743	0.034	15		1		1.597		
Riboflavin	mg	0.207	0.019	15		1		0.445		
Niacin	mg	1.342	0.108	13		1		2.885		
Pantothenic acid	mg	0.729	0.017	12		1		1.567		
Vitamin B-6	mg	0.439	0.013	12		1		0.944		
Folate, total	mcg	386	18.131	12		1		830		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	386	18.131	12		1		830		
Folate, DFE	mcg_DFE	386		0	NC	4		830		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.304		0		1		0.654		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16045
Beans, small white, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.285		0		1		0.613		
17:0 g									
18:0 g	0.018		0		1		0.039		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.102		0		1		0.219		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.102		0		1		0.219		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.507		0		1		1.090		
18:2 undifferentiated g	0.276		0		1		0.593		
18:3 undifferentiated g	0.231		0		1		0.497		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.250		0		1		0.538		
Threonine g	0.888		0		1		1.909		
Isoleucine g	0.932		0		1		2.004		
Leucine g	1.685		0		1		3.623		
Lysine g	1.449		0		1		3.115		
Methionine g	0.317		0		1		0.682		
Cystine g	0.230		0		1		0.495		
Phenylalanine g	1.141		0		1		2.453		
Tyrosine g	0.594		0		1		1.277		
Valine g	1.104		0		1		2.374		
Arginine g	1.307		0		1		2.810		
Histidine g	0.588		0		1		1.264		
Alanine g	0.885		0		1		1.903		
Aspartic acid g	2.553		0		1		5.489		
Glutamic acid g	3.218		0		1		6.919		
Glycine g	0.824		0		1		1.772		
Proline g	0.895		0		1		1.924		
Serine g	1.148		0		1		2.468		
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 = 215g: 1 cup

NDB No. 16045
Beans, small white, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16051
Beans, white, mature seeds, canned

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	70.10		1		1		183.66		
Energy	kcal	114		0	NC	4		298		
Energy	kJ	477		0	NC	4		1248		
Protein (N x 6.25)	g	7.26		1		1		19.02		
Total lipid (fat)	g	0.29		0		1		0.76		
Ash	g	1.15		0	BFSN	4		3.02		
Carbohydrate, by difference	g	21.20		0	NC	4		55.53		
Fiber, total dietary	g	4.8		0		1		12.6		
Sugars, total	g	0.29		0	BFSN	4		0.75		
Starch	g									
Minerals:										
Calcium, Ca	mg	73		0		1		191		
Iron, Fe	mg	2.99		0		1		7.83		
Magnesium, Mg	mg	51		0		1		134		
Phosphorus, P	mg	91		0		1		238		
Potassium, K	mg	454		0		1		1189		
Sodium, Na	mg	5		0		1		13		
Zinc, Zn	mg	1.12		0		1		2.93		
Copper, Cu	mg	0.232		0		1		0.608		
Manganese, Mn	mg	0.515		0		1		1.349		
Selenium, Se	mcg	1.6		0	BFSN	4		4.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.096		0		1		0.252		
Riboflavin	mg	0.037		0		1		0.097		
Niacin	mg	0.113		0		1		0.296		
Pantothenic acid	mg	0.185		0		1		0.485		
Vitamin B-6	mg	0.075		0		1		0.197		
Folate, total	mcg	65		0		1		171		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	65		0		1		171		
Folate, DFE	mcg_DFE	65		0	NC	4		171		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.79		0	BFSN	4		2.07		
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	2.9		0	BFSN	4		7.7		
Lipids:										
Fatty acids, total saturated	g	0.076		0		1		0.198		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16051
Beans, white, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.071		0		1		0.185		
17:0....g									
18:0....g	0.004		0		1		0.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.026		0		1		0.067		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.026		0		1		0.067		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.126		0		1		0.330		
18:2 undifferentiated....g	0.069		0		1		0.180		
18:3 undifferentiated....g	0.057		0		1		0.150		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.086		0		1		0.225		
Threonine....g	0.305		0		1		0.799		
Isoleucine....g	0.320		0		1		0.838		
Leucine....g	0.579		0		1		1.517		
Lysine....g	0.498		0		1		1.305		
Methionine....g	0.109		0		1		0.286		
Cystine....g	0.079		0		1		0.207		
Phenylalanine....g	0.392		0		1		1.027		
Tyrosine....g	0.204		0		1		0.534		
Valine....g	0.380		0		1		0.996		
Arginine....g	0.449		0		1		1.176		
Histidine....g	0.202		0		1		0.529		
Alanine....g	0.304		0		1		0.796		
Aspartic acid....g	0.878		0		1		2.300		
Glutamic acid....g	1.106		0		1		2.898		
Glycine....g	0.283		0		1		0.741		
Proline....g	0.308		0		1		0.807		
Serine....g	0.395		0		1		1.035		
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 = 262g: 1 cup

NDB No. 16051
Beans, white, mature seeds, canned

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16350

Beans, white, mature seeds, cooked, boiled, 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	63.08		0		1		112.91		
Energy	kcal	139		0	NC	4		248		
Energy	kJ	581		0	NC	4		1040		
Protein (N x 6.25)	g	9.73		0		1		17.42		
Total lipid (fat)	g	0.35		0		1		0.63		
Ash	g	1.75		0		1		3.13		
Carbohydrate, by difference	g	25.09		0	NC	4		44.91		
Fiber, total dietary	g	6.3		0	BFZN	4		11.3		
Sugars, total	g	0.34		0	BFSN	4		0.61		
Starch	g									
Minerals:										
Calcium, Ca	mg	90		0		1		161		
Iron, Fe	mg	3.70		0		1		6.62		
Magnesium, Mg	mg	63		0		1		113		
Phosphorus, P	mg	113		0		1		202		
Potassium, K	mg	561		0		1		1004		
Sodium, Na	mg	242		0		1		433		
Zinc, Zn	mg	1.38		0		1		2.47		
Copper, Cu	mg	0.287		0		1		0.514		
Manganese, Mn	mg	0.636		0		1		1.138		
Selenium, Se	mcg	1.3		0	BFSN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.118		0		1		0.211		
Riboflavin	mg	0.046		0		1		0.082		
Niacin	mg	0.140		0		1		0.251		
Pantothenic acid	mg	0.229		0		1		0.410		
Vitamin B-6	mg	0.093		0		1		0.166		
Folate, total	mcg	81		0		1		144		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	81		0		1		144		
Folate, DFE	mcg_DFE	81		0	NC	4		144		
Choline, total	mg	35.1		0	BFSN	4		62.9		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.94		0	BFSN	4		1.68		
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	3.5		0	BFSN	4		6.3		
Lipids:										
Fatty acids, total saturated	g	0.091		0		1		0.163		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16350
Beans, white, mature seeds, cooked, boiled, 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									
12:0 g									
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.085		0		1		0.152		
17:0 g									
18:0 g	0.005		0		1		0.009		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.031		0		1		0.055		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.031		0		1		0.055		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.152		0		1		0.272		
18:2 undifferentiated g	0.083		0		1		0.149		
18:3 undifferentiated g	0.069		0		1		0.124		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.115		0		1		0.206		
Threonine g	0.409		0		1		0.732		
Isoleucine g	0.429		0		1		0.768		
Leucine g	0.776		0		1		1.389		
Lysine g	0.668		0		1		1.196		
Methionine g	0.146		0		1		0.261		
Cystine g	0.106		0		1		0.190		
Phenylalanine g	0.526		0		1		0.942		
Tyrosine g	0.274		0		1		0.490		
Valine g	0.509		0		1		0.911		
Arginine g	0.602		0		1		1.078		
Histidine g	0.271		0		1		0.485		
Alanine g	0.408		0		1		0.730		
Aspartic acid g	1.176		0		1		2.105		
Glutamic acid g	1.483		0		1		2.655		
Glycine g	0.380		0		1		0.680		
Proline g	0.412		0		1		0.737		
Serine g	0.529		0		1		0.947		
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 = 179g: 1 cup

NDB No. 16350

Beans, white, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16050

Beans, white, mature seeds, cooked, boiled, 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	63.08		0		1		112.91	7.06	
Energy....kcal	139		0	NC	4		248	16	
Energy....kJ	581		0	NC	4		1040	65	
Protein (N x 6.25)....g	9.73		0		1		17.42	1.09	
Total lipid (fat)....g	0.35		0		1		0.63	0.04	
Ash....g	1.75		0		1		3.13	0.20	
Carbohydrate, by difference....g	25.09		0	NC	4		44.91	2.81	
Fiber, total dietary....g	6.3		0		1		11.3	0.7	
Sugars, total....g	0.34		0	BFSN	4		0.61	0.04	
Starch....g									
Minerals:									
Calcium, Ca....mg	90		0		1		161	10	
Iron, Fe....mg	3.70		0		1		6.62	0.41	
Magnesium, Mg....mg	63		0		1		113	7	
Phosphorus, P....mg	113		0		1		202	13	
Potassium, K....mg	561		0		1		1004	63	
Sodium, Na....mg	6		0		1		11	1	
Zinc, Zn....mg	1.38		0		1		2.47	0.15	
Copper, Cu....mg	0.287		0		1		0.514	0.032	
Manganese, Mn....mg	0.636		0		1		1.138	0.071	
Selenium, Se....mcg	1.3		0	BFSN	4		2.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.118		0		1		0.211	0.013	
Riboflavin....mg	0.046		0		1		0.082	0.005	
Niacin....mg	0.140		0		1		0.251	0.016	
Pantothenic acid....mg	0.229		0		1		0.410	0.026	
Vitamin B-6....mg	0.093		0		1		0.166	0.010	
Folate, total....mcg	81		0		1		144	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	81		0		1		144	9	
Folate, DFE....mcg_DFE	81		0	NC	4		144	9	
Choline, total....mg	35.1		0	BFSN	4		62.9	3.9	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFSN	4		0	0	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.94		0	BFSN	4		1.68	0.10	
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	0.0		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	3.5		0	BFSN	4		6.3	0.4	
Lipids:									
Fatty acids, total saturated....g	0.091		0		1		0.163	0.010	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16050

Beans, white, mature seeds, cooked, boiled, 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		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	0.085		0		1		0.152	0.010	
17:0....g									
18:0....g	0.005		0		1		0.009	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.031		0		1		0.055	0.003	
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	0.031		0		1		0.055	0.003	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.152		0		1		0.272	0.017	
18:2 undifferentiated....g	0.083		0		1		0.149	0.009	
18:3 undifferentiated....g	0.069		0		1		0.124	0.008	
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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.115		0		1		0.206	0.013	
Threonine....g	0.409		0		1		0.732	0.046	
Isoleucine....g	0.429		0		1		0.768	0.048	
Leucine....g	0.776		0		1		1.389	0.087	
Lysine....g	0.668		0		1		1.196	0.075	
Methionine....g	0.146		0		1		0.261	0.016	
Cystine....g	0.106		0		1		0.190	0.012	
Phenylalanine....g	0.526		0		1		0.942	0.059	
Tyrosine....g	0.274		0		1		0.490	0.031	
Valine....g	0.509		0		1		0.911	0.057	
Arginine....g	0.602		0		1		1.078	0.067	
Histidine....g	0.271		0		1		0.485	0.030	
Alanine....g	0.408		0		1		0.730	0.046	
Aspartic acid....g	1.176		0		1		2.105	0.132	
Glutamic acid....g	1.483		0		1		2.655	0.166	
Glycine....g	0.380		0		1		0.680	0.043	
Proline....g	0.412		0		1		0.737	0.046	
Serine....g	0.529		0		1		0.947	0.059	
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. 16050

Beans, white, mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 179g: 1 cup

Measure 2 = 11.2g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16049

Beans, white, mature seeds, raw

Phaseolus vulgaris

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	11.32	0.245	9		1		22.87	1.43	
Energy	kcal	333		0	NC	4		673	42	
Energy	kJ	1393		0		4		2814	176	
Protein (N x 6.25)	g	23.36	0.346	12		1		47.19	2.94	
Total lipid (fat)	g	0.85	0.266	10		1		1.72	0.11	
Ash	g	4.20	0.055	6		1		8.48	0.53	
Carbohydrate, by difference	g	60.27		0	NC	4		121.75	7.59	
Fiber, total dietary	g	15.2		0		4		30.7	1.9	
Sugars, total	g	2.11		0	BFSN	4		4.27	0.27	
Starch	g									
Minerals:										
Calcium, Ca	mg	240	47.497	5		1		485	30	
Iron, Fe	mg	10.44	0.482	5		1		21.09	1.32	
Magnesium, Mg	mg	190		3		1		384	24	
Phosphorus, P	mg	301		3		1		608	38	
Potassium, K	mg	1795	253.466	5		1		3626	226	
Sodium, Na	mg	16		1		1		32	2	
Zinc, Zn	mg	3.67	0.291	5		1		7.41	0.46	
Copper, Cu	mg	0.984		3		1		1.988	0.124	
Manganese, Mn	mg	1.796		3		1		3.628	0.226	
Selenium, Se	mcg	12.8		0	BFSN	4		25.9	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.437	0.174	6		1		0.883	0.055	
Riboflavin	mg	0.146	0.056	6		1		0.295	0.018	
Niacin	mg	0.479	0.291	4		1		0.968	0.060	
Pantothenic acid	mg	0.732		0		1		1.479	0.092	
Vitamin B-6	mg	0.318		1		1		0.642	0.040	
Folate, total	mcg	388		0		1		783	49	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	388		0		1		783	49	
Folate, DFE	mcg_DFE	388		0	NC	4		783	49	
Choline, total	mg	66.2		0	BFSN	4		133.8	8.3	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		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	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	BFSN	4		0	0	
Carotene, alpha	mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.21		0	BFSN	4		0.42	0.03	
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	5.6		0	BFSN	4		11.3	0.7	
Lipids:										
Fatty acids, total saturated	g	0.219		0		1		0.442	0.028	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 16049
Beans, white, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.001		0		1		0.002	0.000	
15:0 g									
16:0 g	0.205		0		1		0.414	0.026	
17:0 g									
18:0 g	0.013		0		1		0.026	0.002	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.074		0		1		0.149	0.009	
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	0.074		0		1		0.149	0.009	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.364		0		1		0.735	0.046	
18:2 undifferentiated g	0.198		0		1		0.400	0.025	
18:3 undifferentiated g	0.166		0		1		0.335	0.021	
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		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.277		0		1		0.560	0.035	
Threonine g	0.983		0		1		1.986	0.124	
Isoleucine g	1.031		0		1		2.083	0.130	
Leucine g	1.865		0		1		3.767	0.235	
Lysine g	1.603		0		1		3.238	0.202	
Methionine g	0.351		0		1		0.709	0.044	
Cystine g	0.254		0		1		0.513	0.032	
Phenylalanine g	1.263		0		1		2.551	0.159	
Tyrosine g	0.658		0		1		1.329	0.083	
Valine g	1.222		0		1		2.468	0.154	
Arginine g	1.446		0		1		2.921	0.182	
Histidine g	0.650		0		1		1.313	0.082	
Alanine g	0.979		0		1		1.978	0.123	
Aspartic acid g	2.825		0		1		5.707	0.356	
Glutamic acid g	3.561		0		1		7.193	0.449	
Glycine g	0.912		0		1		1.842	0.115	
Proline g	0.990		0		1		2.000	0.125	
Serine g	1.271		0		1		2.567	0.160	
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. 16049

Beans, white, mature seeds, raw

Common Measures:

Measure 1 = 202g: 1 cup

Measure 2 = 12.6g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16136

Beans, winged, mature seeds, cooked, boiled, 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	67.19		0		1		115.57		
Energy	kcal	147		0	NC	4		253		
Energy	kJ	615				4		1058		
Protein (N x 6.25)	g	10.62		0		1		18.27		
Total lipid (fat)	g	5.84		0		1		10.04		
Ash	g	1.43		0		1		2.46		
Carbohydrate, by difference	g	14.94		0	NC	4		25.70		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	142		0		1		244		
Iron, Fe	mg	4.33		0		1		7.45		
Magnesium, Mg	mg	54		0		1		93		
Phosphorus, P	mg	153		0		1		263		
Potassium, K	mg	280		0		1		482		
Sodium, Na	mg	13		0		1		22		
Zinc, Zn	mg	1.44		0		1		2.48		
Copper, Cu	mg	0.773		0		1		1.330		
Manganese, Mn	mg	1.199		0		1		2.062		
Selenium, Se	mcg	2.9		0	BFSN	4		5.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.295		0		1		0.507		
Riboflavin	mg	0.129		0		1		0.222		
Niacin	mg	0.830		0		1		1.428		
Pantothenic acid	mg	0.156		0		4		0.268		
Vitamin B-6	mg	0.047		0		1		0.081		
Folate, total	mcg	10		0		1		18		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	10		0		1		18		
Folate, DFE	mcg_DFE	10		0	NC	4		18		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.825		0		1		1.419		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16136

Beans, winged, mature seeds, cooked, boiled, 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
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.010		0		1		0.017		
15:0....g									
16:0....g	0.449		0		1		0.772		
17:0....g									
18:0....g	0.267		0		1		0.459		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.153		0		1		3.703		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		1		0.034		
17:1....g									
18:1 undifferentiated....g	2.025		0		1		3.483		
20:1....g	0.109		0		1		0.187		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.551		0		1		2.668		
18:2 undifferentiated....g	1.457		0		1		2.506		
18:3 undifferentiated....g	0.094		0		1		0.162		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.233		0		1		0.401		
Threonine....g	0.360		0		1		0.619		
Isoleucine....g	0.448		0		1		0.771		
Leucine....g	0.762		0		1		1.311		
Lysine....g	0.652		0		1		1.121		
Methionine....g	0.109		0		1		0.187		
Cystine....g	0.166		0		1		0.286		
Phenylalanine....g	0.436		0		1		0.750		
Tyrosine....g	0.445		0		1		0.765		
Valine....g	0.467		0		1		0.803		
Arginine....g	0.576		0		1		0.991		
Histidine....g	0.241		0		1		0.415		
Alanine....g	0.318		0		1		0.547		
Aspartic acid....g	0.973		0		1		1.674		
Glutamic acid....g	1.224		0		1		2.105		
Glycine....g	0.348		0		1		0.599		
Proline....g	0.588		0		1		1.011		
Serine....g	0.377		0		1		0.648		
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 = 172g: 1 cup

NDB No. 16136

Beans, winged, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16348

Beans, yellow, mature seeds, cooked, boiled, 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	62.98		0		1		111.47		
Energy	kcal	144		0	NC	4		255		
Energy	kJ	602				4		1066		
Protein (N x 6.25)	g	9.16		0		1		16.21		
Total lipid (fat)	g	1.08		0		1		1.91		
Ash	g	1.50		0		1		2.66		
Carbohydrate, by difference	g	25.27		0	NC	4		44.73		
Fiber, total dietary	g	10.4		0	BFZN	4		18.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	62		0		1		110		
Iron, Fe	mg	2.48		0		1		4.39		
Magnesium, Mg	mg	74		0		1		131		
Phosphorus, P	mg	183		0		1		324		
Potassium, K	mg	325		0		1		575		
Sodium, Na	mg	241		0		1		427		
Zinc, Zn	mg	1.06		0		1		1.88		
Copper, Cu	mg	0.186		0		1		0.329		
Manganese, Mn	mg	0.455		0		1		0.805		
Selenium, Se	mcg	1.3		0	BFSN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		1		3.2		
Thiamin	mg	0.187		0		1		0.331		
Riboflavin	mg	0.103		0		1		0.182		
Niacin	mg	0.708		0		1		1.253		
Pantothenic acid	mg	0.229		0		1		0.405		
Vitamin B-6	mg	0.129		0		1		0.228		
Folate, total	mcg	81		0		1		143		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	81		0		1		143		
Folate, DFE	mcg_DFE	81		0	NC	4		143		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	2		0		1		4		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.279		0		1		0.494		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16348

Beans, yellow, mature seeds, cooked, boiled, 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									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.262		0		1		0.464		
17:0....g									
18:0....g	0.017		0		1		0.030		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.094		0		1		0.166		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.094		0		1		0.166		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.466		0		1		0.825		
18:2 undifferentiated....g	0.253		0		1		0.448		
18:3 undifferentiated....g	0.212		0		1		0.375		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.108		0		1		0.191		
Threonine....g	0.386		0		1		0.683		
Isoleucine....g	0.405		0		1		0.717		
Leucine....g	0.732		0		1		1.296		
Lysine....g	0.629		0		1		1.113		
Methionine....g	0.138		0		1		0.244		
Cystine....g	0.100		0		1		0.177		
Phenylalanine....g	0.496		0		1		0.878		
Tyrosine....g	0.258		0		1		0.457		
Valine....g	0.479		0		1		0.848		
Arginine....g	0.567		0		1		1.004		
Histidine....g	0.255		0		1		0.451		
Alanine....g	0.384		0		1		0.680		
Aspartic acid....g	1.108		0		1		1.961		
Glutamic acid....g	1.397		0		1		2.473		
Glycine....g	0.358		0		1		0.634		
Proline....g	0.388		0		1		0.687		
Serine....g	0.498		0		1		0.881		
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 = 177g: 1 cup

NDB No. 16348

Beans, yellow, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16048

Beans, yellow, mature seeds, cooked, boiled, 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	62.98		0		1		111.47		
Energy....kcal	144		0	NC	4		255		
Energy....kJ	602				4		1066		
Protein (N x 6.25)....g	9.16		0		1		16.21		
Total lipid (fat)....g	1.08		0		1		1.91		
Ash....g	1.50		0		1		2.66		
Carbohydrate, by difference....g	25.27		0	NC	4		44.73		
Fiber, total dietary....g	10.4		0	BFSN	4		18.4		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	62		0		1		110		
Iron, Fe....mg	2.48		0		1		4.39		
Magnesium, Mg....mg	74		0		1		131		
Phosphorus, P....mg	183		0		1		324		
Potassium, K....mg	325		0		1		575		
Sodium, Na....mg	5		0		1		9		
Zinc, Zn....mg	1.06		0		1		1.88		
Copper, Cu....mg	0.186		0		1		0.329		
Manganese, Mn....mg	0.455		0		1		0.805		
Selenium, Se....mcg	1.3		0	BFSN	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		0		1		3.2		
Thiamin....mg	0.187		0		1		0.331		
Riboflavin....mg	0.103		0		1		0.182		
Niacin....mg	0.708		0		1		1.253		
Pantothenic acid....mg	0.229		0		1		0.405		
Vitamin B-6....mg	0.129		0		1		0.228		
Folate, total....mcg	81		0		1		143		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	81		0		1		143		
Folate, DFE....mcg_DFE	81		0	NC	4		143		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	2		0		1		4		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	0.279		0		1		0.494		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16048

Beans, yellow, mature seeds, cooked, boiled, 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
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.262		0		1		0.464		
17:0 g									
18:0 g	0.017		0		1		0.030		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.094		0		1		0.166		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.094		0		1		0.166		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.466		0		1		0.825		
18:2 undifferentiated g	0.253		0		1		0.448		
18:3 undifferentiated g	0.212		0		1		0.375		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.108		0		1		0.191		
Threonine g	0.386		0		1		0.683		
Isoleucine g	0.405		0		1		0.717		
Leucine g	0.732		0		1		1.296		
Lysine g	0.629		0		1		1.113		
Methionine g	0.138		0		1		0.244		
Cystine g	0.100		0		1		0.177		
Phenylalanine g	0.496		0		1		0.878		
Tyrosine g	0.258		0		1		0.457		
Valine g	0.479		0		1		0.848		
Arginine g	0.567		0		1		1.004		
Histidine g	0.255		0		1		0.451		
Alanine g	0.384		0		1		0.680		
Aspartic acid g	1.108		0		1		1.961		
Glutamic acid g	1.397		0		1		2.473		
Glycine g	0.358		0		1		0.634		
Proline g	0.388		0		1		0.687		
Serine g	0.498		0		1		0.881		
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 = 177g: 1 cup

NDB No. 16048

Beans, yellow, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16047

Beans, yellow, mature seeds, raw

Phaseolus vulgaris

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	11.10		1		1		21.76		
Energy ... kcal	345		0	NC	4		676		
Energy ... kJ	1443				4		2829		
Protein (N x 6.25) ... g	22.00		1		1		43.12		
Total lipid (fat) ... g	2.60		1		1		5.10		
Ash ... g	3.60		1		1		7.06		
Carbohydrate, by difference ... g	60.70		0	NC	4		118.97		
Fiber, total dietary ... g	25.1		0	BFSN	4		49.2		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	166		1		1		325		
Iron, Fe ... mg	7.01		1		1		13.74		
Magnesium, Mg ... mg	222		1		1		435		
Phosphorus, P ... mg	488		1		1		956		
Potassium, K ... mg	1042		1		1		2042		
Sodium, Na ... mg	12		0		1		24		
Zinc, Zn ... mg	2.83		0		1		5.55		
Copper, Cu ... mg	0.639		0		1		1.252		
Manganese, Mn ... mg	1.286		0		1		2.521		
Selenium, Se ... mcg	12.8		0	BFSN	4		25.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0		1		0.0		
Thiamin ... mg	0.690		1		1		1.352		
Riboflavin ... mg	0.330		1		1		0.647		
Niacin ... mg	2.430		1		1		4.763		
Pantothenic acid ... mg	0.734		0		1		1.439		
Vitamin B-6 ... mg	0.442		0		1		0.866		
Folate, total ... mcg	389		0		1		762		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	389		0		1		762		
Folate, DFE ... mcg_DFE	389		0	NC	4		762		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0		1		0.00		
Vitamin A, RAE ... mcg_RAE	0		1		1		1		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	6		1		1		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	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									
Lipids:									
Fatty acids, total saturated ... g	0.671		0		1		1.315		
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 16047
Beans, yellow, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.002		0		1		0.004		
15:0 g									
16:0 g	0.629		0		1		1.233		
17:0 g									
18:0 g	0.040		0		1		0.078		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.226		0		1		0.443		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.226		0		1		0.443		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.118		0		1		2.191		
18:2 undifferentiated g	0.609		0		1		1.194		
18:3 undifferentiated g	0.510		0		1		1.000		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.260		0		1		0.510		
Threonine g	0.926		0		1		1.815		
Isoleucine g	0.972		0		1		1.905		
Leucine g	1.756		0		1		3.442		
Lysine g	1.510		0		1		2.960		
Methionine g	0.331		0		1		0.649		
Cystine g	0.239		0		1		0.468		
Phenylalanine g	1.190		0		1		2.332		
Tyrosine g	0.620		0		1		1.215		
Valine g	1.151		0		1		2.256		
Arginine g	1.362		0		1		2.670		
Histidine g	0.612		0		1		1.200		
Alanine g	0.922		0		1		1.807		
Aspartic acid g	2.661		0		1		5.216		
Glutamic acid g	3.355		0		1		6.576		
Glycine g	0.859		0		1		1.684		
Proline g	0.933		0		1		1.829		
Serine g	1.197		0		1		2.346		
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 = 196g: 1 cup

NDB No. 16047
Beans, yellow, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16054
Broadbeans (fava beans), mature seeds, canned

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	80.32		1		1		205.62		
Energy	kcal	71		0	NC	4		182		
Energy	kJ	297				4		760		
Protein (N x 6.25)	g	5.47		1		1		14.00		
Total lipid (fat)	g	0.22		1		1		0.56		
Ash	g	1.58		1		1		4.04		
Carbohydrate, by difference	g	12.41		0	NC	4		31.77		
Fiber, total dietary	g	3.7		0	BFSN	4		9.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		1		1		67		
Iron, Fe	mg	1.00		1		1		2.56		
Magnesium, Mg	mg	32		0		1		82		
Phosphorus, P	mg	79		0		1		202		
Potassium, K	mg	242		0		1		620		
Sodium, Na	mg	453		1		1		1160		
Zinc, Zn	mg	0.62		0		1		1.59		
Copper, Cu	mg	0.109		0		1		0.279		
Manganese, Mn	mg	0.288		0		1		0.737		
Selenium, Se	mcg	1.8		0	BFSN	4		4.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		1		1		4.6		
Thiamin	mg	0.020		1		1		0.051		
Riboflavin	mg	0.050		1		1		0.128		
Niacin	mg	0.960		1		1		2.458		
Pantothenic acid	mg	0.119		0		1		0.305		
Vitamin B-6	mg	0.045		0		1		0.115		
Folate, total	mcg	33		0		1		84		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	33		0		1		84		
Folate, DFE	mcg_DFE	33		0	NC	4		84		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	1		1		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	10		1		1		26		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.037		0		1		0.095		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16054
Broadbeans (fava beans), mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.001		0		1		0.003		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.029		0		1		0.074		
17:0....g									
18:0....g	0.004		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.044		0		1		0.113		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.043		0		1		0.110		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.090		0		1		0.230		
18:2 undifferentiated....g	0.084		0		1		0.215		
18:3 undifferentiated....g	0.007		0		1		0.018		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.052		0		1		0.133		
Threonine....g	0.194		0		1		0.497		
Isoleucine....g	0.221		0		1		0.566		
Leucine....g	0.411		0		1		1.052		
Lysine....g	0.350		0		1		0.896		
Methionine....g	0.045		0		1		0.115		
Cystine....g	0.070		0		1		0.179		
Phenylalanine....g	0.231		0		1		0.591		
Tyrosine....g	0.173		0		1		0.443		
Valine....g	0.243		0		1		0.622		
Arginine....g	0.505		0		1		1.293		
Histidine....g	0.139		0		1		0.356		
Alanine....g	0.224		0		1		0.573		
Aspartic acid....g	0.611		0		1		1.564		
Glutamic acid....g	0.929		0		1		2.378		
Glycine....g	0.229		0		1		0.586		
Proline....g	0.230		0		1		0.589		
Serine....g	0.250		0		1		0.640		
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 = 256g: 1 cup

NDB No. 16054
Broadbeans (fava beans), mature seeds, canned

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16353

Broadbeans (fava beans), mature seeds, cooked, boiled, 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	71.54	1.019	8		1		121.62		
Energy	kcal	110		0	NC	4		187		
Energy	kJ	460		0		4		782		
Protein (N x 6.25)	g	7.60	0.278	8		1		12.92		
Total lipid (fat)	g	0.40	0.042	8		1		0.68		
Ash	g	0.81	0.077	8		1		1.38		
Carbohydrate, by difference	g	19.65		0	NC	4		33.41		
Fiber, total dietary	g	5.4		0	BFZN	4		9.2		
Sugars, total	g	1.82		0	BFSN	4		3.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	36	1.775	8		1		61		
Iron, Fe	mg	1.50	0.098	8		1		2.55		
Magnesium, Mg	mg	43	2.074	8		1		73		
Phosphorus, P	mg	125	9.925	8		1		213		
Potassium, K	mg	268	27.538	8		1		456		
Sodium, Na	mg	241		0		1		410		
Zinc, Zn	mg	1.01	0.075	8		1		1.72		
Copper, Cu	mg	0.259	0.041	8		1		0.440		
Manganese, Mn	mg	0.421	0.033	8		1		0.716		
Selenium, Se	mcg	2.6		0	BFSN	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.5		
Thiamin	mg	0.097	0.006	8		1		0.165		
Riboflavin	mg	0.089	0.006	8		1		0.151		
Niacin	mg	0.711	0.066	8		1		1.209		
Pantothenic acid	mg	0.157	0.027	8		1		0.267		
Vitamin B-6	mg	0.072	0.009	8		1		0.122		
Folate, total	mcg	104	6.518	8		1		177		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	104	6.518	8		1		177		
Folate, DFE	mcg_DFE	104		0	NC	4		177		
Choline, total	mg	30.6		0	CASN	4		52.1		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	9		0	O	4		15		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	15		0	NC	4		26		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFSN	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	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	2.9		0	BFSN	4		4.9		
Lipids:										
Fatty acids, total saturated	g	0.066		0		1		0.112		
4:0	g									

NDB No. 16353

Broadbeans (fava beans), mature seeds, cooked, boiled, 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									
8:0 g									
10:0 g									
12:0 g	0.001		0		1		0.002		
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.054		0		1		0.092		
17:0 g									
18:0 g	0.008		0		1		0.014		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.079		0		1		0.134		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.002		
17:1 g									
18:1 undifferentiated g	0.078		0		1		0.133		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.164		0		1		0.279		
18:2 undifferentiated g	0.152		0		1		0.258		
18:3 undifferentiated g	0.012		0		1		0.020		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.072		0		1		0.122		
Threonine g	0.270		0		1		0.459		
Isoleucine g	0.306		0		1		0.520		
Leucine g	0.572		0		1		0.972		
Lysine g	0.486		0		1		0.826		
Methionine g	0.062		0		1		0.105		
Cystine g	0.097		0		1		0.165		
Phenylalanine g	0.321		0		1		0.546		
Tyrosine g	0.241		0		1		0.410		
Valine g	0.338		0		1		0.575		
Arginine g	0.702		0		1		1.193		
Histidine g	0.193		0		1		0.328		
Alanine g	0.311		0		1		0.529		
Aspartic acid g	0.849		0		1		1.443		
Glutamic acid g	1.291		0		1		2.195		
Glycine g	0.319		0		1		0.542		
Proline g	0.320		0		1		0.544		
Serine g	0.348		0		1		0.592		
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 = 170g: 1 cup

NDB No. 16353

Broadbeans (fava beans), mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16053

Broadbeans (fava beans), mature seeds, cooked, boiled, 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	71.54	1.019	8		1		121.62		
Energy	kcal	110		0	NC	4		187		
Energy	kJ	460		0		4		782		
Protein (N x 6.25)	g	7.60	0.278	8		1		12.92		
Total lipid (fat)	g	0.40	0.042	8		1		0.68		
Ash	g	0.81	0.077	8		1		1.38		
Carbohydrate, by difference	g	19.65		0	NC	4		33.41		
Fiber, total dietary	g	5.4		0		4		9.2		
Sugars, total	g	1.82		0	BFSN	4		3.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	36	1.775	8		1		61		
Iron, Fe	mg	1.50	0.098	8		1		2.55		
Magnesium, Mg	mg	43	2.074	8		1		73		
Phosphorus, P	mg	125	9.925	8		1		213		
Potassium, K	mg	268	27.538	8		1		456		
Sodium, Na	mg	5	0.348	4		1		9		
Zinc, Zn	mg	1.01	0.075	8		1		1.72		
Copper, Cu	mg	0.259	0.041	8		1		0.440		
Manganese, Mn	mg	0.421	0.033	8		1		0.716		
Selenium, Se	mcg	2.6		0	BFSN	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.5		
Thiamin	mg	0.097	0.006	8		1		0.165		
Riboflavin	mg	0.089	0.006	8		1		0.151		
Niacin	mg	0.711	0.066	8		1		1.209		
Pantothenic acid	mg	0.157	0.027	8		1		0.267		
Vitamin B-6	mg	0.072	0.009	8		1		0.122		
Folate, total	mcg	104	6.518	8		1		177		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	104	6.518	8		1		177		
Folate, DFE	mcg_DFE	104		0	NC	4		177		
Choline, total	mg	30.6		0	CASN	4		52.1		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	9		0	O	4		15		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	15		0	NC	4		26		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFSN	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	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	2.9		0	BFSN	4		4.9		
Lipids:										
Fatty acids, total saturated	g	0.066		0		1		0.112		
4:0	g	0.000		0		1		0.000		

NDB No. 16053
Broadbeans (fava beans), mature seeds, cooked, boiled, 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		1		0.000		
8:0 ... g	0.000		0		1		0.000		
10:0 ... g	0.000		0		1		0.000		
12:0 ... g	0.001		0		1		0.002		
13:0 ... g									
14:0 ... g	0.001		0		1		0.002		
15:0 ... g									
16:0 ... g	0.054		0		1		0.092		
17:0 ... g									
18:0 ... g	0.008		0		1		0.014		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.079		0		1		0.134		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0		1		0.002		
17:1 ... g									
18:1 undifferentiated ... g	0.078		0		1		0.133		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.000		0		1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.164		0		1		0.279		
18:2 undifferentiated ... g	0.152		0		1		0.258		
18:3 undifferentiated ... g	0.012		0		1		0.020		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 (EPA) ... g	0.000		0		1		0.000		
22:5 n-3 (DPA) ... g	0.000		0		1		0.000		
22:6 n-3 (DHA) ... g	0.000		0		1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.072		0		1		0.122		
Threonine ... g	0.270		0		1		0.459		
Isoleucine ... g	0.306		0		1		0.520		
Leucine ... g	0.572		0		1		0.972		
Lysine ... g	0.486		0		1		0.826		
Methionine ... g	0.062		0		1		0.105		
Cystine ... g	0.097		0		1		0.165		
Phenylalanine ... g	0.321		0		1		0.546		
Tyrosine ... g	0.241		0		1		0.410		
Valine ... g	0.338		0		1		0.575		
Arginine ... g	0.702		0		1		1.193		
Histidine ... g	0.193		0		1		0.328		
Alanine ... g	0.311		0		1		0.529		
Aspartic acid ... g	0.849		0		1		1.443		
Glutamic acid ... g	1.291		0		1		2.195		
Glycine ... g	0.319		0		1		0.542		
Proline ... g	0.320		0		1		0.544		
Serine ... g	0.348		0		1		0.592		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

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

NDB No. 16053

Broadbeans (fava beans), mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 170g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16052

Broadbeans (fava beans), mature seeds, raw

Vicia faba

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	10.98		100		1		16.47	1.03	
Energy	kcal	341		0	NC	4		511	32	
Energy	kJ	1425		0	NC	4		2138	134	
Protein (N x 6.25)	g	26.12		104		1		39.18	2.46	
Total lipid (fat)	g	1.53	0.113	101		1		2.30	0.14	
Ash	g	3.08		102		1		4.62	0.29	
Carbohydrate, by difference	g	58.29		0	NC	4		87.44	5.48	
Fiber, total dietary	g	25.0		0		4		37.5	2.4	
Sugars, total	g	5.70		0	T	4		8.55	0.54	
Starch	g									
Minerals:										
Calcium, Ca	mg	103		31		1		155	10	
Iron, Fe	mg	6.70		30		1		10.05	0.63	
Magnesium, Mg	mg	192		10		1		288	18	
Phosphorus, P	mg	421		29		1		632	40	
Potassium, K	mg	1062	61.434	8		1		1593	100	
Sodium, Na	mg	13		5		1		20	1	
Zinc, Zn	mg	3.14		10		1		4.71	0.30	
Copper, Cu	mg	0.824		10		1		1.236	0.077	
Manganese, Mn	mg	1.626	0.148	8		1		2.439	0.153	
Selenium, Se	mcg	8.2		0	CAZN	4		12.3	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		1		1		2.1	0.1	
Thiamin	mg	0.555		11		1		0.833	0.052	
Riboflavin	mg	0.333		12		1		0.500	0.031	
Niacin	mg	2.832		11		1		4.248	0.266	
Pantothenic acid	mg	0.976	0.070	8		1		1.464	0.092	
Vitamin B-6	mg	0.366	0.010	8		1		0.549	0.034	
Folate, total	mcg	423	33.794	8		1		634	40	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	423	33.794	8		1		634	40	
Folate, DFE	mcg_DFE	423		0	NC	4		634	40	
Choline, total	mg	95.8		0	CASN	4		143.7	9.0	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		4	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	32		0	O	4		48	3	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	53		0	NC	4		80	5	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.05		0	T	4		0.08	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (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	9.0		0	O	4		13.5	0.8	
Lipids:										
Fatty acids, total saturated	g	0.254		0		1		0.381	0.024	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 16052
Broadbeans (fava beans), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.004		0		1		0.006	0.000	
13:0 g									
14:0 g	0.002		0		1		0.003	0.000	
15:0 g									
16:0 g	0.204		0		1		0.306	0.019	
17:0 g									
18:0 g	0.031		0		1		0.047	0.003	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.303		0		1		0.455	0.028	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		1		0.003	0.000	
17:1 g									
18:1 undifferentiated g	0.297		0		1		0.446	0.028	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.627		0		1		0.941	0.059	
18:2 undifferentiated g	0.581		0		1		0.872	0.055	
18:3 undifferentiated g	0.046		0		1		0.069	0.004	
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		1		0	0	
Phytosterols mg	124		0		1		186	12	
Amino Acids:									
Tryptophan g	0.247		32		1		0.371	0.023	
Threonine g	0.928		63		1		1.392	0.087	
Isoleucine g	1.053		63		1		1.580	0.099	
Leucine g	1.964		63		1		2.946	0.185	
Lysine g	1.671		66		1		2.507	0.157	
Methionine g	0.213		176		1		0.320	0.020	
Cystine g	0.334		146		1		0.501	0.031	
Phenylalanine g	1.103		63		1		1.655	0.104	
Tyrosine g	0.827		60		1		1.241	0.078	
Valine g	1.161		63		1		1.742	0.109	
Arginine g	2.411		64		1		3.617	0.227	
Histidine g	0.664		62		1		0.996	0.062	
Alanine g	1.070		54		1		1.605	0.101	
Aspartic acid g	2.916		54		1		4.374	0.274	
Glutamic acid g	4.437		54		1		6.656	0.417	
Glycine g	1.095		61		1		1.643	0.103	
Proline g	1.099		48		1		1.649	0.103	
Serine g	1.195		54		1		1.793	0.112	
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. 16052

Broadbeans (fava beans), mature seeds, raw

Common Measures:

Measure 1 = 150g: 1 cup

Measure 2 = 9.4g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16200

CAMPBELL Soup Company, Campbell's Brown Sugar And Bacon Flavored Baked Beans

Campbell Soup Co.

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	69.40		1	MC	9		90.22	90.22	
Energy....kcal	123		0	LC	8		160	160	
Energy....kJ	523		0	NC	4		680	680	
Protein....g	3.85		1	LC	8		5.00	5.00	
Total lipid (fat)....g	1.92		1	LC	8		2.50	2.50	
Ash....g	1.18		0	O	4		1.53	1.53	
Carbohydrate, by difference....g	23.08		1	LC	8		30.00	30.00	
Fiber, total dietary....g	6.2		1	LC	8		8.0	8.0	
Sugars, total....g	10.00		1	LC	8		13.00	13.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	31		1	LC	8		40	40	
Iron, Fe....mg	1.11		1	LC	8		1.44	1.44	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	362		1	LC	8		470	470	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	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		1	LC	8		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	0.385		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	2		1	LC	8		2	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. 16200

CAMPBELL Soup Company, Campbell's Brown Sugar And Bacon Flavored Baked Beans

Measure 1 = 130g: .5 cup

Measure 2 = 130g: 1 serving

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16201
CAMPBELL Soup Company, Campbell's Pork and Beans

Campbell Soup Co.

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	73.70		1	MC	9		95.81	95.81	
Energy....kcal	106		1	NC	4		138	138	
Energy....kJ	443		0	NC	4		575	575	
Protein....g	4.62		1	LC	8		6.00	6.00	
Total lipid (fat)....g	1.15		1	LC	8		1.50	1.50	
Ash....g	1.30		0	NR	4		1.69	1.69	
Carbohydrate, by difference....g	19.23		1	LC	8		25.00	25.00	
Fiber, total dietary....g	5.4		1	LC	8		7.0	7.0	
Sugars, total....g	6.15		1	LC	8		8.00	8.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	31		1	LC	8		40	40	
Iron, Fe....mg	1.11		1	LC	8		1.44	1.44	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	338		1	LC	8		440	440	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	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		1	LC	8		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	0.385		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	4		1	LC	8		5	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. 16201
CAMPBELL Soup Company, Campbell's Pork and Beans

Common Measures:
Measure 1 = 130g: .5 cup
Measure 2 = 130g: 1 serving

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

Food Group: 16 Legumes and Legume Products
USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 16203

CAMPBELL Soup Company, PACE, Salsa Refried Beans

Campbell Soup Co.

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	82.20		1	MC	9		98.64	98.64	
Energy....kcal	60		1	NC	4		72	72	
Energy....kJ	251		0	NC	4		301	301	
Protein (N x 6.25)....g	3.33		1	LC	8		4.00	4.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	2.80		0	O	4		3.36	3.36	
Carbohydrate, by difference....g	11.67		1	LC	8		14.00	14.00	
Fiber, total dietary....g	3.3		1	LC	8		4.0	4.0	
Sugars, total....g	3.33		1	LC	8		4.00	4.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	33		1	LC	8		40	40	
Iron, Fe....mg	0.90		1	LC	8		1.08	1.08	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	492		1	LC	8		590	590	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	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	83		1	LC	8		100	100	
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	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		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:

NDB No. 16203

CAMPBELL Soup Company, PACE, Salsa Refried Beans

Measure 1 = 120g: .5 cup

Measure 2 = 120g: 1 serving

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16204

CAMPBELL Soup Company, PACE, Spicy Jalapeno Refried Beans

Campbell Soup Co.

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	82.40		1	MC	9		98.88	98.88	
Energy....kcal	63		1	NC	4		76	76	
Energy....kJ	265		0	NC	4		318	318	
Protein (N x 6.25)....g	4.17		1	LC	8		5.00	5.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	1.77		0	O	4		2.12	2.12	
Carbohydrate, by difference....g	11.67		1	LC	8		14.00	14.00	
Fiber, total dietary....g	4.2		1	LC	8		5.0	5.0	
Sugars, total....g	3.33		1	LC	8		4.00	4.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	33		1	LC	8		40	40	
Iron, Fe....mg	0.90		1	LC	8		1.08	1.08	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	492		1	LC	8		590	590	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	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	83		1	LC	8		100	100	
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	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		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:

NDB No. 16204

CAMPBELL Soup Company, PACE, Spicy Jalapeno Refried Beans

Measure 1 = 120g: .5 cup

Measure 2 = 120g: 1 serving

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16202

CAMPBELL Soup Company, PACE, Traditional Refried Beans

Campbell Soup Co.

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	82.70		1	MC	9		99.24	99.24	
Energy....kcal	67		1	LC	8		80	80	
Energy....kJ	279		0	LC	8		335	335	
Protein (N x 6.25)....g	4.17		1	LC	8		5.00	5.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	2.30		0	O	4		2.76	2.76	
Carbohydrate, by difference....g	10.83		1	LC	8		13.00	13.00	
Fiber, total dietary....g	4.2		1	LC	8		5.0	5.0	
Sugars, total....g	2.50		1	LC	8		3.00	3.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	33		1	LC	8		40	40	
Iron, Fe....mg	0.90		1	LC	8		1.08	1.08	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	575		1	LC	8		690	690	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	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	83		1	LC	8		100	100	
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	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		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:

NDB No. 16202

CAMPBELL Soup Company, PACE, Traditional Refried Beans

Measure 1 = 120g: .5 cup

Measure 2 = 120g: 1 serving

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16055
Carob flour
Ceratonia siliqua

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.58	0.748	12		1		3.69	0.21	
Energy....kcal	222		0	NC	4		229	13	
Energy....kJ	929		0		4		957	56	
Protein (N x 6.25)....g	4.62	0.707	40		1		4.76	0.28	
Total lipid (fat)....g	0.65	0.062	32		1		0.67	0.04	
Ash....g	2.27	0.097	40		1		2.34	0.14	
Carbohydrate, by difference....g	88.88		0	NC	4		91.55	5.33	
Fiber, total dietary....g	39.8		0		1		41.0	2.4	
Sugars, total....g	49.08		0	O	4		50.55	2.94	
Starch....g									
Minerals:									
Calcium, Ca....mg	348	129.116	10		1		358	21	
Iron, Fe....mg	2.94	0.314	10		1		3.03	0.18	
Magnesium, Mg....mg	54	84.056	6		1		56	3	
Phosphorus, P....mg	79	53.466	4		1		81	5	
Potassium, K....mg	827	113.074	6		1		852	50	
Sodium, Na....mg	35		2		1		36	2	
Zinc, Zn....mg	0.92	0.189	7		1		0.95	0.06	
Copper, Cu....mg	0.571	0.009	6		1		0.588	0.034	
Manganese, Mn....mg	0.508	0.008	5		1		0.523	0.030	
Selenium, Se....mcg	5.3		1	A	1		5.5	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1		1		0.2	0.0	
Thiamin....mg	0.053	0.006	8		1		0.055	0.003	
Riboflavin....mg	0.461	0.131	7		1		0.475	0.028	
Niacin....mg	1.897	0.146	8		1		1.954	0.114	
Pantothenic acid....mg	0.047	0.015	4		1		0.048	0.003	
Vitamin B-6....mg	0.366	0.045	4		1		0.377	0.022	
Folate, total....mcg	29		1		1		30	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	29		1		1		30	2	
Folate, DFE....mcg_DFE	29		0	NC	4		30	2	
Choline, total....mg	11.9		0	BFSN	4		12.2	0.7	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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		1	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	8		0	O	4		9	1	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	14		0	NC	4		14	1	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.63		0	O	4		0.65	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	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.090		0		1		0.093	0.005	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16055
Carob flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.001		0		1		0.001	0.000	
15:0 g									
16:0 g	0.072		0		1		0.074	0.004	
17:0 g									
18:0 g	0.014		0		1		0.014	0.001	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.197		0		1		0.203	0.012	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.004		0		1		0.004	0.000	
17:1 g									
18:1 undifferentiated g	0.194		0		1		0.200	0.012	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.216		0		1		0.222	0.013	
18:2 undifferentiated g	0.212		0		1		0.218	0.013	
18:3 undifferentiated g	0.004		0		1		0.004	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		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.048		0		1		0.049	0.003	
Threonine g	0.271		0		1		0.279	0.016	
Isoleucine g	0.209		0		1		0.215	0.013	
Leucine g	0.442		0		1		0.455	0.027	
Lysine g	0.196		0		1		0.202	0.012	
Methionine g	0.081		0		1		0.083	0.005	
Cystine g	0.029		0		1		0.030	0.002	
Phenylalanine g	0.151		0		1		0.156	0.009	
Tyrosine g	0.120		0		1		0.124	0.007	
Valine g	0.446		0		1		0.459	0.027	
Arginine g	0.130		0		1		0.134	0.008	
Histidine g	0.122		0		1		0.126	0.007	
Alanine g	0.584		0		1		0.602	0.035	
Aspartic acid g	0.503		0		1		0.518	0.030	
Glutamic acid g	0.362		0		1		0.373	0.022	
Glycine g	0.267		0		1		0.275	0.016	
Proline g	0.354		0		1		0.365	0.021	
Serine g	0.304		0		1		0.313	0.018	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

NDB No. 16055
Carob flour

Common Measures:

Measure 1 = 103g: 1 cup

Measure 2 = 6.0g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43128
Chicken, meatless

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	58.84		0	O	4		98.85		
Energy....kcal	224		0	NC	4		376		
Energy....kJ	936		0	NC	4		1572		
Protein....g	23.64		0	LC	8		39.72		
Total lipid (fat)....g	12.73		0	LC	8		21.39		
Ash....g	1.15		0	O	4		1.93		
Carbohydrate, by difference....g	3.64		0	LC	8		6.12		
Fiber, total dietary....g	3.6		0	LC	8		6.0		
Sugars, total....g	0.00		0	LC	8		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0		1		59		
Iron, Fe....mg	3.27		0	LC	8		5.49		
Magnesium, Mg....mg	17		0		4		29		
Phosphorus, P....mg	335		0		4		563		
Potassium, K....mg	54		0	LC	8		91		
Sodium, Na....mg	709		0	LC	8		1191		
Zinc, Zn....mg	0.70		0		1		1.18		
Copper, Cu....mg	0.689		0		4		1.158		
Manganese, Mn....mg	1.177		0	BFPN	4		1.977		
Selenium, Se....mcg	7.4		0	BFZN	4		12.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0		
Thiamin....mg	0.062		0	LC	8		0.104		
Riboflavin....mg	0.247		0	LC	8		0.415		
Niacin....mg	1.454		0	LC	8		2.443		
Pantothenic acid....mg	0.579		0	BFPN	4		0.973		
Vitamin B-6....mg	0.700		0		1		1.176		
Folate, total....mcg	76		0		4		128		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	76		0		4		128		
Folate, DFE....mcg_DFE	76		0	NC	4		128		
Choline, total....mg	71.6		0	BFPN	4		120.3		
Betaine....mg									
Vitamin B-12....mcg	2.18		0	LC	8		3.66		
Vitamin B-12, added....mcg	2.18		0	LC	8		3.66		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	LC	8		0		
Carotene, alpha....mcg	0		0	BFPN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFPN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFPN	4		0		
Lutein + zeaxanthin....mcg	0		0	LC	8		0		
Vitamin E (alpha-tocopherol)....mg	2.68		0	O	4		4.50		
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	1.820		0	LC	8		3.058		
4:0....g	0.000		0		4		0.000		

NDB No. 43128
Chicken, meatless

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.094		0		4		0.158		
13:0....g									
14:0....g	0.047		0		4		0.079		
15:0....g									
16:0....g	0.995		0		4		1.672		
17:0....g									
18:0....g	0.397		0		4		0.667		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.727		0	LC	8		4.581		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	2.355		0		4		3.957		
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	7.273		0	LC	8		12.219		
18:2 undifferentiated....g	4.462		0		4		7.496		
18:3 undifferentiated....g	0.560		0		4		0.941		
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	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 = 168g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43410
Chicken, meatless, breaded, fried

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	56.44		0	O	4		73.37	94.82	20.32
Energy	kcal	234		0	NC	4		304	393	84
Energy	kJ	979		0	NC	4		1273	1645	353
Protein	g	21.28		0	LC	8		27.66	35.75	7.66
Total lipid (fat)	g	12.77		0	LC	8		16.60	21.45	4.60
Ash	g	1.00		0	O	4		1.31	1.69	0.36
Carbohydrate, by difference	g	8.51		0	NC	4		11.06	14.30	3.06
Fiber, total dietary	g	4.3		0	LC	8		5.5	7.1	1.5
Sugars, total	g	0.00		0	LC	8		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0	LC	8		55	71	15
Iron, Fe	mg	3.83		0	LC	8		4.98	6.43	1.38
Magnesium, Mg	mg	12		0		4		16	20	4
Phosphorus, P	mg	245		0		4		319	412	88
Potassium, K	mg	300		0		1		390	504	108
Sodium, Na	mg	400		0		1		520	672	144
Zinc, Zn	mg	0.65		0		1		0.85	1.09	0.23
Copper, Cu	mg	0.500		0		4		0.650	0.840	0.180
Manganese, Mn	mg									
Selenium, Se	mcg	7.4		0	BFZN	4		9.6	12.4	2.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	0.0
Thiamin	mg	1.277		0	LC	8		1.660	2.145	0.460
Riboflavin	mg	0.362		0	LC	8		0.471	0.608	0.130
Niacin	mg	12.766		0	LC	8		16.596	21.447	4.596
Pantothenic acid	mg									
Vitamin B-6	mg	0.851		0	LC	8		1.106	1.430	0.306
Folate, total	mcg	56		0		4		73	94	20
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	56		0		4		73	94	20
Folate, DFE	mcg_DFE	56		0	NC	4		73	94	20
Choline, total	mg	46.3		0	BFPN	4		60.2	77.8	16.7
Betaine	mg									
Vitamin B-12	mcg	5.11		0	LC	8		6.64	8.58	1.84
Vitamin B-12, added	mcg	5.11		0	NR	4		6.64	8.58	1.84
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	1.95		0	O	4		2.54	3.28	0.70
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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	1.130		0	NC	4		1.469	1.898	0.407
4:0	g	0.000		0		4		0.000	0.000	0.000

NDB No. 43410
Chicken, meatless, breaded, fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.008		0		4		0.010	0.013	0.003
15:0 g									
16:0 g	0.823		0		4		1.069	1.382	0.296
17:0 g									
18:0 g	0.299		0		4		0.389	0.503	0.108
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.226		0	NC	4		4.193	5.419	1.161
14:1 g									
15:1 g									
16:1 undifferentiated g	1.409		0	LC	8		1.832	2.368	0.507
17:1 g									
18:1 undifferentiated g	1.800		0		4		2.340	3.024	0.648
20:1 g	0.016		0		4		0.021	0.027	0.006
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	4.581		0	NC	4		5.955	7.696	1.649
18:2 undifferentiated g	4.044		0		4		5.257	6.794	1.456
18:3 undifferentiated g	0.536		0		4		0.697	0.901	0.193
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		7		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 = 130g: 1 cup, diced

Measure 2 = 168g: 1 cup pieces

Measure 3 = 36g: 1 piece

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16157
Chickpea flour (besan)

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	10.28		2	A	1		9.46		
Energy	kcal	387		0	NC	4		356		
Energy	kJ	1619		0	NC	4		1489		
Protein (N x 6.25)	g	22.39		2	A	1		20.60		
Total lipid (fat)	g	6.69		2	A	1		6.15		
Ash	g	2.82		2	A	1		2.59		
Carbohydrate, by difference	g	57.82		0	NC	4		53.19		
Fiber, total dietary	g	10.8		2	A	1		9.9		
Sugars, total	g	10.85		0	BFSN	4		9.98		
Starch	g									
Minerals:										
Calcium, Ca	mg	45		2	A	1		41		
Iron, Fe	mg	4.86		2	A	1		4.47		
Magnesium, Mg	mg	166		2	A	1		153		
Phosphorus, P	mg	318		2	A	1		293		
Potassium, K	mg	846		2	A	1		778		
Sodium, Na	mg	64		2	A	1		59		
Zinc, Zn	mg	2.81		2	A	1		2.59		
Copper, Cu	mg	0.912		2	A	1		0.839		
Manganese, Mn	mg	1.600		2	A	1		1.472		
Selenium, Se	mcg	8.3		0	BFSN	4		7.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.486		2	A	1		0.447		
Riboflavin	mg	0.106		2	A	1		0.098		
Niacin	mg	1.762		2	A	1		1.621		
Pantothenic acid	mg	0.606		2	A	1		0.558		
Vitamin B-6	mg	0.492		2	A	1		0.453		
Folate, total	mcg	437		2	A	1		402		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	437		2	A	1		402		
Folate, DFE	mcg_DFE	437		0	NC	4		402		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2		
Retinol	mcg	0		0	BNA	4		0		
Carotene, beta	mcg	25		0	BNA	4		23		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
Vitamin A, IU	IU	41		0	NC	4		38		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.83		0	BFSN	4		0.77		
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	9.1		0	BFSN	4		8.4		
Lipids:										
Fatty acids, total saturated	g	0.693		0	BFFN	4		0.638		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		

NDB No. 16157
Chickpea flour (besan)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFSN	4		0.000		
12:0 g	0.000		0	BFSN	4		0.000		
13:0 g									
14:0 g	0.010		0	BFFN	4		0.009		
15:0 g									
16:0 g	0.555		0	BFFN	4		0.511		
17:0 g									
18:0 g	0.094		0	BFFN	4		0.086		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.504		0	BFFN	4		1.384		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.013		0	BFFN	4		0.012		
17:1 g									
18:1 undifferentiated g	1.490		0	BFFN	4		1.371		
20:1 g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated g	0.000		0	BFSN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	2.983		0	BFFN	4		2.744		
18:2 undifferentiated g	2.871		0	BFFN	4		2.641		
18:3 undifferentiated g	0.112		0	BFFN	4		0.103		
18:4 g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg	39		0	BFFN	4		36		
Others:									
Alcohol, ethyl g	0.0		0	BFSN	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 = 92g: 1 cup

Calories Factors: Protein 4.27 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 16 Legumes and Legume Products

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

NDB No. 16058

Chickpeas (garbanzo beans, bengal gram), mature seeds, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.69	4.615	25		1		167.26		
Energy....kcal	119		0	NC	4		285		
Energy....kJ	497		0	NC	4		1192		
Protein (N x 6.25)....g	4.95	0.116	4		1		11.88		
Total lipid (fat)....g	1.14	0.066	4		1		2.74		
Ash....g	1.61	0.258	4		1		3.86		
Carbohydrate, by difference....g	22.61		0	NC	4		54.26		
Fiber, total dietary....g	4.4		0		1		10.6		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	32	5.801	4		1		77		
Iron, Fe....mg	1.35	0.076	4		1		3.24		
Magnesium, Mg....mg	29		1		1		70		
Phosphorus, P....mg	90		1		1		216		
Potassium, K....mg	172	18.502	3		1		413		
Sodium, Na....mg	299	15.962	3		1		718		
Zinc, Zn....mg	1.06		0		1		2.54		
Copper, Cu....mg	0.174		0		1		0.418		
Manganese, Mn....mg	0.604		0		1		1.450		
Selenium, Se....mcg	2.8		0	BFSN	4		6.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.8	0.381	4		1		9.1		
Thiamin....mg	0.029	0.015	6		1		0.070		
Riboflavin....mg	0.033	0.005	6		1		0.079		
Niacin....mg	0.138	0.030	6		1		0.331		
Pantothenic acid....mg	0.299		0		1		0.718		
Vitamin B-6....mg	0.473	0.060	21		1		1.135		
Folate, total....mcg	67		0		1		160		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	67		0		1		160		
Folate, DFE....mcg_DFE	67		0	NC	4		160		
Choline, total....mg	32.6		0	CASN	4		78.3		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		2		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	12		0	BFSN	4		30		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	21		0	NC	4		49		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	0.118		0		1		0.283		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16058
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.002		0		1		0.005		
15:0....g									
16:0....g	0.095		0		1		0.228		
17:0....g									
18:0....g	0.016		0		1		0.038		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.257		0		1		0.617		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	0.255		0		1		0.612		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.510		0		1		1.224		
18:2 undifferentiated....g	0.491		0		1		1.178		
18:3 undifferentiated....g	0.019		0		1		0.046		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0		1		0.115		
Threonine....g	0.184		0		1		0.442		
Isoleucine....g	0.212		0		1		0.509		
Leucine....g	0.352		0		1		0.845		
Lysine....g	0.331		0		1		0.794		
Methionine....g	0.065		0		1		0.156		
Cystine....g	0.067		0		1		0.161		
Phenylalanine....g	0.265		0		1		0.636		
Tyrosine....g	0.123		0		1		0.295		
Valine....g	0.208		0		1		0.499		
Arginine....g	0.466		0		1		1.118		
Histidine....g	0.136		0		1		0.326		
Alanine....g	0.212		0		1		0.509		
Aspartic acid....g	0.582		0		1		1.397		
Glutamic acid....g	0.866		0		1		2.078		
Glycine....g	0.206		0		1		0.494		
Proline....g	0.204		0		1		0.490		
Serine....g	0.249		0		1		0.598		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 240g: 1 cup

NDB No. 16058
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16357

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, 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	60.21	0.607	23		1		98.74		
Energy....kcal	164		0	NC	4		269		
Energy....kJ	686		0	NC	4		1125		
Protein (N x 6.25)....g	8.86	0.205	23		1		14.53		
Total lipid (fat)....g	2.59	0.091	24		1		4.25		
Ash....g	0.92	0.037	24		1		1.51		
Carbohydrate, by difference....g	27.42		0	NC	4		44.97		
Fiber, total dietary....g	7.6		1	A	1		12.5		
Sugars, total....g	4.80		0	BFZN	4		7.87		
Starch....g									
Minerals:									
Calcium, Ca....mg	49	1.926	21		1		80		
Iron, Fe....mg	2.89	0.147	21		1		4.74		
Magnesium, Mg....mg	48	1.264	21		1		79		
Phosphorus, P....mg	168	7.270	21		1		276		
Potassium, K....mg	291	10.596	21		1		477		
Sodium, Na....mg	243		0		1		399		
Zinc, Zn....mg	1.53	0.057	27		1		2.51		
Copper, Cu....mg	0.352	0.026	27		1		0.577		
Manganese, Mn....mg	1.030	0.051	21		1		1.689		
Selenium, Se....mcg	3.7		0	BFSN	4		6.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		0		1		2.1		
Thiamin....mg	0.116	0.005	21		1		0.190		
Riboflavin....mg	0.063	0.002	21		1		0.103		
Niacin....mg	0.526	0.038	21		1		0.863		
Pantothenic acid....mg	0.286	0.036	8		1		0.469		
Vitamin B-6....mg	0.139	0.010	8		1		0.228		
Folate, total....mcg	172	9.671	8		1		282		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	172	9.671	8		1		282		
Folate, DFE....mcg_DFE	172		0	NC	4		282		
Choline, total....mg	42.8		0	CASN	4		70.2		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		2		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	16		0	BFZN	4		27		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	27		0	NC	4		44		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.35		0	BFZN	4		0.57		
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	4.0		0	BFZN	4		6.6		
Lipids:									
Fatty acids, total saturated....g	0.269		0		1		0.441		
4:0....g									

NDB No. 16357

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, 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									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.004		0		1		0.007		
15:0....g									
16:0....g	0.215		0		1		0.353		
17:0....g									
18:0....g	0.037		0		1		0.061		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.583		0		1		0.956		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.008		
17:1....g									
18:1 undifferentiated....g	0.578		0		1		0.948		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.156		0		1		1.896		
18:2 undifferentiated....g	1.113		0		1		1.825		
18:3 undifferentiated....g	0.043		0		1		0.071		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.085		0		1		0.139		
Threonine....g	0.329		0		1		0.540		
Isoleucine....g	0.380		0		1		0.623		
Leucine....g	0.631		0		1		1.035		
Lysine....g	0.593		0		1		0.973		
Methionine....g	0.116		0		1		0.190		
Cystine....g	0.119		0		1		0.195		
Phenylalanine....g	0.475		0		1		0.779		
Tyrosine....g	0.220		0		1		0.361		
Valine....g	0.372		0		1		0.610		
Arginine....g	0.835		0		1		1.369		
Histidine....g	0.244		0		1		0.400		
Alanine....g	0.380		0		1		0.623		
Aspartic acid....g	1.042		0		1		1.709		
Glutamic acid....g	1.550		0		1		2.542		
Glycine....g	0.369		0		1		0.605		
Proline....g	0.366		0		1		0.600		
Serine....g	0.447		0		1		0.733		
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 = 164g: 1 cup

NDB No. 16357

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16057

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, 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	60.21	0.607	23		1		98.74		
Energy....kcal	164		0	NC	4		269		
Energy....kJ	686		0	NC	4		1125		
Protein (N x 6.25)....g	8.86	0.205	23		1		14.53		
Total lipid (fat)....g	2.59	0.091	24		1		4.25		
Ash....g	0.92	0.037	24		1		1.51		
Carbohydrate, by difference....g	27.42		0	NC	4		44.97		
Fiber, total dietary....g	7.6		0		1		12.5		
Sugars, total....g	4.80		0	T	4		7.87		
Starch....g									
Minerals:									
Calcium, Ca....mg	49	1.926	21		1		80		
Iron, Fe....mg	2.89	0.147	21		1		4.74		
Magnesium, Mg....mg	48	1.264	21		1		79		
Phosphorus, P....mg	168	7.270	21		1		276		
Potassium, K....mg	291	10.596	21		1		477		
Sodium, Na....mg	7	0.859	17		1		11		
Zinc, Zn....mg	1.53	0.057	27		1		2.51		
Copper, Cu....mg	0.352	0.026	27		1		0.577		
Manganese, Mn....mg	1.030	0.051	21		1		1.689		
Selenium, Se....mcg	3.7		0	BFSN	4		6.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		0		1		2.1		
Thiamin....mg	0.116	0.005	21		1		0.190		
Riboflavin....mg	0.063	0.002	21		1		0.103		
Niacin....mg	0.526	0.038	21		1		0.863		
Pantothenic acid....mg	0.286	0.036	8		1		0.469		
Vitamin B-6....mg	0.139	0.010	8		1		0.228		
Folate, total....mcg	172	9.671	8		1		282		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	172	9.671	8		1		282		
Folate, DFE....mcg_DFE	172		0	NC	4		282		
Choline, total....mg	42.8		0	CASN	4		70.2		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		2		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	16		0	O	4		27		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	27		0	NC	4		44		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.35		0	O	4		0.57		
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	4.0		0	BFSN	4		6.6		
Lipids:									
Fatty acids, total saturated....g	0.269		0		1		0.441		
4:0....g	0.000		0		1		0.000		

NDB No. 16057

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, 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		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.004		0		1		0.007		
15:0 g									
16:0 g	0.215		0		1		0.353		
17:0 g									
18:0 g	0.037		0		1		0.061		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.583		0		1		0.956		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.005		0		1		0.008		
17:1 g									
18:1 undifferentiated g	0.578		0		1		0.948		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.156		0		1		1.896		
18:2 undifferentiated g	1.113		0		1		1.825		
18:3 undifferentiated g	0.043		0		1		0.071		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.085		0		1		0.139		
Threonine g	0.329		0		1		0.540		
Isoleucine g	0.380		0		1		0.623		
Leucine g	0.631		0		1		1.035		
Lysine g	0.593		0		1		0.973		
Methionine g	0.116		0		1		0.190		
Cystine g	0.119		0		1		0.195		
Phenylalanine g	0.475		0		1		0.779		
Tyrosine g	0.220		0		1		0.361		
Valine g	0.372		0		1		0.610		
Arginine g	0.835		0		1		1.369		
Histidine g	0.244		0		1		0.400		
Alanine g	0.380		0		1		0.623		
Aspartic acid g	1.042		0		1		1.709		
Glutamic acid g	1.550		0		1		2.542		
Glycine g	0.369		0		1		0.605		
Proline g	0.366		0		1		0.600		
Serine g	0.447		0		1		0.733		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

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

NDB No. 16057

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 164g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16056

Chickpeas (garbanzo beans, bengal gram), mature seeds, raw

Cicer arietinum

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	11.53	0.708	44		1		23.06	1.44	
Energy....kcal	364		0	NC	4		729	46	
Energy....kJ	1525		0	NC	4		3049	191	
Protein (N x 6.25)....g	19.30	0.231	1479		1		38.60	2.41	
Total lipid (fat)....g	6.04	0.130	60		1		12.08	0.76	
Ash....g	2.48	0.074	63		1		4.96	0.31	
Carbohydrate, by difference....g	60.65		0	NC	4		121.30	7.58	
Fiber, total dietary....g	17.4		0		1		34.8	2.2	
Sugars, total....g	10.70		0	T	4		21.40	1.34	
Starch....g									
Minerals:									
Calcium, Ca....mg	105	2.926	47		1		210	13	
Iron, Fe....mg	6.24	0.136	44		1		12.48	0.78	
Magnesium, Mg....mg	115	4.264	39		1		230	14	
Phosphorus, P....mg	366	12.309	43		1		732	46	
Potassium, K....mg	875	29.314	40		1		1750	109	
Sodium, Na....mg	24	3.228	35		1		48	3	
Zinc, Zn....mg	3.43	0.097	46		1		6.86	0.43	
Copper, Cu....mg	0.847	0.030	48		1		1.694	0.106	
Manganese, Mn....mg	2.204	0.122	25		1		4.408	0.276	
Selenium, Se....mcg	8.2		0	CAZN	4		16.4	1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0	1.000	3		1		8.0	0.5	
Thiamin....mg	0.477	0.033	42		1		0.954	0.060	
Riboflavin....mg	0.212	0.011	48		1		0.424	0.027	
Niacin....mg	1.541	0.068	43		1		3.082	0.193	
Pantothenic acid....mg	1.588	0.063	20		1		3.176	0.199	
Vitamin B-6....mg	0.535	0.013	26		1		1.070	0.067	
Folate, total....mcg	557	27.048	16		1		1113	70	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	557	27.048	16		1		1113	70	
Folate, DFE....mcg_DFE	557		0	NC	4		1113	70	
Choline, total....mg	95.2		0	CASN	4		190.4	11.9	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		7	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	40		0	O	4		80	5	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	67		0	NC	4		134	8	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.82		0	O	4		1.64	0.10	
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	0.0		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	9.0		0	O	4		18.0	1.1	
Lipids:									
Fatty acids, total saturated....g	0.626		0		1		1.252	0.078	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16056
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.009		0		1		0.018	0.001	
15:0....g									
16:0....g	0.501		0		1		1.002	0.063	
17:0....g									
18:0....g	0.085		0		1		0.170	0.011	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.358		0		1		2.716	0.170	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		0		1		0.024	0.002	
17:1....g									
18:1 undifferentiated....g	1.346		0		1		2.692	0.168	
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	2.694		0		1		5.388	0.337	
18:2 undifferentiated....g	2.593		0		1		5.186	0.324	
18:3 undifferentiated....g	0.101		0		1		0.202	0.013	
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		1		0	0	
Phytosterols....mg	35		0		1		70	4	
Amino Acids:									
Tryptophan....g	0.185		27		1		0.370	0.023	
Threonine....g	0.716		57		1		1.432	0.090	
Isoleucine....g	0.828		57		1		1.656	0.104	
Leucine....g	1.374		57		1		2.748	0.172	
Lysine....g	1.291		57		1		2.582	0.161	
Methionine....g	0.253		83		1		0.506	0.032	
Cystine....g	0.259		65		1		0.518	0.032	
Phenylalanine....g	1.034		57		1		2.068	0.129	
Tyrosine....g	0.479		56		1		0.958	0.060	
Valine....g	0.809		57		1		1.618	0.101	
Arginine....g	1.819		55		1		3.638	0.227	
Histidine....g	0.531		55		1		1.062	0.066	
Alanine....g	0.828		41		1		1.656	0.104	
Aspartic acid....g	2.270		39		1		4.540	0.284	
Glutamic acid....g	3.375		40		1		6.750	0.422	
Glycine....g	0.803		41		1		1.606	0.100	
Proline....g	0.797		40		1		1.594	0.100	
Serine....g	0.973		41		1		1.946	0.122	
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. 16056

Chickpeas (garbanzo beans, bengal gram), mature seeds, raw

Common Measures:

Measure 1 = 200g: 1 cup

Measure 2 = 12.5g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16059
Chili with beans, canned

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	75.51	0.317	16		1		193.31	12.08	
Energy	kcal	112		0	NC	4		287	18	
Energy	kJ	469		0		4		1200	75	
Protein (N x 6.25)	g	5.71		17		1		14.62	0.91	
Total lipid (fat)	g	5.49		17		1		14.05	0.88	
Ash	g	1.38		17		1		3.53	0.22	
Carbohydrate, by difference	g	11.91		0	NC	4		30.49	1.91	
Fiber, total dietary	g	4.4		0		1		11.3	0.7	
Sugars, total	g	1.19		0	FLC	4		3.05	0.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	47		17		1		120	8	
Iron, Fe	mg	3.43		17		1		8.78	0.55	
Magnesium, Mg	mg	45		1		1		115	7	
Phosphorus, P	mg	154		1		1		394	25	
Potassium, K	mg	365		17		1		934	58	
Sodium, Na	mg	522		17		1		1336	84	
Zinc, Zn	mg	2.00		1		1		5.12	0.32	
Copper, Cu	mg	0.117		0		1		0.300	0.019	
Manganese, Mn	mg	0.134		0		1		0.343	0.021	
Selenium, Se	mcg	1.3		0	BFZN	4		3.3	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		1		1		4.4	0.3	
Thiamin	mg	0.048		18		1		0.123	0.008	
Riboflavin	mg	0.105		18		1		0.269	0.017	
Niacin	mg	0.358	0.030	16		1		0.916	0.057	
Pantothenic acid	mg	1.420		1		1		3.635	0.227	
Vitamin B-6	mg	0.132		1		1		0.338	0.021	
Folate, total	mcg	23		0		1		58	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	23		0		1		58	4	
Folate, DFE	mcg_DFE	23		0	NC	4		58	4	
Choline, total	mg	20.2		0	FLC	4		51.7	3.2	
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	17		0	NC	4		43	3	
Retinol	mcg	0		0	FLC	4		0	0	
Carotene, beta	mcg	180		0	FLC	4		462	29	
Carotene, alpha	mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	mcg	43		0	FLC	4		111	7	
Vitamin A, IU	IU	337		0	NC	4		862	54	
Lycopene	mcg	1069		0	FLC	4		2736	171	
Lutein + zeaxanthin	mcg	107		0	FLC	4		275	17	
Vitamin E (alpha-tocopherol)	mg	0.52		0	FLC	4		1.34	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	1.9		0	FLC	4		5.0	0.3	
Lipids:										
Fatty acids, total saturated	g	2.352		0		1		6.021	0.376	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 16059
Chili with beans, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.020		0		1		0.051	0.003	
12:0 g	0.013		0		1		0.033	0.002	
13:0 g									
14:0 g	0.142		0		1		0.364	0.023	
15:0 g									
16:0 g	1.678		0		1		4.296	0.268	
17:0 g									
18:0 g	0.493		0		1		1.262	0.079	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.332		0		1		5.970	0.373	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.082		0		1		0.210	0.013	
17:1 g									
18:1 undifferentiated g	2.250		0		1		5.760	0.360	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.362		0		1		0.927	0.058	
18:2 undifferentiated g	0.208		0		1		0.532	0.033	
18:3 undifferentiated g	0.153		0		1		0.392	0.024	
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	17		0		1		44	3	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.069		0		1		0.177	0.011	
Threonine g	0.240		0		1		0.614	0.038	
Isoleucine g	0.250		0		1		0.640	0.040	
Leucine g	0.456		0		1		1.167	0.073	
Lysine g	0.409		0		1		1.047	0.065	
Methionine g	0.095		0		1		0.243	0.015	
Cystine g	0.061		0		1		0.156	0.010	
Phenylalanine g	0.292		0		1		0.748	0.047	
Tyrosine g	0.164		0		1		0.420	0.026	
Valine g	0.294		0		1		0.753	0.047	
Arginine g	0.360		0		1		0.922	0.058	
Histidine g	0.164		0		1		0.420	0.026	
Alanine g	0.265		0		1		0.678	0.042	
Aspartic acid g	0.659		0		1		1.687	0.105	
Glutamic acid g	0.877		0		1		2.245	0.140	
Glycine g	0.261		0		1		0.668	0.042	
Proline g	0.251		0		1		0.643	0.040	
Serine g	0.293		0		1		0.750	0.047	
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. 16059
Chili with beans, canned

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein 4 **Fat** 8.7 **Carbohydrate** 3.5

Food Group: 16 Legumes and Legume Products

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

NDB No. 16361
Cowpeas, catjang, mature seeds, cooked, boiled, 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	69.70		0		1		119.19		
Energy	kcal	117		0	NC	4		200		
Energy	kJ	490				4		837		
Protein (N x 6.25)	g	8.13		0		1		13.90		
Total lipid (fat)	g	0.71		0		1		1.21		
Ash	g	1.16		0		1		1.98		
Carbohydrate, by difference	g	20.32		0	NC	4		34.75		
Fiber, total dietary	g	3.6		0	BFSN	4		6.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		44		
Iron, Fe	mg	3.05		0		1		5.22		
Magnesium, Mg	mg	96		0		1		164		
Phosphorus, P	mg	142		0		1		243		
Potassium, K	mg	375		0		1		641		
Sodium, Na	mg	255		0		1		436		
Zinc, Zn	mg	1.87		0		1		3.20		
Copper, Cu	mg	0.271		0		1		0.463		
Manganese, Mn	mg	0.473		0		1		0.809		
Selenium, Se	mcg	2.5		0	BFSN	4		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.7		
Thiamin	mg	0.162		0		1		0.277		
Riboflavin	mg	0.046		0		1		0.079		
Niacin	mg	0.714		0		1		1.221		
Pantothenic acid	mg	0.386		0		1		0.660		
Vitamin B-6	mg	0.092		0		1		0.157		
Folate, total	mcg	142		0		1		242		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	142		0		1		242		
Folate, DFE	mcg_DFE	142		0	NC	4		242		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	1		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	10		0		1		17		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.185		0		1		0.316		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16361

Cowpeas, catjang, mature seeds, cooked, boiled, 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									
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.142		0		1		0.243		
17:0 g									
18:0 g	0.030		0		1		0.051		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.059		0		1		0.101		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		1		0.003		
17:1 g									
18:1 undifferentiated g	0.049		0		1		0.084		
20:1 g	0.001		0		1		0.002		
22:1 undifferentiated g	0.007		0		1		0.012		
24:1 c g									
Fatty acids, total polyunsaturated g	0.303		0		1		0.518		
18:2 undifferentiated g	0.192		0		1		0.328		
18:3 undifferentiated g	0.111		0		1		0.190		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.100		0		1		0.171		
Threonine g	0.309		0		1		0.528		
Isoleucine g	0.330		0		1		0.564		
Leucine g	0.623		0		1		1.065		
Lysine g	0.550		0		1		0.941		
Methionine g	0.116		0		1		0.198		
Cystine g	0.090		0		1		0.154		
Phenylalanine g	0.475		0		1		0.812		
Tyrosine g	0.263		0		1		0.450		
Valine g	0.387		0		1		0.662		
Arginine g	0.563		0		1		0.963		
Histidine g	0.252		0		1		0.431		
Alanine g	0.371		0		1		0.634		
Aspartic acid g	0.982		0		1		1.679		
Glutamic acid g	1.539		0		1		2.632		
Glycine g	0.335		0		1		0.573		
Proline g	0.365		0		1		0.624		
Serine g	0.407		0		1		0.696		
Hydroxyproline g									

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

Common Measures:

Measure 1 = 171g: 1 cup

NDB No. 16361
Cowpeas, catjang, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16061
Cowpeas, catjang, mature seeds, cooked, boiled, 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	69.70		0		1		119.19		
Energy	kcal	117		0	NC	4		200		
Energy	kJ	490				4		837		
Protein (N x 6.25)	g	8.13		0		1		13.90		
Total lipid (fat)	g	0.71		0		1		1.21		
Ash	g	1.16		0		1		1.98		
Carbohydrate, by difference	g	20.32		0	NC	4		34.75		
Fiber, total dietary	g	3.6		0	BFSN	4		6.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		44		
Iron, Fe	mg	3.05		0		1		5.22		
Magnesium, Mg	mg	96		0		1		164		
Phosphorus, P	mg	142		0		1		243		
Potassium, K	mg	375		0		1		641		
Sodium, Na	mg	19		0		1		32		
Zinc, Zn	mg	1.87		0		1		3.20		
Copper, Cu	mg	0.271		0		1		0.463		
Manganese, Mn	mg	0.473		0		1		0.809		
Selenium, Se	mcg	2.5		0	BFSN	4		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.7		
Thiamin	mg	0.162		0		1		0.277		
Riboflavin	mg	0.046		0		1		0.079		
Niacin	mg	0.714		0		1		1.221		
Pantothenic acid	mg	0.386		0		1		0.660		
Vitamin B-6	mg	0.092		0		1		0.157		
Folate, total	mcg	142		0		1		242		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	142		0		1		242		
Folate, DFE	mcg_DFE	142		0	NC	4		242		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	1		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	10		0		1		17		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.185		0		1		0.316		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16061

Cowpeas, catjang, mature seeds, cooked, boiled, 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
10:0 ... g									
12:0 ... g	0.000		0		1		0.000		
13:0 ... g									
14:0 ... g	0.001		0		1		0.002		
15:0 ... g									
16:0 ... g	0.142		0		1		0.243		
17:0 ... g									
18:0 ... g	0.030		0		1		0.051		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.059		0		1		0.101		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0		1		0.003		
17:1 ... g									
18:1 undifferentiated ... g	0.049		0		1		0.084		
20:1 ... g	0.001		0		1		0.002		
22:1 undifferentiated ... g	0.007		0		1		0.012		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.303		0		1		0.518		
18:2 undifferentiated ... g	0.192		0		1		0.328		
18:3 undifferentiated ... g	0.111		0		1		0.190		
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		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.100		0		1		0.171		
Threonine ... g	0.309		0		1		0.528		
Isoleucine ... g	0.330		0		1		0.564		
Leucine ... g	0.623		0		1		1.065		
Lysine ... g	0.550		0		1		0.941		
Methionine ... g	0.116		0		1		0.198		
Cystine ... g	0.090		0		1		0.154		
Phenylalanine ... g	0.475		0		1		0.812		
Tyrosine ... g	0.263		0		1		0.450		
Valine ... g	0.387		0		1		0.662		
Arginine ... g	0.563		0		1		0.963		
Histidine ... g	0.252		0		1		0.431		
Alanine ... g	0.371		0		1		0.634		
Aspartic acid ... g	0.982		0		1		1.679		
Glutamic acid ... g	1.539		0		1		2.632		
Glycine ... g	0.335		0		1		0.573		
Proline ... g	0.365		0		1		0.624		
Serine ... g	0.407		0		1		0.696		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 171g: 1 cup

NDB No. 16061
Cowpeas, catjang, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16060

Cowpeas, catjang, mature seeds, raw

Vigna unguiculata Supsp. cylindrica

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	11.05	0.727	3		1		18.45		
Energy	kcal	343		0	NC	4		573		
Energy	kJ	1435				4		2397		
Protein (N x 6.25)	g	23.85	0.614	3		1		39.83		
Total lipid (fat)	g	2.07	0.341	3		1		3.46		
Ash	g	3.39	0.045	4		1		5.66		
Carbohydrate, by difference	g	59.64		0	NC	4		99.60		
Fiber, total dietary	g	10.7		0	BFSN	4		17.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	85	15.315	4		1		142		
Iron, Fe	mg	9.95	2.099	4		1		16.62		
Magnesium, Mg	mg	333	92.738	4		1		556		
Phosphorus, P	mg	438	55.183	4		1		731		
Potassium, K	mg	1375	152.137	4		1		2296		
Sodium, Na	mg	58	36.039	3		1		97		
Zinc, Zn	mg	6.11		2		1		10.20		
Copper, Cu	mg	1.059	0.170	4		1		1.769		
Manganese, Mn	mg	1.544		0		1		2.578		
Selenium, Se	mcg	9.1		0	BFSN	4		15.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		1		2.5		
Thiamin	mg	0.680		1		1		1.136		
Riboflavin	mg	0.170		2		1		0.284		
Niacin	mg	2.795		2		1		4.668		
Pantothenic acid	mg	1.511		0		1		2.523		
Vitamin B-6	mg	0.361		0		1		0.603		
Folate, total	mcg	639		0		1		1067		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	639		0		1		1067		
Folate, DFE	mcg_DFE	639		0	NC	4		1067		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	2		1		1		3		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	33		1		1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.542		0		1		0.905		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16060
Cowpeas, catjang, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g	0.001		0		1		0.002		
13:0 ... g									
14:0 ... g	0.004		0		1		0.007		
15:0 ... g									
16:0 ... g	0.417		0		1		0.696		
17:0 ... g									
18:0 ... g	0.087		0		1		0.145		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.173		0		1		0.289		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.006		0		1		0.010		
17:1 ... g									
18:1 undifferentiated ... g	0.144		0		1		0.240		
20:1 ... g	0.002		0		1		0.003		
22:1 undifferentiated ... g	0.019		0		1		0.032		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.889		0		1		1.485		
18:2 undifferentiated ... g	0.563		0		1		0.940		
18:3 undifferentiated ... g	0.326		0		1		0.544		
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		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.294		49		1		0.491		
Threonine ... g	0.908		72		1		1.516		
Isoleucine ... g	0.969		72		1		1.618		
Leucine ... g	1.828		72		1		3.053		
Lysine ... g	1.614		78		1		2.695		
Methionine ... g	0.340		108		1		0.568		
Cystine ... g	0.263		92		1		0.439		
Phenylalanine ... g	1.393		72		1		2.326		
Tyrosine ... g	0.771		54		1		1.288		
Valine ... g	1.137		71		1		1.899		
Arginine ... g	1.652		71		1		2.759		
Histidine ... g	0.740		71		1		1.236		
Alanine ... g	1.088		52		1		1.817		
Aspartic acid ... g	2.881		52		1		4.811		
Glutamic acid ... g	4.518		52		1		7.545		
Glycine ... g	0.985		52		1		1.645		
Proline ... g	1.072		51		1		1.790		
Serine ... g	1.194		52		1		1.994		
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 = 167g: 1 cup

NDB No. 16060
Cowpeas, catjang, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16065

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork

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	77.59	0.282	34		1		186.22		
Energy....kcal	83		0	NC	4		199		
Energy....kJ	347				4		833		
Protein (N x 6.25)....g	2.74	0.048	34		1		6.58		
Total lipid (fat)....g	1.60	0.065	34		1		3.84		
Ash....g	1.54	0.043	34		1		3.70		
Carbohydrate, by difference....g	16.53		0	NC	4		39.67		
Fiber, total dietary....g	3.3		0		4		7.9		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17	0.845	33		1		41		
Iron, Fe....mg	1.42	0.035	33		1		3.41		
Magnesium, Mg....mg	43	0.570	30		1		103		
Phosphorus, P....mg	96	2.308	30		1		230		
Potassium, K....mg	178	5.712	31		1		427		
Sodium, Na....mg	350	12.206	33		1		840		
Zinc, Zn....mg	1.04	0.034	30		1		2.50		
Copper, Cu....mg	0.170	0.007	30		1		0.408		
Manganese, Mn....mg	0.392	0.021	30		1		0.941		
Selenium, Se....mcg	2.3		0	BFSN	4		5.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2	0.060	30		1		0.5		
Thiamin....mg	0.063	0.004	34		1		0.151		
Riboflavin....mg	0.050	0.002	34		1		0.120		
Niacin....mg	0.431	0.014	34		1		1.034		
Pantothenic acid....mg	0.191		0		4		0.458		
Vitamin B-6....mg	0.045		0		4		0.108		
Folate, total....mcg	51		0		4		122		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	51		0		4		122		
Folate, DFE....mcg_DFE	51		0	NC	4		122		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0	0.000	30		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0	0.000	30		1		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	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									
Lipids:									
Fatty acids, total saturated....g	0.605		0		1		1.452		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16065

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.001		0		1		0.002		
12:0 ... g	0.003		0		1		0.007		
13:0 ... g									
14:0 ... g	0.020		0		1		0.048		
15:0 ... g									
16:0 ... g	0.374		0		1		0.898		
17:0 ... g									
18:0 ... g	0.201		0		1		0.482		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.656		0		1		1.574		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.039		0		1		0.094		
17:1 ... g									
18:1 undifferentiated ... g	0.603		0		1		1.447		
20:1 ... g	0.015		0		1		0.036		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.229		0		1		0.550		
18:2 undifferentiated ... g	0.190		0		1		0.456		
18:3 undifferentiated ... g	0.039		0		1		0.094		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0		1		17		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.034		0		1		0.082		
Threonine ... g	0.104		0		1		0.250		
Isoleucine ... g	0.112		0		1		0.269		
Leucine ... g	0.210		0		1		0.504		
Lysine ... g	0.186		0		1		0.446		
Methionine ... g	0.039		0		1		0.094		
Cystine ... g	0.030		0		1		0.072		
Phenylalanine ... g	0.160		0		1		0.384		
Tyrosine ... g	0.089		0		1		0.214		
Valine ... g	0.131		0		1		0.314		
Arginine ... g	0.190		0		1		0.456		
Histidine ... g	0.085		0		1		0.204		
Alanine ... g	0.125		0		1		0.300		
Aspartic acid ... g	0.331		0		1		0.794		
Glutamic acid ... g	0.519		0		1		1.246		
Glycine ... g	0.113		0		1		0.271		
Proline ... g	0.123		0		1		0.295		
Serine ... g	0.137		0		1		0.329		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 240g: 1 cup

NDB No. 16065

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16064

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain

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	79.63		6		1		191.11		
Energy ... kcal	77		0	NC	4		185		
Energy ... kJ	322				4		773		
Protein (N x 6.25) ... g	4.74		6		1		11.38		
Total lipid (fat) ... g	0.55		5		1		1.32		
Ash ... g	1.45		6		1		3.48		
Carbohydrate, by difference ... g	13.63		0	NC	4		32.71		
Fiber, total dietary ... g	3.3		0		1		7.9		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	20		6		1		48		
Iron, Fe ... mg	0.97		6		1		2.33		
Magnesium, Mg ... mg	28		2		1		67		
Phosphorus, P ... mg	70		2		1		168		
Potassium, K ... mg	172	18.502	3		1		413		
Sodium, Na ... mg	299	15.962	3		1		718		
Zinc, Zn ... mg	0.70		0		1		1.68		
Copper, Cu ... mg	0.117		0		1		0.281		
Manganese, Mn ... mg	0.283		0		1		0.679		
Selenium, Se ... mcg	2.3	1.137	3	A	1		5.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.7		4		1		6.5		
Thiamin ... mg	0.076		6		1		0.182		
Riboflavin ... mg	0.074		6		1		0.178		
Niacin ... mg	0.354		6		1		0.850		
Pantothenic acid ... mg	0.190		0		1		0.456		
Vitamin B-6 ... mg	0.045		0		1		0.108		
Folate, total ... mcg	51		0		1		123		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	51		0		1		123		
Folate, DFE ... mcg_DFE	51		0	NC	4		123		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0		1		0.00		
Vitamin A, RAE ... mcg_RAE	1	0.000	4		1		2		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	13		4		1		31		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
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									
Lipids:									
Fatty acids, total saturated ... g	0.144		0		1		0.346		
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 16064

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		1		0.000		
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.111		0		1		0.266		
17:0 g									
18:0 g	0.023		0		1		0.055		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.046		0		1		0.110		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		1		0.005		
17:1 g									
18:1 undifferentiated g	0.038		0		1		0.091		
20:1 g	0.001		0		1		0.002		
22:1 undifferentiated g	0.005		0		1		0.012		
24:1 c g									
Fatty acids, total polyunsaturated g	0.237		0		1		0.569		
18:2 undifferentiated g	0.150		0		1		0.360		
18:3 undifferentiated g	0.087		0		1		0.209		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.058		0		1		0.139		
Threonine g	0.180		0		1		0.432		
Isoleucine g	0.193		0		1		0.463		
Leucine g	0.363		0		1		0.871		
Lysine g	0.321		0		1		0.770		
Methionine g	0.067		0		1		0.161		
Cystine g	0.052		0		1		0.125		
Phenylalanine g	0.277		0		1		0.665		
Tyrosine g	0.153		0		1		0.367		
Valine g	0.226		0		1		0.542		
Arginine g	0.328		0		1		0.787		
Histidine g	0.147		0		1		0.353		
Alanine g	0.216		0		1		0.518		
Aspartic acid g	0.572		0		1		1.373		
Glutamic acid g	0.897		0		1		2.153		
Glycine g	0.196		0		1		0.470		
Proline g	0.213		0		1		0.511		
Serine g	0.237		0		1		0.569		
Hydroxyproline g									

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

Common Measures:

Measure 1 = 240g: 1 cup

NDB No. 16064

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16363

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, 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	70.04	0.603	23		1		119.77		
Energy ... kcal	116		0	NC	4		198		
Energy ... kJ	484		0	NC	4		828		
Protein (N x 6.25) ... g	7.73	0.163	24		1		13.22		
Total lipid (fat) ... g	0.53	0.031	24		1		0.91		
Ash ... g	0.94	0.030	24		1		1.61		
Carbohydrate, by difference ... g	20.76		0	NC	4		35.50		
Fiber, total dietary ... g	6.5		0		4		11.1		
Sugars, total ... g	3.30		0	BFZN	4		5.64		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	24	0.819	28		1		41		
Iron, Fe ... mg	2.51	0.100	29		1		4.29		
Magnesium, Mg ... mg	53	1.487	29		1		91		
Phosphorus, P ... mg	156	4.148	28		1		267		
Potassium, K ... mg	278	7.500	29		1		475		
Sodium, Na ... mg	240		0		1		410		
Zinc, Zn ... mg	1.29	0.044	35		1		2.21		
Copper, Cu ... mg	0.268	0.013	35		1		0.458		
Manganese, Mn ... mg	0.475	0.018	29		1		0.812		
Selenium, Se ... mcg	2.5	0.625	15	A	1		4.3		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.4		0		1		0.7		
Thiamin ... mg	0.202	0.011	21		1		0.345		
Riboflavin ... mg	0.055	0.003	21		1		0.094		
Niacin ... mg	0.495	0.036	21		1		0.846		
Pantothenic acid ... mg	0.411	0.019	8		1		0.703		
Vitamin B-6 ... mg	0.100	0.006	8		1		0.171		
Folate, total ... mcg	208	19.105	8		1		356		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	208	19.105	8		1		356		
Folate, DFE ... mcg_DFE	208		0	NC	4		356		
Choline, total ... mg	32.2		0	CASN	4		55.1		
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0		1		0.00		
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	1		0	NC	4		1		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg	9		0	BFZN	4		15		
Carotene, alpha ... mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta ... mcg	0		0	BFZN	4		0		
Vitamin A, IU ... IU	15		0	NC	4		26		
Lycopene ... mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin ... mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.28		0	BFZN	4		0.48		
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	1.7		0	BFZN	4		2.9		
Lipids:									
Fatty acids, total saturated ... g	0.138		0		1		0.236		
4:0 ... g									

NDB No. 16363

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, 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									
8:0 ... g									
10:0 ... g									
12:0 ... g	0.000		0		1		0.000		
13:0 ... g									
14:0 ... g	0.001		0		1		0.002		
15:0 ... g									
16:0 ... g	0.106		0		1		0.181		
17:0 ... g									
18:0 ... g	0.022		0		1		0.038		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.044		0		1		0.075		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0		1		0.003		
17:1 ... g									
18:1 undifferentiated ... g	0.036		0		1		0.062		
20:1 ... g	0.001		0		1		0.002		
22:1 undifferentiated ... g	0.005		0		1		0.009		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.225		0		1		0.385		
18:2 undifferentiated ... g	0.143		0		1		0.245		
18:3 undifferentiated ... g	0.083		0		1		0.142		
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		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.095		0		1		0.162		
Threonine ... g	0.294		0		1		0.503		
Isoleucine ... g	0.314		0		1		0.537		
Leucine ... g	0.592		0		1		1.012		
Lysine ... g	0.523		0		1		0.894		
Methionine ... g	0.110		0		1		0.188		
Cystine ... g	0.085		0		1		0.145		
Phenylalanine ... g	0.451		0		1		0.771		
Tyrosine ... g	0.250		0		1		0.428		
Valine ... g	0.368		0		1		0.629		
Arginine ... g	0.535		0		1		0.915		
Histidine ... g	0.240		0		1		0.410		
Alanine ... g	0.352		0		1		0.602		
Aspartic acid ... g	0.933		0		1		1.595		
Glutamic acid ... g	1.463		0		1		2.502		
Glycine ... g	0.319		0		1		0.545		
Proline ... g	0.347		0		1		0.593		
Serine ... g	0.387		0		1		0.662		
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 = 171g: 1 cup

NDB No. 16363

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16063

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, 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	70.04	0.603	23		1		120.47		
Energy....kcal	116		0	NC	4		199		
Energy....kJ	484		0	NC	4		833		
Protein (N x 6.25)....g	7.73	0.163	24		1		13.30		
Total lipid (fat)....g	0.53	0.031	24		1		0.91		
Ash....g	0.94	0.030	24		1		1.62		
Carbohydrate, by difference....g	20.76		0	NC	4		35.71		
Fiber, total dietary....g	6.5		0		1		11.2		
Sugars, total....g	3.30		0	T	4		5.68		
Starch....g									
Minerals:									
Calcium, Ca....mg	24	0.819	28		1		41		
Iron, Fe....mg	2.51	0.100	29		1		4.32		
Magnesium, Mg....mg	53	1.487	29		1		91		
Phosphorus, P....mg	156	4.148	28		1		268		
Potassium, K....mg	278	7.500	29		1		478		
Sodium, Na....mg	4	0.413	24		1		7		
Zinc, Zn....mg	1.29	0.044	35		1		2.22		
Copper, Cu....mg	0.268	0.013	35		1		0.461		
Manganese, Mn....mg	0.475	0.018	29		1		0.817		
Selenium, Se....mcg	2.5	0.625	15	A	1		4.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.7		
Thiamin....mg	0.202	0.011	21		1		0.347		
Riboflavin....mg	0.055	0.003	21		1		0.095		
Niacin....mg	0.495	0.036	21		1		0.851		
Pantothenic acid....mg	0.411	0.019	8		1		0.707		
Vitamin B-6....mg	0.100	0.006	8		1		0.172		
Folate, total....mcg	208	19.105	8		1		358		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	208	19.105	8		1		358		
Folate, DFE....mcg_DFE	208		0	NC	4		358		
Choline, total....mg	32.2		0	CASN	4		55.5		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	9		0	O	4		15		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	15		0	NC	4		26		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.28		0	O	4		0.48		
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	1.7		0	BFSN	4		2.9		
Lipids:									
Fatty acids, total saturated....g	0.138		0		1		0.237		
4:0....g	0.000		0		1		0.000		

NDB No. 16063

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, 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		1		0.000		
8:0 ....g	0.000		0		1		0.000		
10:0 ....g	0.000		0		1		0.000		
12:0 ....g	0.000		0		1		0.000		
13:0 ....g									
14:0 ....g	0.001		0		1		0.002		
15:0 ....g									
16:0 ....g	0.106		0		1		0.182		
17:0 ....g									
18:0 ....g	0.022		0		1		0.038		
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.044		0		1		0.076		
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.002		0		1		0.003		
17:1 ....g									
18:1 undifferentiated ....g	0.036		0		1		0.062		
20:1 ....g	0.001		0		1		0.002		
22:1 undifferentiated ....g	0.005		0		1		0.009		
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.225		0		1		0.387		
18:2 undifferentiated ....g	0.143		0		1		0.246		
18:3 undifferentiated ....g	0.083		0		1		0.143		
18:4 ....g	0.000		0		1		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000		
20:5 n-3 (EPA) ....g	0.000		0		1		0.000		
22:5 n-3 (DPA) ....g	0.000		0		1		0.000		
22:6 n-3 (DHA) ....g	0.000		0		1		0.000		
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		1		0		
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.095		0		1		0.163		
Threonine ....g	0.294		0		1		0.506		
Isoleucine ....g	0.314		0		1		0.540		
Leucine ....g	0.592		0		1		1.018		
Lysine ....g	0.523		0		1		0.900		
Methionine ....g	0.110		0		1		0.189		
Cystine ....g	0.085		0		1		0.146		
Phenylalanine ....g	0.451		0		1		0.776		
Tyrosine ....g	0.250		0		1		0.430		
Valine ....g	0.368		0		1		0.633		
Arginine ....g	0.535		0		1		0.920		
Histidine ....g	0.240		0		1		0.413		
Alanine ....g	0.352		0		1		0.605		
Aspartic acid ....g	0.933		0		1		1.605		
Glutamic acid ....g	1.463		0		1		2.516		
Glycine ....g	0.319		0		1		0.549		
Proline ....g	0.347		0		1		0.597		
Serine ....g	0.387		0		1		0.666		
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0		
Caffeine ....mg	0		0	Z	7		0		
Theobromine ....mg	0		0	Z	7		0		

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

NDB No. 16063

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 172g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16062

Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw

Vigna unguiculata

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	11.95	0.391	82		1		19.96	1.25	
Energy....kcal	336		0	NC	4		561	35	
Energy....kJ	1406		0		4		2348	148	
Protein (N x 6.25)....g	23.52	0.205	147		1		39.28	2.47	
Total lipid (fat)....g	1.26	0.036	139		1		2.10	0.13	
Ash....g	3.24	0.038	91		1		5.41	0.34	
Carbohydrate, by difference....g	60.03		0	NC	4		100.25	6.30	
Fiber, total dietary....g	10.6		0		1		17.7	1.1	
Sugars, total....g	6.90		0	T	4		11.52	0.72	
Starch....g									
Minerals:									
Calcium, Ca....mg	110	11.803	47		1		184	12	
Iron, Fe....mg	8.27	0.246	59		1		13.81	0.87	
Magnesium, Mg....mg	184	7.012	45		1		307	19	
Phosphorus, P....mg	424	11.904	46		1		708	45	
Potassium, K....mg	1112	40.025	44		1		1857	117	
Sodium, Na....mg	16	1.681	39		1		27	2	
Zinc, Zn....mg	3.37	0.167	46		1		5.63	0.35	
Copper, Cu....mg	0.845	0.030	48		1		1.411	0.089	
Manganese, Mn....mg	1.528		42		1		2.552	0.160	
Selenium, Se....mcg	9.0	1.143	3	A	1		15.0	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		1		1		2.5	0.2	
Thiamin....mg	0.853	0.031	197		1		1.425	0.090	
Riboflavin....mg	0.226	0.008	204		1		0.377	0.024	
Niacin....mg	2.075	0.094	189		1		3.465	0.218	
Pantothenic acid....mg	1.496	0.058	166		1		2.498	0.157	
Vitamin B-6....mg	0.357		17		1		0.596	0.037	
Folate, total....mcg	633	41.904	17		1		1056	66	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	633	41.904	17		1		1056	66	
Folate, DFE....mcg_DFE	633		0	NC	4		1056	66	
Choline, total....mg	94.7		0	CASN	4		158.2	9.9	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	NC	4		4	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	30		0	O	4		50	3	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	50		0	NC	4		84	5	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.39		0	O	4		0.65	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	5.0		0	T	4		8.4	0.5	
Lipids:									
Fatty acids, total saturated....g	0.331		0		1		0.553	0.035	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16062

Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.001		0		1		0.002	0.000	
13:0....g									
14:0....g	0.003		0		1		0.005	0.000	
15:0....g									
16:0....g	0.254		0		1		0.424	0.027	
17:0....g									
18:0....g	0.053		0		1		0.089	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.106		0		1		0.177	0.011	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.007	0.000	
17:1....g									
18:1 undifferentiated....g	0.088		0		1		0.147	0.009	
20:1....g	0.001		0		1		0.002	0.000	
22:1 undifferentiated....g	0.012		0		1		0.020	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.542		0		1		0.905	0.057	
18:2 undifferentiated....g	0.343		0		1		0.573	0.036	
18:3 undifferentiated....g	0.199		0		1		0.332	0.021	
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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.290		0		1		0.484	0.030	
Threonine....g	0.895		0		1		1.495	0.094	
Isoleucine....g	0.956		0		1		1.597	0.100	
Leucine....g	1.802		0		1		3.009	0.189	
Lysine....g	1.591		0		1		2.657	0.167	
Methionine....g	0.335		0		1		0.559	0.035	
Cystine....g	0.260		0		1		0.434	0.027	
Phenylalanine....g	1.373		0		1		2.293	0.144	
Tyrosine....g	0.760		0		1		1.269	0.080	
Valine....g	1.121		0		1		1.872	0.118	
Arginine....g	1.629		0		1		2.720	0.171	
Histidine....g	0.730		0		1		1.219	0.077	
Alanine....g	1.072		0		1		1.790	0.113	
Aspartic acid....g	2.840		0		1		4.743	0.298	
Glutamic acid....g	4.454		0		1		7.438	0.468	
Glycine....g	0.971		0		1		1.622	0.102	
Proline....g	1.057		0		1		1.765	0.111	
Serine....g	1.178		0		1		1.967	0.124	
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. 16062

Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw

Common Measures:

Measure 1 = 167g: 1 cup

Measure 2 = 10.5g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16152
ENSURE FIBER WITH FOS, liquid

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	76.00		0	LC	8				
Energy	kcal	101		0	NC	4				
Energy	kJ	421		0	NC	4				
Protein	g	3.43		0	LC	8				
Total lipid (fat)	g	2.38		0	LC	8				
Ash	g	1.83		0	O	4				
Carbohydrate, by difference	g	16.36		0	NC	4				
Fiber, total dietary	g	1.1		0	LC	8				
Sugars, total	g	4.68		0	LC	8				
Starch	g									
Minerals:										
Calcium, Ca	mg	136		0	LC	8				
Iron, Fe	mg	1.75		0	LC	8				
Magnesium, Mg	mg	38		0	LC	8				
Phosphorus, P	mg	117		0	LC	8				
Potassium, K	mg	144		0	LC	8				
Sodium, Na	mg	78		0	LC	8				
Zinc, Zn	mg	1.48		0	LC	8				
Copper, Cu	mg	0.185		0	LC	8				
Manganese, Mn	mg									
Selenium, Se	mcg	7.0		0	LC	8				
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.7		0	LC	8				
Thiamin	mg	0.148		0	LC	8				
Riboflavin	mg	0.168		0	LC	8				
Niacin	mg	1.948		0	LC	8				
Pantothenic acid	mg									
Vitamin B-6	mg	0.195		0	LC	8				
Folate, total	mcg	39		0	LC	8				
Folic acid	mcg	39		0	LC	8				
Folate, food	mcg	0		0	Z	7				
Folate, DFE	mcg_DFE	66		0	NC	4				
Choline, total	mg	38.5		0	LC	8				
Betaine	mg									
Vitamin B-12	mcg	0.58		0	LC	8				
Vitamin B-12, added	mcg	0.58		0	NR	4				
Vitamin A, RAE	mcg_RAE	144		0	NC	4				
Retinol	mcg	144		0	LC	8				
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	480		0	NC	4				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	2.92		0	LC	8				
Vitamin E, added	mg	2.92		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.0		0	LC	8				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	41		0	LC	8				
Vitamin K (phylloquinone)	mcg	7.8		0	LC	8				
Lipids:										
Fatty acids, total saturated	g	0.152		0	NC	4				
4:0	g	0.000		0		4				

NDB No. 16152
ENSURE FIBER WITH FOS, liquid

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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				
8:0....g	0.000		0		4				
10:0....g	0.000		0		4				
12:0....g	0.000		0		4				
13:0....g									
14:0....g	0.003		0	LC	8				
15:0....g									
16:0....g	0.112		0	LC	8				
17:0....g									
18:0....g	0.037		0	LC	8				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.967		0	NC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4				
17:1....g									
18:1 undifferentiated....g	0.967		0	LC	8				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.547		0	NC	4				
18:2 undifferentiated....g	0.476		0	LC	8				
18:3 undifferentiated....g	0.071		0	LC	8				
18:4....g	0.000		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4				
20:5 n-3 (EPA)....g	0.000		0		4				
22:5 n-3 (DPA)....g	0.000		0		4				
22:6 n-3 (DHA)....g	0.000		0		4				
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7				
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: 16 Legumes and Legume Products

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

NDB No. 16138
Falafel, home-prepared

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	34.62		0		1		5.89		
Energy	kcal	333		0	NC	4		57		
Energy	kJ	1393				4		237		
Protein (N x 0)	g	13.31		0		1		2.26		
Total lipid (fat)	g	17.80		0		1		3.03		
Ash	g	2.43		0		1		0.41		
Carbohydrate, by difference	g	31.84		0	NC	4		5.41		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	54		0		1		9		
Iron, Fe	mg	3.42		0		1		0.58		
Magnesium, Mg	mg	82		0		1		14		
Phosphorus, P	mg	192		0		1		33		
Potassium, K	mg	585		0		1		99		
Sodium, Na	mg	294		0		1		50		
Zinc, Zn	mg	1.50		0		1		0.26		
Copper, Cu	mg	0.258		0		1		0.044		
Manganese, Mn	mg	0.691		0		1		0.117		
Selenium, Se	mcg	1.0		0	RA	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		0.3		
Thiamin	mg	0.146		0		1		0.025		
Riboflavin	mg	0.166		0		1		0.028		
Niacin	mg	1.044		0		1		0.177		
Pantothenic acid	mg	0.292		0		1		0.050		
Vitamin B-6	mg	0.125		0		1		0.021		
Folate, total	mcg	93		0	RA	4		16		
Folic acid	mcg	15		0	NC	4		3		
Folate, food	mcg	78		0		1		13		
Folate, DFE	mcg_DFE	104		0	NC	4		18		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	1		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	13		0		1		2		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	2.383		0		1		0.405		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16138
Falafel, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.011		0		1		0.002		
15:0....g									
16:0....g	1.782		0		1		0.303		
17:0....g									
18:0....g	0.529		0		1		0.090		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.171		0		1		1.729		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.095		0		1		0.016		
17:1....g									
18:1 undifferentiated....g	9.670		0		1		1.644		
20:1....g	0.042		0		1		0.007		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.160		0		1		0.707		
18:2 undifferentiated....g	0.495		0		1		0.084		
18:3 undifferentiated....g	0.111		0		1		0.019		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.134		0		1		0.023		
Threonine....g	0.492		0		1		0.084		
Isoleucine....g	0.567		0		1		0.096		
Leucine....g	0.944		0		1		0.160		
Lysine....g	0.856		0		1		0.146		
Methionine....g	0.187		0		1		0.032		
Cystine....g	0.183		0		1		0.031		
Phenylalanine....g	0.707		0		1		0.120		
Tyrosine....g	0.339		0		1		0.058		
Valine....g	0.562		0		1		0.096		
Arginine....g	1.280		0		1		0.218		
Histidine....g	0.364		0		1		0.062		
Alanine....g	0.573		0		1		0.097		
Aspartic acid....g	1.531		0		1		0.260		
Glutamic acid....g	2.341		0		1		0.398		
Glycine....g	0.567		0		1		0.096		
Proline....g	0.545		0		1		0.093		
Serine....g	0.667		0		1		0.113		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 17g: 1 patty (approx 2-1/4" dia)

NDB No. 16138
Falafel, home-prepared

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 43129
Fish sticks, meatless

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.00		0		1		12.60		
Energy	kcal	290		0		1		81		
Energy	kJ	1213		0		1		340		
Protein	g	23.00		0		1		6.44		
Total lipid (fat)	g	18.00		0		1		5.04		
Ash	g	5.00		0	O	4		1.40		
Carbohydrate, by difference	g	9.00		0	NC	4		2.52		
Fiber, total dietary	g	6.1		0		4		1.7		
Sugars, total	g	0.80		0	LC	8		0.22		
Starch	g									
Minerals:										
Calcium, Ca	mg	95		0		1		27		
Iron, Fe	mg	2.00		0		1		0.56		
Magnesium, Mg	mg	23		0		4		6		
Phosphorus, P	mg	450		0		4		126		
Potassium, K	mg	600		0		1		168		
Sodium, Na	mg	490		0		1		137		
Zinc, Zn	mg	1.40		0		1		0.39		
Copper, Cu	mg	0.925		0		4		0.259		
Manganese, Mn	mg									
Selenium, Se	mcg	4.4		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0		
Thiamin	mg	1.100		0		1		0.308		
Riboflavin	mg	0.900		0		1		0.252		
Niacin	mg	12.000		0		1		3.360		
Pantothenic acid	mg									
Vitamin B-6	mg	1.500		0		1		0.420		
Folate, total	mcg	102		0		4		29		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	102		0		4		29		
Folate, DFE	mcg_DFE	102		0	NC	4		29		
Choline, total	mg	96.9		0	BFPN	4		27.1		
Betaine	mg									
Vitamin B-12	mcg	4.20		0		1		1.18		
Vitamin B-12, added	mcg	4.20		0	NR	4		1.18		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		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	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	3.95		0	O	4		1.11		
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	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	2.849		0		4		0.798		
4:0	g	0.000		0		4		0.000		

NDB No. 43129
Fish sticks, meatless

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.174		0		4		0.049		
13:0....g									
14:0....g	0.087		0		4		0.024		
15:0....g									
16:0....g	1.850		0		4		0.518		
17:0....g									
18:0....g	0.738		0		4		0.207		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.376		0		4		1.225		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	4.376		0		4		1.225		
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	9.332		0		4		2.613		
18:2 undifferentiated....g	8.292		0		4		2.322		
18:3 undifferentiated....g	1.040		0		4		0.291		
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	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 = 28g: 1 stick

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43130
Frankfurter, meatless

frank, hot dog, wiener
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	58.00		0		1		81.20	40.60	
Energy....kcal	233		0	NC	4		326	163	
Energy....kJ	974		0	NC	4		1363	682	
Protein....g	19.61		0	LC	8		27.45	13.73	
Total lipid (fat)....g	13.73		0	LC	8		19.22	9.61	
Ash....g	0.97		0	O	4		1.35	0.68	
Carbohydrate, by difference....g	7.70		0	NC	4		10.78	5.39	
Fiber, total dietary....g	3.9		0	LC	8		5.5	2.7	
Sugars, total....g	0.00		0	LC	8		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	33		0		1		46	23	
Iron, Fe....mg	1.41		0	LC	8		1.97	0.99	
Magnesium, Mg....mg	18		0		4		25	13	
Phosphorus, P....mg	344		0		4		482	241	
Potassium, K....mg	98		0	LC	8		137	69	
Sodium, Na....mg	471		0	LC	8		659	329	
Zinc, Zn....mg	1.20		0		1		1.68	0.84	
Copper, Cu....mg	0.706		0		4		0.988	0.494	
Manganese, Mn....mg									
Selenium, Se....mcg	7.4		0	BFZN	4		10.4	5.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.441		0	LC	8		0.617	0.309	
Riboflavin....mg	0.833		0	LC	8		1.166	0.583	
Niacin....mg	3.137		0	LC	8		4.392	2.196	
Pantothenic acid....mg	0.784		0	LC	8		1.098	0.549	
Vitamin B-6....mg	0.078		0	LC	8		0.109	0.055	
Folate, total....mcg	78		0		4		109	55	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	78		0		4		109	55	
Folate, DFE....mcg_DFE	78		0	NC	4		109	55	
Choline, total....mg	84.2		0	BFPN	4		117.9	59.0	
Betaine....mg									
Vitamin B-12....mcg	2.35		0	LC	8		3.29	1.65	
Vitamin B-12, added....mcg	2.35		0	NR	4		3.29	1.65	
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	1.92		0	O	4		2.69	1.34	
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	1.961		0	LC	8		2.745	1.373	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 43130
Frankfurter, meatless

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.097		0		4		0.136	0.068	
13:0....g									
14:0....g	0.048		0		4		0.067	0.034	
15:0....g									
16:0....g	1.028		0		4		1.439	0.720	
17:0....g									
18:0....g	0.410		0		4		0.574	0.287	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.922		0	LC	8		5.491	2.745	
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	2.432		0		4		3.405	1.702	
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	7.843		0	LC	8		10.980	5.490	
18:2 undifferentiated....g	4.607		0		4		6.450	3.225	
18:3 undifferentiated....g	0.578		0		4		0.809	0.405	
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	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 = 140g: 1 cup, sliced

Measure 2 = 70g: 1 frankfurter

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16173
Frijoles rojos volteados (Refried beans, red, canned)

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	70.71		2	A	1		164.75	10.61	
Energy....kcal	144		0	NC	4		336	22	
Energy....kJ	604		0	NC	4		1406	91	
Protein....g	5.00		2	A	1		11.65	0.75	
Total lipid (fat)....g	6.93		2	A	1		16.15	1.04	
Ash....g	1.89		2	A	1		4.40	0.28	
Carbohydrate, by difference....g	15.47		0	NC	4		36.05	2.32	
Fiber, total dietary....g	4.7		2	A	1		10.8	0.7	
Sugars, total....g									
Starch....g	8.30		2	A	1		19.34	1.25	
Minerals:									
Calcium, Ca....mg	33		2	A	1		77	5	
Iron, Fe....mg	1.95		2	A	1		4.54	0.29	
Magnesium, Mg....mg	36		2	A	1		84	5	
Phosphorus, P....mg	91		2	A	1		212	14	
Potassium, K....mg	310		2	A	1		722	47	
Sodium, Na....mg	375		2	A	1		874	56	
Zinc, Zn....mg	0.70		2	A	1		1.64	0.11	
Copper, Cu....mg	0.220		2	A	1		0.512	0.033	
Manganese, Mn....mg	0.295		2	A	1		0.687	0.044	
Selenium, Se....mcg	3.5		2	A	1		8.2	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.027		2	A	1		0.064	0.004	
Riboflavin....mg	0.017		2	A	1		0.040	0.003	
Niacin....mg	0.640		2	A	1		1.491	0.096	
Pantothenic acid....mg	0.175		2	A	1		0.408	0.026	
Vitamin B-6....mg	0.085		2	A	1		0.198	0.013	
Folate, total (1) ....mcg	5		2	A	1		11	1	
Folic acid....mcg									
Folate, food....mcg	5		2	A	1		11	1	
Folate, DFE....mcg_DFE									
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	1.04		2	A	1		2.41	0.16	
Tocopherol, beta....mg	0.04		2	A	1		0.09	0.01	
Tocopherol, gamma....mg	1.56		2	A	1		3.65	0.23	
Tocopherol, delta....mg	0.44		2	A	1		1.04	0.07	
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	0.926		0	NC	4		2.157	0.139	
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	

NDB No. 16173
Frijoles rojos volteados (Refried beans, red, canned)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.015		2	A	1		0.036	0.002	
12:0....g	0.002		2	A	1		0.006	0.000	
13:0....g									
14:0....g	0.007		2	A	1		0.017	0.001	
15:0....g	0.001		2	A	1		0.002	0.000	
16:0....g	0.715		2	A	1		1.666	0.107	
17:0....g	0.007		2	A	1		0.016	0.001	
18:0....g	0.140		2	A	1		0.325	0.021	
20:0....g	0.012		2	A	1		0.027	0.002	
22:0....g	0.012		2	A	1		0.028	0.002	
24:0....g	0.014		2	A	1		0.034	0.002	
Fatty acids, total monounsaturated....g	1.676		0	NC	4		3.906	0.251	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.007		0	AS	1		0.016	0.001	
16:1 c....g	0.007		2	A	1		0.016	0.001	
16:1 t....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.002		2	A	1		0.005	0.000	
18:1 undifferentiated....g	1.604		0	AS	1		3.737	0.241	
18:1 c....g	1.597		2	A	1		3.721	0.240	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.007		2	A	1		0.016	0.001	
18:1-11t (18:1t n-7)....g									
20:1....g	0.064		2	A	1		0.148	0.010	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		2	A	1		0.000	0.000	
22:1 t....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	4.379		0	NC	4		10.203	0.657	
18:2 undifferentiated....g	3.895		0	AS	1		9.075	0.584	
18:2 n-6 c,c....g	3.718		2	A	1		8.663	0.558	
18:2 CLAs....g	0.014		2	A	1		0.031	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	0.164		2	A	1		0.381	0.025	
18:3 undifferentiated....g	0.479		0	AS	1		1.117	0.072	
18:3 n-3 c,c,c (ALA)....g	0.426		2	A	1		0.992	0.064	
18:3 n-6 c,c,c....g	0.053		2	A	1		0.125	0.008	
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	A	1		0.003	0.000	
20:3 undifferentiated....g	0.003		0	AS	1		0.007	0.000	
20:3 n-3....g	0.000		2	A	1		0.000	0.000	
20:3 n-6....g	0.003		2	A	1		0.007	0.000	
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	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	0.171		0	NC	4		0.397	0.026	
Fatty acids, total trans-monoenoic....g	0.007		0	NC	4		0.016	0.001	
Fatty acids, total trans-polyenoic....g	0.164		0	NC	4		0.381	0.025	
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.049		0	A	1		0.115	0.007	
Threonine....g	0.162		0	A	1		0.377	0.024	
Isoleucine....g	0.208		0	A	1		0.484	0.031	

NDB No. 16173
Frijoles rojos volteados (Refried beans, red, canned)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	0.407		0	A	1		0.949	0.061	
Lysine....g	0.271		0	A	1		0.631	0.041	
Methionine....g	0.133		0	A	1		0.309	0.020	
Cystine....g	0.010		0	A	1		0.023	0.001	
Phenylalanine....g	0.277		0	A	1		0.645	0.042	
Tyrosine....g	0.172		0	A	1		0.402	0.026	
Valine....g	0.290		0	A	1		0.676	0.044	
Arginine....g	0.206		0	A	1		0.479	0.031	
Histidine....g	0.108		0	A	1		0.251	0.016	
Alanine....g	0.265		0	A	1		0.617	0.040	
Aspartic acid....g	0.565		0	A	1		1.316	0.085	
Glutamic acid....g	0.797		0	A	1		1.857	0.120	
Glycine....g	0.207		0	A	1		0.483	0.031	
Proline....g	0.344		0	A	1		0.802	0.052	
Serine....g	0.312		0	A	1		0.726	0.047	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 15g: 1 tbsp

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16571

GARDENBURGER Breaded Chik'n Veggie Patties

Kellogg, Co.

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	52.10		1	MC	9		36.99		
Energy....kcal	218		1	MC	9		155		
Energy....kJ	912		1	MC	9		648		
Protein....g	12.50		1	MC	9		8.88		
Total lipid (fat)....g	12.40		1	MC	9		8.80		
Ash....g	4.50		1	MC	9		3.20		
Carbohydrate, by difference....g	18.50		0	NC	4		13.14		
Fiber, total dietary....g	5.0		1	MC	9		3.6		
Sugars, total....g	0.80		1	MC	9		0.57		
Starch....g									
Minerals:									
Calcium, Ca....mg	87		1	MC	9		62		
Iron, Fe....mg	2.50		1	MC	9		1.78		
Magnesium, Mg....mg	5		1	MC	9		3		
Phosphorus, P....mg	207		1	MC	9		147		
Potassium, K....mg	408		1	MC	9		290		
Sodium, Na....mg	695		1	MC	9		493		
Zinc, Zn....mg	0.90		1	MC	9		0.64		
Copper, Cu....mg	0.200		1	MC	9		0.142		
Manganese, Mn....mg	0.600		1	MC	9		0.426		
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	0		1	MC	9		0		
Vitamin A, IU....IU	8		1	MC	9		6		
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	1.800		1	MC	9		1.278		
Fatty acids, total monounsaturated....g	6.900		1	MC	9		4.899		
Fatty acids, total polyunsaturated....g	3.600		1	MC	9		2.556		
Fatty acids, total trans....g	0.100		1	MC	9		0.071		
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. 16571
GARDENBURGER Breaded Chik'n Veggie Patties

Measure 1 = 71g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16570

GARDENBURGER, Black Bean Chipotle Burger

Kellogg, Co.

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	65.50		1	MC	9				
Energy....kcal	134		1	MC	9				
Energy....kJ	561		1	MC	9				
Protein (N x 6.25)....g	6.60		1	MC	9				
Total lipid (fat)....g	3.90		1	MC	9				
Ash....g	1.70		1	MC	9				
Carbohydrate, by difference....g	22.30		0	NC	4				
Fiber, total dietary....g	6.4		1	MC	9				
Sugars, total....g	1.50		1	MC	9				
Starch....g									
Minerals:									
Calcium, Ca....mg	48		1	MC	9				
Iron, Fe....mg	2.50		1	MC	9				
Magnesium, Mg....mg	26		1	MC	9				
Phosphorus, P....mg	80		1	MC	9				
Potassium, K....mg	204		1	MC	9				
Sodium, Na....mg	545		1	MC	9				
Zinc, Zn....mg	0.50		1	MC	9				
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	17.0		1	MC	9				
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	0		1	MC	9				
Vitamin A, IU....IU	331		1	MC	9				
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	0.400		1	MC	9				
Fatty acids, total monounsaturated....g	2.200		1	MC	9				
Fatty acids, total polyunsaturated....g	1.100		1	MC	9				
Fatty acids, total trans....g	0.040		1	MC	9				
Cholesterol....mg	0		1	MC	9				
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. 16570
GARDENBURGER, Black Bean Chipotle Burger

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16580

GARDENBURGER, Breakfast Sausage Veggie Pattie

Kellogg, Co.

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	64.10		1	MC	9		27.56		
Energy	kcal	145		1	MC	9		62		
Energy	kJ	607		1	MC	9		261		
Protein (N x 6.25)	g	16.90		1	MC	9		7.27		
Total lipid (fat)	g	7.80		1	MC	9		3.35		
Ash	g	3.10		1	MC	9		1.33		
Carbohydrate, by difference	g	8.10		0	NC	4		3.48		
Fiber, total dietary	g	7.2		1	MC	9		3.1		
Sugars, total	g	0.60		1	MC	9		0.26		
Starch	g									
Minerals:										
Calcium, Ca	mg	96		1	MC	9		41		
Iron, Fe	mg	2.30		1	MC	9		0.99		
Magnesium, Mg	mg	7		1	MC	9		3		
Phosphorus, P	mg	202		1	MC	9		87		
Potassium, K	mg	420		1	MC	9		181		
Sodium, Na	mg	687		1	MC	9		295		
Zinc, Zn	mg	0.90		1	MC	9		0.39		
Copper, Cu	mg	0.300		1	MC	9		0.129		
Manganese, Mn	mg	1.000		1	MC	9		0.430		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg	0.380		1	MC	9		0.163		
Riboflavin	mg	0.100		1	MC	9		0.043		
Niacin	mg	4.400		1	MC	9		1.892		
Pantothenic acid	mg									
Vitamin B-6	mg	0.400		1	MC	9		0.172		
Folate, total	mcg	4		1	MC	9		2		
Folic acid	mcg									
Folate, food	mcg	4		1	MC	9		2		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.70		1	MC	9		0.73		
Vitamin A, RAE	mcg_RAE	47		1	MC	9		20		
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	157		1	MC	9		68		
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	0.600		1	MC	9		0.258		
Fatty acids, total monounsaturated	g	4.600		1	MC	9		1.978		
Fatty acids, total polyunsaturated	g	2.200		1	MC	9		0.946		
Fatty acids, total trans	g	0.100		1	MC	9		0.043		

NDB No. 16580
GARDENBURGER, Breakfast Sausage Veggie Pattie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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:

Measure 1 = 43g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16572
GARDENBURGER, California Burger
Kellogg, Co.

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	66.20		1	MC	9		47.00		
Energy....kcal	144		1	MC	9		102		
Energy....kJ	602		1	MC	9		427		
Protein (N x 6.25)....g	5.10		1	MC	9		3.62		
Total lipid (fat)....g	5.20		1	MC	9		3.69		
Ash....g	2.00		1	MC	9		1.42		
Carbohydrate, by difference....g	21.50		0	NC	4		15.27		
Fiber, total dietary....g	3.6		1	MC	9		2.6		
Sugars, total....g	1.50		1	MC	9		1.07		
Starch....g									
Minerals:									
Calcium, Ca....mg	48		1	MC	9		34		
Iron, Fe....mg	1.10		1	MC	9		0.78		
Magnesium, Mg....mg									
Phosphorus, P....mg	70		1	MC	9		50		
Potassium, K....mg	204		1	MC	9		145		
Sodium, Na....mg	564		1	MC	9		400		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	16.0		1	MC	9		11.4		
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	91		1	MC	9		64		
Vitamin A, IU....IU	1815		1	MC	9		1289		
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		1	MC	9		0.355		
Fatty acids, total monounsaturated....g	3.000		1	MC	9		2.130		
Fatty acids, total polyunsaturated....g	1.500		1	MC	9		1.065		
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. 16572
GARDENBURGER, California Burger

Measure 1 = 71g: 1 patty

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16581
GARDENBURGER, Flame Grilled Burger
Kellogg, Co.

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	67.20		1	MC	9		47.71		
Energy....kcal	123		1	MC	9		87		
Energy....kJ	515		1	MC	9		366		
Protein (N x 6.25)....g	17.50		1	MC	9		12.43		
Total lipid (fat)....g	4.70		1	MC	9		3.34		
Ash....g	2.00		1	MC	9		1.42		
Carbohydrate, by difference....g	8.60		0	NC	4		6.11		
Fiber, total dietary....g	7.2		1	MC	9		5.1		
Sugars, total....g	0.40		1	MC	9		0.28		
Starch....g									
Minerals:									
Calcium, Ca....mg	97		1	MC	9		69		
Iron, Fe....mg	2.90		1	MC	9		2.06		
Magnesium, Mg....mg	8		1	MC	9		5		
Phosphorus, P....mg	218		1	MC	9		155		
Potassium, K....mg	397		1	MC	9		282		
Sodium, Na....mg	705		1	MC	9		501		
Zinc, Zn....mg	7.30		1	MC	9		5.18		
Copper, Cu....mg	0.400		1	MC	9		0.284		
Manganese, Mn....mg	1.100		1	MC	9		0.781		
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	0		1	MC	9		0		
Vitamin A, IU....IU	5		1	MC	9		4		
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	0.400		1	MC	9		0.284		
Fatty acids, total monounsaturated....g	2.400		1	MC	9		1.704		
Fatty acids, total polyunsaturated....g	1.800		1	MC	9		1.278		
Fatty acids, total trans....g	0.100		1	MC	9		0.071		
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. 16581
GARDENBURGER, Flame Grilled Burger

Measure 1 = 71g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16573
GARDENBURGER, Garden Vegan
Kellogg, Co.

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	68.30		1	MC	9		48.49		
Energy....kcal	106		1	MC	9		75		
Energy....kJ	444		1	MC	9		315		
Protein (N x 6.25)....g	12.50		1	MC	9		8.88		
Total lipid (fat)....g	1.00		1	MC	9		0.71		
Ash....g	1.20		1	MC	9		0.85		
Carbohydrate, by difference....g	17.00		0	NC	4		12.07		
Fiber, total dietary....g	6.1		1	MC	9		4.3		
Sugars, total....g	0.30		1	MC	9		0.21		
Starch....g									
Minerals:									
Calcium, Ca....mg	23		1	MC	9		16		
Iron, Fe....mg	1.10		1	MC	9		0.78		
Magnesium, Mg....mg	3		1	MC	9		2		
Phosphorus, P....mg	156		1	MC	9		111		
Potassium, K....mg	102		1	MC	9		72		
Sodium, Na....mg	385		1	MC	9		273		
Zinc, Zn....mg	1.10		1	MC	9		0.78		
Copper, Cu....mg	0.200		1	MC	9		0.142		
Manganese, Mn....mg	1.000		1	MC	9		0.710		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	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	2		1	MC	9		1		
Vitamin A, IU....IU	30		1	MC	9		21		
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		1	MC	9		0.142		
Fatty acids, total monounsaturated....g	0.200		1	MC	9		0.142		
Fatty acids, total polyunsaturated....g	0.500		1	MC	9		0.355		
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. 16573
GARDENBURGER, Garden Vegan

Measure 1 = 71g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16574

GARDENBURGER, Gourmet Baja Steak

Kellogg, Co.

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	67.10		1	MC	9		104.68		
Energy....kcal	123		1	MC	9		192		
Energy....kJ	515		1	MC	9		803		
Protein (N x 6.25)....g	4.40		1	MC	9		6.86		
Total lipid (fat)....g	3.90		1	MC	9		6.08		
Ash....g	1.70		1	MC	9		2.65		
Carbohydrate, by difference....g	22.90		0	NC	4		35.72		
Fiber, total dietary....g	6.2		1	MC	9		9.7		
Sugars, total....g	2.10		1	MC	9		3.28		
Starch....g									
Minerals:									
Calcium, Ca....mg	58		1	MC	9		90		
Iron, Fe....mg	1.10		1	MC	9		1.72		
Magnesium, Mg....mg	3		1	MC	9		5		
Phosphorus, P....mg	117		1	MC	9		183		
Potassium, K....mg	189		1	MC	9		295		
Sodium, Na....mg	441		1	MC	9		688		
Zinc, Zn....mg	0.90		1	MC	9		1.40		
Copper, Cu....mg	0.200		1	MC	9		0.312		
Manganese, Mn....mg	0.600		1	MC	9		0.936		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	41.0		1	MC	9		64.0		
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	75		1	MC	9		117		
Vitamin A, IU....IU	1503		1	MC	9		2345		
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	1.100		1	MC	9		1.716		
Fatty acids, total monounsaturated....g	1.800		1	MC	9		2.808		
Fatty acids, total polyunsaturated....g	0.800		1	MC	9		1.248		
Fatty acids, total trans....g	0.050		1	MC	9		0.078		
Cholesterol....mg	4		1	MC	9		6		
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. 16574
GARDENBURGER, Gourmet Baja Steak

Measure 1 = 156g: 1 steak

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16575

GARDENBURGER, Gourmet Fire Dragon Steak

Kellogg, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.60		1	MC	9		113.26		
Energy	kcal	101		1	MC	9		158		
Energy	kJ	423		1	MC	9		660		
Protein (N x 6.25)	g	3.10		1	MC	9		4.84		
Total lipid (fat)	g	4.90		1	MC	9		7.64		
Ash	g	1.50		1	MC	9		2.34		
Carbohydrate, by difference	g	17.90		0	NC	4		27.92		
Fiber, total dietary	g	7.6		1	MC	9		11.9		
Sugars, total	g	4.30		1	MC	9		6.71		
Starch	g									
Minerals:										
Calcium, Ca	mg	41		1	MC	9		64		
Iron, Fe	mg	1.10		1	MC	9		1.72		
Magnesium, Mg	mg	3		1	MC	9		5		
Phosphorus, P	mg	88		1	MC	9		137		
Potassium, K	mg	153		1	MC	9		239		
Sodium, Na	mg	363		1	MC	9		566		
Zinc, Zn	mg	0.70		1	MC	9		1.09		
Copper, Cu	mg	0.100		1	MC	9		0.156		
Manganese, Mn	mg	0.500		1	MC	9		0.780		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	27.0		1	MC	9		42.1		
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	151		1	MC	9		236		
Vitamin A, IU	IU	3020		1	MC	9		4711		
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	1.500		1	MC	9		2.340		
Fatty acids, total monounsaturated	g	1.700		1	MC	9		2.652		
Fatty acids, total polyunsaturated	g	1.600		1	MC	9		2.496		
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. 16575
GARDENBURGER, Gourmet Fire Dragon Steak

Measure 1 = 156g: 1 steak

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16582
GARDENBURGER, Gourmet Hula Steak
Kellogg, Co.

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	58.90		1	MC	9		91.88		
Energy	kcal	162		1	MC	9		253		
Energy	kJ	678		1	MC	9		1058		
Protein (N x 6.25)	g	3.80		1	MC	9		5.93		
Total lipid (fat)	g	5.40		1	MC	9		8.42		
Ash	g	1.40		1	MC	9		2.18		
Carbohydrate, by difference	g	30.50		0	NC	4		47.58		
Fiber, total dietary	g	6.9		1	MC	9		10.8		
Sugars, total	g	8.00		1	MC	9		12.48		
Starch	g									
Minerals:										
Calcium, Ca	mg	27		1	MC	9		42		
Iron, Fe	mg	0.80		1	MC	9		1.25		
Magnesium, Mg	mg	2		1	MC	9		4		
Phosphorus, P	mg	57		1	MC	9		89		
Potassium, K	mg	129		1	MC	9		201		
Sodium, Na	mg	386		1	MC	9		602		
Zinc, Zn	mg	0.60		1	MC	9		0.94		
Copper, Cu	mg	0.100		1	MC	9		0.156		
Manganese, Mn	mg	0.600		1	MC	9		0.936		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		1	MC	9		4.7		
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	38		1	MC	9		59		
Vitamin A, IU	IU	760		1	MC	9		1186		
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	3.800		1	MC	9		5.928		
Fatty acids, total monounsaturated	g	0.700		1	MC	9		1.092		
Fatty acids, total polyunsaturated	g	0.600		1	MC	9		0.936		
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. 16582
GARDENBURGER, Gourmet Hula Steak

Measure 1 = 156g: 1 steak

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16576

GARDENBURGER, Gourmet Tuscany Steak

Kellogg, Co.

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	63.00		1	MC	9		98.28		
Energy....kcal	138		1	MC	9		215		
Energy....kJ	577		1	MC	9		900		
Protein (N x 6.25)....g	7.50		1	MC	9		11.70		
Total lipid (fat)....g	4.90		1	MC	9		7.64		
Ash....g	1.80		1	MC	9		2.81		
Carbohydrate, by difference....g	22.80		0	NC	4		35.57		
Fiber, total dietary....g	8.3		1	MC	9		12.9		
Sugars, total....g	2.40		1	MC	9		3.74		
Starch....g									
Minerals:									
Calcium, Ca....mg	91		1	MC	9		142		
Iron, Fe....mg	1.30		1	MC	9		2.03		
Magnesium, Mg....mg	31		1	MC	9		48		
Phosphorus, P....mg	139		1	MC	9		217		
Potassium, K....mg	148		1	MC	9		231		
Sodium, Na....mg	479		1	MC	9		747		
Zinc, Zn....mg	1.10		1	MC	9		1.72		
Copper, Cu....mg	0.100		1	MC	9		0.156		
Manganese, Mn....mg	0.600		1	MC	9		0.936		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	44.0		1	MC	9		68.6		
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	150		1	MC	9		234		
Vitamin A, IU....IU	3006		1	MC	9		4689		
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	2.400		1	MC	9		3.744		
Fatty acids, total monounsaturated....g	1.500		1	MC	9		2.340		
Fatty acids, total polyunsaturated....g	0.700		1	MC	9		1.092		
Fatty acids, total trans....g	0.100		1	MC	9		0.156		
Cholesterol....mg	11		1	MC	9		17		
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. 16576
GARDENBURGER, Gourmet Tuscany Steak

Measure 1 = 156g: 1 steak

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16577

GARDENBURGER, Herb Crusted Cutlet

Kellogg, Co.

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	57.00		1	MC	9		40.47		
Energy....kcal	200		1	MC	9		142		
Energy....kJ	837		1	MC	9		594		
Protein (N x 6.25)....g	13.10		1	MC	9		9.30		
Total lipid (fat)....g	10.00		1	MC	9		7.10		
Ash....g	2.20		1	MC	9		1.56		
Carbohydrate, by difference....g	17.70		0	NC	4		12.57		
Fiber, total dietary....g	4.5		1	MC	9		3.2		
Sugars, total....g	0.90		1	MC	9		0.64		
Starch....g									
Minerals:									
Calcium, Ca....mg	63		1	MC	9		45		
Iron, Fe....mg	2.00		1	MC	9		1.42		
Magnesium, Mg....mg	4		1	MC	9		3		
Phosphorus, P....mg	158		1	MC	9		112		
Potassium, K....mg	262		1	MC	9		186		
Sodium, Na....mg	581		1	MC	9		413		
Zinc, Zn....mg	3.40		1	MC	9		2.41		
Copper, Cu....mg	0.300		1	MC	9		0.213		
Manganese, Mn....mg	0.700		1	MC	9		0.497		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg	0.200		1	MC	9		0.142		
Riboflavin....mg	0.100		1	MC	9		0.071		
Niacin....mg	2.400		1	MC	9		1.704		
Pantothenic acid....mg									
Vitamin B-6....mg	0.200		1	MC	9		0.142		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.00		1	MC	9		0.71		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	92		1	MC	9		65		
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	0.800		1	MC	9		0.568		
Fatty acids, total monounsaturated....g	6.000		1	MC	9		4.260		
Fatty acids, total polyunsaturated....g	2.600		1	MC	9		1.846		
Fatty acids, total trans....g	0.200		1	MC	9		0.142		
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.

NDB No. 16577
GARDENBURGER, Herb Crusted Cutlet

Common Measures:

Measure 1 = 71g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16583

GARDENBURGER, Homestyle Classic Veggie Burger

Kellogg, Co.

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	59.90		1	MC	9		42.53		
Energy	kcal	171		1	MC	9		121		
Energy	kJ	715		1	MC	9		508		
Protein (N x 6.25)	g	17.50		1	MC	9		12.43		
Total lipid (fat)	g	8.80		1	MC	9		6.25		
Ash	g	3.20		1	MC	9		2.27		
Carbohydrate, by difference	g	10.60		0	NC	4		7.53		
Fiber, total dietary	g	6.4		1	MC	9		4.5		
Sugars, total	g	0.60		1	MC	9		0.43		
Starch	g									
Minerals:										
Calcium, Ca	mg	111		1	MC	9		79		
Iron, Fe	mg	3.60		1	MC	9		2.56		
Magnesium, Mg	mg	8		1	MC	9		5		
Phosphorus, P	mg	230		1	MC	9		163		
Potassium, K	mg	464		1	MC	9		329		
Sodium, Na	mg	695		1	MC	9		493		
Zinc, Zn	mg	8.90		1	MC	9		6.32		
Copper, Cu	mg	0.500		1	MC	9		0.355		
Manganese, Mn	mg	1.100		1	MC	9		0.781		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg	0.200		1	MC	9		0.142		
Riboflavin	mg	0.100		1	MC	9		0.071		
Niacin	mg	2.800		1	MC	9		1.988		
Pantothenic acid	mg									
Vitamin B-6	mg	0.300		1	MC	9		0.213		
Folate, total	mcg	7		1	MC	9		5		
Folic acid	mcg									
Folate, food	mcg	7		1	MC	9		5		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.30		1	MC	9		0.92		
Vitamin A, RAE	mcg_RAE	6		1	MC	9		4		
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	123		1	MC	9		87		
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	0.700		1	MC	9		0.497		
Fatty acids, total monounsaturated	g	4.700		1	MC	9		3.337		
Fatty acids, total polyunsaturated	g	2.900		1	MC	9		2.059		
Fatty acids, total trans	g	0.100		1	MC	9		0.071		

NDB No. 16583
GARDENBURGER, Homestyle Classic Veggie Burger

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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:

Measure 1 = 71g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16578

GARDENBURGER, Malibu Burger made with organic whole grains, corn and carrots

Kellogg, Co.

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	59.30		1	MC	9		53.96		
Energy....kcal	188		1	MC	9		171		
Energy....kJ	787		1	MC	9		716		
Protein (N x 6.25)....g	5.60		1	MC	9		5.10		
Total lipid (fat)....g	9.30		1	MC	9		8.46		
Ash....g	2.70		1	MC	9		2.46		
Carbohydrate, by difference....g	23.10		0	NC	4		21.02		
Fiber, total dietary....g	5.0		1	MC	9		4.6		
Sugars, total....g	2.40		1	MC	9		2.18		
Starch....g									
Minerals:									
Calcium, Ca....mg	77		1	MC	9		70		
Iron, Fe....mg	2.30		1	MC	9		2.09		
Magnesium, Mg....mg	5		1	MC	9		5		
Phosphorus, P....mg	126		1	MC	9		115		
Potassium, K....mg	249		1	MC	9		227		
Sodium, Na....mg	671		1	MC	9		611		
Zinc, Zn....mg	0.80		1	MC	9		0.73		
Copper, Cu....mg	0.100		1	MC	9		0.091		
Manganese, Mn....mg	0.900		1	MC	9		0.819		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	18.0		1	MC	9		16.4		
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	110		1	MC	9		100		
Vitamin A, IU....IU	2200		1	MC	9		2002		
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	0.900		1	MC	9		0.819		
Fatty acids, total monounsaturated....g	5.700		1	MC	9		5.187		
Fatty acids, total polyunsaturated....g	2.000		1	MC	9		1.820		
Fatty acids, total trans....g	0.200		1	MC	9		0.182		
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. 16578

GARDENBURGER, Malibu Burger made with organic whole grains, corn and carrots

Measure 1 = 91g: 1 patty

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16579
GARDENBURGER, Original
Kellogg, Co.

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	61.90		1	MC	9		43.95		
Energy....kcal	145		1	MC	9		103		
Energy....kJ	607		1	MC	9		431		
Protein (N x 6.25)....g	6.40		1	MC	9		4.54		
Total lipid (fat)....g	4.50		1	MC	9		3.20		
Ash....g	1.90		1	MC	9		1.35		
Carbohydrate, by difference....g	25.30		0	NC	4		17.96		
Fiber, total dietary....g	6.5		1	MC	9		4.6		
Sugars, total....g	1.00		1	MC	9		0.71		
Starch....g									
Minerals:									
Calcium, Ca....mg	65		1	MC	9		46		
Iron, Fe....mg	1.60		1	MC	9		1.14		
Magnesium, Mg....mg	4		1	MC	9		3		
Phosphorus, P....mg	159		1	MC	9		113		
Potassium, K....mg	156		1	MC	9		111		
Sodium, Na....mg	565		1	MC	9		401		
Zinc, Zn....mg	1.10		1	MC	9		0.78		
Copper, Cu....mg	0.100		1	MC	9		0.071		
Manganese, Mn....mg	0.900		1	MC	9		0.639		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.6		1	MC	9		4.0		
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	15		1	MC	9		10		
Vitamin A, IU....IU	292		1	MC	9		207		
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	1.400		1	MC	9		0.994		
Fatty acids, total monounsaturated....g	1.700		1	MC	9		1.207		
Fatty acids, total polyunsaturated....g	1.000		1	MC	9		0.710		
Fatty acids, total trans....g	0.100		1	MC	9		0.071		
Cholesterol....mg	13		1	MC	9		9		
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. 16579
GARDENBURGER, Original

Measure 1 = 71g: 1 patty

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16584

GARDENBURGER, Savory Portabella Veggie Burger

Kellogg, Co.

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	63.10		1	MC	9		44.80		
Energy....kcal	139		1	MC	9		99		
Energy....kJ	582		1	MC	9		413		
Protein (N x 6.25)....g	6.30		1	MC	9		4.47		
Total lipid (fat)....g	3.60		1	MC	9		2.56		
Ash....g	3.60		1	MC	9		2.56		
Carbohydrate, by difference....g	23.40		0	NC	4		16.61		
Fiber, total dietary....g	7.1		1	MC	9		5.0		
Sugars, total....g	1.20		1	MC	9		0.85		
Starch....g									
Minerals:									
Calcium, Ca....mg	67		1	MC	9		47		
Iron, Fe....mg	1.20		1	MC	9		0.85		
Magnesium, Mg....mg	9		1	MC	9		6		
Phosphorus, P....mg	54		1	MC	9		38		
Potassium, K....mg	150		1	MC	9		107		
Sodium, Na....mg	695		1	MC	9		493		
Zinc, Zn....mg	0.10		1	MC	9		0.07		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.0		1	MC	9		2.1		
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	33		1	MC	9		24		
Vitamin A, IU....IU	867		1	MC	9		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	1.100		1	MC	9		0.781		
Fatty acids, total monounsaturated....g	1.000		1	MC	9		0.710		
Fatty acids, total polyunsaturated....g	0.700		1	MC	9		0.497		
Fatty acids, total trans....g	0.010		1	MC	9		0.007		
Cholesterol....mg	4		1	MC	9		3		
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. 16584
GARDENBURGER, Savory Portabella Veggie Burger

Measure 1 = 71g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16585

GARDENBURGER, Sun-Dried Tomato Basil Burger

Kellogg, Co.

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	65.50		1	MC	9		46.51		
Energy....kcal	137		1	MC	9		97		
Energy....kJ	573		1	MC	9		407		
Protein (N x 6.25)....g	5.50		1	MC	9		3.91		
Total lipid (fat)....g	3.60		1	MC	9		2.56		
Ash....g	1.70		1	MC	9		1.21		
Carbohydrate, by difference....g	23.70		0	NC	4		16.83		
Fiber, total dietary....g	5.2		1	MC	9		3.7		
Sugars, total....g	2.60		1	MC	9		1.85		
Starch....g									
Minerals:									
Calcium, Ca....mg	50		1	MC	9		36		
Iron, Fe....mg	1.20		1	MC	9		0.85		
Magnesium, Mg....mg	4		1	MC	9		3		
Phosphorus, P....mg	48		1	MC	9		34		
Potassium, K....mg	78		1	MC	9		55		
Sodium, Na....mg	387		1	MC	9		275		
Zinc, Zn....mg	0.10		1	MC	9		0.07		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.0		1	MC	9		8.5		
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	33		1	MC	9		23		
Vitamin A, IU....IU	656		1	MC	9		466		
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	1.000		1	MC	9		0.710		
Fatty acids, total monounsaturated....g	1.200		1	MC	9		0.852		
Fatty acids, total polyunsaturated....g	0.800		1	MC	9		0.568		
Fatty acids, total trans....g	0.020		1	MC	9		0.014		
Cholesterol....mg	4		1	MC	9		3		
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. 16585
GARDENBURGER, Sun-Dried Tomato Basil Burger

Measure 1 = 71g: 1 patty

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16586
GARDENBURGER, Veggie Medley Burger
Kellogg, Co.

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	65.40		1	MC	9		46.43		
Energy....kcal	135		1	MC	9		96		
Energy....kJ	565		1	MC	9		401		
Protein (N x 6.25)....g	4.60		1	MC	9		3.27		
Total lipid (fat)....g	3.70		1	MC	9		2.63		
Ash....g	2.00		1	MC	9		1.42		
Carbohydrate, by difference....g	24.30		0	NC	4		17.25		
Fiber, total dietary....g	7.3		1	MC	9		5.2		
Sugars, total....g	1.60		1	MC	9		1.14		
Starch....g									
Minerals:									
Calcium, Ca....mg	33		1	MC	9		23		
Iron, Fe....mg	1.30		1	MC	9		0.92		
Magnesium, Mg....mg	18		1	MC	9		13		
Phosphorus, P....mg	83		1	MC	9		59		
Potassium, K....mg	178		1	MC	9		126		
Sodium, Na....mg	530		1	MC	9		376		
Zinc, Zn....mg	0.30		1	MC	9		0.21		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	20.0		1	MC	9		14.2		
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	92		1	MC	9		65		
Vitamin A, IU....IU	1845		1	MC	9		1310		
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	0.400		1	MC	9		0.284		
Fatty acids, total monounsaturated....g	1.500		1	MC	9		1.065		
Fatty acids, total polyunsaturated....g	1.600		1	MC	9		1.136		
Fatty acids, total trans....g	0.020		1	MC	9		0.014		
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. 16586
GARDENBURGER, Veggie Medley Burger

Measure 1 = 71g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 22125

GREEN GIANT, HARVEST BURGER, Original Flavor, All Vegetable Protein Patties, frozen

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	65.00		1	A	1		235.30	58.50	58.50
Energy....kcal	153		0	NC	4		552	137	137
Energy....kJ	638				4		2311	575	575
Protein....g	20.00		1	A	1		72.40	18.00	18.00
Total lipid (fat)....g	4.60		1	A	1		16.65	4.14	4.14
Ash....g	2.60		1	A	1		9.41	2.34	2.34
Carbohydrate, by difference....g	7.80		0	NC	4		28.24	7.02	7.02
Fiber, total dietary....g	6.3		1	A	1		22.8	5.7	5.7
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	113		1	A	1		409	102	102
Iron, Fe....mg	4.28		1	A	1		15.49	3.85	3.85
Magnesium, Mg....mg	78		1	A	1		282	70	70
Phosphorus, P....mg	250		1	A	1		905	225	225
Potassium, K....mg	480		1	A	1		1738	432	432
Sodium, Na....mg	457		1	A	1		1654	411	411
Zinc, Zn....mg	8.97		1	A	1		32.47	8.07	8.07
Copper, Cu....mg	0.490		1	A	1		1.774	0.441	0.441
Manganese, Mn....mg									
Selenium, Se....mcg	10.0		1	A	1		36.2	9.0	9.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.350		1	A	1		1.267	0.315	0.315
Riboflavin....mg	0.220		1	A	1		0.796	0.198	0.198
Niacin....mg	7.000		1	A	1		25.340	6.300	6.300
Pantothenic acid....mg									
Vitamin B-6....mg	0.430		1	A	1		1.557	0.387	0.387
Folate, total....mcg	24		1	A	1		87	22	22
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	24		1	A	1		87	22	22
Folate, DFE....mcg_DFE	24		0	NC	4		87	22	22
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	Z	7		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	1.130		1	A	1		4.091	1.017	1.017
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	0.002		1	A	1		0.007	0.002	0.002

NDB No. 22125

GREEN GIANT, HARVEST BURGER, Original Flavor, All Vegetable Protein Patties, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.002		1	A	1		0.007	0.002	0.002
12:0 g	0.002		1	A	1		0.007	0.002	0.002
13:0 g									
14:0 g	0.002		1	A	1		0.007	0.002	0.002
15:0 g	0.002		1	A	1		0.007	0.002	0.002
16:0 g	0.443		1	A	1		1.604	0.399	0.399
17:0 g	0.002		1	A	1		0.007	0.002	0.002
18:0 g	0.654		1	A	1		2.367	0.589	0.589
20:0 g	0.018		1	A	1		0.065	0.016	0.016
22:0 g	0.009		1	A	1		0.033	0.008	0.008
24:0 g									
Fatty acids, total monounsaturated g	2.372		1	A	1		8.587	2.135	2.135
14:1 g	0.002		1	A	1		0.007	0.002	0.002
15:1 g									
16:1 undifferentiated g	0.006		1	A	1		0.022	0.005	0.005
17:1 g	0.002		1	A	1		0.007	0.002	0.002
18:1 undifferentiated g	2.364		1	A	1		8.558	2.128	2.128
20:1 g	0.002		1	A	1		0.007	0.002	0.002
22:1 undifferentiated g	0.010		1	A	1		0.036	0.009	0.009
24:1 c g									
Fatty acids, total polyunsaturated g	0.295		1	A	1		1.068	0.266	0.266
18:2 undifferentiated g	0.267		1	A	1		0.967	0.240	0.240
18:3 undifferentiated g	0.026		1	A	1		0.094	0.023	0.023
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	0.002		1	A	1		0.009	0.002	0.002
20:4 undifferentiated g	0.002		1	A	1		0.007	0.002	0.002
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		0	Z	7		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 362g: 1 package

Measure 2 = 90g: 1 patty

Measure 3 = 90g: 1 serving

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16158
Hummus, commercial

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	66.59		2	A	1		163.81	9.99	
Energy....kcal	166		0	NC	4		408	25	
Energy....kJ	695		0		4		1709	104	
Protein (N x 6.25)....g	7.90		2	A	1		19.43	1.19	
Total lipid (fat)....g	9.60		2	A	1		23.62	1.44	
Ash....g	1.66		2	A	1		4.08	0.25	
Carbohydrate, by difference....g	14.29		0	NC	4		35.15	2.14	
Fiber, total dietary....g	6.0		2	A	1		14.8	0.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	38		2	A	1		93	6	
Iron, Fe....mg	2.44		2	A	1		6.00	0.37	
Magnesium, Mg....mg	71		2	A	1		175	11	
Phosphorus, P....mg	176		2	A	1		433	26	
Potassium, K....mg	228		2	A	1		561	34	
Sodium, Na....mg	379		2	A	1		932	57	
Zinc, Zn....mg	1.83		2	A	1		4.50	0.27	
Copper, Cu....mg	0.527		2	A	1		1.296	0.079	
Manganese, Mn....mg	0.773		2	A	1		1.902	0.116	
Selenium, Se....mcg	2.6		0	BFZN	4		6.4	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.180		2	A	1		0.443	0.027	
Riboflavin....mg	0.064		2	A	1		0.157	0.010	
Niacin....mg	0.582		2	A	1		1.432	0.087	
Pantothenic acid....mg	0.132		2	A	1		0.325	0.020	
Vitamin B-6....mg	0.200		2	A	1		0.492	0.030	
Folate, total....mcg	83		2	A	1		204	12	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	83		2	A	1		204	12	
Folate, DFE....mcg_DFE	83		0	NC	4		204	12	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	30		2	A	1		74	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	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									
Lipids:									
Fatty acids, total saturated....g	1.437		0	O	4		3.535	0.216	
Fatty acids, total monounsaturated....g	4.039		0	O	4		9.936	0.606	
Fatty acids, total polyunsaturated....g	3.613		0	O	4		8.888	0.542	
Fatty acids, total trans....g									

NDB No. 16158
Hummus, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		0	Z	7		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 = 246g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16137
Hummus, home prepared

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	64.87		0	RA	4		159.57	9.73	
Energy....kcal	177		0	NC	4		436	27	
Energy....kJ	742		0	NC	4		1824	111	
Protein....g	4.86		0	RA	4		11.96	0.73	
Total lipid (fat)....g	8.59		0	RA	4		21.14	1.29	
Ash....g	1.56		0	RA	4		3.84	0.23	
Carbohydrate, by difference....g	20.12		0	RA	4		49.48	3.02	
Fiber, total dietary....g	4.0		0	RA	4		9.8	0.6	
Sugars, total....g	0.27		0	RA	4		0.68	0.04	
Starch....g									
Minerals:									
Calcium, Ca....mg	49		0	RA	4		121	7	
Iron, Fe....mg	1.56		0	RA	4		3.84	0.23	
Magnesium, Mg....mg	29		0	RA	4		70	4	
Phosphorus, P....mg	110		0	RA	4		270	16	
Potassium, K....mg	173		0	RA	4		426	26	
Sodium, Na....mg	242		0	RA	4		596	36	
Zinc, Zn....mg	1.09		0	RA	4		2.67	0.16	
Copper, Cu....mg	0.224		0	RA	4		0.551	0.034	
Manganese, Mn....mg	0.567		0	RA	4		1.396	0.085	
Selenium, Se....mcg	2.4		0	RA	4		6.0	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.9		0	RA	4		19.5	1.2	
Thiamin....mg	0.089		0	RA	4		0.219	0.013	
Riboflavin....mg	0.052		0	RA	4		0.127	0.008	
Niacin....mg	0.399		0	RA	4		0.980	0.060	
Pantothenic acid....mg	0.287		0	RA	4		0.706	0.043	
Vitamin B-6....mg	0.399		0	RA	4		0.980	0.060	
Folate, total....mcg	59		0	RA	4		145	9	
Folic acid....mcg	0		0	RA	4		0	0	
Folate, food....mcg	59		0	RA	4		145	9	
Folate, DFE....mcg_DFE	59		0	NC	4		145	9	
Choline, total....mg	27.8		0	RA	4		68.4	4.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	RA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		1	0	
Retinol....mcg	0		0	RA	4		0	0	
Carotene, beta....mcg	2		0	RA	4		6	0	
Carotene, alpha....mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta....mcg	2		0	RA	4		4	0	
Vitamin A, IU....IU	5		0	NC	4		13	1	
Lycopene....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin....mcg	1		0	RA	4		3	0	
Vitamin E (alpha-tocopherol)....mg	0.75		0	RA	4		1.83	0.11	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg	0.01		0	RA	4		0.01	0.00	
Tocopherol, gamma....mg	0.04		0	RA	4		0.10	0.01	
Tocopherol, delta....mg	0.00		0	RA	4		0.00	0.00	
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	3.0		0	RA	4		7.4	0.5	
Lipids:									
Fatty acids, total saturated....g	1.141		0	RA	4		2.806	0.171	
4:0....g	0.000		0	RA	4		0.000	0.000	

NDB No. 16137
Hummus, home prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.000		0	RA	4		0.000	0.000	
13:0....g									
14:0....g	0.008		0	RA	4		0.020	0.001	
15:0....g									
16:0....g	0.881		0	RA	4		2.167	0.132	
17:0....g	0.001		0	RA	4		0.003	0.000	
18:0....g	0.223		0	RA	4		0.550	0.034	
20:0....g	0.021		0	RA	4		0.051	0.003	
22:0....g	0.006		0	RA	4		0.016	0.001	
24:0....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	4.865		0	RA	4		11.968	0.730	
14:1....g	0.000		0	RA	4		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.072		0	RA	4		0.178	0.011	
17:1....g	0.006		0	RA	4		0.015	0.001	
18:1 undifferentiated....g	4.767		0	RA	4		11.727	0.715	
20:1....g	0.019		0	RA	4		0.048	0.003	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.109		0	RA	4		5.187	0.316	
18:2 undifferentiated....g	2.035		0	RA	4		5.006	0.305	
18:3 undifferentiated....g	0.074		0	RA	4		0.181	0.011	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RA	4		0	0	
Phytosterols....mg	11		0	RA	4		27	2	
Amino Acids:									
Tryptophan....g	0.057		0	RA	4		0.141	0.009	
Threonine....g	0.182		0	RA	4		0.448	0.027	
Isoleucine....g	0.206		0	RA	4		0.507	0.031	
Leucine....g	0.346		0	RA	4		0.852	0.052	
Lysine....g	0.291		0	RA	4		0.717	0.044	
Methionine....g	0.080		0	RA	4		0.197	0.012	
Cystine....g	0.071		0	RA	4		0.174	0.011	
Phenylalanine....g	0.256		0	RA	4		0.630	0.038	
Tyrosine....g	0.134		0	RA	4		0.329	0.020	
Valine....g	0.215		0	RA	4		0.528	0.032	
Arginine....g	0.501		0	RA	4		1.231	0.075	
Histidine....g	0.134		0	RA	4		0.329	0.020	
Alanine....g	0.213		0	RA	4		0.525	0.032	
Aspartic acid....g	0.544		0	RA	4		1.337	0.082	
Glutamic acid....g	0.882		0	RA	4		2.169	0.132	
Glycine....g	0.223		0	RA	4		0.549	0.033	
Proline....g	0.201		0	RA	4		0.494	0.030	
Serine....g	0.245		0	RA	4		0.603	0.037	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		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. 16137
Hummus, home prepared

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 15.0g: 1 tablespoon

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16368
Hyacinth beans, mature seeds, cooked, boiled, 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	69.13		0		1		134.11		
Energy	kcal	117		0	NC	4		227		
Energy	kJ	490				4		950		
Protein (N x 6.25)	g	8.14		0		1		15.79		
Total lipid (fat)	g	0.58		0		1		1.13		
Ash	g	1.46		0		1		2.83		
Carbohydrate, by difference	g	20.70		0	NC	4		40.16		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	40		0		1		78		
Iron, Fe	mg	4.58		0		1		8.89		
Magnesium, Mg	mg	82		0		1		159		
Phosphorus, P	mg	120		0		1		233		
Potassium, K	mg	337		0		1		654		
Sodium, Na	mg	243		0		1		471		
Zinc, Zn	mg	2.85		0		1		5.53		
Copper, Cu	mg	0.341		0		1		0.662		
Manganese, Mn	mg	0.482		0		4		0.935		
Selenium, Se	mcg	2.8		0	BFSN	4		5.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.270		0		1		0.524		
Riboflavin	mg	0.037		0		1		0.072		
Niacin	mg	0.411		0		1		0.797		
Pantothenic acid	mg	0.316		0		4		0.613		
Vitamin B-6	mg	0.037		0		4		0.072		
Folate, total	mcg	4		0		4		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		0		4		7		
Folate, DFE	mcg_DFE	4		0	NC	4		7		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (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									
Lipids:										
Fatty acids, total saturated	g	0.099		0		4		0.192		
Fatty acids, total monounsaturated	g									
14:1	g									
15:1	g									

NDB No. 16368
Hyacinth beans, mature seeds, cooked, boiled, 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
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.026		0		4		0.050		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.245		0		4		0.475		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.068		0		1		0.132		
Threonine....g	0.315		0		1		0.611		
Isoleucine....g	0.390		0		1		0.757		
Leucine....g	0.691		0		1		1.341		
Lysine....g	0.556		0		1		1.079		
Methionine....g	0.065		0		1		0.126		
Cystine....g	0.095		0		1		0.184		
Phenylalanine....g	0.410		0		1		0.795		
Tyrosine....g	0.291		0		1		0.565		
Valine....g	0.422		0		1		0.819		
Arginine....g	0.598		0		1		1.160		
Histidine....g	0.233		0		1		0.452		
Alanine....g	0.364		0		1		0.706		
Aspartic acid....g	0.962		0		1		1.866		
Glutamic acid....g	1.323		0		1		2.567		
Glycine....g	0.351		0		1		0.681		
Proline....g	0.396		0		1		0.768		
Serine....g	0.448		0		1		0.869		
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 = 194g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16068
Hyacinth beans, mature seeds, cooked, boiled, 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	69.13		0		1		134.11		
Energy....kcal	117		0	NC	4		227		
Energy....kJ	490				4		950		
Protein (N x 6.25)....g	8.14		0		1		15.79		
Total lipid (fat)....g	0.58		0		1		1.13		
Ash....g	1.46		0		1		2.83		
Carbohydrate, by difference....g	20.70		0	NC	4		40.16		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	40		0		1		78		
Iron, Fe....mg	4.58		0		1		8.89		
Magnesium, Mg....mg	82		0		1		159		
Phosphorus, P....mg	120		0		1		233		
Potassium, K....mg	337		0		1		654		
Sodium, Na....mg	7		0		1		14		
Zinc, Zn....mg	2.85		0		1		5.53		
Copper, Cu....mg	0.341		0		1		0.662		
Manganese, Mn....mg	0.482		0		4		0.935		
Selenium, Se....mcg	2.8		0	BFSN	4		5.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.270		0		1		0.524		
Riboflavin....mg	0.037		0		1		0.072		
Niacin....mg	0.411		0		1		0.797		
Pantothenic acid....mg	0.316		0		4		0.613		
Vitamin B-6....mg	0.037		0		4		0.072		
Folate, total....mcg	4		0		4		7		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	4		0		4		7		
Folate, DFE....mcg_DFE	4		0	NC	4		7		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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									
Lipids:									
Fatty acids, total saturated....g	0.099		0		4		0.192		
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g									

NDB No. 16068
Hyacinth beans, mature seeds, cooked, boiled, 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
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.026		0		4		0.050		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.245		0		4		0.475		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.068		0		1		0.132		
Threonine....g	0.315		0		1		0.611		
Isoleucine....g	0.390		0		1		0.757		
Leucine....g	0.691		0		1		1.341		
Lysine....g	0.556		0		1		1.079		
Methionine....g	0.065		0		1		0.126		
Cystine....g	0.095		0		1		0.184		
Phenylalanine....g	0.410		0		1		0.795		
Tyrosine....g	0.291		0		1		0.565		
Valine....g	0.422		0		1		0.819		
Arginine....g	0.598		0		1		1.160		
Histidine....g	0.233		0		1		0.452		
Alanine....g	0.364		0		1		0.706		
Aspartic acid....g	0.962		0		1		1.866		
Glutamic acid....g	1.323		0		1		2.567		
Glycine....g	0.351		0		1		0.681		
Proline....g	0.396		0		1		0.768		
Serine....g	0.448		0		1		0.869		
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 = 194g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16067

Hyacinth beans, mature seeds, raw

Dolichos purpureus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.38	1.358	4		1		19.70		
Energy....kcal	344		0	NC	4		722		
Energy....kJ	1439				4		3023		
Protein (N x 6.25)....g	23.90	0.492	4		1		50.19		
Total lipid (fat)....g	1.69	0.524	4		1		3.55		
Ash....g	4.29	0.381	4		1		9.01		
Carbohydrate, by difference....g	60.76		0	NC	4		127.60		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	130	29.541	4		1		273		
Iron, Fe....mg	5.10		0		1		10.71		
Magnesium, Mg....mg	283	115.834	3		1		594		
Phosphorus, P....mg	372	63.721	4		1		781		
Potassium, K....mg	1235	150.848	3		1		2594		
Sodium, Na....mg	21	2.663	3		1		44		
Zinc, Zn....mg	9.30		1		1		19.53		
Copper, Cu....mg	1.335		2		1		2.804		
Manganese, Mn....mg	1.573		0		4		3.303		
Selenium, Se....mcg	8.2		0	CAZN	4		17.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	1.130		1		1		2.373		
Riboflavin....mg	0.136	0.023	6		1		0.286		
Niacin....mg	1.610		2		1		3.381		
Pantothenic acid....mg	1.237		0		4		2.598		
Vitamin B-6....mg	0.155		0		4		0.326		
Folate, total....mcg	23		0		4		47		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	23		0		4		47		
Folate, DFE....mcg_DFE	23		0	NC	4		47		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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									
Lipids:									
Fatty acids, total saturated....g	0.288		0		4		0.605		
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g									

NDB No. 16067
Hyacinth beans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.076		0		4		0.160		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.715		0		4		1.502		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.199		5		1		0.418		
Threonine....g	0.925		4		1		1.943		
Isoleucine....g	1.143		4		1		2.400		
Leucine....g	2.026		4		1		4.255		
Lysine....g	1.632		5		1		3.427		
Methionine....g	0.191		4		1		0.401		
Cystine....g	0.279		3		1		0.586		
Phenylalanine....g	1.204		4		1		2.528		
Tyrosine....g	0.853		3		1		1.791		
Valine....g	1.239		4		1		2.602		
Arginine....g	1.755		4		1		3.686		
Histidine....g	0.684		4		1		1.436		
Alanine....g	1.067		3		1		2.241		
Aspartic acid....g	2.821		3		1		5.924		
Glutamic acid....g	3.880		3		1		8.148		
Glycine....g	1.028		3		1		2.159		
Proline....g	1.162		3		1		2.440		
Serine....g	1.315		3		1		2.762		
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 = 210g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 22126

LOMA LINDA Big Franks, canned, unprepared

Kellogg, Co.

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	59.10		1	MC	9		30.14		
Energy....kcal	218		1	MC	9		111		
Energy....kJ	912		1	MC	9		465		
Protein (N x 6.25)....g	21.50		1	MC	9		10.97		
Total lipid (fat)....g	12.10		1	MC	9		6.17		
Ash....g	1.60		1	MC	9		0.82		
Carbohydrate, by difference....g	5.80		1	MC	9		2.96		
Fiber, total dietary....g	3.5		1	MC	9		1.8		
Sugars, total....g	0.40		1	MC	9		0.20		
Starch....g									
Minerals:									
Calcium, Ca....mg	17		1	MC	9		9		
Iron, Fe....mg	2.50		1	MC	9		1.28		
Magnesium, Mg....mg									
Phosphorus, P....mg	142		1	MC	9		72		
Potassium, K....mg	116		1	MC	9		59		
Sodium, Na....mg	426		1	MC	9		217		
Zinc, Zn....mg	2.30		1	MC	9		1.17		
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	0.600		1	MC	9		0.306		
Riboflavin....mg	1.000		1	MC	9		0.510		
Niacin....mg	14.800		1	MC	9		7.548		
Pantothenic acid....mg	3.100		1	MC	9		1.581		
Vitamin B-6....mg	1.400		1	MC	9		0.714		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	13.10		1	MC	9		6.68		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	1.600		1	MC	9		0.816		
Fatty acids, total monounsaturated....g	3.100		1	MC	9		1.581		
Fatty acids, total polyunsaturated....g	7.400		1	MC	9		3.774		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	0		1	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.

NDB No. 22126
LOMA LINDA Big Franks, canned, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 51g: 1 link

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16509
LOMA LINDA Linketts, canned, unprepared
Kellogg, Co.

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	61.20		1	MC	9		21.42		
Energy....kcal	209		1	MC	9		73		
Energy....kJ	874		1	MC	9		306		
Protein (N x 6.25)....g	21.30		1	MC	9		7.45		
Total lipid (fat)....g	11.80		1	MC	9		4.13		
Ash....g	1.40		1	MC	9		0.49		
Carbohydrate, by difference....g	4.40		1	MC	9		1.54		
Fiber, total dietary....g	3.0		1	MC	9		1.1		
Sugars, total....g	0.30		1	MC	9		0.11		
Starch....g									
Minerals:									
Calcium, Ca....mg	11		1	MC	9		4		
Iron, Fe....mg	1.80		1	MC	9		0.63		
Magnesium, Mg....mg									
Phosphorus, P....mg	114		1	MC	9		40		
Potassium, K....mg	64		1	MC	9		22		
Sodium, Na....mg	401		1	MC	9		140		
Zinc, Zn....mg	1.50		1	MC	9		0.53		
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	0.400		1	MC	9		0.140		
Riboflavin....mg	0.700		1	MC	9		0.245		
Niacin....mg	9.500		1	MC	9		3.325		
Pantothenic acid....mg	2.000		1	MC	9		0.700		
Vitamin B-6....mg	0.400		1	MC	9		0.140		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.90		1	MC	9		1.02		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	1.600		1	MC	9		0.560		
Fatty acids, total monounsaturated....g	2.900		1	MC	9		1.015		
Fatty acids, total polyunsaturated....g	7.000		1	MC	9		2.450		
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.

NDB No. 16509

LOMA LINDA Linketts, canned, unprepared

Common Measures:

Measure 1 = 35g: 1 link

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16500
LOMA LINDA Little Links, canned, unprepared
Kellogg, Co.

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	60.00		1	MC	9		27.60		
Energy....kcal	221		1	MC	9		102		
Energy....kJ	925		1	MC	9		426		
Protein (N x 6.25)....g	19.40		1	MC	9		8.92		
Total lipid (fat)....g	13.50		1	MC	9		6.21		
Ash....g	1.60		1	MC	9		0.74		
Carbohydrate, by difference....g	5.50		1	MC	9		2.53		
Fiber, total dietary....g	4.2		1	MC	9		1.9		
Sugars, total....g	0.80		1	MC	9		0.37		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		1	MC	9		9		
Iron, Fe....mg	1.50		1	MC	9		0.69		
Magnesium, Mg....mg									
Phosphorus, P....mg	103		1	MC	9		47		
Potassium, K....mg	56		1	MC	9		26		
Sodium, Na....mg	472		1	MC	9		217		
Zinc, Zn....mg	1.50		1	MC	9		0.69		
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	1.000		1	MC	9		0.460		
Riboflavin....mg	1.400		1	MC	9		0.644		
Niacin....mg	15.600		1	MC	9		7.176		
Pantothenic acid....mg	2.200		1	MC	9		1.012		
Vitamin B-6....mg	1.100		1	MC	9		0.506		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.30		1	MC	9		1.52		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	2.000		1	MC	9		0.920		
Fatty acids, total monounsaturated....g	3.500		1	MC	9		1.610		
Fatty acids, total polyunsaturated....g	7.700		1	MC	9		3.542		
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.

NDB No. 16500

LOMA LINDA Little Links, canned, unprepared

Common Measures:

Measure 1 = 46g: 2 links

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16502

LOMA LINDA Low Fat Big Franks, canned, unprepared

Kellogg, Co.

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	65.60		1	MC	9		33.46		
Energy....kcal	154		1	MC	9		79		
Energy....kJ	644		1	MC	9		328		
Protein (N x 6.25)....g	23.10		1	MC	9		11.78		
Total lipid (fat)....g	4.70		1	MC	9		2.40		
Ash....g	1.70		1	MC	9		0.87		
Carbohydrate, by difference....g	4.90		1	MC	9		2.50		
Fiber, total dietary....g	4.1		1	MC	9		2.1		
Sugars, total....g	0.30		1	MC	9		0.15		
Starch....g									
Minerals:									
Calcium, Ca....mg	17		1	MC	9		9		
Iron, Fe....mg	2.30		1	MC	9		1.17		
Magnesium, Mg....mg									
Phosphorus, P....mg	137		1	MC	9		70		
Potassium, K....mg	100		1	MC	9		51		
Sodium, Na....mg	481		1	MC	9		245		
Zinc, Zn....mg	2.50		1	MC	9		1.28		
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	0.400		1	MC	9		0.204		
Riboflavin....mg	0.800		1	MC	9		0.408		
Niacin....mg	7.800		1	MC	9		3.978		
Pantothenic acid....mg	0.800		1	MC	9		0.408		
Vitamin B-6....mg	0.100		1	MC	9		0.051		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.40		1	MC	9		1.22		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.500		1	MC	9		0.255		
Fatty acids, total monounsaturated....g	1.100		1	MC	9		0.561		
Fatty acids, total polyunsaturated....g	3.100		1	MC	9		1.581		
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.

NDB No. 16502

LOMA LINDA Low Fat Big Franks, canned, unprepared

Common Measures:

Measure 1 = 51g: 1 link

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16507
LOMA LINDA Redi-Burger, canned, unprepared
Kellogg, Co.

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	64.80		1	MC	9				
Energy....kcal	146		1	MC	9				
Energy....kJ	611		1	MC	9				
Protein (N x 6.25)....g	21.90		1	MC	9				
Total lipid (fat)....g	2.80		1	MC	9				
Ash....g	1.90		1	MC	9				
Carbohydrate, by difference....g	8.20		1	MC	9				
Fiber, total dietary....g	4.3		1	MC	9				
Sugars, total....g	1.20		1	MC	9				
Starch....g									
Minerals:									
Calcium, Ca....mg	17		1	MC	9				
Iron, Fe....mg	20.00		1	MC	9				
Magnesium, Mg....mg									
Phosphorus, P....mg	159		1	MC	9				
Potassium, K....mg	170		1	MC	9				
Sodium, Na....mg	508		1	MC	9				
Zinc, Zn....mg	1.70		1	MC	9				
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9				
Thiamin....mg	0.300		1	MC	9				
Riboflavin....mg	0.500		1	MC	9				
Niacin....mg	5.100		1	MC	9				
Pantothenic acid....mg	1.700		1	MC	9				
Vitamin B-6....mg	0.500		1	MC	9				
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.60		1	MC	9				
Vitamin A, RAE....mcg_RAE	0		1	MC	9				
Vitamin A, IU....IU	0		1	MC	9				
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	0.400		1	MC	9				
Fatty acids, total monounsaturated....g	0.600		1	MC	9				
Fatty acids, total polyunsaturated....g	1.800		1	MC	9				
Fatty acids, total trans....g	0.000		1	MC	9				
Cholesterol....mg	0		1	MC	9				
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. 16507
LOMA LINDA Redi-Burger, canned, unprepared

Common Measures:

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16505

LOMA LINDA Swiss Stake with Gravy, canned, unprepared

Kellogg, Co.

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	70.90		1	MC	9		65.23		
Energy....kcal	138		1	MC	9		127		
Energy....kJ	577		1	MC	9		531		
Protein (N x 6.25)....g	10.20		1	MC	9		9.38		
Total lipid (fat)....g	6.20		1	MC	9		5.70		
Ash....g	2.00		1	MC	9		1.84		
Carbohydrate, by difference....g	10.40		1	MC	9		9.57		
Fiber, total dietary....g	3.2		1	MC	9		2.9		
Sugars, total....g	0.90		1	MC	9		0.83		
Starch....g									
Minerals:									
Calcium, Ca....mg	35		1	MC	9		32		
Iron, Fe....mg	1.80		1	MC	9		1.66		
Magnesium, Mg....mg									
Phosphorus, P....mg	140		1	MC	9		129		
Potassium, K....mg	226		1	MC	9		208		
Sodium, Na....mg	471		1	MC	9		433		
Zinc, Zn....mg	0.70		1	MC	9		0.64		
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	1.300		1	MC	9		1.196		
Riboflavin....mg	0.900		1	MC	9		0.828		
Niacin....mg	15.400		1	MC	9		14.168		
Pantothenic acid....mg	1.200		1	MC	9		1.104		
Vitamin B-6....mg	1.100		1	MC	9		1.012		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	7.30		1	MC	9		6.72		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.800		1	MC	9		0.736		
Fatty acids, total monounsaturated....g	1.600		1	MC	9		1.472		
Fatty acids, total polyunsaturated....g	3.700		1	MC	9		3.404		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	1		1	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.

NDB No. 16505

LOMA LINDA Swiss Stake with Gravy, canned, unprepared

Common Measures:

Measure 1 = 92g: 1 piece

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16508

LOMA LINDA Tender Bits, canned, unprepared

Kellogg, Co.

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	70.00		1	MC	9		59.50		
Energy....kcal	135		1	MC	9		115		
Energy....kJ	565		1	MC	9		480		
Protein (N x 6.25)....g	15.10		1	MC	9		12.84		
Total lipid (fat)....g	4.60		1	MC	9		3.91		
Ash....g	2.00		1	MC	9		1.70		
Carbohydrate, by difference....g	8.30		1	MC	9		7.06		
Fiber, total dietary....g	4.3		1	MC	9		3.7		
Sugars, total....g	0.60		1	MC	9		0.51		
Starch....g									
Minerals:									
Calcium, Ca....mg	17		1	MC	9		14		
Iron, Fe....mg	1.60		1	MC	9		1.36		
Magnesium, Mg....mg									
Phosphorus, P....mg	88		1	MC	9		75		
Potassium, K....mg	65		1	MC	9		55		
Sodium, Na....mg	613		1	MC	9		521		
Zinc, Zn....mg	1.00		1	MC	9		0.85		
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	0.500		1	MC	9		0.425		
Riboflavin....mg	0.600		1	MC	9		0.510		
Niacin....mg	6.600		1	MC	9		5.610		
Pantothenic acid....mg	1.800		1	MC	9		1.530		
Vitamin B-6....mg	0.100		1	MC	9		0.085		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.10		1	MC	9		0.09		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.700		1	MC	9		0.595		
Fatty acids, total monounsaturated....g	1.100		1	MC	9		0.935		
Fatty acids, total polyunsaturated....g	2.600		1	MC	9		2.210		
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.

NDB No. 16508

LOMA LINDA Tender Bits, canned, unprepared

Common Measures:

Measure 1 = 85g: 6 pieces

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16504

LOMA LINDA Tender Rounds with Gravy, canned, unprepared

Kellogg, Co.

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	69.10		1	MC	9		55.28		
Energy....kcal	145		1	MC	9		116		
Energy....kJ	607		1	MC	9		486		
Protein (N x 6.25)....g	16.30		1	MC	9		13.04		
Total lipid (fat)....g	5.60		1	MC	9		4.48		
Ash....g	1.60		1	MC	9		1.28		
Carbohydrate, by difference....g	7.40		1	MC	9		5.92		
Fiber, total dietary....g	3.5		1	MC	9		2.8		
Sugars, total....g	1.00		1	MC	9		0.80		
Starch....g									
Minerals:									
Calcium, Ca....mg	14		1	MC	9		11		
Iron, Fe....mg	1.50		1	MC	9		1.20		
Magnesium, Mg....mg									
Phosphorus, P....mg	103		1	MC	9		82		
Potassium, K....mg	95		1	MC	9		76		
Sodium, Na....mg	443		1	MC	9		354		
Zinc, Zn....mg	0.80		1	MC	9		0.64		
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	1.000		1	MC	9		0.800		
Riboflavin....mg	0.500		1	MC	9		0.400		
Niacin....mg	0.500		1	MC	9		0.400		
Pantothenic acid....mg	0.500		1	MC	9		0.400		
Vitamin B-6....mg	0.200		1	MC	9		0.160		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.20		1	MC	9		1.76		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.700		1	MC	9		0.560		
Fatty acids, total monounsaturated....g	1.300		1	MC	9		1.040		
Fatty acids, total polyunsaturated....g	2.300		1	MC	9		1.840		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	1		1	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.

NDB No. 16504

LOMA LINDA Tender Rounds with Gravy, canned, unprepared

Common Measures:

Measure 1 = 80g: 6 pieces

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16506

LOMA LINDA Vege-Burger, canned, unprepared

Kellogg, Co.

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	72.00		1	MC	9		39.60		
Energy....kcal	114		1	MC	9		63		
Energy....kJ	477		1	MC	9		262		
Protein (N x 6.25)....g	22.20		1	MC	9		12.21		
Total lipid (fat)....g	1.20		1	MC	9		0.66		
Ash....g	0.90		1	MC	9		0.49		
Carbohydrate, by difference....g	3.70		1	MC	9		2.04		
Fiber, total dietary....g	2.6		1	MC	9		1.4		
Sugars, total....g	0.80		1	MC	9		0.44		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	MC	9		9		
Iron, Fe....mg	1.70		1	MC	9		0.94		
Magnesium, Mg....mg									
Phosphorus, P....mg	80		1	MC	9		44		
Potassium, K....mg	74		1	MC	9		41		
Sodium, Na....mg	222		1	MC	9		122		
Zinc, Zn....mg	1.30		1	MC	9		0.71		
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	0.200		1	MC	9		0.110		
Riboflavin....mg	0.500		1	MC	9		0.275		
Niacin....mg	9.900		1	MC	9		5.445		
Pantothenic acid....mg	1.800		1	MC	9		0.990		
Vitamin B-6....mg	0.600		1	MC	9		0.330		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	6.60		1	MC	9		3.63		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.200		1	MC	9		0.110		
Fatty acids, total monounsaturated....g	0.200		1	MC	9		0.110		
Fatty acids, total polyunsaturated....g	0.800		1	MC	9		0.440		
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.

NDB No. 16506

LOMA LINDA Vege-Burger, canned, unprepared

Common Measures:

Measure 1 = 55g: .25 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16370
Lentils, mature seeds, cooked, boiled, 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	69.64	0.753	23		1		137.89		
Energy....kcal	114		0	NC	4		226		
Energy....kJ	477		0	NC	4		944		
Protein (N x 6.25)....g	9.02	0.191	23		1		17.86		
Total lipid (fat)....g	0.38	0.014	22		1		0.75		
Ash....g	1.42		0	O	4		2.81		
Carbohydrate, by difference....g	19.54		0	NC	4		38.69		
Fiber, total dietary....g	7.9		0		4		15.6		
Sugars, total....g	1.80		0	BFZN	4		3.56		
Starch....g									
Minerals:									
Calcium, Ca....mg	19	0.369	20		1		38		
Iron, Fe....mg	3.33	0.239	20		1		6.59		
Magnesium, Mg....mg	36	1.850	20		1		71		
Phosphorus, P....mg	180	11.314	20		1		356		
Potassium, K....mg	369	25.073	20		1		731		
Sodium, Na....mg	238		0		1		471		
Zinc, Zn....mg	1.27	0.057	21		1		2.51		
Copper, Cu....mg	0.251	0.011	21		1		0.497		
Manganese, Mn....mg	0.494	0.009	20		1		0.978		
Selenium, Se....mcg	2.8		0	BFSN	4		5.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		0		1		3.0		
Thiamin....mg	0.169	0.022	20		1		0.335		
Riboflavin....mg	0.073	0.002	20		1		0.145		
Niacin....mg	1.060	0.092	20		1		2.099		
Pantothenic acid....mg	0.638	0.027	8		1		1.263		
Vitamin B-6....mg	0.178	0.004	8		1		0.352		
Folate, total....mcg	181	6.984	8		1		358		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	181	6.984	8		1		358		
Folate, DFE....mcg_DFE	181		0	NC	4		358		
Choline, total....mg	32.7		0	CASN	4		64.7		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	5		0	BFZN	4		10		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	8		0	NC	4		16		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.11		0	BFZN	4		0.22		
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	1.7		0	BFZN	4		3.4		
Lipids:									
Fatty acids, total saturated....g	0.053		0		1		0.105		
4:0....g									

NDB No. 16370
Lentils, mature seeds, cooked, boiled, 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									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.045		0		1		0.089		
17:0 g									
18:0 g	0.005		0		1		0.010		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.064		0		1		0.127		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.002		
17:1 g									
18:1 undifferentiated g	0.061		0		1		0.121		
20:1 g	0.002		0		1		0.004		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.175		0		1		0.347		
18:2 undifferentiated g	0.137		0		1		0.271		
18:3 undifferentiated g	0.037		0		1		0.073		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.081		0		1		0.160		
Threonine g	0.323		0		1		0.640		
Isoleucine g	0.390		0		1		0.772		
Leucine g	0.654		0		1		1.295		
Lysine g	0.630		0		1		1.247		
Methionine g	0.077		0		1		0.152		
Cystine g	0.118		0		1		0.234		
Phenylalanine g	0.445		0		1		0.881		
Tyrosine g	0.241		0		1		0.477		
Valine g	0.448		0		1		0.887		
Arginine g	0.697		0		1		1.380		
Histidine g	0.254		0		1		0.503		
Alanine g	0.377		0		1		0.746		
Aspartic acid g	0.998		0		1		1.976		
Glutamic acid g	1.399		0		1		2.770		
Glycine g	0.367		0		1		0.727		
Proline g	0.377		0		1		0.746		
Serine g	0.416		0		1		0.824		
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 = 198g: 1 cup

NDB No. 16370
Lentils, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16070
Lentils, mature seeds, cooked, boiled, 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	69.64	0.753	23		1		137.89	8.57	
Energy....kcal	116		0	NC	4		230	14	
Energy....kJ	487		0	NC	4		964	60	
Protein (N x 6.25)....g	9.02	0.191	23		1		17.86	1.11	
Total lipid (fat)....g	0.38	0.014	22		1		0.75	0.05	
Ash....g	0.83	0.040	22		1		1.64	0.10	
Carbohydrate, by difference....g	20.13		0	NC	4		39.86	2.48	
Fiber, total dietary....g	7.9		0		1		15.6	1.0	
Sugars, total....g	1.80		0	T	4		3.56	0.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	19	0.369	20		1		38	2	
Iron, Fe....mg	3.33	0.239	20		1		6.59	0.41	
Magnesium, Mg....mg	36	1.850	20		1		71	4	
Phosphorus, P....mg	180	11.314	20		1		356	22	
Potassium, K....mg	369	25.073	20		1		731	45	
Sodium, Na....mg	2	0.153	16		1		4	0	
Zinc, Zn....mg	1.27	0.057	21		1		2.51	0.16	
Copper, Cu....mg	0.251	0.011	21		1		0.497	0.031	
Manganese, Mn....mg	0.494	0.009	20		1		0.978	0.061	
Selenium, Se....mcg	2.8		0	BFSN	4		5.5	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		0		1		3.0	0.2	
Thiamin....mg	0.169	0.022	20		1		0.335	0.021	
Riboflavin....mg	0.073	0.002	20		1		0.145	0.009	
Niacin....mg	1.060	0.092	20		1		2.099	0.130	
Pantothenic acid....mg	0.638	0.027	8		1		1.263	0.078	
Vitamin B-6....mg	0.178	0.004	8		1		0.352	0.022	
Folate, total....mcg	181	6.984	8		1		358	22	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	181	6.984	8		1		358	22	
Folate, DFE....mcg_DFE	181		0	NC	4		358	22	
Choline, total....mg	32.7		0	CASN	4		64.7	4.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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	NC	4		1	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	5		0	O	4		10	1	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	8		0	NC	4		16	1	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	O	4		0.22	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	1.7		0	BFSN	4		3.4	0.2	
Lipids:									
Fatty acids, total saturated....g	0.053		0		1		0.105	0.007	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16070
Lentils, mature seeds, cooked, boiled, 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		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	0.001		0		1		0.002	0.000	
15:0....g									
16:0....g	0.045		0		1		0.089	0.006	
17:0....g									
18:0....g	0.005		0		1		0.010	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.064		0		1		0.127	0.008	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.061		0		1		0.121	0.008	
20:1....g	0.002		0		1		0.004	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.175		0		1		0.347	0.022	
18:2 undifferentiated....g	0.137		0		1		0.271	0.017	
18:3 undifferentiated....g	0.037		0		1		0.073	0.005	
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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0		1		0.160	0.010	
Threonine....g	0.323		0		1		0.640	0.040	
Isoleucine....g	0.390		0		1		0.772	0.048	
Leucine....g	0.654		0		1		1.295	0.080	
Lysine....g	0.630		0		1		1.247	0.077	
Methionine....g	0.077		0		1		0.152	0.009	
Cystine....g	0.118		0		1		0.234	0.015	
Phenylalanine....g	0.445		0		1		0.881	0.055	
Tyrosine....g	0.241		0		1		0.477	0.030	
Valine....g	0.448		0		1		0.887	0.055	
Arginine....g	0.697		0		1		1.380	0.086	
Histidine....g	0.254		0		1		0.503	0.031	
Alanine....g	0.377		0		1		0.746	0.046	
Aspartic acid....g	0.998		0		1		1.976	0.123	
Glutamic acid....g	1.399		0		1		2.770	0.172	
Glycine....g	0.367		0		1		0.727	0.045	
Proline....g	0.377		0		1		0.746	0.046	
Serine....g	0.416		0		1		0.824	0.051	
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. 16070

Lentils, mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 198g: 1 cup

Measure 2 = 12.3g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16144
Lentils, pink, raw

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	11.79		2	A	1		22.64		
Energy	kcal	345		0	NC	4		663		
Energy	kJ	1445		0	NC	4		2775		
Protein (N x 6.25)	g	24.95		2	A	1		47.90		
Total lipid (fat)	g	2.17		2	A	1		4.17		
Ash	g	1.94		2	A	1		3.72		
Carbohydrate, by difference	g	59.15		0	NC	4		113.57		
Fiber, total dietary	g	10.8		2	A	1		20.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	41		2	A	1		79		
Iron, Fe	mg	7.56		2	A	1		14.52		
Magnesium, Mg	mg	72		2	A	1		138		
Phosphorus, P	mg	294		2	A	1		564		
Potassium, K	mg	578		2	A	1		1110		
Sodium, Na	mg	7		2	A	1		13		
Zinc, Zn	mg	3.90		2	A	1		7.49		
Copper, Cu	mg	1.303		2	A	1		2.502		
Manganese, Mn	mg	1.417		2	A	1		2.721		
Selenium, Se	mcg	8.2		0	CAZN	4		15.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		1	A	1		3.3		
Thiamin	mg	0.510		2	A	1		0.979		
Riboflavin	mg	0.106		2	A	1		0.204		
Niacin	mg	1.495		2	A	1		2.870		
Pantothenic acid	mg	0.348		2	A	1		0.668		
Vitamin B-6	mg	0.403		2	A	1		0.774		
Folate, total	mcg	204		2	A	1		392		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	204		2	A	1		392		
Folate, DFE	mcg_DFE	204		0	NC	4		392		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	3		0	AS	1		6		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	35		2	A	1		67		
Carotene, alpha	mcg	0		2	A	1		0		
Cryptoxanthin, beta	mcg	0		2	A	1		0		
Vitamin A, IU	IU	58		0	AS	1		111		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.379		1	A	1		0.728		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16144
Lentils, pink, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.001		1	A	1		0.002		
12:0 ... g	0.002		1	A	1		0.004		
13:0 ... g									
14:0 ... g	0.003		1	A	1		0.006		
15:0 ... g	0.003		1	A	1		0.006		
16:0 ... g	0.284		1	A	1		0.545		
17:0 ... g	0.004		1	A	1		0.008		
18:0 ... g	0.042		1	A	1		0.081		
20:0 ... g	0.014		1	A	1		0.027		
22:0 ... g	0.014		1	A	1		0.027		
24:0 ... g	0.012		1	A	1		0.023		
Fatty acids, total monounsaturated ... g	0.500		1	A	1		0.960		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g									
17:1 ... g									
18:1 undifferentiated ... g	0.490		1	A	1		0.941		
20:1 ... g	0.011		1	A	1		0.021		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.137		1	A	1		2.183		
18:2 undifferentiated ... g	0.886		1	A	1		1.701		
18:3 undifferentiated ... g	0.250		1	A	1		0.480		
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	Z	7		0		
Phytosterols ... mg	57		1	A	1		109		
Stigmasterol ... mg	4		1	A	1		8		
Campesterol ... mg	6		1	A	1		12		
Beta-sitosterol ... mg	47		1	A	1		91		
Amino Acids:									
Tryptophan ... g	0.223		0	BFPN	4		0.428		
Threonine ... g	0.895		0	BFPN	4		1.718		
Isoleucine ... g	1.078		0	BFPN	4		2.070		
Leucine ... g	1.809		0	BFPN	4		3.473		
Lysine ... g	1.740		0	BFPN	4		3.341		
Methionine ... g	0.212		0	BFPN	4		0.407		
Cystine ... g	0.327		0	BFPN	4		0.628		
Phenylalanine ... g	1.230		0	BFPN	4		2.362		
Tyrosine ... g	0.667		0	BFPN	4		1.281		
Valine ... g	1.238		0	BFPN	4		2.377		
Arginine ... g	1.928		0	BFPN	4		3.702		
Histidine ... g	0.702		0	BFPN	4		1.348		
Alanine ... g	1.042		0	BFPN	4		2.001		
Aspartic acid ... g	2.758		0	BFPN	4		5.295		
Glutamic acid ... g	3.868		0	BFPN	4		7.427		
Glycine ... g	1.014		0	BFPN	4		1.947		
Proline ... g	1.042		0	BFPN	4		2.001		
Serine ... g	1.150		0	BFPN	4		2.208		
Hydroxyproline ... g									

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

Common Measures:

NDB No. 16144
Lentils, pink, raw

Measure 1 = 192g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16069
Lentils, raw
Lens culinaris

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	10.40	0.307	15	JO	11		19.96	1.25	
Energy....kcal	353		0	NC	4		678	42	
Energy....kJ	1477		0	NC	4		2836	177	
Protein (N x 6.25)....g	25.80		1		1		49.54	3.10	
Total lipid (fat)....g	1.06	0.033	9		1		2.03	0.13	
Ash....g	2.67	0.061	7		1		5.13	0.32	
Carbohydrate, by difference....g	60.08		0	NC	4		115.35	7.21	
Fiber, total dietary....g	30.5	2.027	3		1		58.6	3.7	
Sugars, total....g	2.03		0	NC	4		3.90	0.24	
Sucrose....g	1.47	0.033	3		1		2.82	0.18	
Glucose (dextrose)....g	0.00		0	Z	7		0.00	0.00	
Fructose....g	0.27	0.120	3		1		0.51	0.03	
Lactose....g	0.00		0	Z	7		0.00	0.00	
Maltose....g	0.30	0.100	3		1		0.58	0.04	
Galactose....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	56	1.422	8		1		108	7	
Iron, Fe....mg	7.54	0.220	14		1		14.48	0.91	
Magnesium, Mg....mg	122	1.680	8		1		234	15	
Phosphorus, P....mg	451	9.416	8		1		865	54	
Potassium, K....mg	955	18.010	8		1		1834	115	
Sodium, Na....mg	6	1.420	4		1		11	1	
Zinc, Zn....mg	4.78	0.124	14		1		9.17	0.57	
Copper, Cu....mg	0.519	0.034	14		1		0.997	0.062	
Manganese, Mn....mg	1.330	0.123	8		1		2.554	0.160	
Selenium, Se....mcg	8.3		0	BFSN	4		15.9	1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.4		0	BFSN	4		8.5	0.5	
Thiamin....mg	0.873	0.042	8		1		1.675	0.105	
Riboflavin....mg	0.211	0.004	8		1		0.405	0.025	
Niacin....mg	2.605	0.049	8		1		5.002	0.313	
Pantothenic acid....mg	2.140	0.043	8		1		4.109	0.257	
Vitamin B-6....mg	0.540	0.017	8		1		1.036	0.065	
Folate, total....mcg	479	24.872	8		1		919	57	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	479	24.872	8		1		919	57	
Folate, DFE....mcg_DFE	479		0	NC	4		919	57	
Choline, total....mg	96.4		0	CASN	4		185.1	11.6	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	NC	4		4	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	23		0	O	4		45	3	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	39		0	NC	4		75	5	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.49		1		1		0.94	0.06	
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	4.23		1		1		8.12	0.51	
Tocopherol, delta....mg	0.00		1		1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 16069
Lentils, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	5.0		0	T	4		9.6	0.6	
Lipids:									
Fatty acids, total saturated.....g	0.156		0	BFSN	4		0.300	0.019	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.000		0	BFSN	4		0.000	0.000	
10:0.....g	0.000		0	BFSN	4		0.000	0.000	
12:0.....g	0.000		0	BFSN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0	BFSN	4		0.006	0.000	
15:0.....g									
16:0.....g	0.133		0	BFSN	4		0.255	0.016	
17:0.....g									
18:0.....g	0.015		0	BFSN	4		0.028	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.189		0	BFSN	4		0.363	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	BFSN	4		0.006	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.180		0	BFSN	4		0.346	0.022	
20:1.....g	0.006		0	BFSN	4		0.011	0.001	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.516		0	BFSN	4		0.992	0.062	
18:2 undifferentiated.....g	0.404		0	BFSN	4		0.776	0.049	
18:3 undifferentiated.....g	0.109		0	BFSN	4		0.210	0.013	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFSN	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 192g: 1 cup

Measure 2 = 12.0g: 1 tablespoon

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16073
Lima beans, large, mature seeds, canned

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	77.08		13		1		185.76		
Energy	kcal	79		0	NC	4		190		
Energy	kJ	331				4		797		
Protein (N x 6.25)	g	4.93		7		1		11.88		
Total lipid (fat)	g	0.17		7		1		0.41		
Ash	g	2.92		7		1		7.04		
Carbohydrate, by difference	g	14.91		0	NC	4		35.93		
Fiber, total dietary	g	4.8		0		1		11.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		13		1		51		
Iron, Fe	mg	1.81		13		1		4.36		
Magnesium, Mg	mg	39		1		1		94		
Phosphorus, P	mg	74		1		1		178		
Potassium, K	mg	220	15.677	6		1		530		
Sodium, Na	mg	336	9.635	6		1		810		
Zinc, Zn	mg	0.65		0		1		1.57		
Copper, Cu	mg	0.180	0.017	6		1		0.434		
Manganese, Mn	mg	0.363		0		1		0.875		
Selenium, Se	mcg	4.5		0	BFSN	4		10.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.055		7		1		0.133		
Riboflavin	mg	0.034		7		1		0.082		
Niacin	mg	0.261		6		1		0.629		
Pantothenic acid	mg	0.259		0		1		0.624		
Vitamin B-6	mg	0.091		0		1		0.219		
Folate, total	mcg	50		0		1		121		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	50		0		1		121		
Folate, DFE	mcg_DFE	50		0	NC	4		121		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.039		0		1		0.094		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16073
Lima beans, large, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.028		0		1		0.067		
17:0....g									
18:0....g	0.008		0		1		0.019		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.036		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.029		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.001		0		1		0.002		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.074		0		1		0.178		
18:2 undifferentiated....g	0.052		0		1		0.125		
18:3 undifferentiated....g	0.023		0		1		0.055		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.140		
Threonine....g	0.213		0		1		0.513		
Isoleucine....g	0.259		0		1		0.624		
Leucine....g	0.425		0		1		1.024		
Lysine....g	0.330		0		1		0.795		
Methionine....g	0.062		0		1		0.149		
Cystine....g	0.054		0		1		0.130		
Phenylalanine....g	0.284		0		1		0.684		
Tyrosine....g	0.174		0		1		0.419		
Valine....g	0.296		0		1		0.713		
Arginine....g	0.302		0		1		0.728		
Histidine....g	0.151		0		1		0.364		
Alanine....g	0.251		0		1		0.605		
Aspartic acid....g	0.635		0		1		1.530		
Glutamic acid....g	0.697		0		1		1.680		
Glycine....g	0.208		0		1		0.501		
Proline....g	0.224		0		1		0.540		
Serine....g	0.328		0		1		0.790		
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 = 241g: 1 cup

NDB No. 16073
Lima beans, large, mature seeds, canned

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16372

Lima beans, large, mature seeds, cooked, boiled, 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	69.79	0.370	20		1		131.21		
Energy....kcal	115		0	NC	4		217		
Energy....kJ	482		0	NC	4		906		
Protein (N x 6.25)....g	7.80	0.164	22		1		14.66		
Total lipid (fat)....g	0.38	0.016	22		1		0.71		
Ash....g	1.15	0.022	22		1		2.16		
Carbohydrate, by difference....g	20.88		0	NC	4		39.25		
Fiber, total dietary....g	7.0		0		4		13.2		
Sugars, total....g	2.90		0	BFZN	4		5.45		
Starch....g									
Minerals:									
Calcium, Ca....mg	17	0.602	29		1		32		
Iron, Fe....mg	2.39	0.154	30		1		4.49		
Magnesium, Mg....mg	43	1.435	30		1		81		
Phosphorus, P....mg	111	3.771	29		1		209		
Potassium, K....mg	508	14.604	30		1		955		
Sodium, Na....mg	238		0		1		447		
Zinc, Zn....mg	0.95	0.018	36		1		1.79		
Copper, Cu....mg	0.235	0.009	36		1		0.442		
Manganese, Mn....mg	0.516	0.015	30		1		0.970		
Selenium, Se....mcg	4.5	1.798	12	A	1		8.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.161	0.009	22		1		0.303		
Riboflavin....mg	0.055	0.003	22		1		0.103		
Niacin....mg	0.421	0.018	22		1		0.791		
Pantothenic acid....mg	0.422	0.012	8		1		0.793		
Vitamin B-6....mg	0.161	0.005	8		1		0.303		
Folate, total....mcg	83	6.583	8		1		156		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	83	6.583	8		1		156		
Folate, DFE....mcg_DFE	83		0	NC	4		156		
Choline, total....mg	32.5		0	CASN	4		61.1		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		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	Z	7		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	NC	4		0		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.18		0	BFZN	4		0.34		
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	2.0		0	BFZN	4		3.8		
Lipids:									
Fatty acids, total saturated....g	0.089		0		1		0.167		
4:0....g									

NDB No. 16372
Lima beans, large, mature seeds, cooked, boiled, 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									
8:0 g									
10:0 g									
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.065		0		1		0.122		
17:0 g									
18:0 g	0.018		0		1		0.034		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.034		0		1		0.064		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		1		0.004		
17:1 g									
18:1 undifferentiated g	0.029		0		1		0.055		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.002		0		1		0.004		
24:1 c g									
Fatty acids, total polyunsaturated g	0.171		0		1		0.321		
18:2 undifferentiated g	0.118		0		1		0.222		
18:3 undifferentiated g	0.052		0		1		0.098		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.092		0		1		0.173		
Threonine g	0.337		0		1		0.634		
Isoleucine g	0.411		0		1		0.773		
Leucine g	0.673		0		1		1.265		
Lysine g	0.523		0		1		0.983		
Methionine g	0.099		0		1		0.186		
Cystine g	0.086		0		1		0.162		
Phenylalanine g	0.449		0		1		0.844		
Tyrosine g	0.276		0		1		0.519		
Valine g	0.469		0		1		0.882		
Arginine g	0.478		0		1		0.899		
Histidine g	0.238		0		1		0.447		
Alanine g	0.398		0		1		0.748		
Aspartic acid g	1.006		0		1		1.891		
Glutamic acid g	1.104		0		1		2.076		
Glycine g	0.329		0		1		0.619		
Proline g	0.354		0		1		0.666		
Serine g	0.519		0		1		0.976		
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 = 188g: 1 cup

NDB No. 16372
Lima beans, large, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16072

Lima beans, large, mature seeds, cooked, boiled, 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	69.79	0.370	20		1		131.21	8.17	
Energy	kcal	115		0	NC	4		217	13	
Energy	kJ	482		0	NC	4		906	56	
Protein (N x 6.25)	g	7.80	0.164	22		1		14.66	0.91	
Total lipid (fat)	g	0.38	0.016	22		1		0.71	0.04	
Ash	g	1.15	0.022	22		1		2.16	0.13	
Carbohydrate, by difference	g	20.88		0	NC	4		39.25	2.44	
Fiber, total dietary	g	7.0		0		1		13.2	0.8	
Sugars, total	g	2.90		0	T	4		5.45	0.34	
Starch	g									
Minerals:										
Calcium, Ca	mg	17	0.602	29		1		32	2	
Iron, Fe	mg	2.39	0.154	30		1		4.49	0.28	
Magnesium, Mg	mg	43	1.435	30		1		81	5	
Phosphorus, P	mg	111	3.771	29		1		209	13	
Potassium, K	mg	508	14.604	30		1		955	59	
Sodium, Na	mg	2	0.364	23		1		4	0	
Zinc, Zn	mg	0.95	0.018	36		1		1.79	0.11	
Copper, Cu	mg	0.235	0.009	36		1		0.442	0.027	
Manganese, Mn	mg	0.516	0.015	30		1		0.970	0.060	
Selenium, Se	mcg	4.5	1.798	12	A	1		8.5	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.161	0.009	22		1		0.303	0.019	
Riboflavin	mg	0.055	0.003	22		1		0.103	0.006	
Niacin	mg	0.421	0.018	22		1		0.791	0.049	
Pantothenic acid	mg	0.422	0.012	8		1		0.793	0.049	
Vitamin B-6	mg	0.161	0.005	8		1		0.303	0.019	
Folate, total	mcg	83	6.583	8		1		156	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	83	6.583	8		1		156	10	
Folate, DFE	mcg_DFE	83		0	NC	4		156	10	
Choline, total	mg	32.5		0	CASN	4		61.1	3.8	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		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		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	0.18		0	O	4		0.34	0.02	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (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	2.0		0	BFSN	4		3.8	0.2	
Lipids:										
Fatty acids, total saturated	g	0.089		0		1		0.167	0.010	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 16072
Lima beans, large, mature seeds, cooked, boiled, 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		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	0.001		0		1		0.002	0.000	
15:0....g									
16:0....g	0.065		0		1		0.122	0.008	
17:0....g									
18:0....g	0.018		0		1		0.034	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.034		0		1		0.064	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.004	0.000	
17:1....g									
18:1 undifferentiated....g	0.029		0		1		0.055	0.003	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.002		0		1		0.004	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.171		0		1		0.321	0.020	
18:2 undifferentiated....g	0.118		0		1		0.222	0.014	
18:3 undifferentiated....g	0.052		0		1		0.098	0.006	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.092		0		1		0.173	0.011	
Threonine....g	0.337		0		1		0.634	0.039	
Isoleucine....g	0.411		0		1		0.773	0.048	
Leucine....g	0.673		0		1		1.265	0.079	
Lysine....g	0.523		0		1		0.983	0.061	
Methionine....g	0.099		0		1		0.186	0.012	
Cystine....g	0.086		0		1		0.162	0.010	
Phenylalanine....g	0.449		0		1		0.844	0.053	
Tyrosine....g	0.276		0		1		0.519	0.032	
Valine....g	0.469		0		1		0.882	0.055	
Arginine....g	0.478		0		1		0.899	0.056	
Histidine....g	0.238		0		1		0.447	0.028	
Alanine....g	0.398		0		1		0.748	0.047	
Aspartic acid....g	1.006		0		1		1.891	0.118	
Glutamic acid....g	1.104		0		1		2.076	0.129	
Glycine....g	0.329		0		1		0.619	0.038	
Proline....g	0.354		0		1		0.666	0.041	
Serine....g	0.519		0		1		0.976	0.061	
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. 16072

Lima beans, large, mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 188g: 1 cup

Measure 2 = 11.7g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16071

Lima beans, large, mature seeds, raw

Phaseolus lunatus

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	10.17	0.280	43		1		18.10	1.13	
Energy....kcal	338		0	NC	4		602	38	
Energy....kJ	1414		0		4		2517	157	
Protein (N x 6.25)....g	21.46	0.144	49		1		38.20	2.38	
Total lipid (fat)....g	0.69	0.034	48		1		1.23	0.08	
Ash....g	4.30	0.093	46		1		7.65	0.48	
Carbohydrate, by difference....g	63.38		0	NC	4		112.82	7.04	
Fiber, total dietary....g	19.0		0		1		33.8	2.1	
Sugars, total....g	8.50		0	T	4		15.13	0.94	
Starch....g									
Minerals:									
Calcium, Ca....mg	81	3.822	48		1		144	9	
Iron, Fe....mg	7.51	0.167	47		1		13.37	0.83	
Magnesium, Mg....mg	224		45		1		399	25	
Phosphorus, P....mg	385	9.729	47		1		685	43	
Potassium, K....mg	1724		46		1		3069	191	
Sodium, Na....mg	18		41		1		32	2	
Zinc, Zn....mg	2.83	0.060	58		1		5.04	0.31	
Copper, Cu....mg	0.740	0.022	58		1		1.317	0.082	
Manganese, Mn....mg	1.672	0.073	28		1		2.976	0.186	
Selenium, Se....mcg	7.2	3.118	3	A	1		12.8	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.507	0.033	32		1		0.902	0.056	
Riboflavin....mg	0.202	0.010	36		1		0.360	0.022	
Niacin....mg	1.537	0.046	32		1		2.736	0.171	
Pantothenic acid....mg	1.355	0.084	16		1		2.412	0.150	
Vitamin B-6....mg	0.512		17		1		0.911	0.057	
Folate, total....mcg	395	13.753	16		1		703	44	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	395	13.753	16		1		703	44	
Folate, DFE....mcg_DFE	395		0	NC	4		703	44	
Choline, total....mg	96.7		0	CASN	4		172.1	10.7	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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		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	0.72		0	O	4		1.28	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	6.0		0	T	4		10.7	0.7	
Lipids:									
Fatty acids, total saturated....g	0.161		0		1		0.287	0.018	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16071
Lima beans, large, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.002		0		1		0.004	0.000	
15:0 ....g									
16:0 ....g	0.118		0		1		0.210	0.013	
17:0 ....g									
18:0 ....g	0.032		0		1		0.057	0.004	
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.062		0		1		0.110	0.007	
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.004		0		1		0.007	0.000	
17:1 ....g									
18:1 undifferentiated ....g	0.052		0		1		0.093	0.006	
20:1 ....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ....g	0.004		0		1		0.007	0.000	
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.309		0		1		0.550	0.034	
18:2 undifferentiated ....g	0.215		0		1		0.383	0.024	
18:3 undifferentiated ....g	0.095		0		1		0.169	0.011	
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		1		0	0	
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.254		11		1		0.452	0.028	
Threonine ....g	0.927		30		1		1.650	0.103	
Isoleucine ....g	1.129		30		1		2.010	0.125	
Leucine ....g	1.850		30		1		3.293	0.205	
Lysine ....g	1.438		30		1		2.560	0.160	
Methionine ....g	0.271		32		1		0.482	0.030	
Cystine ....g	0.237		14		1		0.422	0.026	
Phenylalanine ....g	1.236		30		1		2.200	0.137	
Tyrosine ....g	0.759		30		1		1.351	0.084	
Valine ....g	1.291		30		1		2.298	0.143	
Arginine ....g	1.315		30		1		2.341	0.146	
Histidine ....g	0.656		30		1		1.168	0.073	
Alanine ....g	1.095		30		1		1.949	0.122	
Aspartic acid ....g	2.767		30		1		4.925	0.307	
Glutamic acid ....g	3.038		30		1		5.408	0.337	
Glycine ....g	0.906		30		1		1.613	0.101	
Proline ....g	0.975		30		1		1.736	0.108	
Serine ....g	1.428		30		1		2.542	0.159	
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. 16071

Lima beans, large, mature seeds, raw

Common Measures:

Measure 1 = 178g: 1 cup

Measure 2 = 11.1g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16375

Lima beans, thin seeded (baby), mature seeds, cooked, boiled, 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	67.15	0.711	20		1		122.21		
Energy....kcal	126		0	NC	4		229		
Energy....kJ	527				4		959		
Protein (N x 6.25)....g	8.04	0.149	21		1		14.63		
Total lipid (fat)....g	0.38	0.016	21		1		0.69		
Ash....g	1.12	0.049	21		1		2.04		
Carbohydrate, by difference....g	23.31		0	NC	4		42.42		
Fiber, total dietary....g	7.7		0		4		14.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29	0.844	21		1		53		
Iron, Fe....mg	2.40	0.088	21		1		4.37		
Magnesium, Mg....mg	53	3.390	21		1		96		
Phosphorus, P....mg	127	1.460	21		1		231		
Potassium, K....mg	401	21.573	21		1		730		
Sodium, Na....mg	239		0		1		435		
Zinc, Zn....mg	1.03	0.025	21		1		1.87		
Copper, Cu....mg	0.215	0.012	20		1		0.391		
Manganese, Mn....mg	0.585	0.008	21		1		1.065		
Selenium, Se....mcg	4.9		0	BFSN	4		8.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.161	0.007	21		1		0.293		
Riboflavin....mg	0.055	0.002	21		1		0.100		
Niacin....mg	0.660	0.054	21		1		1.201		
Pantothenic acid....mg	0.472	0.013	8		1		0.859		
Vitamin B-6....mg	0.078	0.005	8		1		0.142		
Folate, total....mcg	150	6.055	8		1		273		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	150	6.055	8		1		273		
Folate, DFE....mcg_DFE	150		0	NC	4		273		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0	0.010	8		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0	0.196	8		1		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	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									
Lipids:									
Fatty acids, total saturated....g	0.088		0		1		0.160		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16375

Lima beans, thin seeded (baby), mature seeds, cooked, boiled, 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									
12:0 ... g	0.000		0		1		0.000		
13:0 ... g									
14:0 ... g	0.001		0		1		0.002		
15:0 ... g									
16:0 ... g	0.065		0		1		0.118		
17:0 ... g									
18:0 ... g	0.017		0		1		0.031		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.034		0		1		0.062		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0		1		0.004		
17:1 ... g									
18:1 undifferentiated ... g	0.028		0		1		0.051		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.002		0		1		0.004		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.169		0		1		0.308		
18:2 undifferentiated ... g	0.117		0		1		0.213		
18:3 undifferentiated ... g	0.052		0		1		0.095		
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		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.095		0		1		0.173		
Threonine ... g	0.347		0		1		0.632		
Isoleucine ... g	0.423		0		1		0.770		
Leucine ... g	0.694		0		1		1.263		
Lysine ... g	0.539		0		1		0.981		
Methionine ... g	0.102		0		1		0.186		
Cystine ... g	0.089		0		1		0.162		
Phenylalanine ... g	0.463		0		1		0.843		
Tyrosine ... g	0.284		0		1		0.517		
Valine ... g	0.484		0		1		0.881		
Arginine ... g	0.493		0		1		0.897		
Histidine ... g	0.246		0		1		0.448		
Alanine ... g	0.411		0		1		0.748		
Aspartic acid ... g	1.037		0		1		1.887		
Glutamic acid ... g	1.139		0		1		2.073		
Glycine ... g	0.340		0		1		0.619		
Proline ... g	0.366		0		1		0.666		
Serine ... g	0.535		0		1		0.974		
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 = 182g: 1 cup

NDB No. 16375

Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16075

Lima beans, thin seeded (baby), mature seeds, cooked, boiled, 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	67.15	0.711	20		1		122.21		
Energy	kcal	126		0	NC	4		229		
Energy	kJ	527				4		959		
Protein (N x 6.25)	g	8.04	0.149	21		1		14.63		
Total lipid (fat)	g	0.38	0.016	21		1		0.69		
Ash	g	1.12	0.049	21		1		2.04		
Carbohydrate, by difference	g	23.31		0	NC	4		42.42		
Fiber, total dietary	g	7.7		0		1		14.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29	0.844	21		1		53		
Iron, Fe	mg	2.40	0.088	21		1		4.37		
Magnesium, Mg	mg	53	3.390	21		1		96		
Phosphorus, P	mg	127	1.460	21		1		231		
Potassium, K	mg	401	21.573	21		1		730		
Sodium, Na	mg	3	0.450	17		1		5		
Zinc, Zn	mg	1.03	0.025	21		1		1.87		
Copper, Cu	mg	0.215	0.012	20		1		0.391		
Manganese, Mn	mg	0.585	0.008	21		1		1.065		
Selenium, Se	mcg	4.9		0	BFSN	4		8.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.161	0.007	21		1		0.293		
Riboflavin	mg	0.055	0.002	21		1		0.100		
Niacin	mg	0.660	0.054	21		1		1.201		
Pantothenic acid	mg	0.472	0.013	8		1		0.859		
Vitamin B-6	mg	0.078	0.005	8		1		0.142		
Folate, total	mcg	150	6.055	8		1		273		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	150	6.055	8		1		273		
Folate, DFE	mcg_DFE	150		0	NC	4		273		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0	0.010	8		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0	0.196	8		1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.088		0		1		0.160		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16075

Lima beans, thin seeded (baby), mature seeds, cooked, boiled, 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
10:0 ... g									
12:0 ... g	0.000		0		1		0.000		
13:0 ... g									
14:0 ... g	0.001		0		1		0.002		
15:0 ... g									
16:0 ... g	0.065		0		1		0.118		
17:0 ... g									
18:0 ... g	0.017		0		1		0.031		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.034		0		1		0.062		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0		1		0.004		
17:1 ... g									
18:1 undifferentiated ... g	0.028		0		1		0.051		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.002		0		1		0.004		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.169		0		1		0.308		
18:2 undifferentiated ... g	0.117		0		1		0.213		
18:3 undifferentiated ... g	0.052		0		1		0.095		
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		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.095		0		1		0.173		
Threonine ... g	0.347		0		1		0.632		
Isoleucine ... g	0.423		0		1		0.770		
Leucine ... g	0.694		0		1		1.263		
Lysine ... g	0.539		0		1		0.981		
Methionine ... g	0.102		0		1		0.186		
Cystine ... g	0.089		0		1		0.162		
Phenylalanine ... g	0.463		0		1		0.843		
Tyrosine ... g	0.284		0		1		0.517		
Valine ... g	0.484		0		1		0.881		
Arginine ... g	0.493		0		1		0.897		
Histidine ... g	0.246		0		1		0.448		
Alanine ... g	0.411		0		1		0.748		
Aspartic acid ... g	1.037		0		1		1.887		
Glutamic acid ... g	1.139		0		1		2.073		
Glycine ... g	0.340		0		1		0.619		
Proline ... g	0.366		0		1		0.666		
Serine ... g	0.535		0		1		0.974		
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 = 182g: 1 cup

NDB No. 16075

Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16074

Lima beans, thin seeded (baby), mature seeds, raw

Phaseolus lunatus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.07	0.233	29		1		24.38		
Energy	kcal	335		0	NC	4		677		
Energy	kJ	1402		0	NC	4		2832		
Protein (N x 6.25)	g	20.62	0.216	29		1		41.65		
Total lipid (fat)	g	0.93	0.028	29		1		1.88		
Ash	g	3.55	0.052	29		1		7.17		
Carbohydrate, by difference	g	62.83		0	NC	4		126.92		
Fiber, total dietary	g	20.6		0		4		41.6		
Sugars, total	g	8.32		0	BFSN	4		16.81		
Starch	g									
Minerals:										
Calcium, Ca	mg	81	2.016	25		1		164		
Iron, Fe	mg	6.19	0.230	25		1		12.50		
Magnesium, Mg	mg	188	6.231	25		1		380		
Phosphorus, P	mg	370	6.724	25		1		747		
Potassium, K	mg	1403	53.679	25		1		2834		
Sodium, Na	mg	13	3.713	21		1		26		
Zinc, Zn	mg	2.60	0.052	25		1		5.25		
Copper, Cu	mg	0.665	0.027	25		1		1.343		
Manganese, Mn	mg	1.686	0.027	25		1		3.406		
Selenium, Se	mcg	7.0		0	BFSN	4		14.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.574	0.027	29		1		1.159		
Riboflavin	mg	0.218	0.018	29		1		0.440		
Niacin	mg	1.712	0.070	29		1		3.458		
Pantothenic acid	mg	1.265	0.090	16		1		2.555		
Vitamin B-6	mg	0.327	0.010	16		1		0.661		
Folate, total	mcg	400	20.866	16		1		808		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	400	20.866	16		1		808		
Folate, DFE	mcg_DFE	400		0	NC	4		808		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.70		0	BFSN	4		1.42		
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	5.9		0	BFSN	4		11.9		
Lipids:										
Fatty acids, total saturated	g	0.219		0		1		0.442		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		

NDB No. 16074
Lima beans, thin seeded (baby), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	BFSN	4		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.003		0		1		0.006		
15:0 g									
16:0 g	0.161		0		1		0.325		
17:0 g									
18:0 g	0.043		0		1		0.087		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.084		0		1		0.170		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.006		0		1		0.012		
17:1 g									
18:1 undifferentiated g	0.071		0		1		0.143		
20:1 g	0.001		0		1		0.002		
22:1 undifferentiated g	0.006		0		1		0.012		
24:1 c g									
Fatty acids, total polyunsaturated g	0.420		0		1		0.848		
18:2 undifferentiated g	0.292		0		1		0.590		
18:3 undifferentiated g	0.129		0		1		0.261		
18:4 g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.244		0		1		0.493		
Threonine g	0.891		0		1		1.800		
Isoleucine g	1.085		0		1		2.192		
Leucine g	1.778		0		1		3.592		
Lysine g	1.382		0		1		2.792		
Methionine g	0.261		0		1		0.527		
Cystine g	0.228		0		1		0.461		
Phenylalanine g	1.188		0		1		2.400		
Tyrosine g	0.729		0		1		1.473		
Valine g	1.240		0		1		2.505		
Arginine g	1.264		0		1		2.553		
Histidine g	0.630		0		1		1.273		
Alanine g	1.052		0		1		2.125		
Aspartic acid g	2.659		0		1		5.371		
Glutamic acid g	2.920		0		1		5.898		
Glycine g	0.871		0		1		1.759		
Proline g	0.937		0		1		1.893		
Serine g	1.372		0		1		2.771		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	BFSN	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.

NDB No. 16074

Lima beans, thin seeded (baby), mature seeds, raw

Common Measures:

Measure 1 = 202g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43131
Luncheon slices, meatless

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	65.01		0	O	4			9.10	
Energy....kcal	189		0	NC	4			26	
Energy....kJ	790		0	NC	4			111	
Protein....g	17.78		0	LC	8			2.49	
Total lipid (fat)....g	11.11		0	LC	8			1.56	
Ash....g	1.66		0	O	4			0.23	
Carbohydrate, by difference....g	4.44		0	LC	8			0.62	
Fiber, total dietary....g	0.0		0	LC	8			0.0	
Sugars, total....g	2.22		0	LC	8			0.31	
Starch....g									
Minerals:									
Calcium, Ca....mg	41		0		1			6	
Iron, Fe....mg	1.80		0	LC	8			0.25	
Magnesium, Mg....mg	23		0		4			3	
Phosphorus, P....mg	442		0		4			62	
Potassium, K....mg	200		0	LC	8			28	
Sodium, Na....mg	711		0	LC	8			100	
Zinc, Zn....mg	1.60		0		1			0.22	
Copper, Cu....mg	0.908		0		4			0.127	
Manganese, Mn....mg									
Selenium, Se....mcg	7.4		0	BFZN	4			1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7			0.0	
Thiamin....mg	4.000		0	LC	8			0.560	
Riboflavin....mg	0.302		0	LC	8			0.042	
Niacin....mg	11.110		0	LC	8			1.555	
Pantothenic acid....mg									
Vitamin B-6....mg	0.889		0	LC	8			0.124	
Folate, total....mcg	100		0		4			14	
Folic acid....mcg	0		0	Z	7			0	
Folate, food....mcg	100		0		4			14	
Folate, DFE....mcg_DFE	100		0	NC	4			14	
Choline, total....mg	105.3		0	BFPN	4			14.7	
Betaine....mg									
Vitamin B-12....mcg	4.00		0	LC	8			0.56	
Vitamin B-12, added....mcg	4.00		0	NR	4			0.56	
Vitamin A, RAE....mcg_RAE	0		0	AS	1			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	AS	1			0	
Lycopene....mcg	0		0	Z	7			0	
Lutein + zeaxanthin....mcg	0		0	Z	7			0	
Vitamin E (alpha-tocopherol)....mg	3.00		0	O	4			0.42	
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	1.338		0	NC	4			0.187	
4:0....g	0.000		0		4			0.000	

NDB No. 43131
Luncheon slices, meatless

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	
8:0....g	0.000		0		4			0.000	
10:0....g	0.000		0		4			0.000	
12:0....g	0.082		0		4			0.011	
13:0....g									
14:0....g	0.041		0		4			0.006	
15:0....g									
16:0....g	0.869		0		4			0.122	
17:0....g									
18:0....g	0.347		0		4			0.049	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.055		0	NC	4			0.288	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4			0.000	
17:1....g									
18:1 undifferentiated....g	2.055		0		4			0.288	
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	4.383		0	NC	4			0.614	
18:2 undifferentiated....g	3.894		0		4			0.545	
18:3 undifferentiated....g	0.489		0		4			0.068	
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	0		0		7			0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7			0.0	
Caffeine....mg	0		0	Z	7			0	
Theobromine....mg	0		0	Z	7			0	

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

Common Measures:

Measure 2 = 14.0g: 1 slice, thin

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16377
Lupins, mature seeds, cooked, boiled, 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	71.08	0.589	3		1		117.99		
Energy	kcal	116		0	NC	4		193		
Energy	kJ	487		0	NC	4		808		
Protein (N x 6.25)	g	15.57	0.238	3		1		25.85		
Total lipid (fat)	g	2.92	0.196	3		1		4.85		
Ash	g	1.14		0	O	4		1.89		
Carbohydrate, by difference	g	9.29		0	NC	4		15.42		
Fiber, total dietary	g	2.8		0	BFZN	4		4.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	51		0		1		85		
Iron, Fe	mg	1.20		0		1		1.99		
Magnesium, Mg	mg	54		0		1		90		
Phosphorus, P	mg	128		0		1		212		
Potassium, K	mg	245		0		1		407		
Sodium, Na	mg	240		0		1		398		
Zinc, Zn	mg	1.38		0		1		2.29		
Copper, Cu	mg	0.231		0		1		0.383		
Manganese, Mn	mg	0.676		0		4		1.122		
Selenium, Se	mcg	2.6		0	BFSN	4		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0		4		1.8		
Thiamin	mg	0.134		0		1		0.222		
Riboflavin	mg	0.053		0		1		0.088		
Niacin	mg	0.495		0		1		0.822		
Pantothenic acid	mg	0.188		0		4		0.312		
Vitamin B-6	mg	0.009		0		4		0.015		
Folate, total	mcg	59		0		4		98		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	59		0		4		98		
Folate, DFE	mcg_DFE	59		0	NC	4		98		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.346		0		1		0.574		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16377
Lupins, mature seeds, cooked, boiled, 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									
12:0 g	0.002		0		1		0.003		
13:0 g									
14:0 g	0.004		0		1		0.007		
15:0 g									
16:0 g	0.222		0		1		0.369		
17:0 g									
18:0 g	0.095		0		1		0.158		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.180		0		1		1.959		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		0		1		0.017		
17:1 g									
18:1 undifferentiated g	1.065		0		1		1.768		
20:1 g	0.076		0		1		0.126		
22:1 undifferentiated g	0.028		0		1		0.046		
24:1 c g									
Fatty acids, total polyunsaturated g	0.730		0		1		1.212		
18:2 undifferentiated g	0.597		0		1		0.991		
18:3 undifferentiated g	0.134		0		1		0.222		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.125		0		1		0.208		
Threonine g	0.573		0		1		0.951		
Isoleucine g	0.695		0		1		1.154		
Leucine g	1.181		0		1		1.960		
Lysine g	0.832		0		1		1.381		
Methionine g	0.110		0		1		0.183		
Cystine g	0.192		0		1		0.319		
Phenylalanine g	0.618		0		1		1.026		
Tyrosine g	0.585		0		1		0.971		
Valine g	0.650		0		1		1.079		
Arginine g	1.669		0		1		2.771		
Histidine g	0.443		0		1		0.735		
Alanine g	0.558		0		1		0.926		
Aspartic acid g	1.669		0		1		2.771		
Glutamic acid g	3.739		0		1		6.207		
Glycine g	0.663		0		1		1.101		
Proline g	0.635		0		1		1.054		
Serine g	0.805		0		1		1.336		
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 = 166g: 1 cup

NDB No. 16377
Lupins, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16077
Lupins, mature seeds, cooked, boiled, 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	71.08	0.589	3		1		117.99		
Energy	kcal	119		0	NC	4		197		
Energy	kJ	497		0	NC	4		824		
Protein (N x 6.25)	g	15.57	0.238	3		1		25.85		
Total lipid (fat)	g	2.92	0.196	3		1		4.85		
Ash	g	0.55	0.029	3		1		0.91		
Carbohydrate, by difference	g	9.88		0	NC	4		16.40		
Fiber, total dietary	g	2.8		0		4		4.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	51		0		1		85		
Iron, Fe	mg	1.20		0		1		1.99		
Magnesium, Mg	mg	54		0		1		90		
Phosphorus, P	mg	128		0		1		212		
Potassium, K	mg	245		0		1		407		
Sodium, Na	mg	4		0		1		7		
Zinc, Zn	mg	1.38		0		1		2.29		
Copper, Cu	mg	0.231		0		1		0.383		
Manganese, Mn	mg	0.676		0		4		1.122		
Selenium, Se	mcg	2.6		0	BFSN	4		4.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0		4		1.8		
Thiamin	mg	0.134		0		1		0.222		
Riboflavin	mg	0.053		0		1		0.088		
Niacin	mg	0.495		0		1		0.822		
Pantothenic acid	mg	0.188		0		4		0.312		
Vitamin B-6	mg	0.009		0		4		0.015		
Folate, total	mcg	59		0		4		98		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	59		0		4		98		
Folate, DFE	mcg_DFE	59		0	NC	4		98		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	7		0		4		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	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									
Lipids:										
Fatty acids, total saturated	g	0.346		0		1		0.574		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16077
Lupins, mature seeds, cooked, boiled, 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
10:0 g									
12:0 g	0.002		0		1		0.003		
13:0 g									
14:0 g	0.004		0		1		0.007		
15:0 g									
16:0 g	0.222		0		1		0.369		
17:0 g									
18:0 g	0.095		0		1		0.158		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.180		0		1		1.959		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		0		1		0.017		
17:1 g									
18:1 undifferentiated g	1.065		0		1		1.768		
20:1 g	0.076		0		1		0.126		
22:1 undifferentiated g	0.028		0		1		0.046		
24:1 c g									
Fatty acids, total polyunsaturated g	0.730		0		1		1.212		
18:2 undifferentiated g	0.597		0		1		0.991		
18:3 undifferentiated g	0.134		0		1		0.222		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.125		0		1		0.208		
Threonine g	0.573		0		1		0.951		
Isoleucine g	0.695		0		1		1.154		
Leucine g	1.181		0		1		1.960		
Lysine g	0.832		0		1		1.381		
Methionine g	0.110		0		1		0.183		
Cystine g	0.192		0		1		0.319		
Phenylalanine g	0.618		0		1		1.026		
Tyrosine g	0.585		0		1		0.971		
Valine g	0.650		0		1		1.079		
Arginine g	1.669		0		1		2.771		
Histidine g	0.443		0		1		0.735		
Alanine g	0.558		0		1		0.926		
Aspartic acid g	1.669		0		1		2.771		
Glutamic acid g	3.739		0		1		6.207		
Glycine g	0.663		0		1		1.101		
Proline g	0.635		0		1		1.054		
Serine g	0.805		0		1		1.336		
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 = 166g: 1 cup

NDB No. 16077
Lupins, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16076

Lupins, mature seeds, raw

Lupinus albus

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	10.44		11		1		18.79		
Energy	kcal	371		0	NC	4		668		
Energy	kJ	1552				4		2794		
Protein (N x 6.25)	g	36.17		12		1		65.11		
Total lipid (fat)	g	9.74		8		1		17.53		
Ash	g	3.28		12		1		5.90		
Carbohydrate, by difference	g	40.38		0	NC	4		72.68		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	176		5		1		317		
Iron, Fe	mg	4.36		5		1		7.85		
Magnesium, Mg	mg	198		4		1		356		
Phosphorus, P	mg	440		1		1		792		
Potassium, K	mg	1013		4		1		1823		
Sodium, Na	mg	15		4		1		27		
Zinc, Zn	mg	4.75		4		1		8.55		
Copper, Cu	mg	1.022	0.070	18		1		1.840		
Manganese, Mn	mg	2.382		0		4		4.288		
Selenium, Se	mcg	8.2		0	CAZN	4		14.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8		0		4		8.6		
Thiamin	mg	0.640		1		1		1.152		
Riboflavin	mg	0.220		1		1		0.396		
Niacin	mg	2.190		1		1		3.942		
Pantothenic acid	mg	0.750		0		4		1.350		
Vitamin B-6	mg	0.357		0		4		0.643		
Folate, total	mcg	355		0		4		639		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	355		0		4		639		
Folate, DFE	mcg_DFE	355		0	NC	4		639		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	1		0		4		2		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	23		0		4		41		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	1.156		0		1		2.081		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16076
Lupins, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g	0.008		0		1		0.014		
13:0 ... g									
14:0 ... g	0.013		0		1		0.023		
15:0 ... g									
16:0 ... g	0.742		0		1		1.336		
17:0 ... g									
18:0 ... g	0.316		0		1		0.569		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.940		0		1		7.092		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.034		0		1		0.061		
17:1 ... g									
18:1 undifferentiated ... g	3.558		0		1		6.404		
20:1 ... g	0.255		0		1		0.459		
22:1 undifferentiated ... g	0.093		0		1		0.167		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.439		0		1		4.390		
18:2 undifferentiated ... g	1.995		0		1		3.591		
18:3 undifferentiated ... g	0.446		0		1		0.803		
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		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.289		11		1		0.520		
Threonine ... g	1.331		32		1		2.396		
Isoleucine ... g	1.615		32		1		2.907		
Leucine ... g	2.743		32		1		4.937		
Lysine ... g	1.933		32		1		3.479		
Methionine ... g	0.255		25		1		0.459		
Cystine ... g	0.446		16		1		0.803		
Phenylalanine ... g	1.435		28		1		2.583		
Tyrosine ... g	1.360		26		1		2.448		
Valine ... g	1.510		32		1		2.718		
Arginine ... g	3.877		25		1		6.979		
Histidine ... g	1.030		26		1		1.854		
Alanine ... g	1.296		23		1		2.333		
Aspartic acid ... g	3.877		23		1		6.979		
Glutamic acid ... g	8.686		23		1		15.635		
Glycine ... g	1.539		24		1		2.770		
Proline ... g	1.476		23		1		2.657		
Serine ... g	1.869		24		1		3.364		
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 = 180g: 1 cup

NDB No. 16076
Lupins, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16164
MOR-NU, Tofu, silken, lite firm

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	91.40		0	MC	9		76.78		
Energy....kcal	37		0	MC	9		31		
Energy....kJ	155				9		130		
Protein....g	6.30		0	MC	9		5.29		
Total lipid (fat)....g	0.80		0	MC	9		0.67		
Ash....g	0.40		0	MC	9		0.34		
Carbohydrate, by difference....g	1.10		0	MC	9		0.92		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.45		0	MC	9		0.38		
Starch....g									
Minerals:									
Calcium, Ca....mg	36		0	MC	9		30		
Iron, Fe....mg	0.75		0	MC	9		0.63		
Magnesium, Mg....mg	10		0	MC	9		8		
Phosphorus, P....mg	81		0	MC	9		68		
Potassium, K....mg	63		0	MC	9		53		
Sodium, Na....mg	85		0	MC	9		71		
Zinc, Zn....mg	0.33		0	MC	9		0.28		
Copper, Cu....mg	0.121		0	MC	9		0.102		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.040		0	MC	9		0.034		
Riboflavin....mg	0.020		0	MC	9		0.017		
Niacin....mg	0.110		0	MC	9		0.092		
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0	MC	9		0.000		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	MC	9		0		
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	0.133		0	MC	9		0.112		
Fatty acids, total monounsaturated....g	0.136		0	MC	9		0.114		
Fatty acids, total polyunsaturated....g	0.449		0	MC	9		0.377		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.095		0	MC	9		0.080		
Threonine....g	0.220		0	MC	9		0.185		
Isoleucine....g	0.297		0	MC	9		0.249		
Leucine....g	0.501		0	MC	9		0.421		
Lysine....g	0.384		0	MC	9		0.323		

NDB No. 16164
MOR-NU, Tofu, silken, lite firm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.077		0	MC	9		0.065		
Cystine....g	0.079		0	MC	9		0.066		
Phenylalanine....g	0.322		0	MC	9		0.270		
Tyrosine....g	0.229		0	MC	9		0.192		
Valine....g	0.286		0	MC	9		0.240		
Arginine....g	0.470		0	MC	9		0.395		
Histidine....g	0.156		0	MC	9		0.131		
Alanine....g	0.248		0	MC	9		0.208		
Aspartic acid....g	0.721		0	MC	9		0.606		
Glutamic acid....g	1.309		0	MC	9		1.100		
Glycine....g	0.255		0	MC	9		0.214		
Proline....g	0.337		0	MC	9		0.283		
Serine....g	0.313		0	MC	9		0.263		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 84g: 1 slice

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16163
MORI-NU, Tofu, silken, extra firm

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	88.10		0	MC	9		74.00		
Energy....kcal	55		0	MC	9		46		
Energy....kJ	230				9		193		
Protein....g	7.40		0	MC	9		6.22		
Total lipid (fat)....g	1.90		0	MC	9		1.60		
Ash....g	0.60		0	MC	9		0.50		
Carbohydrate, by difference....g	2.00		0	MC	9		1.68		
Fiber, total dietary....g	0.1		0	MC	9		0.1		
Sugars, total....g	0.99		0	MC	9		0.83		
Starch....g									
Minerals:									
Calcium, Ca....mg	31		0	MC	9		26		
Iron, Fe....mg	1.19		0	MC	9		1.00		
Magnesium, Mg....mg	27		0	MC	9		23		
Phosphorus, P....mg	100		0	MC	9		84		
Potassium, K....mg	154		0	MC	9		129		
Sodium, Na....mg	63		0	MC	9		53		
Zinc, Zn....mg	0.60		0	MC	9		0.50		
Copper, Cu....mg	0.200		0	MC	9		0.168		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.079		0	MC	9		0.066		
Riboflavin....mg	0.034		0	MC	9		0.029		
Niacin....mg	0.235		0	MC	9		0.197		
Pantothenic acid....mg									
Vitamin B-6....mg	0.011		0	MC	9		0.009		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	MC	9		0		
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	0.300		0	MC	9		0.252		
Fatty acids, total monounsaturated....g	0.345		0	MC	9		0.290		
Fatty acids, total polyunsaturated....g	1.061		0	MC	9		0.891		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		0	MC	9		0.103		
Threonine....g	0.309		0	MC	9		0.260		
Isoleucine....g	0.384		0	MC	9		0.323		
Leucine....g	0.639		0	MC	9		0.537		
Lysine....g	0.495		0	MC	9		0.416		

NDB No. 16163
MORI-NU, Tofu, silken, extra firm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine.....g	0.094		0	MC	9		0.079		
Cystine.....g	0.127		0	MC	9		0.107		
Phenylalanine.....g	0.430		0	MC	9		0.361		
Tyrosine.....g	0.314		0	MC	9		0.264		
Valine.....g	0.399		0	MC	9		0.335		
Arginine.....g	0.532		0	MC	9		0.447		
Histidine.....g	0.182		0	MC	9		0.153		
Alanine.....g	0.278		0	MC	9		0.234		
Aspartic acid.....g	0.817		0	MC	9		0.686		
Glutamic acid.....g	1.281		0	MC	9		1.076		
Glycine.....g	0.281		0	MC	9		0.236		
Proline.....g	0.365		0	MC	9		0.307		
Serine.....g	0.350		0	MC	9		0.294		
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 = 84g: 1 slice

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16162
MORI-NU, Tofu, silken, firm

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	87.40		0	MC	9		73.42		
Energy....kcal	62		0	MC	9		52		
Energy....kJ	259				9		218		
Protein....g	6.90		0	MC	9		5.80		
Total lipid (fat)....g	2.70		0	MC	9		2.27		
Ash....g	0.60		0	MC	9		0.50		
Carbohydrate, by difference....g	2.40		0	MC	9		2.02		
Fiber, total dietary....g	0.1		0	MC	9		0.1		
Sugars, total....g	1.27		0	MC	9		1.07		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		0	MC	9		27		
Iron, Fe....mg	1.03		0	MC	9		0.87		
Magnesium, Mg....mg	27		0	MC	9		23		
Phosphorus, P....mg	90		0	MC	9		76		
Potassium, K....mg	194		0	MC	9		163		
Sodium, Na....mg	36		0	MC	9		30		
Zinc, Zn....mg	0.61		0	MC	9		0.51		
Copper, Cu....mg	0.203		0	MC	9		0.171		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.101		0	MC	9		0.085		
Riboflavin....mg	0.041		0	MC	9		0.034		
Niacin....mg	0.247		0	MC	9		0.207		
Pantothenic acid....mg									
Vitamin B-6....mg	0.011		0	MC	9		0.009		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	MC	9		0		
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	0.406		0	MC	9		0.341		
Fatty acids, total monounsaturated....g	0.539		0	MC	9		0.453		
Fatty acids, total polyunsaturated....g	1.485		0	MC	9		1.247		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.085		0	MC	9		0.071		
Threonine....g	0.286		0	MC	9		0.240		
Isoleucine....g	0.349		0	MC	9		0.293		
Leucine....g	0.586		0	MC	9		0.492		
Lysine....g	0.459		0	MC	9		0.386		

NDB No. 16162
MORI-NU, Tofu, silken, firm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.106		0	MC	9		0.089		
Cystine....g	0.100		0	MC	9		0.084		
Phenylalanine....g	0.394		0	MC	9		0.331		
Tyrosine....g	0.299		0	MC	9		0.251		
Valine....g	0.385		0	MC	9		0.323		
Arginine....g	0.517		0	MC	9		0.434		
Histidine....g	0.169		0	MC	9		0.142		
Alanine....g	0.266		0	MC	9		0.223		
Aspartic acid....g	0.771		0	MC	9		0.648		
Glutamic acid....g	1.176		0	MC	9		0.988		
Glycine....g	0.268		0	MC	9		0.225		
Proline....g	0.349		0	MC	9		0.293		
Serine....g	0.333		0	MC	9		0.280		
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 = 84g: 1 slice

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16165
MORI-NU, Tofu, silken, lite extra firm

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	90.90		0	MC	9		76.36		
Energy	kcal	38		0	MC	9		32		
Energy	kJ	159				9		134		
Protein	g	7.00		0	MC	9		5.88		
Total lipid (fat)	g	0.70		0	MC	9		0.59		
Ash	g	0.40		0	MC	9		0.34		
Carbohydrate, by difference	g	1.00		0	MC	9		0.84		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	0.42		0	MC	9		0.35		
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0	MC	9		36		
Iron, Fe	mg	0.79		0	MC	9		0.66		
Magnesium, Mg	mg	10		0	MC	9		8		
Phosphorus, P	mg	83		0	MC	9		70		
Potassium, K	mg	57		0	MC	9		48		
Sodium, Na	mg	98		0	MC	9		82		
Zinc, Zn	mg	0.26		0	MC	9		0.22		
Copper, Cu	mg	0.129		0	MC	9		0.108		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.030		0	MC	9		0.025		
Riboflavin	mg	0.020		0	MC	9		0.017		
Niacin	mg	0.110		0	MC	9		0.092		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0	MC	9		0.000		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	MC	9		0		
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	0.116		0	MC	9		0.097		
Fatty acids, total monounsaturated	g	0.118		0	MC	9		0.099		
Fatty acids, total polyunsaturated	g	0.395		0	MC	9		0.332		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.096		0	MC	9		0.081		
Threonine	g	0.238		0	MC	9		0.200		
Isoleucine	g	0.324		0	MC	9		0.272		
Leucine	g	0.544		0	MC	9		0.457		
Lysine	g	0.428		0	MC	9		0.360		

NDB No. 16165
MORI-NU, Tofu, silken, lite extra firm

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.088		0	MC	9		0.074		
Cystine....g	0.093		0	MC	9		0.078		
Phenylalanine....g	0.363		0	MC	9		0.305		
Tyrosine....g	0.251		0	MC	9		0.211		
Valine....g	0.321		0	MC	9		0.270		
Arginine....g	0.527		0	MC	9		0.443		
Histidine....g	0.175		0	MC	9		0.147		
Alanine....g	0.280		0	MC	9		0.235		
Aspartic acid....g	0.809		0	MC	9		0.680		
Glutamic acid....g	1.462		0	MC	9		1.228		
Glycine....g	0.288		0	MC	9		0.242		
Proline....g	0.367		0	MC	9		0.308		
Serine....g	0.347		0	MC	9		0.291		
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 = 84g: 1 slice

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16161
MORI-NU, Tofu, silken, soft

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	89.00		0	MC	9		74.76		
Energy....kcal	55		0	NC	4		46		
Energy....kJ	231		0	NC	4		194		
Protein....g	4.80		0	MC	9		4.03		
Total lipid (fat)....g	2.70		0	MC	9		2.27		
Ash....g	0.60		0	MC	9		0.50		
Carbohydrate, by difference....g	2.90		0	MC	9		2.44		
Fiber, total dietary....g	0.1		0	MC	9		0.1		
Sugars, total....g	1.31		0	MC	9		1.10		
Starch....g									
Minerals:									
Calcium, Ca....mg	31		0	MC	9		26		
Iron, Fe....mg	0.82		0	MC	9		0.69		
Magnesium, Mg....mg	29		0	MC	9		24		
Phosphorus, P....mg	62		0	MC	9		52		
Potassium, K....mg	180		0	MC	9		151		
Sodium, Na....mg	5		0	MC	9		4		
Zinc, Zn....mg	0.52		0	MC	9		0.44		
Copper, Cu....mg	0.207		0	MC	9		0.174		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.100		0	MC	9		0.084		
Riboflavin....mg	0.040		0	MC	9		0.034		
Niacin....mg	0.300		0	MC	9		0.252		
Pantothenic acid....mg									
Vitamin B-6....mg	0.011		0	MC	9		0.009		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Vitamin A, IU....IU	0		0	AS	1		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	0.357		0	MC	9		0.300		
Fatty acids, total monounsaturated....g	0.522		0	MC	9		0.438		
Fatty acids, total polyunsaturated....g	1.550		0	MC	9		1.302		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.068		0	MC	9		0.057		
Threonine....g	0.215		0	MC	9		0.181		
Isoleucine....g	0.233		0	MC	9		0.196		
Leucine....g	0.279		0	MC	9		0.234		
Lysine....g	0.341		0	MC	9		0.286		

NDB No. 16161
MORI-NU, Tofu, silken, soft

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine....g	0.074		0	MC	9		0.062		
Cystine....g	0.072		0	MC	9		0.060		
Phenylalanine....g	0.303		0	MC	9		0.255		
Tyrosine....g	0.193		0	MC	9		0.162		
Valine....g	0.295		0	MC	9		0.248		
Arginine....g	0.383		0	MC	9		0.322		
Histidine....g	0.117		0	MC	9		0.098		
Alanine....g	0.193		0	MC	9		0.162		
Aspartic acid....g	0.550		0	MC	9		0.462		
Glutamic acid....g	0.801		0	MC	9		0.673		
Glycine....g	0.193		0	MC	9		0.162		
Proline....g	0.252		0	MC	9		0.212		
Serine....g	0.238		0	MC	9		0.200		
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 = 84g: 1 slice

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 22119

MORNINGSTAR FARMS America's Original Veggie Dog, frozen, unprepared

Worthington Foods, 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	64.80		1	MC	9		25.92		
Energy....kcal	125		1	MC	9		50		
Energy....kJ	523		1	MC	9		209		
Protein (N x 6.25)....g	16.30		1	MC	9		6.52		
Total lipid (fat)....g	1.30		1	MC	9		0.52		
Ash....g	5.30		1	MC	9		2.12		
Carbohydrate, by difference....g	12.30		1	MC	9		4.92		
Fiber, total dietary....g	2.1		1	MC	9		0.8		
Sugars, total....g	4.10		1	MC	9		1.64		
Starch....g									
Minerals:									
Calcium, Ca....mg	50		1	MC	9		20		
Iron, Fe....mg	0.80		1	MC	9		0.32		
Magnesium, Mg....mg									
Phosphorus, P....mg	128		1	MC	9		51		
Potassium, K....mg	100		1	MC	9		40		
Sodium, Na....mg	1031		1	MC	9		412		
Zinc, Zn....mg	1.00		1	MC	9		0.40		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		6	A	1		0.0		
Thiamin....mg	0.300		1	MC	9		0.120		
Riboflavin....mg	0.200		1	MC	9		0.080		
Niacin....mg	24.000		1	MC	9		9.600		
Pantothenic acid....mg									
Vitamin B-6....mg	0.060		1	MC	9		0.024		
Folate, total....mcg	2		1	MC	9		1		
Folic acid....mcg									
Folate, food....mcg	2		1	MC	9		1		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1	MC	9		0.00		
Vitamin A, RAE....mcg_RAE	3		1	MC	9		1		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	69		1	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 D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.200		1	MC	9		0.080		
Fatty acids, total monounsaturated....g	0.200		1	MC	9		0.080		
Fatty acids, total polyunsaturated....g	0.900		1	MC	9		0.360		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		

NDB No. 22119
MORNINGSTAR FARMS America's Original Veggie Dog, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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:

Measure 1 = 40g: 1 link

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

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

NDB No. 16551

MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared

Kellogg, Co.

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	64.75		1	MC	9		43.38		
Energy ... kcal	155		1	MC	9		104		
Energy ... kJ	649		1	MC	9		435		
Protein (N x 6.25) ... g	10.90		1	MC	9		7.30		
Total lipid (fat) ... g	6.20		1	MC	9		4.15		
Ash ... g	3.25		1	MC	9		2.18		
Carbohydrate, by difference ... g	14.90		1	MC	9		9.98		
Fiber, total dietary ... g	3.0		1	MC	9		2.0		
Sugars, total ... g	4.90		1	MC	9		3.28		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	51		1	MC	9		34		
Iron, Fe ... mg	1.50		1	MC	9		1.01		
Magnesium, Mg ... mg									
Phosphorus, P ... mg	90		1	MC	9		60		
Potassium, K ... mg	392		1	MC	9		263		
Sodium, Na ... mg	725		1	MC	9		486		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	3.0		1	MC	9		2.0		
Thiamin ... mg	0.040		1	MC	9		0.027		
Riboflavin ... mg	0.200		1	MC	9		0.134		
Niacin ... mg	1.900		1	MC	9		1.273		
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... mcg	30		1	MC	9		20		
Folic acid ... mcg									
Folate, food ... mcg	30		1	MC	9		20		
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		1	MC	9		0.00		
Vitamin A, RAE ... mcg_RAE	96		1	MC	9		64		
Retinol ... mcg									
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	1915		1	MC	9		1283		
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	0.800		1	MC	9		0.536		
Fatty acids, total monounsaturated ... g	1.700		1	MC	9		1.139		
Fatty acids, total polyunsaturated ... g	3.700		1	MC	9		2.479		
Fatty acids, total trans ... g	0.000		1	MC	9		0.000		

NDB No. 16551
MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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:

Measure 1 = 67g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16590

MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared

Kellogg, Co.

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	57.40		1	MC	9				
Energy....kcal	157		1	MC	9				
Energy....kJ	657		1	MC	9				
Protein....g	13.10		1	MC	9				
Total lipid (fat)....g	2.50		1	MC	9				
Ash....g	2.60		1	MC	9				
Carbohydrate, by difference....g	24.40		1	MC	9				
Fiber, total dietary....g	4.8		1	MC	9				
Sugars, total....g	16.80		1	MC	9				
Starch....g									
Minerals:									
Calcium, Ca....mg	100		1	MC	9				
Iron, Fe....mg	2.40		1	MC	9				
Magnesium, Mg....mg	5		1	MC	9				
Phosphorus, P....mg	157		1	MC	9				
Potassium, K....mg	411		1	MC	9				
Sodium, Na....mg	574		1	MC	9				
Zinc, Zn....mg	0.80		1	MC	9				
Copper, Cu....mg	0.200		1	MC	9				
Manganese, Mn....mg	0.700		1	MC	9				
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9				
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	0		1	MC	9				
Vitamin A, IU....IU	3		1	MC	9				
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		1	MC	9				
Fatty acids, total monounsaturated....g	1.600		1	MC	9				
Fatty acids, total polyunsaturated....g	0.700		1	MC	9				
Fatty acids, total trans....g	0.030		1	MC	9				
Cholesterol....mg	0		1	MC	9				
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. 16590
MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16538

MORNINGSTAR FARMS Breakfast Pattie made with Organic Soy, frozen, unprepared

Kellogg, Co.

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		1	MC	9		21.05		
Energy....kcal	205		1	MC	9		78		
Energy....kJ	858		1	MC	9		326		
Protein (N x 6.25)....g	22.10		1	MC	9		8.40		
Total lipid (fat)....g	8.20		1	MC	9		3.12		
Ash....g	3.70		1	MC	9		1.41		
Carbohydrate, by difference....g	10.60		1	MC	9		4.03		
Fiber, total dietary....g	4.3		1	MC	9		1.6		
Sugars, total....g	1.50		1	MC	9		0.57		
Starch....g									
Minerals:									
Calcium, Ca....mg	45		1	MC	9		17		
Iron, Fe....mg	3.50		1	MC	9		1.33		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	458		1	MC	9		174		
Sodium, Na....mg	632		1	MC	9		240		
Zinc, Zn....mg	1.60		1	MC	9		0.61		
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	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	1.100		1	MC	9		0.418		
Fatty acids, total monounsaturated....g	3.300		1	MC	9		1.254		
Fatty acids, total polyunsaturated....g	3.800		1	MC	9		1.444		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	2		1	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. 16538

MORNINGSTAR FARMS Breakfast Pattie made with Organic Soy, frozen, unprepared

Measure 1 = 38g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16557

MORNINGSTAR FARMS Chik Patties, frozen, unprepared

Kellogg, Co.

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	54.00		1	MC	9		38.34		
Energy	kcal	197		1	MC	9		140		
Energy	kJ	824		1	MC	9		585		
Protein (N x 6.25)	g	11.80		1	MC	9		8.38		
Total lipid (fat)	g	7.00		1	MC	9		4.97		
Ash	g	4.30		1	MC	9		3.05		
Carbohydrate, by difference	g	22.90		1	MC	9		16.26		
Fiber, total dietary	g	3.0		1	MC	9		2.1		
Sugars, total	g	2.00		1	MC	9		1.42		
Starch	g									
Minerals:										
Calcium, Ca	mg	41		1	MC	9		29		
Iron, Fe	mg	2.50		1	MC	9		1.78		
Magnesium, Mg	mg									
Phosphorus, P	mg	126		1	MC	9		89		
Potassium, K	mg	392		1	MC	9		278		
Sodium, Na	mg	835		1	MC	9		593		
Zinc, Zn	mg	0.50		1	MC	9		0.36		
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	0.300		1	MC	9		0.213		
Riboflavin	mg	0.100		1	MC	9		0.071		
Niacin	mg	4.200		1	MC	9		2.982		
Pantothenic acid	mg									
Vitamin B-6	mg	0.200		1	MC	9		0.142		
Folate, total	mcg	12		1	MC	9		9		
Folic acid	mcg									
Folate, food	mcg	12		1	MC	9		9		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.70		1	MC	9		1.21		
Vitamin A, RAE	mcg_RAE	1		1	MC	9		1		
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	26		1	MC	9		18		
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	0.800		1	MC	9		0.568		
Fatty acids, total monounsaturated	g	1.400		1	MC	9		0.994		
Fatty acids, total polyunsaturated	g	4.700		1	MC	9		3.337		
Fatty acids, total trans	g	0.100		1	MC	9		0.071		

NDB No. 16557
MORNINGSTAR FARMS Chik Patties, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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:

Measure 1 = 71g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16556

MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared

Kellogg, Co.

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	50.90		1	MC	9		43.77		
Energy....kcal	221		1	MC	9		190		
Energy....kJ	925		1	MC	9		796		
Protein (N x 6.25)....g	14.40		1	MC	9		12.38		
Total lipid (fat)....g	10.00		1	MC	9		8.60		
Ash....g	2.90		1	MC	9		2.49		
Carbohydrate, by difference....g	21.80		1	MC	9		18.75		
Fiber, total dietary....g	4.9		1	MC	9		4.2		
Sugars, total....g	2.20		1	MC	9		1.89		
Starch....g									
Minerals:									
Calcium, Ca....mg	75		1	MC	9		65		
Iron, Fe....mg	2.10		1	MC	9		1.81		
Magnesium, Mg....mg	4		1	MC	9		4		
Phosphorus, P....mg	175		1	MC	9		151		
Potassium, K....mg	379		1	MC	9		326		
Sodium, Na....mg	702		1	MC	9		604		
Zinc, Zn....mg	0.80		1	MC	9		0.69		
Copper, Cu....mg	0.200		1	MC	9		0.172		
Manganese, Mn....mg	0.700		1	MC	9		0.602		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1	MC	9		0.2		
Thiamin....mg	0.400		1	MC	9		0.344		
Riboflavin....mg	0.100		1	MC	9		0.086		
Niacin....mg	4.700		1	MC	9		4.042		
Pantothenic acid....mg									
Vitamin B-6....mg	0.200		1	MC	9		0.172		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.10		1	MC	9		1.81		
Vitamin A, RAE....mcg_RAE	2		1	MC	9		2		
Vitamin A, IU....IU	39		1	MC	9		34		
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	1.500		1	MC	9		1.290		
Fatty acids, total monounsaturated....g	2.700		1	MC	9		2.322		
Fatty acids, total polyunsaturated....g	5.300		1	MC	9		4.558		
Fatty acids, total trans....g	0.100		1	MC	9		0.086		
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.

NDB No. 16556

MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared

Common Measures:

Measure 1 = 86g: 4 pieces

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 22118
MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared

Worthington Foods, 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	59.90		1	MC	9		40.13		
Energy....kcal	176		1	MC	9		118		
Energy....kJ	736		1	MC	9		493		
Protein....g	17.80		1	MC	9		11.93		
Total lipid (fat)....g	5.60		1	MC	9		3.75		
Ash....g	3.00		1	MC	9		2.01		
Carbohydrate, by difference....g	13.70		1	MC	9		9.18		
Fiber, total dietary....g	4.5		1	MC	9		3.0		
Sugars, total....g	1.80		1	MC	9		1.21		
Starch....g									
Minerals:									
Calcium, Ca....mg	59		1	MC	9		40		
Iron, Fe....mg	2.20		1	MC	9		1.47		
Magnesium, Mg....mg									
Phosphorus, P....mg	164		1	MC	9		110		
Potassium, K....mg	210		1	MC	9		141		
Sodium, Na....mg	525		1	MC	9		352		
Zinc, Zn....mg	1.00		1	MC	9		0.67		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		1	MC	9		0.7		
Thiamin....mg	11.200		1	MC	9		7.504		
Riboflavin....mg	0.300		1	MC	9		0.201		
Niacin....mg	1.400		1	MC	9		0.938		
Pantothenic acid....mg									
Vitamin B-6....mg	0.900		1	MC	9		0.603		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	19		1	MC	9		12		
Vitamin A, IU....IU	373		1	MC	9		250		
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	0.800		1	MC	9		0.536		
Fatty acids, total monounsaturated....g	1.500		1	MC	9		1.005		
Fatty acids, total polyunsaturated....g	3.200		1	MC	9		2.144		
Fatty acids, total trans....g	0.100		1	MC	9		0.067		
Cholesterol....mg	2		1	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.

NDB No. 22118
MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared

Common Measures:
Measure 1 = 67g: 1 patty

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

Food Group: 16 Legumes and Legume Products
USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 16568

MORNINGSTAR FARMS Ginger Teriyaki Veggie Cakes, frozen, unprepared

Kellogg, Co.

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	60.55		1	MC	9		41.17		
Energy....kcal	163		1	MC	9		111		
Energy....kJ	682		1	MC	9		464		
Protein (N x 6.25)....g	8.20		1	MC	9		5.58		
Total lipid (fat)....g	2.30		1	MC	9		1.56		
Ash....g	1.05		1	MC	9		0.71		
Carbohydrate, by difference....g	27.90		1	MC	9		18.97		
Fiber, total dietary....g	2.7		1	MC	9		1.8		
Sugars, total....g	2.60		1	MC	9		1.77		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		1	MC	9		22		
Iron, Fe....mg	5.30		1	MC	9		3.60		
Magnesium, Mg....mg	3		1	MC	9		2		
Phosphorus, P....mg	114		1	MC	9		78		
Potassium, K....mg	251		1	MC	9		171		
Sodium, Na....mg	475		1	MC	9		323		
Zinc, Zn....mg	2.20		1	MC	9		1.50		
Copper, Cu....mg									
Manganese, Mn....mg	0.700		1	MC	9		0.476		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.3		1	MC	9		3.6		
Thiamin....mg	1.100		1	MC	9		0.748		
Riboflavin....mg	0.300		1	MC	9		0.204		
Niacin....mg	14.700		1	MC	9		9.996		
Pantothenic acid....mg									
Vitamin B-6....mg	0.700		1	MC	9		0.476		
Folate, total....mcg	37		1	MC	9		25		
Folic acid....mcg									
Folate, food....mcg	37		1	MC	9		25		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	4.40		1	MC	9		2.99		
Vitamin A, RAE....mcg_RAE	90		1	MC	9		61		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	1790		1	MC	9		1217		
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	0.400		1	MC	9		0.272		
Fatty acids, total monounsaturated....g	0.400		1	MC	9		0.272		
Fatty acids, total polyunsaturated....g	1.500		1	MC	9		1.020		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		

NDB No. 16568

MORNINGSTAR FARMS Ginger Teriyaki Veggie Cakes, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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:

Measure 1 = 68g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 22120

MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared

Worthington Foods, 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	66.00		1	MC	9		36.30		
Energy....kcal	140		1	MC	9		77		
Energy....kJ	586		1	MC	9		322		
Protein (N x 6.25)....g	17.80		1	MC	9		9.79		
Total lipid (fat)....g	4.30		1	MC	9		2.37		
Ash....g	3.60		1	MC	9		1.98		
Carbohydrate, by difference....g	8.30		1	MC	9		4.57		
Fiber, total dietary....g	4.7		1	MC	9		2.6		
Sugars, total....g	1.10		1	MC	9		0.61		
Starch....g									
Minerals:									
Calcium, Ca....mg	33		1	MC	9		18		
Iron, Fe....mg	5.20		1	MC	9		2.86		
Magnesium, Mg....mg									
Phosphorus, P....mg	201		1	MC	9		111		
Potassium, K....mg	189		1	MC	9		104		
Sodium, Na....mg	427		1	MC	9		235		
Zinc, Zn....mg	1.10		1	MC	9		0.61		
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	1.230		1	MC	9		0.677		
Riboflavin....mg	0.190		1	MC	9		0.104		
Niacin....mg	11.600		1	MC	9		6.380		
Pantothenic acid....mg									
Vitamin B-6....mg	0.800		1	MC	9		0.440		
Folate, total....mcg	0		1	MC	9		0		
Folic acid....mcg									
Folate, food....mcg	0		1	MC	9		0		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	8.30		1	MC	9		4.57		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1	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 D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.500		1	MC	9		0.275		
Fatty acids, total monounsaturated....g	0.900		1	MC	9		0.495		
Fatty acids, total polyunsaturated....g	2.870		1	MC	9		1.578		
Fatty acids, total trans....g	0.040		1	MC	9		0.022		

NDB No. 22120

MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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:

Measure 1 = 55g: .667 cup (1 serving)

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16588

MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared

Kellogg, Co.

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	70.80		1	MC	9		47.44		
Energy....kcal	118		1	MC	9		79		
Energy....kJ	494		1	MC	9		331		
Protein....g	12.80		1	MC	9		8.58		
Total lipid (fat)....g	4.80		1	MC	9		3.22		
Ash....g	1.40		1	MC	9		0.94		
Carbohydrate, by difference....g	10.20		1	MC	9		6.83		
Fiber, total dietary....g	5.7		1	MC	9		3.8		
Sugars, total....g	0.20		1	MC	9		0.13		
Starch....g									
Minerals:									
Calcium, Ca....mg	54		1	MC	9		36		
Iron, Fe....mg	2.00		1	MC	9		1.34		
Magnesium, Mg....mg	35		1	MC	9		23		
Phosphorus, P....mg	153		1	MC	9		103		
Potassium, K....mg	320		1	MC	9		214		
Sodium, Na....mg	519		1	MC	9		348		
Zinc, Zn....mg	0.50		1	MC	9		0.34		
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	0.030		1	MC	9		0.020		
Riboflavin....mg	0.010		1	MC	9		0.007		
Niacin....mg	0.000		1	MC	9		0.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		1	MC	9		0.000		
Folate, total....mcg	5		1	MC	9		3		
Folic acid....mcg									
Folate, food....mcg	5		1	MC	9		3		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1	MC	9		0.00		
Vitamin A, RAE....mcg_RAE	1		1	MC	9		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	11		1	MC	9		7		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		1	MC	9		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		1	MC	9		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.400		1	MC	9		0.268		
Fatty acids, total monounsaturated....g	2.400		1	MC	9		1.608		
Fatty acids, total polyunsaturated....g	1.500		1	MC	9		1.005		
Fatty acids, total trans....g	0.130		1	MC	9		0.087		

NDB No. 16588

MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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:

Measure 1 = 67g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16548

MORNINGSTAR FARMS Grillers Original, frozen, unprepared

Kellogg, Co.

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	55.60		1	MC	9		35.58		
Energy....kcal	213		1	MC	9		136		
Energy....kJ	891		1	MC	9		570		
Protein (N x 6.25)....g	23.90		1	MC	9		15.30		
Total lipid (fat)....g	9.30		1	MC	9		5.95		
Ash....g	2.70		1	MC	9		1.73		
Carbohydrate, by difference....g	8.50		1	MC	9		5.44		
Fiber, total dietary....g	4.4		1	MC	9		2.8		
Sugars, total....g	1.20		1	MC	9		0.77		
Starch....g									
Minerals:									
Calcium, Ca....mg	61		1	MC	9		39		
Iron, Fe....mg	4.20		1	MC	9		2.69		
Magnesium, Mg....mg									
Phosphorus, P....mg	185		1	MC	9		118		
Potassium, K....mg	182		1	MC	9		116		
Sodium, Na....mg	422		1	MC	9		270		
Zinc, Zn....mg	1.20		1	MC	9		0.77		
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	2.800		1	MC	9		1.792		
Riboflavin....mg	0.340		1	MC	9		0.218		
Niacin....mg	6.400		1	MC	9		4.096		
Pantothenic acid....mg									
Vitamin B-6....mg	0.600		1	MC	9		0.384		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	4.50		1	MC	9		2.88		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	1.700		1	MC	9		1.088		
Fatty acids, total monounsaturated....g	2.600		1	MC	9		1.664		
Fatty acids, total polyunsaturated....g	5.000		1	MC	9		3.200		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	3		1	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.

NDB No. 16548

MORNINGSTAR FARMS Grillers Original, frozen, unprepared

Common Measures:

Measure 1 = 64g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16549

MORNINGSTAR FARMS Grillers Prime, frozen, unprepared

Kellogg, Co.

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	54.30		1	MC	9		38.55		
Energy	kcal	238		1	MC	9		169		
Energy	kJ	996		1	MC	9		707		
Protein (N x 6.25)	g	24.00		1	MC	9		17.04		
Total lipid (fat)	g	13.20		1	MC	9		9.37		
Ash	g	2.60		1	MC	9		1.85		
Carbohydrate, by difference	g	5.90		1	MC	9		4.19		
Fiber, total dietary	g	2.6		1	MC	9		1.8		
Sugars, total	g	0.30		1	MC	9		0.21		
Starch	g									
Minerals:										
Calcium, Ca	mg	58		1	MC	9		41		
Iron, Fe	mg	2.80		1	MC	9		1.99		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	224		1	MC	9		159		
Sodium, Na	mg	501		1	MC	9		356		
Zinc, Zn	mg	1.20		1	MC	9		0.85		
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	0.300		1	MC	9		0.213		
Riboflavin	mg	0.200		1	MC	9		0.142		
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	0		1	MC	9		0		
Vitamin A, IU	IU	0		1	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	1.600		1	MC	9		1.136		
Fatty acids, total monounsaturated	g	5.600		1	MC	9		3.976		
Fatty acids, total polyunsaturated	g	6.000		1	MC	9		4.260		
Fatty acids, total trans	g	0.000		1	MC	9		0.000		
Cholesterol	mg	1		1	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.

NDB No. 16549

MORNINGSTAR FARMS Grillers Prime, frozen, unprepared

Common Measures:

Measure 1 = 71g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 22121

MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared

Worthington Foods, Inc.

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	68.20		1	MC	9		48.42		
Energy....kcal	132		1	MC	9		94		
Energy....kJ	552		1	MC	9		392		
Protein....g	16.30		1	MC	9		11.57		
Total lipid (fat)....g	3.40		1	MC	9		2.41		
Ash....g	3.00		1	MC	9		2.13		
Carbohydrate, by difference....g	9.10		1	MC	9		6.46		
Fiber, total dietary....g	5.2		1	MC	9		3.7		
Sugars, total....g	0.40		1	MC	9		0.28		
Starch....g									
Minerals:									
Calcium, Ca....mg	37		1	MC	9		26		
Iron, Fe....mg	2.90		1	MC	9		2.06		
Magnesium, Mg....mg									
Phosphorus, P....mg	221		1	MC	9		157		
Potassium, K....mg	498		1	MC	9		354		
Sodium, Na....mg	395		1	MC	9		280		
Zinc, Zn....mg	0.80		1	MC	9		0.57		
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	0.000		1	MC	9		0.000		
Riboflavin....mg	0.100		1	MC	9		0.071		
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	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.500		1	MC	9		0.355		
Fatty acids, total monounsaturated....g	1.200		1	MC	9		0.852		
Fatty acids, total polyunsaturated....g	1.700		1	MC	9		1.207		
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.

NDB No. 22121

MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared

Common Measures:

Measure 1 = 71g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16558

MORNINGSTAR FARMS Italian Herb Chik Patties, frozen, unprepared

Kellogg, Co.

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		1	MC	9		33.65		
Energy ... kcal	236		1	MC	9		168		
Energy ... kJ	987		1	MC	9		701		
Protein (N x 6.25) ... g	13.60		1	MC	9		9.66		
Total lipid (fat) ... g	7.00		1	MC	9		4.97		
Ash ... g	0.90		1	MC	9		0.64		
Carbohydrate, by difference ... g	31.10		1	MC	9		22.08		
Fiber, total dietary ... g	3.4		1	MC	9		2.4		
Sugars, total ... g	1.50		1	MC	9		1.07		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	50		1	MC	9		36		
Iron, Fe ... mg	3.80		1	MC	9		2.70		
Magnesium, Mg ... mg									
Phosphorus, P ... mg	140		1	MC	9		99		
Potassium, K ... mg	483		1	MC	9		343		
Sodium, Na ... mg	682		1	MC	9		484		
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	0.400		1	MC	9		0.284		
Riboflavin ... mg	0.100		1	MC	9		0.071		
Niacin ... mg	5.600		1	MC	9		3.976		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.300		1	MC	9		0.213		
Folate, total ... mcg	13		1	MC	9		9		
Folic acid ... mcg									
Folate, food ... mcg	13		1	MC	9		9		
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.10		1	MC	9		1.49		
Vitamin A, RAE ... mcg_RAE	2		1	MC	9		2		
Retinol ... mcg									
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	47		1	MC	9		33		
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	0.800		1	MC	9		0.568		
Fatty acids, total monounsaturated ... g	1.300		1	MC	9		0.923		
Fatty acids, total polyunsaturated ... g	4.850		1	MC	9		3.443		
Fatty acids, total trans ... g	0.050		1	MC	9		0.036		

NDB No. 16558
MORNINGSTAR FARMS Italian Herb Chik Patties, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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:

Measure 1 = 71g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16587

MORNINGSTAR FARMS Maple Flavored Veggie Sausage Patties, frozen, unprepared

Kellogg, Co.

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	51.00		1	MC	9		19.38		
Energy....kcal	222		1	MC	9		84		
Energy....kJ	929		1	MC	9		353		
Protein....g	26.30		1	MC	9		9.99		
Total lipid (fat)....g	7.20		1	MC	9		2.74		
Ash....g	1.90		1	MC	9		0.72		
Carbohydrate, by difference....g	13.60		1	MC	9		5.17		
Fiber, total dietary....g	2.0		1	MC	9		0.8		
Sugars, total....g	5.90		1	MC	9		2.24		
Starch....g									
Minerals:									
Calcium, Ca....mg	37		1	MC	9		14		
Iron, Fe....mg	4.30		1	MC	9		1.63		
Magnesium, Mg....mg	24		1	MC	9		9		
Phosphorus, P....mg	311		1	MC	9		118		
Potassium, K....mg	279		1	MC	9		106		
Sodium, Na....mg	656		1	MC	9		249		
Zinc, Zn....mg	0.80		1	MC	9		0.30		
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	0.990		1	MC	9		0.376		
Riboflavin....mg	0.290		1	MC	9		0.110		
Niacin....mg	9.400		1	MC	9		3.572		
Pantothenic acid....mg									
Vitamin B-6....mg	0.700		1	MC	9		0.266		
Folate, total....mcg	3		1	MC	9		1		
Folic acid....mcg									
Folate, food....mcg	3		1	MC	9		1		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	6.60		1	MC	9		2.51		
Vitamin A, RAE....mcg_RAE	1		1	MC	9		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	14		1	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 D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.900		1	MC	9		0.342		
Fatty acids, total monounsaturated....g	1.600		1	MC	9		0.608		
Fatty acids, total polyunsaturated....g	4.000		1	MC	9		1.520		
Fatty acids, total trans....g	0.070		1	MC	9		0.027		

NDB No. 16587

MORNINGSTAR FARMS Maple Flavored Veggie Sausage Patties, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1		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:

Measure 1 = 38g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16563

MORNINGSTAR FARMS Meal Starters Chik'n Strips, frozen, unprepared

Kellogg, Co.

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	60.30		1	MC	9		51.25		
Energy....kcal	164		1	MC	9		139		
Energy....kJ	686		1	MC	9		583		
Protein (N x 6.25)....g	26.80		1	MC	9		22.78		
Total lipid (fat)....g	3.90		1	MC	9		3.32		
Ash....g	2.30		1	MC	9		1.95		
Carbohydrate, by difference....g	6.70		1	MC	9		5.69		
Fiber, total dietary....g	1.4		1	MC	9		1.2		
Sugars, total....g	1.20		1	MC	9		1.02		
Starch....g									
Minerals:									
Calcium, Ca....mg	45		1	MC	9		38		
Iron, Fe....mg	5.40		1	MC	9		4.59		
Magnesium, Mg....mg	32		1	MC	9		27		
Phosphorus, P....mg									
Potassium, K....mg	124		1	MC	9		105		
Sodium, Na....mg	597		1	MC	9		507		
Zinc, Zn....mg	4.50		1	MC	9		3.83		
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	0.450		1	MC	9		0.382		
Riboflavin....mg	0.500		1	MC	9		0.425		
Niacin....mg	7.000		1	MC	9		5.950		
Pantothenic acid....mg	0.800		1	MC	9		0.680		
Vitamin B-6....mg	0.400		1	MC	9		0.340		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.80		1	MC	9		1.53		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.600		1	MC	9		0.510		
Fatty acids, total monounsaturated....g	1.500		1	MC	9		1.275		
Fatty acids, total polyunsaturated....g	1.690		1	MC	9		1.437		
Fatty acids, total trans....g	0.110		1	MC	9		0.093		
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.

NDB No. 16563

MORNINGSTAR FARMS Meal Starters Chik'n Strips, frozen, unprepared

Common Measures:

Measure 1 = 85g: 12 strip

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16564

MORNINGSTAR FARMS Meal Starters Steak Strips, frozen, unprepared

Kellogg, Co.

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	58.50		1	MC	9		49.73		
Energy....kcal	173		1	MC	9		147		
Energy....kJ	724		1	MC	9		615		
Protein (N x 6.25)....g	26.10		1	MC	9		22.19		
Total lipid (fat)....g	4.10		1	MC	9		3.48		
Ash....g	2.30		1	MC	9		1.95		
Carbohydrate, by difference....g	9.00		1	MC	9		7.65		
Fiber, total dietary....g	1.1		1	MC	9		0.9		
Sugars, total....g	1.20		1	MC	9		1.02		
Starch....g									
Minerals:									
Calcium, Ca....mg	47		1	MC	9		40		
Iron, Fe....mg	8.30		1	MC	9		7.06		
Magnesium, Mg....mg	32		1	MC	9		27		
Phosphorus, P....mg									
Potassium, K....mg	214		1	MC	9		182		
Sodium, Na....mg	623		1	MC	9		530		
Zinc, Zn....mg	4.50		1	MC	9		3.83		
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	0.450		1	MC	9		0.382		
Riboflavin....mg	0.500		1	MC	9		0.425		
Niacin....mg	7.000		1	MC	9		5.950		
Pantothenic acid....mg	0.800		1	MC	9		0.680		
Vitamin B-6....mg	0.300		1	MC	9		0.255		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.80		1	MC	9		1.53		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	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	0.600		1	MC	9		0.510		
Fatty acids, total monounsaturated....g	1.800		1	MC	9		1.530		
Fatty acids, total polyunsaturated....g	1.610		1	MC	9		1.369		
Fatty acids, total trans....g	0.090		1	MC	9		0.077		
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.

NDB No. 16564

MORNINGSTAR FARMS Meal Starters Steak Strips, frozen, unprepared

Common Measures:

Measure 1 = 85g: 12 strip

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16555

MORNINGSTAR FARMS MeatFree Buffalo Wings, frozen, unprepared

Kellogg, Co.

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	50.40		1	MC	9		42.84		
Energy....kcal	230		1	MC	9		196		
Energy....kJ	962		1	MC	9		818		
Protein (N x 6.25)....g	14.50		1	MC	9		12.33		
Total lipid (fat)....g	9.40		1	MC	9		7.99		
Ash....g	2.70		1	MC	9		2.30		
Carbohydrate, by difference....g	23.00		1	MC	9		19.55		
Fiber, total dietary....g	3.7		1	MC	9		3.1		
Sugars, total....g	2.10		1	MC	9		1.78		
Starch....g									
Minerals:									
Calcium, Ca....mg	52		1	MC	9		44		
Iron, Fe....mg	3.20		1	MC	9		2.72		
Magnesium, Mg....mg									
Phosphorus, P....mg	148		1	MC	9		126		
Potassium, K....mg	493		1	MC	9		419		
Sodium, Na....mg	758		1	MC	9		644		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.4		
Thiamin....mg	0.500		1	MC	9		0.425		
Riboflavin....mg	0.200		1	MC	9		0.170		
Niacin....mg	4.700		1	MC	9		3.995		
Pantothenic acid....mg									
Vitamin B-6....mg	0.200		1	MC	9		0.170		
Folate, total....mcg	14		1	MC	9		12		
Folic acid....mcg									
Folate, food....mcg	14		1	MC	9		12		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.80		1	MC	9		1.53		
Vitamin A, RAE....mcg_RAE	6		1	MC	9		5		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	129		1	MC	9		110		
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	1.200		1	MC	9		1.020		
Fatty acids, total monounsaturated....g	2.000		1	MC	9		1.700		
Fatty acids, total polyunsaturated....g	6.140		1	MC	9		5.219		
Fatty acids, total trans....g	0.060		1	MC	9		0.051		

NDB No. 16555
MORNINGSTAR FARMS MeatFree Buffalo Wings, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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:

Measure 1 = 85g: 5 pieces

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16561

MORNINGSTAR FARMS Meatless Mini Corn Dogs, frozen, unprepared

Kellogg, Co.

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	48.46		1	MC	9		36.83		
Energy....kcal	229		1	MC	9		174		
Energy....kJ	958		1	MC	9		728		
Protein (N x 6.25)....g	13.44		1	MC	9		10.21		
Total lipid (fat)....g	6.48		1	MC	9		4.92		
Ash....g	2.33		1	MC	9		1.77		
Carbohydrate, by difference....g	29.29		1	MC	9		22.26		
Fiber, total dietary....g	4.2		1	MC	9		3.2		
Sugars, total....g	3.49		1	MC	9		2.65		
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1	MC	9		15		
Iron, Fe....mg	1.74		1	MC	9		1.32		
Magnesium, Mg....mg									
Phosphorus, P....mg	177		1	MC	9		134		
Potassium, K....mg	109		1	MC	9		83		
Sodium, Na....mg	677		1	MC	9		515		
Zinc, Zn....mg	0.78		1	MC	9		0.59		
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	0.290		1	MC	9		0.220		
Riboflavin....mg	0.190		1	MC	9		0.144		
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	1		1	NC	4		1		
Vitamin A, IU....IU	16		1	NC	4		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	0.710		1	MC	9		0.540		
Fatty acids, total monounsaturated....g	2.530		1	MC	9		1.923		
Fatty acids, total polyunsaturated....g	1.670		1	MC	9		1.269		
Fatty acids, total trans....g	0.100		1	MC	9		0.076		
Cholesterol....mg	1		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.

NDB No. 16561

MORNINGSTAR FARMS Meatless Mini Corn Dogs, frozen, unprepared

Common Measures:

Measure 1 = 76g: 4 pieces

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16552

MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared

Kellogg, Co.

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	66.10		1	MC	9		42.30		
Energy....kcal	169		1	MC	9		108		
Energy....kJ	707		1	MC	9		452		
Protein (N x 6.25)....g	11.60		1	MC	9		7.42		
Total lipid (fat)....g	8.80		1	MC	9		5.63		
Ash....g	1.70		1	MC	9		1.09		
Carbohydrate, by difference....g	11.80		1	MC	9		7.55		
Fiber, total dietary....g	1.2		1	MC	9		0.8		
Sugars, total....g	1.60		1	MC	9		1.02		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0		
Iron, Fe....mg	1.10		1	MC	9		0.70		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	346		1	MC	9		221		
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	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	1.300		1	MC	9		0.832		
Fatty acids, total monounsaturated....g	2.500		1	MC	9		1.600		
Fatty acids, total polyunsaturated....g	4.900		1	MC	9		3.136		
Fatty acids, total trans....g	0.100		1	MC	9		0.064		
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. 16552

MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared

Measure 1 = 64g: 1 patty

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16559

MORNINGSTAR FARMS Original Chik'n Tenders, frozen, unprepared

Kellogg, Co.

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	50.40		1	MC	9		40.82		
Energy....kcal	233		1	MC	9		189		
Energy....kJ	975		1	MC	9		790		
Protein (N x 6.25)....g	14.70		1	MC	9		11.91		
Total lipid (fat)....g	8.10		1	MC	9		6.56		
Ash....g	1.60		1	MC	9		1.30		
Carbohydrate, by difference....g	25.20		1	MC	9		20.41		
Fiber, total dietary....g	3.6		1	MC	9		2.9		
Sugars, total....g	0.60		1	MC	9		0.49		
Starch....g									
Minerals:									
Calcium, Ca....mg	52		1	MC	9		42		
Iron, Fe....mg	3.20		1	MC	9		2.59		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	247		1	MC	9		200		
Sodium, Na....mg	714		1	MC	9		578		
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	2		1	MC	9		1		
Vitamin A, IU....IU	30		1	MC	9		24		
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	1.100		1	MC	9		0.891		
Fatty acids, total monounsaturated....g	2.400		1	MC	9		1.944		
Fatty acids, total polyunsaturated....g	4.550		1	MC	9		3.686		
Fatty acids, total trans....g	0.050		1	MC	9		0.041		
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. 16559

MORNINGSTAR FARMS Original Chik'n Tenders, frozen, unprepared

Measure 1 = 81g: 2 pieces

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16565

MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared

Kellogg, Co.

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	61.50		1	MC	9		33.83		
Energy....kcal	164		1	MC	9		90		
Energy....kJ	686		1	MC	9		377		
Protein (N x 6.25)....g	17.80		1	MC	9		9.79		
Total lipid (fat)....g	4.20		1	MC	9		2.31		
Ash....g	2.80		1	MC	9		1.54		
Carbohydrate, by difference....g	13.70		1	MC	9		7.53		
Fiber, total dietary....g	2.0		1	MC	9		1.1		
Sugars, total....g	1.10		1	MC	9		0.61		
Starch....g									
Minerals:									
Calcium, Ca....mg	96		1	MC	9		53		
Iron, Fe....mg	6.90		1	MC	9		3.80		
Magnesium, Mg....mg									
Phosphorus, P....mg	138		1	MC	9		76		
Potassium, K....mg	211		1	MC	9		116		
Sodium, Na....mg	809		1	MC	9		445		
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	1.350		1	MC	9		0.743		
Riboflavin....mg	0.600		1	MC	9		0.330		
Niacin....mg	20.000		1	MC	9		11.000		
Pantothenic acid....mg									
Vitamin B-6....mg	1.200		1	MC	9		0.660		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	11.60		1	MC	9		6.38		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.600		1	MC	9		0.330		
Fatty acids, total monounsaturated....g	1.100		1	MC	9		0.605		
Fatty acids, total polyunsaturated....g	2.300		1	MC	9		1.265		
Fatty acids, total trans....g	0.080		1	MC	9		0.044		
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.

NDB No. 16565

MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared

Common Measures:

Measure 1 = 55g: .667 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16569

MORNINGSTAR FARMS Southwest Veggie Cakes, frozen, unprepared

Kellogg, Co.

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	52.40		1	MC	9		35.63		
Energy....kcal	197		1	MC	9		134		
Energy....kJ	824		1	MC	9		560		
Protein (N x 6.25)....g	9.50		1	MC	9		6.46		
Total lipid (fat)....g	4.60		1	MC	9		3.13		
Ash....g	2.70		1	MC	9		1.84		
Carbohydrate, by difference....g	30.80		1	MC	9		20.94		
Fiber, total dietary....g	3.2		1	MC	9		2.2		
Sugars, total....g	0.40		1	MC	9		0.27		
Starch....g									
Minerals:									
Calcium, Ca....mg	83		1	MC	9		56		
Iron, Fe....mg	5.30		1	MC	9		3.60		
Magnesium, Mg....mg	3		1	MC	9		2		
Phosphorus, P....mg	145		1	MC	9		99		
Potassium, K....mg	208		1	MC	9		141		
Sodium, Na....mg	500		1	MC	9		340		
Zinc, Zn....mg	1.00		1	MC	9		0.68		
Copper, Cu....mg									
Manganese, Mn....mg	0.600		1	MC	9		0.408		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.0		1	MC	9		2.0		
Thiamin....mg	1.100		1	MC	9		0.748		
Riboflavin....mg	0.300		1	MC	9		0.204		
Niacin....mg	14.700		1	MC	9		9.996		
Pantothenic acid....mg									
Vitamin B-6....mg	0.700		1	MC	9		0.476		
Folate, total....mcg	28		1	MC	9		19		
Folic acid....mcg									
Folate, food....mcg	28		1	MC	9		19		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	4.40		1	MC	9		2.99		
Vitamin A, RAE....mcg_RAE	9		1	MC	9		6		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	172		1	MC	9		117		
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	1.700		1	MC	9		1.156		
Fatty acids, total monounsaturated....g	0.600		1	MC	9		0.408		
Fatty acids, total polyunsaturated....g	2.900		1	MC	9		1.972		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		

NDB No. 16569
MORNINGSTAR FARMS Southwest Veggie Cakes, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	7		1	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:

Measure 1 = 68g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 22123
MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared

Worthington Foods, 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	56.50		1	MC	9		37.86		
Energy....kcal	171		1	MC	9		115		
Energy....kJ	715		1	MC	9		479		
Protein (N x 6.25)....g	16.10		1	MC	9		10.79		
Total lipid (fat)....g	5.70		1	MC	9		3.82		
Ash....g	2.00		1	MC	9		1.34		
Carbohydrate, by difference....g	19.70		1	MC	9		13.20		
Fiber, total dietary....g	6.8		1	MC	9		4.6		
Sugars, total....g	2.80		1	MC	9		1.88		
Starch....g									
Minerals:									
Calcium, Ca....mg	103		1	MC	9		69		
Iron, Fe....mg	2.20		1	MC	9		1.47		
Magnesium, Mg....mg	51		1	MC	9		34		
Phosphorus, P....mg	189		1	MC	9		127		
Potassium, K....mg	380		1	MC	9		255		
Sodium, Na....mg	520		1	MC	9		348		
Zinc, Zn....mg	1.00		1	MC	9		0.67		
Copper, Cu....mg	0.200		1	MC	9		0.134		
Manganese, Mn....mg	0.700		1	MC	9		0.469		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MC	9		0.7		
Thiamin....mg	13.600		1	MC	9		9.112		
Riboflavin....mg	0.300		1	MC	9		0.201		
Niacin....mg	1.800		1	MC	9		1.206		
Pantothenic acid....mg									
Vitamin B-6....mg	0.160		1	MC	9		0.107		
Folate, total....mcg	49		1	MC	9		33		
Folic acid....mcg									
Folate, food....mcg	49		1	MC	9		33		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1	MC	9		0.00		
Vitamin A, RAE....mcg_RAE	5		1	MC	9		3		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	100		1	MC	9		67		
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	0.800		1	MC	9		0.536		
Fatty acids, total monounsaturated....g	1.500		1	MC	9		1.005		
Fatty acids, total polyunsaturated....g	3.300		1	MC	9		2.211		

NDB No. 22123
MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans.....g	0.100		1	MC	9		0.067		
Cholesterol.....mg	1		1	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:

Measure 1 = 67g: 1 patty

Footnotes:

1 foodservice patties are 93g each (12/pack; 4packs/case)
2 312 gm retail package contains 78 gm patties.

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16554

MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared

Kellogg, Co.

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	62.80		1	MC	9		42.08		
Energy....kcal	181		1	MC	9		121		
Energy....kJ	757		1	MC	9		507		
Protein (N x 6.25)....g	15.50		1	MC	9		10.39		
Total lipid (fat)....g	8.30		1	MC	9		5.56		
Ash....g	2.40		1	MC	9		1.61		
Carbohydrate, by difference....g	11.10		1	MC	9		7.44		
Fiber, total dietary....g	3.7		1	MC	9		2.5		
Sugars, total....g	2.40		1	MC	9		1.61		
Starch....g									
Minerals:									
Calcium, Ca....mg	48		1	MC	9		32		
Iron, Fe....mg	1.80		1	MC	9		1.21		
Magnesium, Mg....mg									
Phosphorus, P....mg	139		1	MC	9		93		
Potassium, K....mg	238		1	MC	9		159		
Sodium, Na....mg	389		1	MC	9		261		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	22.0		1	MC	9		14.7		
Thiamin....mg	0.100		1	MC	9		0.067		
Riboflavin....mg	0.300		1	MC	9		0.201		
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	21		1	MC	9		14		
Vitamin A, IU....IU	425		1	MC	9		285		
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	2.200		1	MC	9		1.474		
Fatty acids, total monounsaturated....g	2.100		1	MC	9		1.407		
Fatty acids, total polyunsaturated....g	3.860		1	MC	9		2.586		
Fatty acids, total trans....g	0.140		1	MC	9		0.094		
Cholesterol....mg	11		1	MC	9		7		
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. 16554

MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared

Common Measures:

Measure 1 = 67g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16566

MORNINGSTAR FARMS Veggie Bites Broccoli Cheddar, frozen, unprepared

Kellogg, Co.

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	58.80		1	MC	9		49.98		
Energy....kcal	209		1	MC	9		178		
Energy....kJ	874		1	MC	9		743		
Protein (N x 6.25)....g	9.90		1	MC	9		8.41		
Total lipid (fat)....g	11.70		1	MC	9		9.94		
Ash....g	2.20		1	MC	9		1.87		
Carbohydrate, by difference....g	17.40		1	MC	9		14.79		
Fiber, total dietary....g	2.4		1	MC	9		2.0		
Sugars, total....g	3.40		1	MC	9		2.89		
Starch....g									
Minerals:									
Calcium, Ca....mg	87		1	MC	9		74		
Iron, Fe....mg	3.20		1	MC	9		2.72		
Magnesium, Mg....mg									
Phosphorus, P....mg	150		1	MC	9		128		
Potassium, K....mg	163		1	MC	9		139		
Sodium, Na....mg	641		1	MC	9		545		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.8		1	MC	9		5.8		
Thiamin....mg	1.100		1	MC	9		0.935		
Riboflavin....mg	0.200		1	MC	9		0.170		
Niacin....mg	9.400		1	MC	9		7.990		
Pantothenic acid....mg									
Vitamin B-6....mg	0.600		1	MC	9		0.510		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	6.40		1	MC	9		5.44		
Vitamin A, RAE....mcg_RAE	16		1	MC	9		13		
Vitamin A, IU....IU	315		1	MC	9		268		
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	2.800		1	MC	9		2.380		
Fatty acids, total monounsaturated....g	3.100		1	MC	9		2.635		
Fatty acids, total polyunsaturated....g	5.500		1	MC	9		4.675		
Fatty acids, total trans....g	0.300		1	MC	9		0.255		
Cholesterol....mg	8		1	MC	9		6		
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. 16566

MORNINGSTAR FARMS Veggie Bites Broccoli Cheddar, frozen, unprepared

Common Measures:

Measure 1 = 85g: 3 pieces

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16567

MORNINGSTAR FARMS Veggie Bites Spinach Artichoke, frozen, unprepared

Kellogg, Co.

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		1	MC	9		47.60		
Energy....kcal	221		1	MC	9		188		
Energy....kJ	925		1	MC	9		786		
Protein (N x 6.25)....g	11.00		1	MC	9		9.35		
Total lipid (fat)....g	11.90		1	MC	9		10.11		
Ash....g	2.30		1	MC	9		1.95		
Carbohydrate, by difference....g	18.80		1	MC	9		15.98		
Fiber, total dietary....g	2.0		1	MC	9		1.7		
Sugars, total....g	4.70		1	MC	9		3.99		
Starch....g									
Minerals:									
Calcium, Ca....mg	107		1	MC	9		91		
Iron, Fe....mg	3.20		1	MC	9		2.72		
Magnesium, Mg....mg									
Phosphorus, P....mg	159		1	MC	9		135		
Potassium, K....mg	175		1	MC	9		149		
Sodium, Na....mg	670		1	MC	9		570		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0		1	MC	9		4.3		
Thiamin....mg	0.900		1	MC	9		0.765		
Riboflavin....mg	0.200		1	MC	9		0.170		
Niacin....mg	7.100		1	MC	9		6.035		
Pantothenic acid....mg									
Vitamin B-6....mg	0.500		1	MC	9		0.425		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	4.90		1	MC	9		4.17		
Vitamin A, RAE....mcg_RAE	55		1	MC	9		47		
Vitamin A, IU....IU	1095		1	MC	9		931		
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	3.000		1	MC	9		2.550		
Fatty acids, total monounsaturated....g	3.200		1	MC	9		2.720		
Fatty acids, total polyunsaturated....g	5.400		1	MC	9		4.590		
Fatty acids, total trans....g	0.300		1	MC	9		0.255		
Cholesterol....mg	8		1	MC	9		7		
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. 16567

MORNINGSTAR FARMS Veggie Bites Spinach Artichoke, frozen, unprepared

Common Measures:

Measure 1 = 85g: 3 pieces

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16542

MORNINGSTAR FARMS Veggie Breakfast Bacon Strips, frozen, unprepared

Kellogg, Co.

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	41.90		1	MC	9		6.70		
Energy....kcal	346		1	MC	9		55		
Energy....kJ	1448		1	MC	9		232		
Protein (N x 6.25)....g	12.40		1	MC	9		1.98		
Total lipid (fat)....g	26.60		1	MC	9		4.26		
Ash....g	4.80		1	MC	9		0.77		
Carbohydrate, by difference....g	14.30		1	MC	9		2.29		
Fiber, total dietary....g	5.1		1	MC	9		0.8		
Sugars, total....g	0.80		1	MC	9		0.13		
Starch....g									
Minerals:									
Calcium, Ca....mg	42		1	MC	9		7		
Iron, Fe....mg	3.60		1	MC	9		0.58		
Magnesium, Mg....mg									
Phosphorus, P....mg	285		1	MC	9		46		
Potassium, K....mg	97		1	MC	9		16		
Sodium, Na....mg	1463		1	MC	9		234		
Zinc, Zn....mg	0.60		1	MC	9		0.10		
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	10.100		1	MC	9		1.616		
Riboflavin....mg	0.400		1	MC	9		0.064		
Niacin....mg	8.800		1	MC	9		1.408		
Pantothenic acid....mg									
Vitamin B-6....mg	0.500		1	MC	9		0.080		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.40		1	MC	9		0.54		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	4.200		1	MC	9		0.672		
Fatty acids, total monounsaturated....g	6.200		1	MC	9		0.992		
Fatty acids, total polyunsaturated....g	16.200		1	MC	9		2.592		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	2		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.

NDB No. 16542

MORNINGSTAR FARMS Veggie Breakfast Bacon Strips, frozen, unprepared

Common Measures:

Measure 1 = 16g: 2 strip

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16546

MORNINGSTAR FARMS Veggie Breakfast Sausage Links, frozen, unprepared

Kellogg, Co.

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	64.00		1	MC	9		28.80		
Energy....kcal	159		1	MC	9		72		
Energy....kJ	665		1	MC	9		299		
Protein (N x 6.25)....g	19.20		1	MC	9		8.64		
Total lipid (fat)....g	6.10		1	MC	9		2.74		
Ash....g	3.90		1	MC	9		1.76		
Carbohydrate, by difference....g	6.80		1	MC	9		3.06		
Fiber, total dietary....g	4.0		1	MC	9		1.8		
Sugars, total....g	1.00		1	MC	9		0.45		
Starch....g									
Minerals:									
Calcium, Ca....mg	26		1	MC	9		12		
Iron, Fe....mg	5.90		1	MC	9		2.66		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	109		1	MC	9		49		
Sodium, Na....mg	670		1	MC	9		302		
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	1.900		1	MC	9		0.855		
Riboflavin....mg	0.600		1	MC	9		0.270		
Niacin....mg	16.800		1	MC	9		7.560		
Pantothenic acid....mg									
Vitamin B-6....mg	1.100		1	MC	9		0.495		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	7.40		1	MC	9		3.33		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.700		1	MC	9		0.315		
Fatty acids, total monounsaturated....g	1.800		1	MC	9		0.810		
Fatty acids, total polyunsaturated....g	3.600		1	MC	9		1.620		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	2		1	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.

NDB No. 16546

MORNINGSTAR FARMS Veggie Breakfast Sausage Links, frozen, unprepared

Common Measures:

Measure 1 = 45g: 2 links

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 22122

MORNINGSTAR FARMS Veggie Breakfast Sausage Patties, frozen, unprepared

Worthington Foods, 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	54.40		1	MC	9		20.67		
Energy....kcal	210		1	MC	9		80		
Energy....kJ	879		1	MC	9		334		
Protein (N x 6.25)....g	25.80		1	MC	9		9.80		
Total lipid (fat)....g	7.90		1	MC	9		3.00		
Ash....g	3.10		1	MC	9		1.18		
Carbohydrate, by difference....g	8.80		1	MC	9		3.34		
Fiber, total dietary....g	4.1		1	MC	9		1.6		
Sugars, total....g	1.70		1	MC	9		0.65		
Starch....g									
Minerals:									
Calcium, Ca....mg	44		1	MC	9		17		
Iron, Fe....mg	4.50		1	MC	9		1.71		
Magnesium, Mg....mg									
Phosphorus, P....mg	306		1	MC	9		116		
Potassium, K....mg	328		1	MC	9		125		
Sodium, Na....mg	671		1	MC	9		255		
Zinc, Zn....mg	1.40		1	MC	9		0.53		
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	11.000		1	MC	9		4.180		
Riboflavin....mg	0.300		1	MC	9		0.114		
Niacin....mg	6.000		1	MC	9		2.280		
Pantothenic acid....mg									
Vitamin B-6....mg	0.500		1	MC	9		0.190		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.70		1	MC	9		1.41		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	1.100		1	MC	9		0.418		
Fatty acids, total monounsaturated....g	1.900		1	MC	9		0.722		
Fatty acids, total polyunsaturated....g	4.900		1	MC	9		1.862		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	2		1	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.

NDB No. 22122

MORNINGSTAR FARMS Veggie Breakfast Sausage Patties, frozen, unprepared

Common Measures:

Measure 1 = 38g: 1 patty

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

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

NDB No. 16537

MORNINGSTAR FARMS Veggie Corn Dogs made w/ Natural Ingredients, frozen, unprepared

Kellogg, Co.

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	48.50		1	MC	9		34.44		
Energy....kcal	231		1	MC	9		164		
Energy....kJ	967		1	MC	9		687		
Protein (N x 6.25)....g	11.60		1	MC	9		8.24		
Total lipid (fat)....g	6.80		1	MC	9		4.83		
Ash....g	2.20		1	MC	9		1.56		
Carbohydrate, by difference....g	30.90		1	MC	9		21.94		
Fiber, total dietary....g	2.3		1	MC	9		1.6		
Sugars, total....g	8.20		1	MC	9		5.82		
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1	MC	9		9		
Iron, Fe....mg	2.40		1	MC	9		1.70		
Magnesium, Mg....mg									
Phosphorus, P....mg	134		1	MC	9		95		
Potassium, K....mg	88		1	MC	9		62		
Sodium, Na....mg	735		1	MC	9		522		
Zinc, Zn....mg	0.70		1	MC	9		0.50		
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	0.300		1	MC	9		0.213		
Riboflavin....mg	0.200		1	MC	9		0.142		
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	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	1.100		1	MC	9		0.781		
Fatty acids, total monounsaturated....g	1.700		1	MC	9		1.207		
Fatty acids, total polyunsaturated....g	4.000		1	MC	9		2.840		
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.

NDB No. 16537

MORNINGSTAR FARMS Veggie Corn Dogs made w/ Natural Ingredients, frozen, unprepared

Common Measures:

Measure 1 = 71g: 1 piece

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16560

MORNINGSTAR FARMS Veggie Corn Dogs, frozen, unprepared

Kellogg, Co.

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	48.68		1	MC	9		34.56		
Energy....kcal	228		1	MC	9		162		
Energy....kJ	954		1	MC	9		677		
Protein (N x 6.25)....g	11.38		1	MC	9		8.08		
Total lipid (fat)....g	6.17		1	MC	9		4.38		
Ash....g	2.13		1	MC	9		1.51		
Carbohydrate, by difference....g	31.67		1	MC	9		22.49		
Fiber, total dietary....g	4.2		1	MC	9		3.0		
Sugars, total....g	7.42		1	MC	9		5.27		
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1	MC	9		9		
Iron, Fe....mg	1.84		1	MC	9		1.31		
Magnesium, Mg....mg									
Phosphorus, P....mg	157		1	MC	9		112		
Potassium, K....mg	88		1	MC	9		63		
Sodium, Na....mg	657		1	MC	9		467		
Zinc, Zn....mg	0.70		1	MC	9		0.50		
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	0.270		1	MC	9		0.192		
Riboflavin....mg	0.330		1	MC	9		0.234		
Niacin....mg	8.570		1	MC	9		6.085		
Pantothenic acid....mg									
Vitamin B-6....mg	0.050		1	MC	9		0.036		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1	MC	9		0.00		
Vitamin A, RAE....mcg_RAE	3		0	NC	4		2		
Vitamin A, IU....IU	64		1	NC	4		46		
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	1.050		1	MC	9		0.745		
Fatty acids, total monounsaturated....g	1.950		1	MC	9		1.385		
Fatty acids, total polyunsaturated....g	3.570		1	MC	9		2.535		
Fatty acids, total trans....g	0.100		1	MC	9		0.071		
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.

NDB No. 16560

MORNINGSTAR FARMS Veggie Corn Dogs, frozen, unprepared

Common Measures:

Measure 1 = 71g: 1 piece

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16589

MORNINGSTAR FARMS Veggie Italian Style Sausage, frozen, unprepared

Kellogg, Co.

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	62.20		1	MC	9		39.81		
Energy	kcal	187		1	MC	9		120		
Energy	kJ	782		1	MC	9		500		
Protein	g	17.50		1	MC	9		11.20		
Total lipid (fat)	g	8.70		1	MC	9		5.57		
Ash	g	1.00		1	MC	9		0.64		
Carbohydrate, by difference	g	10.60		1	MC	9		6.78		
Fiber, total dietary	g	2.0		1	MC	9		1.3		
Sugars, total	g	1.00		1	MC	9		0.64		
Starch	g									
Minerals:										
Calcium, Ca	mg	39		1	MC	9		25		
Iron, Fe	mg	1.70		1	MC	9		1.09		
Magnesium, Mg	mg	21		1	MC	9		13		
Phosphorus, P	mg	97		1	MC	9		62		
Potassium, K	mg	194		1	MC	9		124		
Sodium, Na	mg	549		1	MC	9		351		
Zinc, Zn	mg	1.00		1	MC	9		0.64		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		1	MC	9		0.6		
Thiamin	mg	0.170		1	MC	9		0.109		
Riboflavin	mg	0.220		1	MC	9		0.141		
Niacin	mg	0.700		1	MC	9		0.448		
Pantothenic acid	mg									
Vitamin B-6	mg	0.100		1	MC	9		0.064		
Folate, total	mcg	24		1	MC	9		15		
Folic acid	mcg									
Folate, food	mcg	24		1	MC	9		15		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1	MC	9		0.00		
Vitamin A, RAE	mcg_RAE	1		1	MC	9		1		
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	17		1	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 D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.100		1	MC	9		0.704		
Fatty acids, total monounsaturated	g	1.600		1	MC	9		1.024		
Fatty acids, total polyunsaturated	g	3.900		1	MC	9		2.496		
Fatty acids, total trans	g	0.090		1	MC	9		0.058		

NDB No. 16589

MORNINGSTAR FARMS Veggie Italian Style Sausage, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
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 = 64g: 1 link

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16106
Meat extender

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.48	0.242	16		1		6.58	2.12	
Energy....kcal	313		0	NC	4		275	89	
Energy....kJ	1310				4		1152	371	
Protein (N x 5.71)....g	38.11	0.405	17		1		33.54	10.80	
Total lipid (fat)....g	2.97	0.230	16		1		2.61	0.84	
Ash....g	13.13	0.487	16		1		11.55	3.72	
Carbohydrate, by difference....g	38.32		0	NC	4		33.72	10.86	
Fiber, total dietary....g	17.5		0		4		15.4	5.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	204		2		1		180	58	
Iron, Fe....mg	11.99	1.256	15		1		10.55	3.40	
Magnesium, Mg....mg	216	4.910	14		1		190	61	
Phosphorus, P....mg	639		0		4		562	181	
Potassium, K....mg	1902		0		4		1674	539	
Sodium, Na....mg	10		0		1		9	3	
Zinc, Zn....mg	2.21		0		4		1.94	0.63	
Copper, Cu....mg	0.304		0		4		0.268	0.086	
Manganese, Mn....mg	0.271		0		4		0.238	0.077	
Selenium, Se....mcg	7.4		0	BFZN	4		6.5	2.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.702	0.054	16		1		0.618	0.199	
Riboflavin....mg	0.891	0.069	16		1		0.784	0.253	
Niacin....mg	22.021	1.420	16		1		19.378	6.243	
Pantothenic acid....mg	1.492		0		4		1.313	0.423	
Vitamin B-6....mg	1.336	0.139	14		1		1.176	0.379	
Folate, total....mcg	198		0		4		174	56	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	198		0		4		174	56	
Folate, DFE....mcg_DFE	198		0	NC	4		174	56	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	6.00	0.474	14		1		5.28	1.70	
Vitamin A, RAE....mcg_RAE	2	0.164	14		1		1	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	32	3.280	14		1		28	9	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	0.424		0		1		0.373	0.120	
4:0....g									
6:0....g									
8:0....g									

NDB No. 16106
Meat extender

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.008		0		1		0.007	0.002	
15:0 g									
16:0 g	0.312		0		1		0.275	0.088	
17:0 g									
18:0 g	0.105		0		1		0.092	0.030	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.648		0		1		0.570	0.184	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.008		0		1		0.007	0.002	
17:1 g									
18:1 undifferentiated g	0.642		0		1		0.565	0.182	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.657		0		1		1.458	0.470	
18:2 undifferentiated g	1.461		0		1		1.286	0.414	
18:3 undifferentiated g	0.196		0		1		0.172	0.056	
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									
Amino Acids:									
Tryptophan g	0.574		0		1		0.505	0.163	
Threonine g	1.615		0		1		1.421	0.458	
Isoleucine g	1.995		0		1		1.756	0.566	
Leucine g	3.263		0		1		2.871	0.925	
Lysine g	2.596		0		1		2.284	0.736	
Methionine g	0.520		0		1		0.458	0.147	
Cystine g	0.627		0		1		0.552	0.178	
Phenylalanine g	2.182		0		1		1.920	0.619	
Tyrosine g	1.428		0		1		1.257	0.405	
Valine g	2.115		0		1		1.861	0.600	
Arginine g	3.123		0		1		2.748	0.885	
Histidine g	1.068		0		1		0.940	0.303	
Alanine g	1.755		0		1		1.544	0.498	
Aspartic acid g	4.745		0		1		4.176	1.345	
Glutamic acid g	8.668		0		1		7.628	2.457	
Glycine g	1.688		0		1		1.485	0.479	
Proline g	2.296		0		1		2.020	0.651	
Serine g	2.235		0		1		1.967	0.634	
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 = 88g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16106
Meat extender

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43132
Meatballs, meatless

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	58.00		0		1		83.52		
Energy ... kcal	197		0	NC	4		284		
Energy ... kJ	824		0	NC	4		1187		
Protein ... g	21.00		0		1		30.24		
Total lipid (fat) ... g	9.00		0		1		12.96		
Ash ... g	4.00		0	O	4		5.76		
Carbohydrate, by difference ... g	8.00		0	NC	4		11.52		
Fiber, total dietary ... g	4.6		0		4		6.6		
Sugars, total ... g	1.25		0	LC	8		1.80		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	25		0	LC	8		36		
Iron, Fe ... mg	2.16		0	LC	8		3.11		
Magnesium, Mg ... mg	18		0		4		26		
Phosphorus, P ... mg	344		0		4		495		
Potassium, K ... mg	180		0		1		259		
Sodium, Na ... mg	550		0		1		792		
Zinc, Zn ... mg	1.80		0		1		2.59		
Copper, Cu ... mg	0.706		0		4		1.017		
Manganese, Mn ... mg									
Selenium, Se ... mcg	0.8		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	LC	8		0.0		
Thiamin ... mg	0.938		0	LC	8		1.350		
Riboflavin ... mg	0.213		0	LC	8		0.306		
Niacin ... mg	2.500		0	LC	8		3.600		
Pantothenic acid ... mg	0.500		0	LC	8		0.720		
Vitamin B-6 ... mg	0.200		0	LC	8		0.288		
Folate, total ... mcg	78		0		4		112		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	78		0		4		112		
Folate, DFE ... mcg_DFE	78		0	NC	4		112		
Choline, total ... mg	88.4		0	BFPN	4		127.4		
Betaine ... mg									
Vitamin B-12 ... mcg	1.50		0	LC	8		2.16		
Vitamin B-12, added ... mcg	1.50		0	LC	8		2.16		
Vitamin A, RAE ... mcg_RAE	0		0	AS	1		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	AS	1		0		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	1.73		0	O	4		2.49		
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	1.425		0		4		2.052		
4:0 ... g	0.000		0		4		0.000		

NDB No. 43132
Meatballs, meatless

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
8:0 ... g	0.000		0		4		0.000		
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.087		0		4		0.125		
13:0 ... g									
14:0 ... g	0.043		0		4		0.062		
15:0 ... g									
16:0 ... g	0.925		0		4		1.332		
17:0 ... g									
18:0 ... g	0.369		0		4		0.531		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.188		0		4		3.151		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	2.188		0		4		3.151		
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	4.666		0		4		6.719		
18:2 undifferentiated ... g	4.146		0		4		5.970		
18:3 undifferentiated ... g	0.520		0		4		0.749		
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	0		0	Z	7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 144g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16112
Miso

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	43.02	2.176	22	JA	6		118.32		
Energy....kcal	199		0	NC	4		546		
Energy....kJ	831		0	NC	4		2285		
Protein (N x 5.71)....g	11.69	0.033	10	JA	6		32.14		
Total lipid (fat)....g	6.01	0.041	10	JA	6		16.51		
Ash....g	12.81	0.084	5	JA	6		35.23		
Carbohydrate, by difference....g	26.47		0	NC	4		72.80		
Fiber, total dietary....g	5.4		1		1		14.9		
Sugars, total....g	6.20		0	NC	4		17.05		
Sucrose....g	0.00		1		1		0.00		
Glucose (dextrose)....g	0.00		1		1		0.00		
Fructose....g	6.00		1		1		16.50		
Lactose....g	0.00		0	Z	7		0.00		
Maltose....g	0.20		1		1		0.55		
Galactose....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	57	0.620	5	JA	6		157		
Iron, Fe....mg	2.49	0.041	5	JA	6		6.85		
Magnesium, Mg....mg	48	6.938	8	JA	6		133		
Phosphorus, P....mg	159	0.720	5	JA	6		437		
Potassium, K....mg	210	18.005	12	JA	6		579		
Sodium, Na....mg	3728	303.338	12	JA	6		10251		
Zinc, Zn....mg	2.56	0.000	6	JA	6		7.05		
Copper, Cu....mg	0.420	0.003	6	JA	6		1.154		
Manganese, Mn....mg	0.859	0.004	6	JA	6		2.362		
Selenium, Se....mcg	7.0		2	JO	11		19.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	0.098	0.008	4	JA	6		0.270		
Riboflavin....mg	0.233	0.016	4	JA	6		0.641		
Niacin....mg	0.906	0.013	4	JA	6		2.491		
Pantothenic acid....mg	0.337	0.003	3	JA	6		0.926		
Vitamin B-6....mg	0.199	0.002	3	JA	6		0.546		
Folate, total....mcg	19	2.200	3	JA	6		51		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	19	2.200	3	JA	6		51		
Folate, DFE....mcg_DFE	19		0	NC	4		51		
Choline, total....mg	72.2		0	BFSN	4		198.6		
Betaine....mg									
Vitamin B-12....mcg	0.08		2	JA	6		0.21		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	4		0	NC	4		12		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	52		0	O	4		144		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	87		0	NC	4		239		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.01		0	O	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	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 16112
Miso

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		
Vitamin K (phylloquinone)....mcg	29.3		0	BFSN	4		80.5		
Lipids:									
Fatty acids, total saturated....g	1.139		0	NC	4		3.132		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		2	JA	6		0.000		
10:0....g	0.000		2	JA	6		0.000		
12:0....g	0.000		2	JA	6		0.000		
13:0....g	0.000		2	A	1		0.000		
14:0....g	0.017		2	JA	6		0.046		
15:0....g	0.000		2	A	1		0.000		
16:0....g	0.833		2	JA	6		2.292		
17:0....g	0.011		2	A	1		0.031		
18:0....g	0.222		2	JA	6		0.611		
20:0....g	0.000		2	A	1		0.000		
22:0....g	0.056		2	A	1		0.153		
24:0....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated....g	1.242		0	NC	4		3.414		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.022		2	A	1		0.061		
16:1 undifferentiated....g	0.000		2	JA	6		0.000		
17:1....g	0.033		2	A	1		0.092		
18:1 undifferentiated....g	1.158		2	JA	6		3.185		
20:1....g	0.028		2	JA	6		0.076		
22:1 undifferentiated....g	0.000		2	JA	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.204		0	NC	4		8.812		
18:2 undifferentiated....g	2.754		2	JA	6		7.574		
18:3 undifferentiated....g	0.450		2	JA	6		1.237		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.000		2	JA	6		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.155		0	A	1		0.426		
Threonine....g	0.479		0	A	1		1.318		
Isoleucine....g	0.508		0	A	1		1.398		
Leucine....g	0.820		0	A	1		2.254		
Lysine....g	0.478		0	A	1		1.315		
Methionine....g	0.129		0	A	1		0.355		
Cystine....g	0.000		0	A	1		0.000		
Phenylalanine....g	0.486		0	A	1		1.336		
Tyrosine....g	0.352		0	A	1		0.969		
Valine....g	0.547		0	A	1		1.506		
Arginine....g	0.784		0	A	1		2.156		
Histidine....g	0.243		0	A	1		0.669		
Alanine....g	0.500		0	A	1		1.375		
Aspartic acid....g	1.171		0	A	1		3.221		
Glutamic acid....g	1.915		0	A	1		5.265		
Glycine....g	0.447		0	A	1		1.230		
Proline....g	0.619		0	A	1		1.702		
Serine....g	0.601		0	A	1		1.652		
Hydroxyproline....g									
Others:									

NDB No. 16112
Miso

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
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 = 275g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16379
Mothbeans, mature seeds, cooked, boiled, 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	69.23		0		1		122.54		
Energy	kcal	117		0	NC	4		207		
Energy	kJ	490				4		866		
Protein (N x 6.25)	g	7.81		0		1		13.82		
Total lipid (fat)	g	0.55		0		1		0.97		
Ash	g	1.45		0		1		2.57		
Carbohydrate, by difference	g	20.96		0	NC	4		37.10		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		5		
Iron, Fe	mg	3.14		0		1		5.56		
Magnesium, Mg	mg	104		0		1		184		
Phosphorus, P	mg	150		0		1		266		
Potassium, K	mg	304		0		1		538		
Sodium, Na	mg	246		0		1		435		
Zinc, Zn	mg	0.59		0		1		1.04		
Copper, Cu	mg	0.164		0		1		0.290		
Manganese, Mn	mg	0.527		0		1		0.933		
Selenium, Se	mcg	2.8		0	BFSN	4		5.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.8		
Thiamin	mg	0.124		0		1		0.219		
Riboflavin	mg	0.023		0		1		0.041		
Niacin	mg	0.668		0		1		1.182		
Pantothenic acid	mg	0.391		0		4		0.692		
Vitamin B-6	mg	0.093		0		4		0.165		
Folate, total	mcg	143		0		4		254		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	143		0		4		254		
Folate, DFE	mcg_DFE	143		0	NC	4		254		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	1		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	10		0		1		18		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.124		0		1		0.219		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16379
Mothbeans, mature seeds, cooked, boiled, 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									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.107		0		1		0.189		
17:0....g									
18:0....g	0.017		0		1		0.030		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.044		0		1		0.078		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.044		0		1		0.078		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.256		0		1		0.453		
18:2 undifferentiated....g	0.165		0		1		0.292		
18:3 undifferentiated....g	0.090		0		1		0.159		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.050		0		1		0.089		
Threonine....g									
Isoleucine....g	0.388		0		1		0.687		
Leucine....g	0.525		0		1		0.929		
Lysine....g	0.425		0		1		0.752		
Methionine....g	0.075		0		1		0.133		
Cystine....g	0.040		0		1		0.071		
Phenylalanine....g	0.350		0		1		0.620		
Tyrosine....g									
Valine....g	0.250		0		1		0.443		
Arginine....g									
Histidine....g	0.263		0		1		0.466		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
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 = 177g: 1 cup

NDB No. 16379

Mothbeans, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16079
Mothbeans, mature seeds, cooked, boiled, 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	69.23		0		1		122.54		
Energy	kcal	117		0	NC	4		207		
Energy	kJ	490				4		866		
Protein (N x 6.25)	g	7.81		0		1		13.82		
Total lipid (fat)	g	0.55		0		1		0.97		
Ash	g	1.45		0		1		2.57		
Carbohydrate, by difference	g	20.96		0	NC	4		37.10		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		5		
Iron, Fe	mg	3.14		0		1		5.56		
Magnesium, Mg	mg	104		0		1		184		
Phosphorus, P	mg	150		0		1		266		
Potassium, K	mg	304		0		1		538		
Sodium, Na	mg	10		0		1		18		
Zinc, Zn	mg	0.59		0		1		1.04		
Copper, Cu	mg	0.164		0		1		0.290		
Manganese, Mn	mg	0.527		0		1		0.933		
Selenium, Se	mcg	2.8		0	BFSN	4		5.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.8		
Thiamin	mg	0.124		0		1		0.219		
Riboflavin	mg	0.023		0		1		0.041		
Niacin	mg	0.668		0		1		1.182		
Pantothenic acid	mg	0.391		0		4		0.692		
Vitamin B-6	mg	0.093		0		4		0.165		
Folate, total	mcg	143		0		4		254		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	143		0		4		254		
Folate, DFE	mcg_DFE	143		0	NC	4		254		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	1		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	10		0		1		18		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.124		0		1		0.219		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16079
Mothbeans, mature seeds, cooked, boiled, 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
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.107		0		1		0.189		
17:0....g									
18:0....g	0.017		0		1		0.030		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.044		0		1		0.078		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.044		0		1		0.078		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.256		0		1		0.453		
18:2 undifferentiated....g	0.165		0		1		0.292		
18:3 undifferentiated....g	0.090		0		1		0.159		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.050		0		1		0.089		
Threonine....g									
Isoleucine....g	0.388		0		1		0.687		
Leucine....g	0.525		0		1		0.929		
Lysine....g	0.425		0		1		0.752		
Methionine....g	0.075		0		1		0.133		
Cystine....g	0.040		0		1		0.071		
Phenylalanine....g	0.350		0		1		0.620		
Tyrosine....g									
Valine....g	0.250		0		1		0.443		
Arginine....g									
Histidine....g	0.263		0		1		0.466		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
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 = 177g: 1 cup

NDB No. 16079

Mothbeans, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16078
Mothbeans, mature seeds, raw
Vigna aconitifolia

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.68	0.667	5		1		18.97		
Energy....kcal	343		0	NC	4		672		
Energy....kJ	1435				4		2813		
Protein (N x 6.25)....g	22.94	0.212	5		1		44.96		
Total lipid (fat)....g	1.61		2		1		3.16		
Ash....g	4.26	0.228	5		1		8.35		
Carbohydrate, by difference....g	61.52		0	NC	4		120.58		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	150	14.044	5		1		294		
Iron, Fe....mg	10.85	2.040	5		1		21.27		
Magnesium, Mg....mg	381	67.277	5		1		747		
Phosphorus, P....mg	489	52.785	5		1		958		
Potassium, K....mg	1191		2		1		2334		
Sodium, Na....mg	30		1		1		59		
Zinc, Zn....mg	1.92		1		1		3.76		
Copper, Cu....mg	0.688		2		1		1.348		
Manganese, Mn....mg	1.820		1		1		3.567		
Selenium, Se....mcg	8.2		0	CAZN	4		16.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0		1		1		7.8		
Thiamin....mg	0.562		1		1		1.102		
Riboflavin....mg	0.091		1		1		0.178		
Niacin....mg	2.800		1		1		5.488		
Pantothenic acid....mg	1.535		0		4		3.009		
Vitamin B-6....mg	0.366		0		4		0.717		
Folate, total....mcg	649		0		4		1272		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	649		0		4		1272		
Folate, DFE....mcg_DFE	649		0	NC	4		1272		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	2		1		1		3		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	32		1		1		63		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	0.364		0		1		0.713		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16078
Mothbeans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.313		0		1		0.613		
17:0....g									
18:0....g	0.051		0		1		0.100		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.129		0		1		0.253		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.129		0		1		0.253		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.750		0		1		1.470		
18:2 undifferentiated....g	0.485		0		1		0.951		
18:3 undifferentiated....g	0.265		0		1		0.519		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		1		1		0.288		
Threonine....g									
Isoleucine....g	1.138		1		1		2.230		
Leucine....g	1.541		1		1		3.020		
Lysine....g	1.248		1		1		2.446		
Methionine....g	0.220		2		1		0.431		
Cystine....g	0.117		2		1		0.229		
Phenylalanine....g	1.028		1		1		2.015		
Tyrosine....g									
Valine....g	0.734		1		1		1.439		
Arginine....g									
Histidine....g	0.771		1		1		1.511		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
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 = 196g: 1 cup

NDB No. 16078
Mothbeans, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16381

Mung beans, mature seeds, cooked, boiled, 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	72.66	0.326	9		1		146.77		
Energy	kcal	105		0	NC	4		213		
Energy	kJ	441		0	NC	4		891		
Protein (N x 6.25)	g	7.02	0.144	9		1		14.18		
Total lipid (fat)	g	0.38	0.027	9		1		0.77		
Ash	g	0.79	0.007	9		1		1.60		
Carbohydrate, by difference	g	19.15		0	NC	4		38.68		
Fiber, total dietary	g	7.6		0	BFZN	4		15.4		
Sugars, total	g	2.00		0	BFZN	4		4.04		
Starch	g									
Minerals:										
Calcium, Ca	mg	27	0.554	9		1		55		
Iron, Fe	mg	1.40	0.267	9		1		2.83		
Magnesium, Mg	mg	48	1.458	9		1		97		
Phosphorus, P	mg	99	1.311	9		1		200		
Potassium, K	mg	266	6.529	9		1		537		
Sodium, Na	mg	238		0		1		481		
Zinc, Zn	mg	0.84	0.037	8		1		1.70		
Copper, Cu	mg	0.156	0.023	8		1		0.315		
Manganese, Mn	mg	0.298	0.025	8		1		0.602		
Selenium, Se	mcg	2.5		0	BFSN	4		5.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		2.0		
Thiamin	mg	0.164	0.006	8		1		0.331		
Riboflavin	mg	0.061	0.000	8		1		0.123		
Niacin	mg	0.577	0.079	8		1		1.166		
Pantothenic acid	mg	0.410	0.010	8		1		0.828		
Vitamin B-6	mg	0.067	0.003	8		1		0.135		
Folate, total	mcg	159	11.848	8		1		321		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	159	11.848	8		1		321		
Folate, DFE	mcg_DFE	159		0	NC	4		321		
Choline, total	mg	29.4		0	BFSN	4		59.4		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	14		0	BFZN	4		29		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	24		0	NC	4		48		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFZN	4		0.31		
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	2.7		0	BFZN	4		5.5		
Lipids:										
Fatty acids, total saturated	g	0.116		0		1		0.234		
4:0	g									

NDB No. 16381
Mung beans, mature seeds, cooked, boiled, 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									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.083		0		1		0.168		
17:0....g									
18:0....g	0.024		0		1		0.048		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.054		0		1		0.109		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.054		0		1		0.109		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.128		0		1		0.259		
18:2 undifferentiated....g	0.119		0		1		0.240		
18:3 undifferentiated....g	0.009		0		1		0.018		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.076		0		1		0.154		
Threonine....g	0.230		0		1		0.465		
Isoleucine....g	0.297		0		1		0.600		
Leucine....g	0.544		0		1		1.099		
Lysine....g	0.490		0		1		0.990		
Methionine....g	0.084		0		1		0.170		
Cystine....g	0.062		0		1		0.125		
Phenylalanine....g	0.425		0		1		0.859		
Tyrosine....g	0.210		0		1		0.424		
Valine....g	0.364		0		1		0.735		
Arginine....g	0.492		0		1		0.994		
Histidine....g	0.205		0		1		0.414		
Alanine....g	0.309		0		1		0.624		
Aspartic acid....g	0.812		0		1		1.640		
Glutamic acid....g	1.256		0		1		2.537		
Glycine....g	0.281		0		1		0.568		
Proline....g	0.323		0		1		0.652		
Serine....g	0.346		0		1		0.699		
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 = 202g: 1 cup

NDB No. 16381
Mung beans, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16081
Mung beans, mature seeds, cooked, boiled, 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	72.66	0.326	9		1		146.77		
Energy....kcal	105		0	NC	4		213		
Energy....kJ	441		0	NC	4		891		
Protein (N x 6.25)....g	7.02	0.144	9		1		14.18		
Total lipid (fat)....g	0.38	0.027	9		1		0.77		
Ash....g	0.79	0.007	9		1		1.60		
Carbohydrate, by difference....g	19.15		0	NC	4		38.68		
Fiber, total dietary....g	7.6		0		4		15.4		
Sugars, total....g	2.00		0	T	4		4.04		
Starch....g									
Minerals:									
Calcium, Ca....mg	27	0.554	9		1		55		
Iron, Fe....mg	1.40	0.267	9		1		2.83		
Magnesium, Mg....mg	48	1.458	9		1		97		
Phosphorus, P....mg	99	1.311	9		1		200		
Potassium, K....mg	266	6.529	9		1		537		
Sodium, Na....mg	2	0.952	5		1		4		
Zinc, Zn....mg	0.84	0.037	8		1		1.70		
Copper, Cu....mg	0.156	0.023	8		1		0.315		
Manganese, Mn....mg	0.298	0.025	8		1		0.602		
Selenium, Se....mcg	2.5		0	BFSN	4		5.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		2.0		
Thiamin....mg	0.164	0.006	8		1		0.331		
Riboflavin....mg	0.061	0.000	8		1		0.123		
Niacin....mg	0.577	0.079	8		1		1.166		
Pantothenic acid....mg	0.410	0.010	8		1		0.828		
Vitamin B-6....mg	0.067	0.003	8		1		0.135		
Folate, total....mcg	159	11.848	8		1		321		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	159	11.848	8		1		321		
Folate, DFE....mcg_DFE	159		0	NC	4		321		
Choline, total....mg	29.4		0	BFSN	4		59.4		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		2		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	14		0	O	4		29		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	24		0	NC	4		48		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFSN	4		0.31		
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	2.7		0	BFSN	4		5.5		
Lipids:									
Fatty acids, total saturated....g	0.116		0		1		0.234		
4:0....g	0.000		0		1		0.000		

NDB No. 16081
Mung beans, mature seeds, cooked, boiled, 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		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.083		0		1		0.168		
17:0....g									
18:0....g	0.024		0		1		0.048		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.054		0		1		0.109		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.054		0		1		0.109		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.128		0		1		0.259		
18:2 undifferentiated....g	0.119		0		1		0.240		
18:3 undifferentiated....g	0.009		0		1		0.018		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.076		0		1		0.154		
Threonine....g	0.230		0		1		0.465		
Isoleucine....g	0.297		0		1		0.600		
Leucine....g	0.544		0		1		1.099		
Lysine....g	0.490		0		1		0.990		
Methionine....g	0.084		0		1		0.170		
Cystine....g	0.062		0		1		0.125		
Phenylalanine....g	0.425		0		1		0.859		
Tyrosine....g	0.210		0		1		0.424		
Valine....g	0.364		0		1		0.735		
Arginine....g	0.492		0		1		0.994		
Histidine....g	0.205		0		1		0.414		
Alanine....g	0.309		0		1		0.624		
Aspartic acid....g	0.812		0		1		1.640		
Glutamic acid....g	1.256		0		1		2.537		
Glycine....g	0.281		0		1		0.568		
Proline....g	0.323		0		1		0.652		
Serine....g	0.346		0		1		0.699		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

NDB No. 16081

Mung beans, mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 202g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16080
Mung beans, mature seeds, raw
Vigna radiata

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	9.05	0.439	60		1		18.73	1.18	
Energy....kcal	347		0	NC	4		718	45	
Energy....kJ	1452		0		4		3005	189	
Protein (N x 6.25)....g	23.86	0.371	82		1		49.39	3.10	
Total lipid (fat)....g	1.15	0.144	65		1		2.38	0.15	
Ash....g	3.32	0.099	58		1		6.87	0.43	
Carbohydrate, by difference....g	62.62		0	NC	4		129.62	8.14	
Fiber, total dietary....g	16.3		0		4		33.7	2.1	
Sugars, total....g	6.60		0	T	4		13.66	0.86	
Starch....g									
Minerals:									
Calcium, Ca....mg	132	13.660	49		1		273	17	
Iron, Fe....mg	6.74	0.872	55		1		13.95	0.88	
Magnesium, Mg....mg	189	11.294	29		1		391	25	
Phosphorus, P....mg	367	7.089	48		1		760	48	
Potassium, K....mg	1246	42.146	18		1		2579	162	
Sodium, Na....mg	15	2.113	12		1		31	2	
Zinc, Zn....mg	2.68	0.117	26		1		5.55	0.35	
Copper, Cu....mg	0.941	0.044	21		1		1.948	0.122	
Manganese, Mn....mg	1.035	0.076	19		1		2.142	0.135	
Selenium, Se....mcg	8.2		0	CAZN	4		17.0	1.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.8		5		1		9.9	0.6	
Thiamin....mg	0.621	0.076	19		1		1.285	0.081	
Riboflavin....mg	0.233	0.024	25		1		0.482	0.030	
Niacin....mg	2.251	0.193	18		1		4.660	0.293	
Pantothenic acid....mg	1.910	0.046	8		1		3.954	0.248	
Vitamin B-6....mg	0.382	0.012	18		1		0.791	0.050	
Folate, total....mcg	625	42.927	8		1		1294	81	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	625	42.927	8		1		1294	81	
Folate, DFE....mcg_DFE	625		0	NC	4		1294	81	
Choline, total....mg	97.9		0	BFSN	4		202.6	12.7	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	6		0	NC	4		12	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	68		0	O	4		142	9	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	114		0	NC	4		236	15	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.51		0	O	4		1.06	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	9.0		0	O	4		18.6	1.2	
Lipids:									
Fatty acids, total saturated....g	0.348		0		1		0.720	0.045	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16080
Mung beans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.250		0		1		0.518	0.033	
17:0 g									
18:0 g	0.071		0		1		0.147	0.009	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.161		0		1		0.333	0.021	
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	0.161		0		1		0.333	0.021	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.384		0		1		0.795	0.050	
18:2 undifferentiated g	0.357		0		1		0.739	0.046	
18:3 undifferentiated g	0.027		0		1		0.056	0.004	
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		1		0	0	
Phytosterols mg	23		0		1		48	3	
Amino Acids:									
Tryptophan g	0.260		61		1		0.538	0.034	
Threonine g	0.782		51		1		1.619	0.102	
Isoleucine g	1.008		46		1		2.087	0.131	
Leucine g	1.847		46		1		3.823	0.240	
Lysine g	1.664		383		1		3.444	0.216	
Methionine g	0.286		423		1		0.592	0.037	
Cystine g	0.210		30		1		0.435	0.027	
Phenylalanine g	1.443		46		1		2.987	0.188	
Tyrosine g	0.714		26		1		1.478	0.093	
Valine g	1.237		46		1		2.561	0.161	
Arginine g	1.672		44		1		3.461	0.217	
Histidine g	0.695		44		1		1.439	0.090	
Alanine g	1.050		21		1		2.174	0.137	
Aspartic acid g	2.756		21		1		5.705	0.358	
Glutamic acid g	4.264		21		1		8.826	0.554	
Glycine g	0.954		21		1		1.975	0.124	
Proline g	1.095		19		1		2.267	0.142	
Serine g	1.176		21		1		2.434	0.153	
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. 16080

Mung beans, mature seeds, raw

Common Measures:

Measure 1 = 207g: 1 cup

Measure 2 = 13.0g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16384
Mungo beans, mature seeds, cooked, boiled, 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	72.51		0		1		130.52		
Energy....kcal	105		0	NC	4		189		
Energy....kJ	439		0		4		791		
Protein (N x 6.25)....g	7.54		0		1		13.57		
Total lipid (fat)....g	0.55		0		1		0.99		
Ash....g	1.06		0		1		1.91		
Carbohydrate, by difference....g	18.34		0	NC	4		33.01		
Fiber, total dietary....g	6.4		0	BFZN	4		11.5		
Sugars, total....g	2.01		0	BFZN	4		3.62		
Starch....g									
Minerals:									
Calcium, Ca....mg	53		0		1		95		
Iron, Fe....mg	1.75		0		1		3.15		
Magnesium, Mg....mg	63		0		1		113		
Phosphorus, P....mg	156		0		1		281		
Potassium, K....mg	231		0		1		416		
Sodium, Na....mg	243		0		1		437		
Zinc, Zn....mg	0.83		0		1		1.49		
Copper, Cu....mg	0.139		0		1		0.250		
Manganese, Mn....mg	0.412		0		1		0.742		
Selenium, Se....mcg	2.5		0	BFSN	4		4.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		1.8		
Thiamin....mg	0.150		2		1		0.270		
Riboflavin....mg	0.075		2		1		0.135		
Niacin....mg	1.500		2		1		2.700		
Pantothenic acid....mg	0.433		0		1		0.779		
Vitamin B-6....mg	0.058		0		1		0.104		
Folate, total....mcg	94		0		1		170		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	94		0		1		170		
Folate, DFE....mcg_DFE	94		0	NC	4		170		
Choline, total....mg	29.6		0	BFSN	4		53.2		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		3		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	19		0	BFZN	4		33		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	31		0	NC	4		56		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFZN	4		0.28		
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	2.7		0	BFZN	4		4.9		
Lipids:									
Fatty acids, total saturated....g	0.038		0		1		0.068		
4:0....g									

NDB No. 16384
Mungo beans, mature seeds, cooked, boiled, 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									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.038		0		1		0.068		
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.029		0		1		0.052		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.029		0		1		0.052		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.359		0		1		0.646		
18:2 undifferentiated....g	0.024		0		1		0.043		
18:3 undifferentiated....g	0.335		0		1		0.603		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.078		0		1		0.140		
Threonine....g	0.262		0		1		0.472		
Isoleucine....g	0.385		0		1		0.693		
Leucine....g	0.625		0		1		1.125		
Lysine....g	0.500		0		1		0.900		
Methionine....g	0.110		0		1		0.198		
Cystine....g	0.070		0		1		0.126		
Phenylalanine....g	0.440		0		1		0.792		
Tyrosine....g	0.234		0		1		0.421		
Valine....g	0.423		0		1		0.761		
Arginine....g	0.491		0		1		0.884		
Histidine....g	0.211		0		1		0.380		
Alanine....g	0.322		0		1		0.580		
Aspartic acid....g	0.882		0		1		1.588		
Glutamic acid....g	1.234		0		1		2.221		
Glycine....g	0.315		0		1		0.567		
Proline....g	0.349		0		1		0.628		
Serine....g	0.397		0		1		0.715		
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 = 180g: 1 cup

NDB No. 16384
Mungo beans, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16084
Mungo beans, mature seeds, cooked, boiled, 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	72.51		0		1		130.52	50.03	
Energy....kcal	105		0	NC	4		189	72	
Energy....kJ	439		0		4		791	303	
Protein (N x 6.25)....g	7.54		0		1		13.57	5.20	
Total lipid (fat)....g	0.55		0		1		0.99	0.38	
Ash....g	1.06		0		1		1.91	0.73	
Carbohydrate, by difference....g	18.34		0	NC	4		33.01	12.65	
Fiber, total dietary....g	6.4		0		4		11.5	4.4	
Sugars, total....g	2.01		0	BFSN	4		3.62	1.39	
Starch....g									
Minerals:									
Calcium, Ca....mg	53		0		1		95	37	
Iron, Fe....mg	1.75		0		1		3.15	1.21	
Magnesium, Mg....mg	63		0		1		113	43	
Phosphorus, P....mg	156		0		1		281	108	
Potassium, K....mg	231		0		1		416	159	
Sodium, Na....mg	7		0		1		13	5	
Zinc, Zn....mg	0.83		0		1		1.49	0.57	
Copper, Cu....mg	0.139		0		1		0.250	0.096	
Manganese, Mn....mg	0.412		0		1		0.742	0.284	
Selenium, Se....mcg	2.5		0	BFSN	4		4.5	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		1.8	0.7	
Thiamin....mg	0.150		2		1		0.270	0.104	
Riboflavin....mg	0.075		2		1		0.135	0.052	
Niacin....mg	1.500		2		1		2.700	1.035	
Pantothenic acid....mg	0.433		0		1		0.779	0.299	
Vitamin B-6....mg	0.058		0		1		0.104	0.040	
Folate, total....mcg	94		0		1		170	65	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	94		0		1		170	65	
Folate, DFE....mcg_DFE	94		0	NC	4		170	65	
Choline, total....mg	29.6		0	BFSN	4		53.2	20.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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		3	1	
Retinol....mcg	0		0	BNA	4		0	0	
Carotene, beta....mcg	19		0	BNA	4		33	13	
Carotene, alpha....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BNA	4		0	0	
Vitamin A, IU....IU	31		0	NC	4		56	21	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFSN	4		0.28	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	2.7		0	BFSN	4		4.9	1.9	
Lipids:									
Fatty acids, total saturated....g	0.038		0		1		0.068	0.026	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16084
Mungo beans, mature seeds, cooked, boiled, 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		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	0.038		0		1		0.068	0.026	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.029		0		1		0.052	0.020	
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	0.029		0		1		0.052	0.020	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.359		0		1		0.646	0.248	
18:2 undifferentiated....g	0.024		0		1		0.043	0.017	
18:3 undifferentiated....g	0.335		0		1		0.603	0.231	
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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.078		0		1		0.140	0.054	
Threonine....g	0.262		0		1		0.472	0.181	
Isoleucine....g	0.385		0		1		0.693	0.266	
Leucine....g	0.625		0		1		1.125	0.431	
Lysine....g	0.500		0		1		0.900	0.345	
Methionine....g	0.110		0		1		0.198	0.076	
Cystine....g	0.070		0		1		0.126	0.048	
Phenylalanine....g	0.440		0		1		0.792	0.304	
Tyrosine....g	0.234		0		1		0.421	0.161	
Valine....g	0.423		0		1		0.761	0.292	
Arginine....g	0.491		0		1		0.884	0.339	
Histidine....g	0.211		0		1		0.380	0.146	
Alanine....g	0.322		0		1		0.580	0.222	
Aspartic acid....g	0.882		0		1		1.588	0.609	
Glutamic acid....g	1.234		0		1		2.221	0.851	
Glycine....g	0.315		0		1		0.567	0.217	
Proline....g	0.349		0		1		0.628	0.241	
Serine....g	0.397		0		1		0.715	0.274	
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. 16084

Mungo beans, mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 180g: 1 cup

Measure 2 = 69g: 1 oz dry, yield after cooking

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16083
Mungo beans, mature seeds, raw
Vigna mungo

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	10.80	1.591	10	A	1		22.36		
Energy....kcal	341		0	NC	4		706		
Energy....kJ	1427				4		2953		
Protein (N x 6.25)....g	25.21	0.590	19	A	1		52.18		
Total lipid (fat)....g	1.64	0.289	8	A	1		3.39		
Ash....g	3.36	0.168	9	A	1		6.96		
Carbohydrate, by difference....g	58.99		0	NC	4		122.11		
Fiber, total dietary....g	18.3	0.919	3	A	1		37.9		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	138	21.658	9	A	1		286		
Iron, Fe....mg	7.57	0.618	8	A	1		15.67		
Magnesium, Mg....mg	267	46.272	6	A	1		553		
Phosphorus, P....mg	379	83.385	9	A	1		785		
Potassium, K....mg	983	38.658	5	A	1		2035		
Sodium, Na....mg	38	7.336	4	A	1		79		
Zinc, Zn....mg	3.35	0.406	3	A	1		6.93		
Copper, Cu....mg	0.981	0.174	5	A	1		2.031		
Manganese, Mn....mg	1.527	0.037	3	A	1		3.161		
Selenium, Se....mcg	8.2		0	CAZN	4		17.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0		
Thiamin....mg	0.273	0.054	5	A	1		0.565		
Riboflavin....mg	0.254	0.035	11	A	1		0.526		
Niacin....mg	1.447	0.324	5	A	1		2.995		
Pantothenic acid....mg	0.906		2	A	1		1.875		
Vitamin B-6....mg	0.281	0.024	9	A	1		0.582		
Folate, total....mcg	216		2	A	1		447		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	216		2	A	1		447		
Folate, DFE....mcg_DFE	216		0	NC	4		447		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		2	A	1		2		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	23		2	A	1		48		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	0.114		0		1		0.236		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16083
Mungo beans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.144		0		1		0.298		
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.085		0		1		0.176		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.085		0		1		0.176		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.071		0		1		2.217		
18:2 undifferentiated....g	0.072		0		1		0.149		
18:3 undifferentiated....g	0.999		0		1		2.068		
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	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		56		1		0.544		
Threonine....g	0.875		14		1		1.811		
Isoleucine....g	1.287		8		1		2.664		
Leucine....g	2.089		8		1		4.324		
Lysine....g	1.674		29		1		3.465		
Methionine....g	0.367		56		1		0.760		
Cystine....g	0.234		4		1		0.484		
Phenylalanine....g	1.473		8		1		3.049		
Tyrosine....g	0.783		7		1		1.621		
Valine....g	1.416		8		1		2.931		
Arginine....g	1.642		9		1		3.399		
Histidine....g	0.706		9		1		1.461		
Alanine....g	1.077		6		1		2.229		
Aspartic acid....g	2.948		7		1		6.102		
Glutamic acid....g	4.126		7		1		8.541		
Glycine....g	1.053		6		1		2.180		
Proline....g	1.166		6		1		2.414		
Serine....g	1.327		6		1		2.747		
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 = 207g: 1 cup

NDB No. 16083
Mungo beans, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16113
Natto

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	55.02		3		1		96.29		
Energy	kcal	212		0	NC	4		371		
Energy	kJ	887		0	NC	4		1552		
Protein (N x 5.71)	g	17.72		1		1		31.01		
Total lipid (fat)	g	11.00		1		1		19.25		
Ash	g	1.90		0		1		3.33		
Carbohydrate, by difference	g	14.36		0	NC	4		25.13		
Fiber, total dietary	g	5.4		0		4		9.5		
Sugars, total	g	4.89		0	BFSN	4		8.57		
Starch	g									
Minerals:										
Calcium, Ca	mg	217		1		1		380		
Iron, Fe	mg	8.60		1		1		15.05		
Magnesium, Mg	mg	115		2		1		201		
Phosphorus, P	mg	174		1		1		305		
Potassium, K	mg	729		1		1		1276		
Sodium, Na	mg	7		1		1		12		
Zinc, Zn	mg	3.03		1		1		5.30		
Copper, Cu	mg	0.667		1		1		1.167		
Manganese, Mn	mg	1.528		1		1		2.674		
Selenium, Se	mcg	8.8		0	BFSN	4		15.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.0		1		1		22.8		
Thiamin	mg	0.160		1		1		0.280		
Riboflavin	mg	0.190		1		1		0.333		
Niacin	mg	0.000		1		1		0.000		
Pantothenic acid	mg	0.215		0		4		0.376		
Vitamin B-6	mg	0.130		0		4		0.228		
Folate, total	mcg	8		0		4		14		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8		0		4		14		
Folate, DFE	mcg_DFE	8		0	NC	4		14		
Choline, total	mg	57.0		0	BFSN	4		99.8		
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	AS	1		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	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFSN	4		0.01		
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	23.1		0	BFSN	4		40.5		
Lipids:										
Fatty acids, total saturated	g	1.591		0		1		2.784		
4:0	g	0.000		0		1		0.000		

NDB No. 16113
Natto

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.031		0		1		0.054		
15:0....g									
16:0....g	1.168		0		1		2.044		
17:0....g									
18:0....g	0.393		0		1		0.688		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.430		0		1		4.253		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0		1		0.054		
17:1....g									
18:1 undifferentiated....g	2.399		0		1		4.198		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.210		0		1		10.868		
18:2 undifferentiated....g	5.476		0		1		9.583		
18:3 undifferentiated....g	0.734		0		1		1.285		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		3		1		0.390		
Threonine....g	0.813		3		1		1.423		
Isoleucine....g	0.931		3		1		1.629		
Leucine....g	1.509		3		1		2.641		
Lysine....g	1.145		3		1		2.004		
Methionine....g	0.208		3		1		0.364		
Cystine....g	0.220		3		1		0.385		
Phenylalanine....g	0.941		3		1		1.647		
Tyrosine....g	0.556		3		1		0.973		
Valine....g	1.018		3		1		1.782		
Arginine....g	0.909		3		1		1.591		
Histidine....g	0.512		3		1		0.896		
Alanine....g	0.798		3		1		1.397		
Aspartic acid....g	1.956		3		1		3.423		
Glutamic acid....g	3.337		3		1		5.840		
Glycine....g	0.646		3		1		1.131		
Proline....g	1.403		3		1		2.455		
Serine....g	1.121		3		1		1.962		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

NDB No. 16113
Natto

Common Measures:

Measure 1 = 175g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16082

Noodles, chinese, cellophane or long rice (mung beans), dehydrated

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	13.42		5		1		18.79		
Energy....kcal	351		0	NC	4		492		
Energy....kJ	1470		0	NC	4		2059		
Protein (N x 6.25)....g	0.16		3		1		0.22		
Total lipid (fat)....g	0.06		2		1		0.08		
Ash....g	0.27		3		1		0.38		
Carbohydrate, by difference....g	86.09		0	NC	4		120.53		
Fiber, total dietary....g	0.5		0		4		0.7		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	25		3		1		35		
Iron, Fe....mg	2.17		3		1		3.04		
Magnesium, Mg....mg	3		2		1		4		
Phosphorus, P....mg	32		3		1		45		
Potassium, K....mg	10	5.402	3		1		14		
Sodium, Na....mg	10	5.600	3		1		14		
Zinc, Zn....mg	0.41		0		4		0.57		
Copper, Cu....mg	0.081		0		4		0.113		
Manganese, Mn....mg	0.100		0		4		0.140		
Selenium, Se....mcg	7.9		0	BFSN	4		11.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0		
Thiamin....mg	0.150		1		1		0.210		
Riboflavin....mg	0.000		1		1		0.000		
Niacin....mg	0.200		1		1		0.280		
Pantothenic acid....mg	0.100		0		4		0.140		
Vitamin B-6....mg	0.050		0		4		0.070		
Folate, total....mcg	2		0		4		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	2		0		4		3		
Folate, DFE....mcg_DFE	2		0	NC	4		3		
Choline, total....mg	93.2		0	BFSN	4		130.4		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		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	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.13		0	O	4		0.18		
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	0.017		0		1		0.024		
4:0....g	0.000		0		1		0.000		

NDB No. 16082
Noodles, chinese, cellophane or long rice (mung beans), dehydrated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
8:0 ....g	0.000		0		1		0.000		
10:0 ....g	0.000		0		1		0.000		
12:0 ....g	0.000		0		1		0.000		
13:0 ....g									
14:0 ....g	0.000		0		1		0.000		
15:0 ....g									
16:0 ....g	0.012		0		1		0.017		
17:0 ....g									
18:0 ....g	0.003		0		1		0.004		
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.008		0		1		0.011		
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.000		0		1		0.000		
17:1 ....g									
18:1 undifferentiated ....g	0.008		0		1		0.011		
20:1 ....g	0.000		0		1		0.000		
22:1 undifferentiated ....g	0.000		0		1		0.000		
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.018		0		1		0.025		
18:2 undifferentiated ....g	0.017		0		1		0.024		
18:3 undifferentiated ....g	0.001		0		1		0.001		
18:4 ....g	0.000		0		1		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000		
20:5 n-3 (EPA) ....g	0.000		0		1		0.000		
22:5 n-3 (DPA) ....g	0.000		0		1		0.000		
22:6 n-3 (DHA) ....g	0.000		0		1		0.000		
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		1		0		
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.002		0		1		0.003		
Threonine ....g	0.005		0		1		0.007		
Isoleucine ....g	0.007		0		1		0.010		
Leucine ....g	0.013		0		1		0.018		
Lysine ....g	0.011		0		1		0.015		
Methionine ....g	0.002		0		1		0.003		
Cystine ....g	0.001		0		1		0.001		
Phenylalanine ....g	0.010		0		1		0.014		
Tyrosine ....g	0.005		0		1		0.007		
Valine ....g	0.008		0		1		0.011		
Arginine ....g	0.011		0		1		0.015		
Histidine ....g	0.005		0		1		0.007		
Alanine ....g	0.007		0		1		0.010		
Aspartic acid ....g	0.019		0		1		0.027		
Glutamic acid ....g	0.029		0		1		0.041		
Glycine ....g	0.007		0		1		0.010		
Proline ....g	0.007		0		1		0.010		
Serine ....g	0.008		0		1		0.011		
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0		
Caffeine ....mg	0		0	Z	7		0		
Theobromine ....mg	0		0	Z	7		0		

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

NDB No. 16082

Noodles, chinese, cellophane or long rice (mung beans), dehydrated

Common Measures:

Measure 1 = 140g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 42200
Papad

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.49		0	RC	4				
Energy	kcal	371		0	NC	4				
Energy	kJ	1552		0	NC	4				
Protein	g	25.56		0	RC	4				
Total lipid (fat)	g	3.25		0	RC	4				
Ash	g	7.82		0	RC	4				
Carbohydrate, by difference	g	59.87		0	NC	4				
Fiber, total dietary	g	18.6		0	RC	4				
Sugars, total	g	0.00		0	RC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	143		0	RC	4				
Iron, Fe	mg	7.80		0	RC	4				
Magnesium, Mg	mg	271		0	RC	4				
Phosphorus, P	mg	385		0	RC	4				
Potassium, K	mg	1000		0	RC	4				
Sodium, Na	mg	1745		0	RC	4				
Zinc, Zn	mg	3.40		0	RC	4				
Copper, Cu	mg	0.998		0	RC	4				
Manganese, Mn	mg	1.562		0	RC	4				
Selenium, Se	mcg	8.3		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4				
Thiamin	mg	0.277		0	RC	4				
Riboflavin	mg	0.258		0	RC	4				
Niacin	mg	1.472		0	RC	4				
Pantothenic acid	mg	0.917		0	RC	4				
Vitamin B-6	mg	0.285		0	RC	4				
Folate, total	mcg	219		0	RC	4				
Folic acid	mcg	0		0	RC	4				
Folate, food	mcg	219		0	RC	4				
Folate, DFE	mcg_DFE	219		0	NC	4				
Choline, total	mg	0.4		0	RC	4				
Betaine	mg	0.0		0	RC	4				
Vitamin B-12	mcg	0.00		0	RC	4				
Vitamin B-12, added	mcg	0.00		0	RC	4				
Vitamin A, RAE	mcg_RAE	13		0	NC	4				
Retinol	mcg	13		0	RC	4				
Carotene, beta	mcg	4		0	RC	4				
Carotene, alpha	mcg	0		0	RC	4				
Cryptoxanthin, beta	mcg	0		0	RC	4				
Vitamin A, IU	IU	50		0	NC	4				
Lycopene	mcg	0		0	RC	4				
Lutein + zeaxanthin	mcg	1		0	RC	4				
Vitamin E (alpha-tocopherol)	mg	0.05		0	RC	4				
Vitamin E, added	mg	0.00		0	RC	4				
Tocopherol, beta	mg	0.00		0	RC	4				
Tocopherol, gamma	mg	0.01		0	RC	4				
Tocopherol, delta	mg	0.00		0	RC	4				
Vitamin D (D2 + D3)	mcg	0.0			Z	7				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	RC	4				
Vitamin K (phylloquinone)	mcg	0.4		0	RC	4				
Lipids:										
Fatty acids, total saturated	g	1.084		0	RC	4				
4:0	g	0.050		0	RC	4				

NDB No. 42200
Papad

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.030		0	RC	4				
8:0....g	0.017		0	RC	4				
10:0....g	0.039		0	RC	4				
12:0....g	0.044		0	RC	4				
13:0....g									
14:0....g	0.157		0	RC	4				
15:0....g									
16:0....g	0.558		0	RC	4				
17:0....g									
18:0....g	0.189		0	RC	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.532		0	RC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.035		0	RC	4				
17:1....g									
18:1 undifferentiated....g	0.497		0	RC	4				
20:1....g	0.000		0	RC	4				
22:1 undifferentiated....g	0.000		0	RC	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.148		0	RC	4				
18:2 undifferentiated....g	0.113		0	RC	4				
18:3 undifferentiated....g	1.034		0	RC	4				
18:4....g	0.000		0	RC	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RC	4				
20:5 n-3 (EPA)....g	0.000		0	RC	4				
22:5 n-3 (DPA)....g	0.000		0	RC	4				
22:6 n-3 (DHA)....g	0.000		0	RC	4				
Fatty acids, total trans....g									
Cholesterol....mg	4		0	RC	4				
Phytosterols....mg	0		0	RC	4				
Amino Acids:									
Tryptophan....g	0.266		0	RC	4				
Threonine....g	0.886		0	RC	4				
Isoleucine....g	1.303		0	RC	4				
Leucine....g	2.115		0	RC	4				
Lysine....g	1.695		0	RC	4				
Methionine....g	0.372		0	RC	4				
Cystine....g	0.237		0	RC	4				
Phenylalanine....g	1.491		0	RC	4				
Tyrosine....g	0.793		0	RC	4				
Valine....g	1.434		0	RC	4				
Arginine....g	1.662		0	RC	4				
Histidine....g	0.715		0	RC	4				
Alanine....g	1.090		0	RC	4				
Aspartic acid....g	2.985		0	RC	4				
Glutamic acid....g	4.178		0	RC	4				
Glycine....g	1.066		0	RC	4				
Proline....g	1.181		0	RC	4				
Serine....g	1.344		0	RC	4				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RC	4				
Caffeine....mg	0		0	RC	4				
Theobromine....mg	0		0	RC	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. **42200**
Papad

Common Measures:

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16399
Peanut butter with omega-3, creamy

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	0.99	0.048	4	A	1		0.16		
Energy....kcal	608		0	NC	4		97		
Energy....kJ	2542		0	NC	4		407		
Protein....g	24.47	0.101	4	A	1		3.92		
Total lipid (fat)....g	54.17	0.684	4	A	1		8.67		
Ash....g	3.37	0.010	4	A	1		0.54		
Carbohydrate, by difference....g	17.00		0	NC	4		2.72		
Fiber, total dietary....g	6.1	0.095	4	A	1		1.0		
Sugars, total....g	3.11	0.087	4	A	1		0.50		
Sucrose....g	3.11	0.087	4	A	1		0.50		
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00		
Fructose....g	0.00	0.000	4	A	1		0.00		
Lactose....g	0.00	0.000	4	A	1		0.00		
Maltose....g	0.00	0.000	4	A	1		0.00		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	3.32	0.263	4	A	1		0.53		
Minerals:									
Calcium, Ca....mg	45	2.715	4	A	1		7		
Iron, Fe....mg	1.67	0.010	4	A	1		0.27		
Magnesium, Mg....mg	191	2.658	4	A	1		31		
Phosphorus, P....mg	426	6.752	4	A	1		68		
Potassium, K....mg	780	10.145	4	A	1		125		
Sodium, Na....mg	356	1.826	4	A	1		57		
Zinc, Zn....mg	3.08	0.067	4	A	1		0.49		
Copper, Cu....mg	0.476	0.015	4	A	1		0.076		
Manganese, Mn....mg	1.850	0.014	4	A	1		0.296		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.055	0.006	4	A	1		0.009		
Riboflavin....mg	0.087	0.017	4	A	1		0.014		
Niacin....mg	12.875	0.193	4	A	1		2.060		
Pantothenic acid....mg	0.870	0.007	4	A	1		0.139		
Vitamin B-6....mg	0.292	0.021	4	A	1		0.047		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg	94.5		0	AS	1		15.1		
Betaine....mg	0.6		1	A	1		0.1		
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	10.34	0.238	4	A	1		1.65		
Tocopherol, beta....mg	0.28	0.026	4	A	1		0.05		
Tocopherol, gamma....mg	13.44	0.323	4	A	1		2.15		
Tocopherol, delta....mg	0.96	0.058	4	A	1		0.15		
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	9.691		0	NC	4		1.551		
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	0.001	0.001	4	A	1		0.000		

NDB No. 16399
Peanut butter with omega-3, creamy

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.020	0.002	4	A	1		0.003		
12:0 g	0.011	0.006	4	A	1		0.002		
13:0 g									
14:0 g	0.046	0.008	4	A	1		0.007		
15:0 g	0.008	0.000	4	A	1		0.001		
16:0 g	5.317	0.379	4	A	1		0.851		
17:0 g	0.043	0.002	4	A	1		0.007		
18:0 g	1.417	0.068	4	A	1		0.227		
20:0 g	0.579	0.022	4	A	1		0.093		
22:0 g	1.329	0.029	4	A	1		0.213		
24:0 g	0.920	0.014	4	A	1		0.147		
Fatty acids, total monounsaturated g	36.614		0	NC	4		5.858		
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	0.058	0.001	4	AS	1		0.009		
16:1 c g	0.058	0.001	4	A	1		0.009		
16:1 t g	0.000	0.000	4	A	1		0.000		
17:1 g	0.044	0.001	4	A	1		0.007		
18:1 undifferentiated g	35.375	0.791	4	AS	1		5.660		
18:1 c g	35.351	0.791	4	A	1		5.656		
18:1-11c (18:1c n-7) g									
18:1 t g	0.023	0.001	4	A	1		0.004		
18:1-11t (18:1t n-7) g									
20:1 g	1.026	0.028	4	A	1		0.164		
22:1 undifferentiated g	0.110	0.012	4	AS	1		0.018		
22:1 c g	0.109	0.012	4	A	1		0.017		
22:1 t g	0.001	0.000	4	A	1		0.000		
24:1 c g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated g	6.950		0	NC	4		1.112		
18:2 undifferentiated g	3.843	0.251	4	AS	1		0.615		
18:2 n-6 c,c g	3.817	0.252	4	A	1		0.611		
18:2 CLAs g	0.013	0.001	4	A	1		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	0.012	0.001	4	A	1		0.002		
18:3 undifferentiated g	2.933	0.100	4	AS	1		0.469		
18:3 n-3 c,c,c (ALA) g	2.928	0.098	4	A	1		0.469		
18:3 n-6 c,c,c g	0.005	0.002	4	A	1		0.001		
18:3i g									
18:4 g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c g	0.007	0.000	4	A	1		0.001		
20:3 undifferentiated g	0.004	0.002	4	AS	1		0.001		
20:3 n-3 g	0.002	0.001	4	A	1		0.000		
20:3 n-6 g	0.003	0.003	4	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	0.164	0.005	4	A	1		0.026		
22:6 n-3 (DHA) g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans g	0.037		0	NC	4		0.006		
Fatty acids, total trans-monoenoic g	0.025		0	NC	4		0.004		
Fatty acids, total trans-polyenoic g	0.012		0	NC	4		0.002		
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.

NDB No. 16399

Peanut butter with omega-3, creamy

Common Measures:

Measure 1 = 16g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16097
Peanut butter, chunk style, 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	1.14	0.003	227	JA	6		2.94	0.36	
Energy	kcal	589		0	NC	4		1520	188	
Energy	kJ	2464		0		4		6358	789	
Protein (N x 5.46)	g	24.06	0.001	295	JA	6		62.08	7.70	
Total lipid (fat)	g	49.94	0.006	299	JA	6		128.84	15.98	
Ash	g	3.29	0.001	210	JA	6		8.49	1.05	
Carbohydrate, by difference	g	21.57		0	NC	4		55.65	6.90	
Fiber, total dietary	g	8.0	0.652	8	JA	6		20.6	2.6	
Sugars, total	g	8.41	0.203	4	A	1		21.69	2.69	
Sucrose	g	4.19	2.418	4	A	1		10.80	1.34	
Glucose (dextrose)	g	4.22	2.364	4	A	1		10.89	1.35	
Fructose	g	0.00	0.000	4	A	1		0.00	0.00	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	
Starch	g	4.93	0.163	4	A	1		12.73	1.58	
Minerals:										
Calcium, Ca	mg	45	2.291	11	JA	6		117	15	
Iron, Fe	mg	1.90	0.003	263	JA	6		4.91	0.61	
Magnesium, Mg	mg	160	0.084	196	JA	6		412	51	
Phosphorus, P	mg	319	0.297	196	JA	6		822	102	
Potassium, K	mg	745	0.213	190	JA	6		1921	238	
Sodium, Na	mg	486	0.835	274	JA	6		1253	155	
Zinc, Zn	mg	2.79	0.006	196	JA	6		7.20	0.89	
Copper, Cu	mg	0.578	0.026	6	JA	6		1.491	0.185	
Manganese, Mn	mg	1.800	0.074	6	JA	6		4.644	0.576	
Selenium, Se	mcg	8.2	0.615	30	A	1		21.3	2.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.106	0.003	11	JA	6		0.272	0.034	
Riboflavin	mg	0.111	0.002	11	JA	6		0.286	0.036	
Niacin	mg	13.696	0.003	277	JA	6		35.335	4.383	
Pantothenic acid	mg	1.118	0.027	6	JA	6		2.884	0.358	
Vitamin B-6	mg	0.418	0.009	5	JA	6		1.079	0.134	
Folate, total	mcg	92		2		1		237	29	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	92		2		1		237	29	
Folate, DFE	mcg_DFE	92		0	NC	4		237	29	
Choline, total	mg	61.3		0	AS	1		158.1	19.6	
Betaine	mg	1.0	0.373	3	A	1		2.6	0.3	
Vitamin B-12	mcg	0.00		0		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	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	BFSN	4		0	0	
Carotene, alpha	mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	6.30	1.400	4	A	1		16.25	2.02	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.22	0.024	4	A	1		0.58	0.07	
Tocopherol, gamma	mg	7.98	0.581	4	A	1		20.59	2.55	
Tocopherol, delta	mg	0.73	0.075	4	A	1		1.88	0.23	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 16097
Peanut butter, chunk style, 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	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.5		2	A	1		1.4	0.2	
Lipids:									
Fatty acids, total saturated.....g	8.081		0	NC	4		20.848	2.586	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.000		0	BFSN	4		0.000	0.000	
10:0.....g	0.000		0	BFSN	4		0.000	0.000	
12:0.....g	0.189	0.020	3	JA	6		0.487	0.060	
13:0.....g									
14:0.....g	0.053		0		1		0.137	0.017	
15:0.....g									
16:0.....g	6.435	0.078	4	JA	6		16.602	2.059	
17:0.....g									
18:0.....g	0.725	0.269	4	JA	6		1.870	0.232	
20:0.....g	0.679	0.046	4	A	1		1.753	0.217	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	24.561		0	NC	4		63.367	7.860	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.722	0.463	4	JA	6		61.202	7.591	
20:1.....g	0.839	0.038	4	JA	6		2.165	0.269	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.798		0	NC	4		38.180	4.735	
18:2 undifferentiated.....g	14.715	0.312	4	JA	6		37.966	4.709	
18:3 undifferentiated.....g	0.083		0		1		0.214	0.027	
18:4.....g	0.000		0	BFSN	4		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	BFSN	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	102		0		1		263	33	
Amino Acids:									
Tryptophan.....g	0.228		0	A	1		0.588	0.073	
Threonine.....g	0.518		0	A	1		1.335	0.166	
Isoleucine.....g	0.608		0	A	1		1.568	0.194	
Leucine.....g	1.525		0	A	1		3.935	0.488	
Lysine.....g	0.671		0	A	1		1.732	0.215	
Methionine.....g	0.262		0	A	1		0.676	0.084	
Cystine.....g	0.226		0	A	1		0.583	0.072	
Phenylalanine.....g	1.185		0	A	1		3.058	0.379	
Tyrosine.....g	0.818		0	A	1		2.110	0.262	
Valine.....g	0.772		0	A	1		1.991	0.247	
Arginine.....g	2.731		0	A	1		7.045	0.874	
Histidine.....g	0.550		0	A	1		1.418	0.176	
Alanine.....g	0.903		0	A	1		2.331	0.289	
Aspartic acid.....g	3.012		0	A	1		7.771	0.964	
Glutamic acid.....g	5.023		0	A	1		12.959	1.607	
Glycine.....g	1.417		0	A	1		3.656	0.453	
Proline.....g	1.389		0	A	1		3.583	0.444	
Serine.....g	1.461		0	A	1		3.770	0.468	
Hydroxyproline.....g									
Others:									

NDB No. 16097
Peanut butter, chunk style, 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	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 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16397
Peanut butter, chunk style, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.14	0.003	227	JA	6		2.94	0.36	
Energy	kcal	589		0	NC	4		1520	188	
Energy	kJ	2464		0		4		6358	789	
Protein (N x 5.46)	g	24.06	0.001	295	JA	6		62.08	7.70	
Total lipid (fat)	g	49.94	0.006	299	JA	6		128.84	15.98	
Ash	g	3.29	0.001	210	JA	6		8.49	1.05	
Carbohydrate, by difference	g	21.57		0	NC	4		55.65	6.90	
Fiber, total dietary	g	8.0	0.652	8	JA	6		20.6	2.6	
Sugars, total	g	8.41	0.203	4	A	1		21.69	2.69	
Sucrose	g	4.19	2.418	4	A	1		10.80	1.34	
Glucose (dextrose)	g	4.22	2.364	4	A	1		10.89	1.35	
Fructose	g	0.00	0.000	4	A	1		0.00	0.00	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	
Starch	g	4.93	0.163	4	A	1		12.73	1.58	
Minerals:										
Calcium, Ca	mg	45	2.291	11	JA	6		117	15	
Iron, Fe	mg	1.90	0.003	263	JA	6		4.91	0.61	
Magnesium, Mg	mg	160	0.084	196	JA	6		412	51	
Phosphorus, P	mg	319	0.297	196	JA	6		822	102	
Potassium, K	mg	745	0.213	190	JA	6		1921	238	
Sodium, Na	mg	17		0		1		44	5	
Zinc, Zn	mg	2.79	0.006	196	JA	6		7.20	0.89	
Copper, Cu	mg	0.578	0.026	6	JA	6		1.491	0.185	
Manganese, Mn	mg	1.800	0.074	6	JA	6		4.644	0.576	
Selenium, Se	mcg	8.2	0.615	30	A	1		21.3	2.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.106	0.003	11	JA	6		0.272	0.034	
Riboflavin	mg	0.111	0.002	11	JA	6		0.286	0.036	
Niacin	mg	13.696	0.003	277	JA	6		35.335	4.383	
Pantothenic acid	mg	1.118	0.027	6	JA	6		2.884	0.358	
Vitamin B-6	mg	0.418	0.009	5	JA	6		1.079	0.134	
Folate, total	mcg	92		2		1		237	29	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	92		2		1		237	29	
Folate, DFE	mcg_DFE	92		0	NC	4		237	29	
Choline, total	mg	61.3		0	AS	1		158.1	19.6	
Betaine	mg	1.0	0.373	3	A	1		2.6	0.3	
Vitamin B-12	mcg	0.00		0		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	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	BFSN	4		0	0	
Carotene, alpha	mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	6.30	1.400	4	A	1		16.25	2.02	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.22	0.024	4	A	1		0.58	0.07	
Tocopherol, gamma	mg	7.98	0.581	4	A	1		20.59	2.55	
Tocopherol, delta	mg	0.73	0.075	4	A	1		1.88	0.23	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 16397
Peanut butter, chunk style, 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.5		2	A	1		1.4	0.2	
Lipids:									
Fatty acids, total saturated.....g	8.081		0	NC	4		20.848	2.586	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.189	0.020	3	JA	6		0.487	0.060	
13:0.....g									
14:0.....g	0.053		0		1		0.137	0.017	
15:0.....g									
16:0.....g	6.435	0.078	4	JA	6		16.602	2.059	
17:0.....g									
18:0.....g	0.725	0.269	4	JA	6		1.870	0.232	
20:0.....g	0.679	0.046	4	A	1		1.753	0.217	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	24.561		0	NC	4		63.367	7.860	
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	23.722	0.463	4	JA	6		61.202	7.591	
20:1.....g	0.839	0.038	4	JA	6		2.165	0.269	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.798		0	NC	4		38.180	4.735	
18:2 undifferentiated.....g	14.715	0.312	4	JA	6		37.966	4.709	
18:3 undifferentiated.....g	0.083		0		1		0.214	0.027	
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		1		0	0	
Phytosterols.....mg	102		0		1		263	33	
Amino Acids:									
Tryptophan.....g	0.228		0	A	1		0.588	0.073	
Threonine.....g	0.518		0	A	1		1.335	0.166	
Isoleucine.....g	0.608		0	A	1		1.568	0.194	
Leucine.....g	1.525		0	A	1		3.935	0.488	
Lysine.....g	0.671		0	A	1		1.732	0.215	
Methionine.....g	0.262		0	A	1		0.676	0.084	
Cystine.....g	0.226		0	A	1		0.583	0.072	
Phenylalanine.....g	1.185		0	A	1		3.058	0.379	
Tyrosine.....g	0.818		0	A	1		2.110	0.262	
Valine.....g	0.772		0	A	1		1.991	0.247	
Arginine.....g	2.731		0	A	1		7.045	0.874	
Histidine.....g	0.550		0	A	1		1.418	0.176	
Alanine.....g	0.903		0	A	1		2.331	0.289	
Aspartic acid.....g	3.012		0	A	1		7.771	0.964	
Glutamic acid.....g	5.023		0	A	1		12.959	1.607	
Glycine.....g	1.417		0	A	1		3.656	0.453	
Proline.....g	1.389		0	A	1		3.583	0.444	
Serine.....g	1.461		0	A	1		3.770	0.468	
Hydroxyproline.....g	0.040	0.040	3	A	1		0.103	0.013	
Others:									

NDB No. 16397
Peanut butter, chunk style, 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
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 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16156
Peanut butter, chunky, vitamin and mineral fortified

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.48		0	BFZN	4		0.47	3.82	
Energy	kcal	593		0	NC	4		190	1531	
Energy	kJ	2482		0	NC	4		794	6404	
Protein	g	26.06		0	MC	9		8.34	67.23	
Total lipid (fat)	g	51.47		0	MC	9		16.47	132.79	
Ash	g	3.30		0	BFZN	4		1.06	8.51	
Carbohydrate, by difference	g	17.69		0	NC	4		5.66	45.64	
Fiber, total dietary	g	5.7		0	MC	9		1.8	14.7	
Sugars, total	g	10.94		0	MC	9		3.50	28.22	
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0	BFSN	4		14	117	
Iron, Fe	mg	17.50		0	MC	9		5.60	45.15	
Magnesium, Mg	mg	370		0	MC	9		118	955	
Phosphorus, P	mg	316		0	BFSN	4		101	815	
Potassium, K	mg	744		0	BFSN	4		238	1920	
Sodium, Na	mg	366		0	MC	9		117	944	
Zinc, Zn	mg	15.10		0	MC	9		4.83	38.96	
Copper, Cu	mg	1.770		0	MC	9		0.566	4.567	
Manganese, Mn	mg									
Selenium, Se	mcg	7.5		0	BFZN	4		2.4	19.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0	
Thiamin	mg	0.125		0	BFSN	4		0.040	0.323	
Riboflavin	mg	0.112		0	BFSN	4		0.036	0.289	
Niacin	mg	13.640		0	BFSN	4		4.365	35.191	
Pantothenic acid	mg									
Vitamin B-6	mg	2.520		0	MC	9		0.806	6.502	
Folate, total	mcg	313		0	LC	8		100	808	
Folic acid	mcg	221		0	LC	8		71	570	
Folate, food	mcg	92		0	BFSN	4		29	237	
Folate, DFE	mcg_DFE	467		0	NC	4		150	1206	
Choline, total	mg	61.1		0	BFSN	4		19.5	157.6	
Betaine	mg	1.0		0	BFSN	4		0.3	2.6	
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	1172		0	NC	4		375	3024	
Retinol	mcg	1172		0	LC	8		375	3024	
Carotene, beta	mcg	0		0	BFSN	4		0	0	
Carotene, alpha	mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	3907		0	NC	4		1250	10079	
Lycopene	mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	43.20		0	LC	8		13.82	111.46	
Vitamin E, added	mg	36.90		0	O	4		11.81	95.20	
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	0.5		0	BFSN	4		0.2	1.4	
Lipids:										
Fatty acids, total saturated	g	7.972		0	NC	4		2.551	20.568	
4:0	g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 16156
Peanut butter, chunky, vitamin and mineral fortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.000		0	BFFN	4		0.000	0.000	
12:0 ... g	0.022		0	BFFN	4		0.007	0.057	
13:0 ... g									
14:0 ... g	0.052		0	BFFN	4		0.017	0.134	
15:0 ... g									
16:0 ... g	5.684		0	BFFN	4		1.819	14.665	
17:0 ... g									
18:0 ... g	2.214		0	BFFN	4		0.708	5.712	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	24.366		0	NC	4		7.797	62.864	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	23.728		0	BFFN	4		7.593	61.218	
20:1 ... g	0.638		0	BFFN	4		0.204	1.646	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	14.648		0	NC	4		4.687	37.792	
18:2 undifferentiated ... g	14.567		0	BFFN	4		4.661	37.583	
18:3 undifferentiated ... g	0.081		0	BFFN	4		0.026	0.209	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg	47		0	BFFN	4		15	121	
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 = 32g: 2 tbsp

Measure 2 = 258g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 42291
Peanut butter, reduced sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.10		0		1		0.18		
Energy	kcal	632		0	NC	4		101		
Energy	kJ	2646		0	NC	4		423		
Protein	g	24.00		0		1		3.84		
Total lipid (fat)	g	49.90		0		1		7.98		
Ash	g	3.17		0	BFSN	4		0.51		
Carbohydrate, by difference	g	21.83		0	NC	4		3.49		
Fiber, total dietary	g	6.6		0		4		1.1		
Sugars, total	g	9.29		0	BFSN	4		1.49		
Starch	g									
Minerals:										
Calcium, Ca	mg	41		0		1		7		
Iron, Fe	mg	1.90		0		1		0.30		
Magnesium, Mg	mg	159		0		1		25		
Phosphorus, P	mg	317		0		1		51		
Potassium, K	mg	747		0		1		120		
Sodium, Na	mg	203		0		4		32		
Zinc, Zn	mg	2.78		0		1		0.44		
Copper, Cu	mg	0.515		0		1		0.082		
Manganese, Mn	mg									
Selenium, Se	mcg	7.5		0	BFZN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.120		0		1		0.019		
Riboflavin	mg	0.110		0		1		0.018		
Niacin	mg	13.690		0		1		2.190		
Pantothenic acid	mg									
Vitamin B-6	mg	0.450		0		1		0.072		
Folate, total	mcg	92		0		1		15		
Folic acid	mcg	0		0	BFSN	4		0		
Folate, food	mcg	92		0		1		15		
Folate, DFE	mcg_DFE	92		0	NC	4		15		
Choline, total	mg	63.5		0	BFSN	4		10.2		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7		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	BFSN	4		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	9.05		0	BFSN	4		1.45		
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	0.6		0	BFSN	4		0.1		
Lipids:										
Fatty acids, total saturated	g	7.716		0	NC	4		1.235		
4:0	g	0.000		0		4		0.000		

NDB No. 42291
Peanut butter, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
8:0 ... g	0.000		0		4		0.000		
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.022		0		4		0.004		
13:0 ... g									
14:0 ... g	0.050		0		4		0.008		
15:0 ... g									
16:0 ... g	5.501		0		4		0.880		
17:0 ... g									
18:0 ... g	2.143		0		4		0.343		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	23.582		0	NC	4		3.773		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	22.964		0		4		3.674		
20:1 ... g	0.618		0		4		0.099		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	14.363		0	NC	4		2.298		
18:2 undifferentiated ... g	14.098		0		4		2.256		
18:3 undifferentiated ... g	0.078		0		4		0.012		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.187		0		4		0.030		
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	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 = 16g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16098
Peanut butter, smooth style, 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	1.81	0.025	423	JO	11		4.68	0.58	
Energy	kcal	588		0	NC	4		1518	188	
Energy	kJ	2462		0	NC	4		6352	788	
Protein (N x 5.46)	g	25.09	0.030	633	JA	6		64.73	8.03	
Total lipid (fat)	g	50.39	0.296	613	JO	11		130.01	16.13	
Ash	g	3.15	0.016	372	JA	6		8.12	1.01	
Carbohydrate, by difference	g	19.56		0	NC	4		50.47	6.26	
Fiber, total dietary	g	6.0	0.287	12	JA	6		15.6	1.9	
Sugars, total	g	9.22		0	NC	4		23.79	2.95	
Sucrose	g	8.68	0.066	6	JA	6		22.39	2.78	
Glucose (dextrose)	g	0.54	0.000	6	JA	6		1.40	0.17	
Fructose	g	0.00	0.000	5	JA	6		0.00	0.00	
Lactose	g	0.00	0.000	5	JA	6		0.00	0.00	
Maltose	g	0.00	0.000	5	JA	6		0.00	0.00	
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	
Starch	g	4.79	0.163	4	A	1		12.35	1.53	
Minerals:										
Calcium, Ca	mg	43	0.829	56	JA	6		111	14	
Iron, Fe	mg	1.87	0.028	567	JA	6		4.81	0.60	
Magnesium, Mg	mg	154	3.766	403	JA	6		397	49	
Phosphorus, P	mg	358	2.920	397	JA	6		923	115	
Potassium, K	mg	649	4.259	271	JA	6		1674	208	
Sodium, Na	mg	459	5.126	597	JA	6		1183	147	
Zinc, Zn	mg	2.91	0.031	382	JA	6		7.50	0.93	
Copper, Cu	mg	0.473	0.026	57	JA	6		1.221	0.151	
Manganese, Mn	mg	1.466	0.090	57	JA	6		3.781	0.469	
Selenium, Se	mcg	5.6	0.608	49	JA	6		14.5	1.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.073	0.004	30	JA	6		0.189	0.023	
Riboflavin	mg	0.105	0.004	30		1		0.271	0.034	
Niacin	mg	13.403	0.047	480		1		34.580	4.289	
Pantothenic acid	mg	1.060	0.036	16	JA	6		2.734	0.339	
Vitamin B-6	mg	0.543	0.028	17	JA	6		1.402	0.174	
Folate, total	mcg	74	10.415	11		1		191	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	74	10.415	11		1		191	24	
Folate, DFE	mcg_DFE	74		0	NC	4		191	24	
Choline, total	mg	63.0	1.583	5	AS	1		162.6	20.2	
Betaine	mg	0.8	0.248	5	A	1		2.0	0.3	
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	8.99	0.614	11	JO	11		23.18	2.88	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.24	0.010	11	JO	11		0.62	0.08	
Tocopherol, gamma	mg	9.30	0.293	11	JO	11		23.98	2.97	
Tocopherol, delta	mg	0.59	0.032	11	JO	11		1.52	0.19	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 16098
Peanut butter, smooth style, 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	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.6	0.500	3	JO	11		1.5	0.2	
Lipids:									
Fatty acids, total saturated.....g	10.510		0	NC	4		27.117	3.363	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.131		2	JA	6		0.338	0.042	
13:0.....g									
14:0.....g	0.217		47		1		0.560	0.069	
15:0.....g									
16:0.....g	5.897	0.131	51	JA	6		15.214	1.887	
17:0.....g									
18:0.....g	1.785	0.158	51	JA	6		4.606	0.571	
20:0.....g	0.631	0.020	4	JA	6		1.627	0.202	
22:0.....g	1.400		0		1		3.612	0.448	
24:0.....g	0.450		0		1		1.161	0.144	
Fatty acids, total monounsaturated.....g	24.216		0	NC	4		62.477	7.749	
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	23.638	0.118	51	JA	6		60.986	7.564	
20:1.....g	0.578	0.010	51	JA	6		1.491	0.185	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.161		0	NC	4		36.535	4.532	
18:2 undifferentiated.....g	14.083	0.373	51	JA	6		36.334	4.507	
18:3 undifferentiated.....g	0.078		0		1		0.201	0.025	
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		1		0	0	
Phytosterols.....mg	102		0		1		263	33	
Amino Acids:									
Tryptophan.....g	0.227		0	A	1		0.585	0.073	
Threonine.....g	0.515		0	A	1		1.330	0.165	
Isoleucine.....g	0.605		0	A	1		1.561	0.194	
Leucine.....g	1.518		0	A	1		3.917	0.486	
Lysine.....g	0.669		0	A	1		1.725	0.214	
Methionine.....g	0.261		0	A	1		0.673	0.083	
Cystine.....g	0.225		0	A	1		0.580	0.072	
Phenylalanine.....g	1.180		0	A	1		3.045	0.378	
Tyrosine.....g	0.814		0	A	1		2.100	0.261	
Valine.....g	0.768		0	A	1		1.982	0.246	
Arginine.....g	2.719		0	A	1		7.014	0.870	
Histidine.....g	0.547		0	A	1		1.412	0.175	
Alanine.....g	0.899		0	A	1		2.321	0.288	
Aspartic acid.....g	2.999		0	A	1		7.737	0.960	
Glutamic acid.....g	5.001		0	A	1		12.903	1.600	
Glycine.....g	1.411		0	A	1		3.640	0.451	
Proline.....g	1.383		0	A	1		3.567	0.442	
Serine.....g	1.455		0	A	1		3.753	0.466	
Hydroxyproline.....g									
Others:									

NDB No. 16098
Peanut butter, smooth style, 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		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 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16398
Peanut butter, smooth style, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.81	0.025	423	JO	11		4.68	0.58	
Energy	kcal	588		0	NC	4		1518	188	
Energy	kJ	2462		0	NC	4		6352	788	
Protein (N x 5.46)	g	25.09	0.030	633	JA	6		64.73	8.03	
Total lipid (fat)	g	50.39	0.296	613	JO	11		130.01	16.13	
Ash	g	3.15	0.016	372	JA	6		8.12	1.01	
Carbohydrate, by difference	g	19.56		0	NC	4		50.47	6.26	
Fiber, total dietary	g	6.0	0.287	12	JA	6		15.6	1.9	
Sugars, total	g	9.22		0	NC	4		23.79	2.95	
Sucrose	g	8.68	0.066	6	JA	6		22.39	2.78	
Glucose (dextrose)	g	0.54	0.000	6	JA	6		1.40	0.17	
Fructose	g	0.00	0.000	5	JA	6		0.00	0.00	
Lactose	g	0.00	0.000	5	JA	6		0.00	0.00	
Maltose	g	0.00	0.000	5	JA	6		0.00	0.00	
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	
Starch	g	4.79	0.163	4	A	1		12.35	1.53	
Minerals:										
Calcium, Ca	mg	43	0.829	56	JA	6		111	14	
Iron, Fe	mg	1.87	0.028	567	JA	6		4.81	0.60	
Magnesium, Mg	mg	154	3.766	403	JA	6		397	49	
Phosphorus, P	mg	358	2.920	397	JA	6		923	115	
Potassium, K	mg	649	4.259	271	JA	6		1674	208	
Sodium, Na	mg	17		0		4		44	5	
Zinc, Zn	mg	2.91	0.031	382	JA	6		7.50	0.93	
Copper, Cu	mg	0.473	0.026	57	JA	6		1.221	0.151	
Manganese, Mn	mg	1.466	0.090	57	JA	6		3.781	0.469	
Selenium, Se	mcg	5.6	0.608	49	JA	6		14.5	1.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.073	0.004	30	JA	6		0.189	0.023	
Riboflavin	mg	0.105	0.004	30		1		0.271	0.034	
Niacin	mg	13.403	0.047	480		1		34.580	4.289	
Pantothenic acid	mg	1.060	0.036	16	JA	6		2.734	0.339	
Vitamin B-6	mg	0.543	0.028	17	JA	6		1.402	0.174	
Folate, total	mcg	74	10.415	11		1		191	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	74	10.415	11		1		191	24	
Folate, DFE	mcg_DFE	74		0	NC	4		191	24	
Choline, total	mg	63.0	1.583	5	AS	1		162.6	20.2	
Betaine	mg	0.8	0.248	5	A	1		2.0	0.3	
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	BFSN	4		0	0	
Carotene, alpha	mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	8.99	0.614	11	JO	11		23.18	2.88	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.24	0.010	11	JO	11		0.62	0.08	
Tocopherol, gamma	mg	9.30	0.293	11	JO	11		23.98	2.97	
Tocopherol, delta	mg	0.59	0.032	11	JO	11		1.52	0.19	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 16398
Peanut butter, smooth style, 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.6	0.500	3	JO	11		1.5	0.2	
Lipids:									
Fatty acids, total saturated.....g	10.292		0	NC	4		26.554	3.294	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.128		2	JA	6		0.331	0.041	
13:0.....g									
14:0.....g	0.212		47		1		0.548	0.068	
15:0.....g									
16:0.....g	5.774	0.131	51	JA	6		14.898	1.848	
17:0.....g									
18:0.....g	1.748	0.158	51	JA	6		4.510	0.559	
20:0.....g	0.617	0.020	4	JA	6		1.593	0.198	
22:0.....g	1.371		0		1		3.537	0.439	
24:0.....g	0.441		0		1		1.137	0.141	
Fatty acids, total monounsaturated.....g	23.713		0	NC	4		61.181	7.588	
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	23.148	0.118	51	JA	6		59.721	7.407	
20:1.....g	0.566	0.010	51	JA	6		1.460	0.181	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.867		0	NC	4		35.777	4.437	
18:2 undifferentiated.....g	13.791	0.373	51	JA	6		35.580	4.413	
18:3 undifferentiated.....g	0.076		0		1		0.197	0.024	
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		1		0	0	
Phytosterols.....mg	102		0		1		263	33	
Amino Acids:									
Tryptophan.....g	0.227		0	A	1		0.585	0.073	
Threonine.....g	0.515		0	A	1		1.330	0.165	
Isoleucine.....g	0.605		0	A	1		1.561	0.194	
Leucine.....g	1.518		0	A	1		3.917	0.486	
Lysine.....g	0.669		0	A	1		1.725	0.214	
Methionine.....g	0.261		0	A	1		0.673	0.083	
Cystine.....g	0.225		0	A	1		0.580	0.072	
Phenylalanine.....g	1.180		0	A	1		3.045	0.378	
Tyrosine.....g	0.814		0	A	1		2.100	0.261	
Valine.....g	0.768		0	A	1		1.982	0.246	
Arginine.....g	2.719		0	A	1		7.014	0.870	
Histidine.....g	0.547		0	A	1		1.412	0.175	
Alanine.....g	0.899		0	A	1		2.321	0.288	
Aspartic acid.....g	2.999		0	A	1		7.737	0.960	
Glutamic acid.....g	5.001		0	A	1		12.903	1.600	
Glycine.....g	1.411		0	A	1		3.640	0.451	
Proline.....g	1.383		0	A	1		3.567	0.442	
Serine.....g	1.455		0	A	1		3.753	0.466	
Hydroxyproline.....g									
Others:									

NDB No. 16398
Peanut butter, smooth style, 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
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 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16150
Peanut butter, smooth, 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	1.20		0		1				
Energy	kcal	520		0	NC	4				
Energy	kJ	2174		0	NC	4				
Protein	g	25.90		0		1				
Total lipid (fat)	g	34.00		0		1				
Ash	g	3.25		0	BFSN	4				
Carbohydrate, by difference	g	35.65		0	NC	4				
Fiber, total dietary	g	5.2		0		1				
Sugars, total	g	9.28		0	BFSN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0		1				
Iron, Fe	mg	1.90		0		1				
Magnesium, Mg	mg	170		0		1				
Phosphorus, P	mg	369		0		4				
Potassium, K	mg	669		0		4				
Sodium, Na	mg	540		0		1				
Zinc, Zn	mg	2.80		0		1				
Copper, Cu	mg	0.580		0		1				
Manganese, Mn	mg	1.475		0	BFSN	4				
Selenium, Se	mcg	7.5		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4				
Thiamin	mg	0.270		0		1				
Riboflavin	mg	0.060		0		1				
Niacin	mg	14.600		0		1				
Pantothenic acid	mg	1.066		0	BFSN	4				
Vitamin B-6	mg	0.310		0		1				
Folate, total	mcg	60		0		1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	60		0		1				
Folate, DFE	mcg_DFE	60		0	NC	4				
Choline, total	mg	63.4		0	BFSN	4				
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFSN	4				
Carotene, beta	mcg	0		0	BFSN	4				
Carotene, alpha	mcg	0		0	BFSN	4				
Cryptoxanthin, beta	mcg	0		0	BFSN	4				
Vitamin A, IU	IU	0		0	NC	4				
Lycopene	mcg	0		0	BFSN	4				
Lutein + zeaxanthin	mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	9.04		0	BFSN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	mcg	0.6		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	5.760		0	NC	4				
4:0	g	0.000		0		4				

NDB No. 16150
Peanut butter, smooth, 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
6:0 ... g	0.000		0		4				
8:0 ... g	0.000		0		4				
10:0 ... g	0.000		0		4				
12:0 ... g	0.015		0		4				
13:0 ... g									
14:0 ... g	0.145		0		4				
15:0 ... g									
16:0 ... g	3.807		0		4				
17:0 ... g									
18:0 ... g	1.793		0		4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	16.156		0	NC	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4				
17:1 ... g									
18:1 undifferentiated ... g	15.867		0		4				
20:1 ... g	0.289		0		4				
22:1 undifferentiated ... g	0.000		0		4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	9.182		0	NC	4				
18:2 undifferentiated ... g	9.130		0		4				
18:3 undifferentiated ... g	0.052		0		4				
18:4 ... g	0.000		0		4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4				
20:5 n-3 (EPA) ... g	0.000		0		4				
22:5 n-3 (DPA) ... g	0.000		0		4				
22:6 n-3 (DHA) ... g	0.000		0		4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		7				
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 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 16 Legumes and Legume Products

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

NDB No. 16155
Peanut butter, smooth, vitamin and mineral fortified

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.47		0	BFZN	4		3.79	0.47	
Energy	kcal	591		0	NC	4		1524	189	
Energy	kJ	2472		0	NC	4		6378	791	
Protein	g	25.72		0	MC	9		66.36	8.23	
Total lipid (fat)	g	50.81		0	MC	9		131.09	16.26	
Ash	g	3.25		0	BFZN	4		8.39	1.04	
Carbohydrate, by difference	g	18.75		0	NC	4		48.38	6.00	
Fiber, total dietary	g	5.6		0	MC	9		14.4	1.8	
Sugars, total	g	10.47		0	MC	9		27.01	3.35	
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0	BFSN	4		111	14	
Iron, Fe	mg	16.60		0	MC	9		42.83	5.31	
Magnesium, Mg	mg	355		0	MC	9		916	114	
Phosphorus, P	mg	368		0	MC	9		949	118	
Potassium, K	mg	667		0	MC	9		1721	213	
Sodium, Na	mg	420		0	MC	9		1084	134	
Zinc, Zn	mg	14.40		0	MC	9		37.15	4.61	
Copper, Cu	mg	1.640		0	MC	9		4.231	0.525	
Manganese, Mn	mg									
Selenium, Se	mcg	7.5		0	BFZN	4		19.4	2.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0	
Thiamin	mg	0.083		0	MC	9		0.214	0.027	
Riboflavin	mg	0.105		0	MC	9		0.271	0.034	
Niacin	mg	13.369		0	MC	9		34.492	4.278	
Pantothenic acid	mg									
Vitamin B-6	mg	2.230		0	MC	9		5.753	0.714	
Folate, total	mcg	373		0	MC	9		962	119	
Folic acid	mcg	239		0	LC	8		617	76	
Folate, food	mcg	134		0	NC	4		346	43	
Folate, DFE	mcg_DFE	540		0	NC	4		1394	173	
Choline, total	mg	63.3		0	BFSN	4		163.2	20.2	
Betaine	mg	0.8		0	BFSN	4		2.0	0.3	
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	1172		0	NC	4		3024	375	
Retinol	mcg	1172		0	LC	8		3024	375	
Carotene, beta	mcg	0		0	BFSN	4		0	0	
Carotene, alpha	mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	3907		0	NC	4		10079	1250	
Lycopene	mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	43.20		0	LC	8		111.46	13.82	
Vitamin E, added	mg	36.90		0	O	4		95.20	11.81	
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	0.6		0	BFSN	4		1.6	0.2	
Lipids:										
Fatty acids, total saturated	g	10.125		0	BFFN	4		26.123	3.240	
4:0	g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 16155
Peanut butter, smooth, vitamin and mineral fortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.022		0	BFFN	4		0.057	0.007	
13:0....g									
14:0....g	0.218		0	BFFN	4		0.562	0.070	
15:0....g									
16:0....g	5.738		0	BFFN	4		14.804	1.836	
17:0....g									
18:0....g	2.702		0	BFFN	4		6.971	0.865	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	24.832		0	BFFN	4		64.067	7.946	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	23.945		0	BFFN	4		61.778	7.662	
20:1....g	0.435		0	BFFN	4		1.122	0.139	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	13.847		0	BFFN	4		35.725	4.431	
18:2 undifferentiated....g	13.769		0	BFFN	4		35.524	4.406	
18:3 undifferentiated....g	0.070		0	BFFN	4		0.181	0.022	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	102		0	BFFN	4		263	33	
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 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16099
Peanut flour, defatted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.80		2		1		4.68	2.21	
Energy....kcal	327		0	NC	4		196	93	
Energy....kJ	1368		0		4		821	388	
Protein (N x 5.46)....g	52.20		2		1		31.32	14.80	
Total lipid (fat)....g	0.55		2		1		0.33	0.16	
Ash....g	4.75		2		1		2.85	1.35	
Carbohydrate, by difference....g	34.70		0	NC	4		20.82	9.84	
Fiber, total dietary....g	15.8		0		4		9.5	4.5	
Sugars, total....g	8.22		0	BFNN	4		4.93	2.33	
Starch....g									
Minerals:									
Calcium, Ca....mg	140		1		1		84	40	
Iron, Fe....mg	2.10		1		1		1.26	0.60	
Magnesium, Mg....mg	370		1		1		222	105	
Phosphorus, P....mg	760		1		1		456	215	
Potassium, K....mg	1290		1		1		774	366	
Sodium, Na....mg	180		1		1		108	51	
Zinc, Zn....mg	5.10		1		1		3.06	1.45	
Copper, Cu....mg	1.800		1		1		1.080	0.510	
Manganese, Mn....mg	4.900		1		1		2.940	1.389	
Selenium, Se....mcg	7.1		0	BFSN	4		4.3	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.700		1		1		0.420	0.198	
Riboflavin....mg	0.480		1		1		0.288	0.136	
Niacin....mg	27.000		1		1		16.200	7.655	
Pantothenic acid....mg	2.744		0		1		1.646	0.778	
Vitamin B-6....mg	0.504		0		1		0.302	0.143	
Folate, total....mcg	248		0		1		149	70	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	248		0		1		149	70	
Folate, DFE....mcg_DFE	248		0	NC	4		149	70	
Choline, total....mg	108.7		0	BFNN	4		65.2	30.8	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFNN	4		0	0	
Carotene, alpha....mcg	0		0	BFNN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFNN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	BFNN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFNN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.05		0	NR	4		0.03	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	0.0		0	BFNN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.063		0		1		0.038	0.018	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 16099
Peanut flour, defatted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		1		0.000	0.000	
15:0 g									
16:0 g	0.048		0		1		0.029	0.014	
17:0 g									
18:0 g	0.010		0		1		0.006	0.003	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.225		0		1		0.135	0.064	
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	0.219		0		1		0.131	0.062	
20:1 g	0.006		0		1		0.004	0.002	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.143		0		1		0.086	0.041	
18:2 undifferentiated g	0.143		0		1		0.086	0.041	
18:3 undifferentiated g	0.000		0		1		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		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.507		0		1		0.304	0.144	
Threonine g	1.788		0		1		1.073	0.507	
Isoleucine g	1.836		0		1		1.102	0.521	
Leucine g	3.384		0		1		2.030	0.959	
Lysine g	1.874		0		1		1.124	0.531	
Methionine g	0.641		0		1		0.385	0.182	
Cystine g	0.669		0		1		0.401	0.190	
Phenylalanine g	2.705		0		1		1.623	0.767	
Tyrosine g	2.122		0		1		1.273	0.602	
Valine g	2.189		0		1		1.313	0.621	
Arginine g	6.243		0		1		3.746	1.770	
Histidine g	1.319		0		1		0.791	0.374	
Alanine g	2.075		0		1		1.245	0.588	
Aspartic acid g	6.367		0		1		3.820	1.805	
Glutamic acid g	10.908		0		1		6.545	3.092	
Glycine g	3.145		0		1		1.887	0.892	
Proline g	2.304		0		1		1.382	0.653	
Serine g	2.572		0		1		1.543	0.729	
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. 16099
Peanut flour, defatted

Common Measures:

Measure 1 = 60g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16100
Peanut flour, low 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	7.80		0		1		4.68	2.21	
Energy....kcal	428		0	NC	4		257	121	
Energy....kJ	1790		0	NC	4		1074	508	
Protein (N x 5.46)....g	33.80		1		1		20.28	9.58	
Total lipid (fat)....g	21.90		1		1		13.14	6.21	
Ash....g	5.23		1		1		3.14	1.48	
Carbohydrate, by difference....g	31.27		0	NC	4		18.76	8.87	
Fiber, total dietary....g	15.8		0	BFSN	4		9.5	4.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	130	7.319	8		1		78	37	
Iron, Fe....mg	4.74	0.956	8		1		2.84	1.34	
Magnesium, Mg....mg	48	9.774	8		1		29	14	
Phosphorus, P....mg	508		0		4		305	144	
Potassium, K....mg	1358	70.704	8		1		815	385	
Sodium, Na....mg	1	0.117	7		1		1	0	
Zinc, Zn....mg	5.99	0.384	8		1		3.59	1.70	
Copper, Cu....mg	2.039	0.457	8		1		1.223	0.578	
Manganese, Mn....mg	4.231	0.418	8		1		2.539	1.199	
Selenium, Se....mcg	7.1		0	BFSN	4		4.3	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.457		0		4		0.274	0.130	
Riboflavin....mg	0.172		0		4		0.103	0.049	
Niacin....mg	11.499		0		4		6.899	3.260	
Pantothenic acid....mg	1.543		0		4		0.926	0.437	
Vitamin B-6....mg	0.304		0		4		0.182	0.086	
Folate, total....mcg	133		0		4		80	38	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	133		0		4		80	38	
Folate, DFE....mcg_DFE	133		0	NC	4		80	38	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	AS	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	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									
Lipids:									
Fatty acids, total saturated....g	3.040		0		1		1.824	0.862	
4:0....g									
6:0....g									
8:0....g									

NDB No. 16100
Peanut flour, low 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									
12:0 g									
13:0 g									
14:0 g	0.011		0		1		0.007	0.003	
15:0 g									
16:0 g	2.292		0		1		1.375	0.650	
17:0 g									
18:0 g	0.489		0		1		0.293	0.139	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.866		0		1		6.520	3.081	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.004		0		1		0.002	0.001	
17:1 g									
18:1 undifferentiated g	10.567		0		1		6.340	2.996	
20:1 g	0.294		0		1		0.176	0.083	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	6.921		0		1		4.153	1.962	
18:2 undifferentiated g	6.919		0		1		4.151	1.962	
18:3 undifferentiated g	0.001		0		1		0.001	0.000	
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									
Amino Acids:									
Tryptophan g	0.328		0		1		0.197	0.093	
Threonine g	1.158		0		1		0.695	0.328	
Isoleucine g	1.188		0		1		0.713	0.337	
Leucine g	2.191		0		1		1.315	0.621	
Lysine g	1.213		0		1		0.728	0.344	
Methionine g	0.415		0		1		0.249	0.118	
Cystine g	0.433		0		1		0.260	0.123	
Phenylalanine g	1.752		0		1		1.051	0.497	
Tyrosine g	1.374		0		1		0.824	0.390	
Valine g	1.418		0		1		0.851	0.402	
Arginine g	4.042		0		1		2.425	1.146	
Histidine g	0.854		0		1		0.512	0.242	
Alanine g	1.343		0		1		0.806	0.381	
Aspartic acid g	4.123		0		1		2.474	1.169	
Glutamic acid g	7.063		0		1		4.238	2.002	
Glycine g	2.037		0		1		1.222	0.577	
Proline g	1.492		0		1		0.895	0.423	
Serine g	1.665		0		1		0.999	0.472	
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 16100
Peanut flour, low fat

Measure 1 = 60g: 1 cup
Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16149

Peanut spread, reduced sugar

Unilever Bestfoods

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.93		1	MC	9		0.60		
Energy....kcal	650		0	NC	4		202		
Energy....kJ	2720		0	NC	4		843		
Protein....g	24.80		2	MC	9		7.69		
Total lipid (fat)....g	54.89		2	MC	9		17.02		
Ash....g	4.15		2	MC	9		1.29		
Carbohydrate, by difference....g	14.23		0	NC	4		4.41		
Fiber, total dietary....g	7.8		2	MC	9		2.4		
Sugars, total....g	3.34		2	MC	9		1.04		
Starch....g									
Minerals:									
Calcium, Ca....mg	72		2	MC	9		22		
Iron, Fe....mg	2.84		2	MC	9		0.88		
Magnesium, Mg....mg	164		2	MC	9		51		
Phosphorus, P....mg	350		0	BFFN	4		109		
Potassium, K....mg	818		0	BFFN	4		254		
Sodium, Na....mg	447		2	MC	9		139		
Zinc, Zn....mg	3.51		1	MC	9		1.09		
Copper, Cu....mg	0.760		2	MC	9		0.235		
Manganese, Mn....mg	1.979		0	BFFN	4		0.613		
Selenium, Se....mcg	9.1		0	BFFN	4		2.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	MC	9		0.0		
Thiamin....mg	0.116		0	BFFN	4		0.036		
Riboflavin....mg	0.122		0	BFFN	4		0.038		
Niacin....mg	16.385		2	MC	9		5.079		
Pantothenic acid....mg	1.229		0	BFFN	4		0.381		
Vitamin B-6....mg	0.471		2	MC	9		0.146		
Folate, total....mcg	144		2	MC	9		45		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	144		2	MC	9		45		
Folate, DFE....mcg_DFE	144		0	NC	4		45		
Choline, total....mg	67.4		0	BFFN	4		20.9		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFFN	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	Z	7		0		
Carotene, beta....mcg	0		0	BFFN	4		0		
Carotene, alpha....mcg	0		0	BFFN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFFN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFFN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFFN	4		0		
Vitamin E (alpha-tocopherol)....mg	8.06		2	MC	9		2.50		
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	0.6		0	BFFN	4		0.2		
Lipids:									
Fatty acids, total saturated....g	10.220		2	MC	9		3.168		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 16149
Peanut spread, reduced sugar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.207		0	BFFN	4		0.064		
13:0 ... g									
14:0 ... g	0.058		0	BFFN	4		0.018		
15:0 ... g									
16:0 ... g	7.073		0	BFFN	4		2.193		
17:0 ... g									
18:0 ... g	0.797		0	BFFN	4		0.247		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	26.997		0	BFFN	4		8.369		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	26.075		0	BFFN	4		8.083		
20:1 ... g	0.922		0	BFFN	4		0.286		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	16.266		0	BFFN	4		5.043		
18:2 undifferentiated ... g	16.175		0	BFFN	4		5.014		
18:3 undifferentiated ... g	0.091		0	BFFN	4		0.028		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g	0.160		2	MC	9		0.050		
Cholesterol ... mg	0		2	MC	9		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFFN	4		0.0		
Caffeine ... mg	0		0	BFFN	4		0		
Theobromine ... mg	0		0	BFFN	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 = 31g: 2 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16088
Peanuts, all types, cooked, boiled, 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	41.78		1		1		26.32	75.20	11.84
Energy	kcal	318		0	NC	4		200	572	90
Energy	kJ	1331		0		4		838	2395	377
Protein (N x 5.46)	g	13.50		1		1		8.51	24.30	3.83
Total lipid (fat)	g	22.01		1		1		13.87	39.62	6.24
Ash	g	1.45		0		1		0.91	2.61	0.41
Carbohydrate, by difference	g	21.26		0	NC	4		13.39	38.27	6.03
Fiber, total dietary	g	8.8		0		4		5.5	15.8	2.5
Sugars, total	g	2.47		0	BFSN	4		1.56	4.45	0.70
Starch	g									
Minerals:										
Calcium, Ca	mg	55		1		1		35	99	16
Iron, Fe	mg	1.01		1		1		0.64	1.82	0.29
Magnesium, Mg	mg	102		1		1		64	184	29
Phosphorus, P	mg	198		1		1		125	356	56
Potassium, K	mg	180		1		1		113	324	51
Sodium, Na	mg	751		1		1		473	1352	213
Zinc, Zn	mg	1.83		0		1		1.15	3.29	0.52
Copper, Cu	mg	0.499		0		1		0.314	0.898	0.141
Manganese, Mn	mg	1.023		0		1		0.644	1.841	0.290
Selenium, Se	mcg	4.4		0	BFSN	4		2.8	7.9	1.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.259		0		1		0.163	0.466	0.073
Riboflavin	mg	0.063		0		1		0.040	0.113	0.018
Niacin	mg	5.259		0		1		3.313	9.466	1.491
Pantothenic acid	mg	0.825		0		1		0.520	1.485	0.234
Vitamin B-6	mg	0.152		0		1		0.096	0.274	0.043
Folate, total	mcg	75		0		1		47	134	21
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	75		0		1		47	134	21
Folate, DFE	mcg_DFE	75		0	NC	4		47	134	21
Choline, total	mg	32.7		0	BFSY	4		20.6	58.8	9.3
Betaine	mg									
Vitamin B-12	mcg	0.00		0		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	BFSY	4		0	0	0
Carotene, alpha	mcg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFSY	4		0	0	0
Vitamin A, IU	IU	0		0	NC	4		0	0	0
Lycopene	mcg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFSY	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	4.10		0	BFSN	4		2.58	7.38	1.16
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (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	0.0		0	BFSN	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	3.055		0		1		1.925	5.499	0.866
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 16088
Peanuts, all types, cooked, boiled, 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	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	0.011		0		1		0.007	0.020	0.003
15:0 g									
16:0 g	2.304		0		1		1.452	4.147	0.653
17:0 g									
18:0 g	0.492		0		1		0.310	0.886	0.139
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.921		0		1		6.880	19.658	3.096
14:1 g									
15:1 g									
16:1 undifferentiated g	0.004		0		1		0.003	0.007	0.001
17:1 g									
18:1 undifferentiated g	10.620		0		1		6.691	19.116	3.011
20:1 g	0.296		0		1		0.186	0.533	0.084
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	6.956		0		1		4.382	12.521	1.972
18:2 undifferentiated g	6.954		0		1		4.381	12.517	1.971
18:3 undifferentiated g	0.001		0		1		0.001	0.002	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		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.131		0		1		0.083	0.236	0.037
Threonine g	0.462		0		1		0.291	0.832	0.131
Isoleucine g	0.475		0		1		0.299	0.855	0.135
Leucine g	0.875		0		1		0.551	1.575	0.248
Lysine g	0.485		0		1		0.306	0.873	0.137
Methionine g	0.166		0		1		0.105	0.299	0.047
Cystine g	0.173		0		1		0.109	0.311	0.049
Phenylalanine g	0.700		0		1		0.441	1.260	0.198
Tyrosine g	0.549		0		1		0.346	0.988	0.156
Valine g	0.566		0		1		0.357	1.019	0.160
Arginine g	1.615		0		1		1.017	2.907	0.458
Histidine g	0.341		0		1		0.215	0.614	0.097
Alanine g	0.537		0		1		0.338	0.967	0.152
Aspartic acid g	1.647		0		1		1.038	2.965	0.467
Glutamic acid g	2.822		0		1		1.778	5.080	0.800
Glycine g	0.814		0		1		0.513	1.465	0.231
Proline g	0.596		0		1		0.375	1.073	0.169
Serine g	0.665		0		1		0.419	1.197	0.189
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. 16088

Peanuts, all types, cooked, boiled, with salt

Common Measures:

Measure 1 = 63g: 1 cup in shell, edible yield

Measure 2 = 180g: 1 cup, shelled

Measure 3 = 28.35g: 1 oz shelled

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16090
Peanuts, all types, dry-roasted, 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	1.55	0.115	12		1		0.44	0.02	
Energy....kcal	585		0	NC	4		166	6	
Energy....kJ	2448		0		4		694	24	
Protein (N x 5.46)....g	23.68	0.712	9		1		6.71	0.24	
Total lipid (fat)....g	49.66	0.539	9		1		14.08	0.50	
Ash....g	3.60	0.346	9		1		1.02	0.04	
Carbohydrate, by difference....g	21.51		0	NC	4		6.10	0.22	
Fiber, total dietary....g	8.0		0		1		2.3	0.1	
Sugars, total....g	4.18		0	BFSN	4		1.18	0.04	
Starch....g									
Minerals:									
Calcium, Ca....mg	54	2.333	7		1		15	1	
Iron, Fe....mg	2.26	0.271	12		1		0.64	0.02	
Magnesium, Mg....mg	176	5.824	8		1		50	2	
Phosphorus, P....mg	358	13.854	7		1		101	4	
Potassium, K....mg	658	20.264	11		1		187	7	
Sodium, Na....mg	813	32.195	11		1		230	8	
Zinc, Zn....mg	3.31	0.081	8		1		0.94	0.03	
Copper, Cu....mg	0.671	0.031	8		1		0.190	0.007	
Manganese, Mn....mg	2.083	0.135	8		1		0.591	0.021	
Selenium, Se....mcg	7.5	1.453	20	A	1		2.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.438		0		1		0.124	0.004	
Riboflavin....mg	0.098	0.002	4		1		0.028	0.001	
Niacin....mg	13.525	0.335	4		1		3.834	0.135	
Pantothenic acid....mg	1.395		0		1		0.395	0.014	
Vitamin B-6....mg	0.256		0		1		0.073	0.003	
Folate, total....mcg	145	10.478	3		1		41	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	145	10.478	3		1		41	1	
Folate, DFE....mcg_DFE	145		0	NC	4		41	1	
Choline, total....mg	55.3		0	BFSN	4		15.7	0.6	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFSN	4		0	0	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	7.80		0		1		2.21	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	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	6.893		0		1		1.954	0.069	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16090
Peanuts, all types, dry-roasted, 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	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.025		0		1		0.007	0.000	
15:0....g									
16:0....g	5.198		0		1		1.474	0.052	
17:0....g									
18:0....g	1.109		0		1		0.314	0.011	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	24.640		0		1		6.985	0.246	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0		1		0.003	0.000	
17:1....g									
18:1 undifferentiated....g	23.961		0		1		6.793	0.240	
20:1....g	0.667		0		1		0.189	0.007	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	15.694		0		1		4.449	0.157	
18:2 undifferentiated....g	15.690		0		1		4.448	0.157	
18:3 undifferentiated....g	0.003		0		1		0.001	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.230		0		1		0.065	0.002	
Threonine....g	0.811		0		1		0.230	0.008	
Isoleucine....g	0.833		0		1		0.236	0.008	
Leucine....g	1.535		0		1		0.435	0.015	
Lysine....g	0.850		0		1		0.241	0.009	
Methionine....g	0.291		0		1		0.082	0.003	
Cystine....g	0.304		0		1		0.086	0.003	
Phenylalanine....g	1.227		0		1		0.348	0.012	
Tyrosine....g	0.963		0		1		0.273	0.010	
Valine....g	0.993		0		1		0.282	0.010	
Arginine....g	2.832		0		1		0.803	0.028	
Histidine....g	0.599		0		1		0.170	0.006	
Alanine....g	0.941		0		1		0.267	0.009	
Aspartic acid....g	2.888		0		1		0.819	0.029	
Glutamic acid....g	4.949		0		1		1.403	0.049	
Glycine....g	1.427		0		1		0.405	0.014	
Proline....g	1.045		0		1		0.296	0.010	
Serine....g	1.167		0		1		0.331	0.012	
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. 16090

Peanuts, all types, dry-roasted, with salt

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 1.0g: 1 peanut

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16390
Peanuts, all types, dry-roasted, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.55	0.115	12		1		2.26	0.44	0.02
Energy	kcal	585		0	NC	4		854	166	6
Energy	kJ	2448		0		4		3574	694	24
Protein (N x 5.46)	g	23.68	0.712	9		1		34.57	6.71	0.24
Total lipid (fat)	g	49.66	0.539	9		1		72.50	14.08	0.50
Ash	g	3.60	0.346	9		1		5.26	1.02	0.04
Carbohydrate, by difference	g	21.51		0	NC	4		31.40	6.10	0.22
Fiber, total dietary	g	8.0		0		4		11.7	2.3	0.1
Sugars, total	g	4.18		0	BFSN	4		6.10	1.18	0.04
Starch	g									
Minerals:										
Calcium, Ca	mg	54	2.333	7		1		79	15	1
Iron, Fe	mg	2.26	0.271	12		1		3.30	0.64	0.02
Magnesium, Mg	mg	176	5.824	8		1		257	50	2
Phosphorus, P	mg	358	13.854	7		1		523	101	4
Potassium, K	mg	658	20.264	11		1		961	187	7
Sodium, Na	mg	6		0		1		9	2	0
Zinc, Zn	mg	3.31	0.081	8		1		4.83	0.94	0.03
Copper, Cu	mg	0.671	0.031	8		1		0.980	0.190	0.007
Manganese, Mn	mg	2.083	0.135	8		1		3.041	0.591	0.021
Selenium, Se	mcg	7.5	1.453	20	A	1		11.0	2.1	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.438		0		1		0.639	0.124	0.004
Riboflavin	mg	0.098	0.002	4		1		0.143	0.028	0.001
Niacin	mg	13.525	0.335	4		1		19.747	3.834	0.135
Pantothenic acid	mg	1.395		0		1		2.037	0.395	0.014
Vitamin B-6	mg	0.256		0		1		0.374	0.073	0.003
Folate, total	mcg	145	10.478	3		1		212	41	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	145	10.478	3		1		212	41	1
Folate, DFE	mcg_DFE	145		0	NC	4		212	41	1
Choline, total	mg	55.3		0	BFSN	4		80.7	15.7	0.6
Betaine	mg									
Vitamin B-12	mcg	0.00		0		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	BFSN	4		0	0	0
Carotene, alpha	mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU	IU	0		0	NC	4		0	0	0
Lycopene	mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	6.93		0	BFSN	4		10.12	1.97	0.07
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	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	0.0		0	BFSN	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	6.893		0		1		10.064	1.954	0.069
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 16390
Peanuts, all types, dry-roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.025		0		1		0.037	0.007	0.000
15:0 g									
16:0 g	5.198		0		1		7.589	1.474	0.052
17:0 g									
18:0 g	1.109		0		1		1.619	0.314	0.011
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	24.640		0		1		35.974	6.985	0.246
14:1 g									
15:1 g									
16:1 undifferentiated g	0.009		0		1		0.013	0.003	0.000
17:1 g									
18:1 undifferentiated g	23.961		0		1		34.983	6.793	0.240
20:1 g	0.667		0		1		0.974	0.189	0.007
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	15.694		0		1		22.913	4.449	0.157
18:2 undifferentiated g	15.690		0		1		22.907	4.448	0.157
18:3 undifferentiated g	0.003		0		1		0.004	0.001	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		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.230		0		1		0.336	0.065	0.002
Threonine g	0.811		0		1		1.184	0.230	0.008
Isoleucine g	0.833		0		1		1.216	0.236	0.008
Leucine g	1.535		0		1		2.241	0.435	0.015
Lysine g	0.850		0		1		1.241	0.241	0.009
Methionine g	0.291		0		1		0.425	0.082	0.003
Cystine g	0.304		0		1		0.444	0.086	0.003
Phenylalanine g	1.227		0		1		1.791	0.348	0.012
Tyrosine g	0.963		0		1		1.406	0.273	0.010
Valine g	0.993		0		1		1.450	0.282	0.010
Arginine g	2.832		0		1		4.135	0.803	0.028
Histidine g	0.599		0		1		0.875	0.170	0.006
Alanine g	0.941		0		1		1.374	0.267	0.009
Aspartic acid g	2.888		0		1		4.216	0.819	0.029
Glutamic acid g	4.949		0		1		7.226	1.403	0.049
Glycine g	1.427		0		1		2.083	0.405	0.014
Proline g	1.045		0		1		1.526	0.296	0.010
Serine g	1.167		0		1		1.704	0.331	0.012
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. 16390

Peanuts, all types, dry-roasted, without salt

Common Measures:

Measure 1 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 1.0g: 1 peanut

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16089
Peanuts, all types, oil-roasted, 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	1.45	0.131	4	A	1		2.09	2.09	0.01
Energy	kcal	599		0	NC	4		862	862	5
Energy	kJ	2506		0	NC	4		3608	3608	23
Protein (N x 5.46)	g	28.03	0.455	4	A	1		40.37	40.37	0.25
Total lipid (fat)	g	52.50	0.601	4	A	1		75.60	75.60	0.47
Ash	g	2.75	0.063	4	A	1		3.96	3.96	0.02
Carbohydrate, by difference	g	15.26		0	NC	4		21.97	21.97	0.14
Fiber, total dietary	g	9.4	0.096	4	A	1		13.5	13.5	0.1
Sugars, total	g	4.18	0.036	4	A	1		6.02	6.02	0.04
Sucrose	g	4.03	0.036	4	A	1		5.80	5.80	0.04
Glucose (dextrose)	g	0.08	0.000	4	A	1		0.11	0.11	0.00
Fructose	g	0.08	0.000	4	A	1		0.11	0.11	0.00
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	61	3.454	4	A	1		88	88	1
Iron, Fe	mg	1.52	0.003	4	A	1		2.19	2.19	0.01
Magnesium, Mg	mg	176	3.660	4	A	1		253	253	2
Phosphorus, P	mg	397	5.852	4	A	1		571	571	4
Potassium, K	mg	726	6.090	4	A	1		1045	1045	7
Sodium, Na	mg	320	29.138	4	A	1		461	461	3
Zinc, Zn	mg	3.28	0.076	4	A	1		4.73	4.73	0.03
Copper, Cu	mg	0.533	0.016	4	A	1		0.768	0.768	0.005
Manganese, Mn	mg	1.845	0.050	4	A	1		2.657	2.657	0.017
Selenium, Se	mcg	3.3	0.103	4	A	1		4.7	4.7	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8	0.000	3	A	1		1.1	1.1	0.0
Thiamin	mg	0.085	0.006	4	A	1		0.122	0.122	0.001
Riboflavin	mg	0.089	0.021	3	A	1		0.129	0.129	0.001
Niacin	mg	13.825	0.397	4	A	1		19.908	19.908	0.124
Pantothenic acid	mg	1.202	0.054	4	A	1		1.732	1.732	0.011
Vitamin B-6	mg	0.461	0.021	4	A	1		0.664	0.664	0.004
Folate, total	mcg	120	7.953	4	A	1		172	172	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	120	7.953	4	A	1		172	172	1
Folate, DFE	mcg_DFE	120		0	NC	4		172	172	1
Choline, total	mg	55.3		0	BFSN	4		79.7	79.7	0.5
Betaine	mg									
Vitamin B-12	mcg	0.00		0		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	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		1		1		0	0	0
Carotene, alpha	mcg	0		1		1		0	0	0
Cryptoxanthin, beta	mcg	0		1		1		0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		1		1		0	0	0
Lutein + zeaxanthin	mcg	0		1		1		0	0	0
Vitamin E (alpha-tocopherol)	mg	6.94		0		1		9.99	9.99	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									

NDB No. 16089
Peanuts, all types, oil-roasted, 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	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....mcg	0.0	0.000	4	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	8.686		0	NC	4		12.508	12.508	0.078
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
10:0.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
12:0.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
13:0.....g									
14:0.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
15:0.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
16:0.....g	5.045	0.107	4	A	1		7.265	7.265	0.045
17:0.....g	0.057	0.003	4	A	1		0.082	0.082	0.001
18:0.....g	1.402	0.030	4	A	1		2.018	2.018	0.013
20:0.....g	0.668	0.010	4	A	1		0.962	0.962	0.006
22:0.....g	1.325	0.025	4	A	1		1.908	1.908	0.012
24:0.....g									
Fatty acids, total monounsaturated.....g	25.976		0	NC	4		37.405	37.405	0.234
14:1.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
15:1.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
16:1 undifferentiated.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
17:1.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
18:1 undifferentiated.....g	25.212	0.469	4	A	1		36.306	36.306	0.227
20:1.....g	0.612	0.014	4	A	1		0.882	0.882	0.006
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.292		0	NC	4		22.020	22.020	0.138
18:2 undifferentiated.....g	15.103	0.159	4	A	1		21.748	21.748	0.136
18:3 undifferentiated.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.038	0.000	4	A	1		0.054	0.054	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	0.038	0.000	4	A	1		0.054	0.054	0.000
20:3 undifferentiated.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.038	0.000	4	A	1		0.054	0.054	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									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.231	0.004	4	A	1		0.333	0.333	0.002
Threonine.....g	0.610	0.014	4	A	1		0.878	0.878	0.005
Isoleucine.....g	0.978	0.015	4	A	1		1.408	1.408	0.009
Leucine.....g	1.812	0.026	4	A	1		2.609	2.609	0.016
Lysine.....g	0.945	0.019	4	A	1		1.361	1.361	0.009
Methionine.....g	0.291	0.029	4	A	1		0.419	0.419	0.003
Cystine.....g	0.375	0.028	4	A	1		0.540	0.540	0.003
Phenylalanine.....g	1.427	0.021	4	A	1		2.055	2.055	0.013
Tyrosine.....g	1.006	0.012	4	A	1		1.449	1.449	0.009
Valine.....g	1.146	0.011	4	A	1		1.650	1.650	0.010
Arginine.....g	3.247	0.067	4	A	1		4.675	4.675	0.029
Histidine.....g	0.655	0.006	4	A	1		0.943	0.943	0.006

NDB No. 16089
Peanuts, all types, oil-roasted, 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
Alanine....g	1.092	0.017	4	A	1		1.573	1.573	0.010
Aspartic acid....g	3.272	0.055	4	A	1		4.712	4.712	0.029
Glutamic acid....g	5.422	0.077	4	A	1		7.807	7.807	0.049
Glycine....g	1.621	0.020	4	A	1		2.335	2.335	0.015
Proline....g	1.173	0.023	4	A	1		1.689	1.689	0.011
Serine....g	1.285	0.019	4	A	1		1.851	1.851	0.012
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		1	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 = 144g: 1 cup, chopped

Measure 2 = 144g: 1 cup, halves and whole

Measure 3 = 0.9g: 1 peanut

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16389
Peanuts, all types, oil-roasted, without salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.95	0.081	53		1		2.59	0.55	0.55
Energy	kcal	581		0	NC	4		773	165	163
Energy	kJ	2431		0	NC	4		3234	689	681
Protein (N x 5.46)	g	26.35		47		1		35.05	7.47	7.38
Total lipid (fat)	g	49.30	0.224	51		1		65.57	13.98	13.80
Ash	g	3.48	0.100	15		1		4.63	0.99	0.97
Carbohydrate, by difference	g	18.92		0	NC	4		25.16	5.36	5.30
Fiber, total dietary	g	6.9		0		4		9.2	2.0	1.9
Sugars, total	g	4.16		0	BFSN	4		5.54	1.18	1.17
Starch	g									
Minerals:										
Calcium, Ca	mg	88	0.299	12		1		117	25	25
Iron, Fe	mg	1.83	0.061	15		1		2.43	0.52	0.51
Magnesium, Mg	mg	185	0.740	12		1		246	52	52
Phosphorus, P	mg	517	0.652	12		1		688	147	145
Potassium, K	mg	682	2.416	14		1		907	193	191
Sodium, Na	mg	6		0		1		8	2	2
Zinc, Zn	mg	6.63	0.015	12		1		8.82	1.88	1.86
Copper, Cu	mg	1.300	0.010	12		1		1.729	0.369	0.364
Manganese, Mn	mg	2.062	0.014	12		1		2.742	0.585	0.577
Selenium, Se	mcg	7.5	1.453	20	A	1		10.0	2.1	2.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.253	0.008	15		1		0.336	0.072	0.071
Riboflavin	mg	0.108		13		1		0.144	0.031	0.030
Niacin	mg	14.277	0.322	15		1		18.988	4.048	3.998
Pantothenic acid	mg	1.390		0		1		1.849	0.394	0.389
Vitamin B-6	mg	0.255		0		1		0.339	0.072	0.071
Folate, total	mcg	126		0		1		167	36	35
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	126		0		1		167	36	35
Folate, DFE	mcg_DFE	126		0	NC	4		167	36	35
Choline, total	mg	55.0		0	BFSN	4		73.2	15.6	15.4
Betaine	mg									
Vitamin B-12	mcg	0.00		0		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	BFSN	4		0	0	0
Carotene, alpha	mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU	IU	0		0	NC	4		0	0	0
Lycopene	mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	6.91		0	BFSN	4		9.18	1.96	1.93
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	0.0		0	BFSN	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	6.843		0		1		9.101	1.940	1.916
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 16389
Peanuts, all types, oil-roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.025		0		1		0.033	0.007	0.007
15:0 g									
16:0 g	5.161		0		1		6.864	1.463	1.445
17:0 g									
18:0 g	1.101		0		1		1.464	0.312	0.308
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	24.462		0		1		32.534	6.935	6.849
14:1 g									
15:1 g									
16:1 undifferentiated g	0.009		0		1		0.012	0.003	0.003
17:1 g									
18:1 undifferentiated g	23.788		0		1		31.638	6.744	6.661
20:1 g	0.662		0		1		0.880	0.188	0.185
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	15.580		0		1		20.721	4.417	4.362
18:2 undifferentiated g	15.576		0		1		20.716	4.416	4.361
18:3 undifferentiated g	0.003		0		1		0.004	0.001	0.001
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		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.256		0		1		0.340	0.073	0.072
Threonine g	0.902		0		1		1.200	0.256	0.253
Isoleucine g	0.926		0		1		1.232	0.263	0.259
Leucine g	1.708		0		1		2.272	0.484	0.478
Lysine g	0.946		0		1		1.258	0.268	0.265
Methionine g	0.323		0		1		0.430	0.092	0.090
Cystine g	0.338		0		1		0.450	0.096	0.095
Phenylalanine g	1.365		0		1		1.815	0.387	0.382
Tyrosine g	1.071		0		1		1.424	0.304	0.300
Valine g	1.105		0		1		1.470	0.313	0.309
Arginine g	3.151		0		1		4.191	0.893	0.882
Histidine g	0.666		0		1		0.886	0.189	0.186
Alanine g	1.047		0		1		1.393	0.297	0.293
Aspartic acid g	3.213		0		1		4.273	0.911	0.900
Glutamic acid g	5.505		0		1		7.322	1.561	1.541
Glycine g	1.587		0		1		2.111	0.450	0.444
Proline g	1.163		0		1		1.547	0.330	0.326
Serine g	1.298		0		1		1.726	0.368	0.363
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. 16389

Peanuts, all types, oil-roasted, without salt

Common Measures:

Measure 1 = 133g: 1 cup, chopped

Measure 2 = 28.35g: 1 oz shelled

Measure 3 = 28g: 32 nuts

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16087
Peanuts, all types, raw
Arachis hypogaea

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.50	0.093	31		1		9.49	1.84	
Energy....kcal	567		0	NC	4		828	161	
Energy....kJ	2374		0	NC	4		3466	673	
Protein (N x 5.46)....g	25.80	0.242	78		1		37.67	7.31	
Total lipid (fat)....g	49.24	0.297	98		1		71.89	13.96	
Ash....g	2.33	0.064	26		1		3.40	0.66	
Carbohydrate, by difference....g	16.13		0	NC	4		23.55	4.57	
Fiber, total dietary....g	8.5		0		1		12.4	2.4	
Sugars, total....g	3.97		0	BFSN	4		5.79	1.13	
Starch....g									
Minerals:									
Calcium, Ca....mg	92		45		1		134	26	
Iron, Fe....mg	4.58		49		1		6.69	1.30	
Magnesium, Mg....mg	168		45		1		245	48	
Phosphorus, P....mg	376		45		1		549	107	
Potassium, K....mg	705		47		1		1029	200	
Sodium, Na....mg	18		35		1		26	5	
Zinc, Zn....mg	3.27		45		1		4.77	0.93	
Copper, Cu....mg	1.144		45		1		1.670	0.324	
Manganese, Mn....mg	1.934	0.057	44		1		2.824	0.548	
Selenium, Se....mcg	7.2		0	BFSN	4		10.5	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.640	0.034	24		1		0.934	0.181	
Riboflavin....mg	0.135	0.005	20		1		0.197	0.038	
Niacin....mg	12.066	0.305	24		1		17.616	3.421	
Pantothenic acid....mg	1.767	0.100	8		1		2.580	0.501	
Vitamin B-6....mg	0.348	0.020	8		1		0.508	0.099	
Folate, total....mcg	240	15.874	8		1		350	68	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	240	15.874	8		1		350	68	
Folate, DFE....mcg_DFE	240		0	NC	4		350	68	
Choline, total....mg	52.5		0	AS	1		76.6	14.9	
Betaine....mg	0.6	0.101	4	A	1		0.9	0.2	
Vitamin B-12....mcg	0.00		0		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	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFSN	4		0	0	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	8.33		0		1		12.16	2.36	
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	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	6.834		0		1		9.978	1.937	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16087
Peanuts, all types, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.025		0		1		0.037	0.007	
15:0....g									
16:0....g	5.154		0		1		7.525	1.461	
17:0....g									
18:0....g	1.100		0		1		1.606	0.312	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	24.429		0		1		35.666	6.926	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0		1		0.013	0.003	
17:1....g									
18:1 undifferentiated....g	23.756		0		1		34.684	6.735	
20:1....g	0.661		0		1		0.965	0.187	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	15.559		0		1		22.716	4.411	
18:2 undifferentiated....g	15.555		0		1		22.710	4.410	
18:3 undifferentiated....g	0.003		0		1		0.004	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (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		1		0	0	
Phytosterols....mg	220		0		1		321	62	
Amino Acids:									
Tryptophan....g	0.250		128		1		0.365	0.071	
Threonine....g	0.883		144		1		1.289	0.250	
Isoleucine....g	0.907		140		1		1.324	0.257	
Leucine....g	1.672		140		1		2.441	0.474	
Lysine....g	0.926		147		1		1.352	0.263	
Methionine....g	0.317		22		1		0.463	0.090	
Cystine....g	0.331		29		1		0.483	0.094	
Phenylalanine....g	1.337		141		1		1.952	0.379	
Tyrosine....g	1.049		137		1		1.532	0.297	
Valine....g	1.082		141		1		1.580	0.307	
Arginine....g	3.085		140		1		4.504	0.875	
Histidine....g	0.652		140		1		0.952	0.185	
Alanine....g	1.025		135		1		1.497	0.291	
Aspartic acid....g	3.146		135		1		4.593	0.892	
Glutamic acid....g	5.390		133		1		7.869	1.528	
Glycine....g	1.554		134		1		2.269	0.441	
Proline....g	1.138		130		1		1.661	0.323	
Serine....g	1.271		134		1		1.856	0.360	
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. 16087
Peanuts, all types, raw

Common Measures:

Measure 1 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16092
Peanuts, spanish, oil-roasted, 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	1.78	0.233	19		1		2.62	0.50	
Energy....kcal	579		0	NC	4		851	164	
Energy....kJ	2423		0		4		3561	687	
Protein (N x 5.46)....g	28.01	0.287	19		1		41.17	7.94	
Total lipid (fat)....g	49.04	0.330	19		1		72.09	13.90	
Ash....g	3.72	0.321	3		1		5.47	1.05	
Carbohydrate, by difference....g	17.45		0	NC	4		25.65	4.95	
Fiber, total dietary....g	8.9		0	BFSN	4		13.1	2.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	100		0		1		147	28	
Iron, Fe....mg	2.28	0.229	3		1		3.35	0.65	
Magnesium, Mg....mg	168		0		1		247	48	
Phosphorus, P....mg	387		0		1		569	110	
Potassium, K....mg	776		2		1		1141	220	
Sodium, Na....mg	433		2		1		637	123	
Zinc, Zn....mg	2.00		0		1		2.94	0.57	
Copper, Cu....mg	0.661		0		1		0.972	0.187	
Manganese, Mn....mg	2.355		0		1		3.462	0.668	
Selenium, Se....mcg	7.5		0	BFZN	4		11.0	2.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.317	0.032	3		1		0.466	0.090	
Riboflavin....mg	0.085		1		1		0.125	0.024	
Niacin....mg	14.933	0.906	3		1		21.952	4.234	
Pantothenic acid....mg	1.392		0		1		2.046	0.395	
Vitamin B-6....mg	0.256		0		1		0.376	0.073	
Folate, total....mcg	126		0		1		185	36	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	126		0		1		185	36	
Folate, DFE....mcg_DFE	126		0	NC	4		185	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	AS	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	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									
Lipids:									
Fatty acids, total saturated....g	7.555		0		1		11.106	2.142	
4:0....g									
6:0....g									
8:0....g									

NDB No. 16092
Peanuts, spanish, oil-roasted, 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									
12:0....g									
13:0....g									
14:0....g	0.028		0		1		0.041	0.008	
15:0....g									
16:0....g	5.609		0		1		8.245	1.590	
17:0....g									
18:0....g	1.273		0		1		1.871	0.361	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	22.073		0		1		32.447	6.258	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.044		0		1		0.065	0.012	
17:1....g									
18:1 undifferentiated....g	21.509		0		1		31.618	6.098	
20:1....g	0.517		0		1		0.760	0.147	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	17.008		0		1		25.002	4.822	
18:2 undifferentiated....g	16.996		0		1		24.984	4.818	
18:3 undifferentiated....g	0.010		0		1		0.015	0.003	
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									
Amino Acids:									
Tryptophan....g	0.272		0		1		0.400	0.077	
Threonine....g	0.959		0		1		1.410	0.272	
Isoleucine....g	0.985		0		1		1.448	0.279	
Leucine....g	1.816		0		1		2.670	0.515	
Lysine....g	1.005		0		1		1.477	0.285	
Methionine....g	0.344		0		1		0.506	0.098	
Cystine....g	0.359		0		1		0.528	0.102	
Phenylalanine....g	1.452		0		1		2.134	0.412	
Tyrosine....g	1.139		0		1		1.674	0.323	
Valine....g	1.175		0		1		1.727	0.333	
Arginine....g	3.349		0		1		4.923	0.949	
Histidine....g	0.708		0		1		1.041	0.201	
Alanine....g	1.113		0		1		1.636	0.316	
Aspartic acid....g	3.416		0		1		5.022	0.968	
Glutamic acid....g	5.852		0		1		8.602	1.659	
Glycine....g	1.687		0		1		2.480	0.478	
Proline....g	1.236		0		1		1.817	0.350	
Serine....g	1.380		0		1		2.029	0.391	
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 = 147g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16092
Peanuts, spanish, oil-roasted, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16392
Peanuts, spanish, oil-roasted, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.78	0.233	19		1		2.62	0.50	
Energy....kcal	579		0	NC	4		851	164	
Energy....kJ	2423				4		3561	687	
Protein (N x 5.46)....g	28.01	0.287	19		1		41.17	7.94	
Total lipid (fat)....g	49.04	0.330	19		1		72.09	13.90	
Ash....g	3.72	0.321	3		1		5.47	1.05	
Carbohydrate, by difference....g	17.45		0	NC	4		25.65	4.95	
Fiber, total dietary....g	8.9		0	BFSN	4		13.1	2.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	100		0		1		147	28	
Iron, Fe....mg	2.28	0.229	3		1		3.35	0.65	
Magnesium, Mg....mg	168		0		1		247	48	
Phosphorus, P....mg	387		0		1		569	110	
Potassium, K....mg	776		2		1		1141	220	
Sodium, Na....mg	6		0		1		9	2	
Zinc, Zn....mg	2.00		0		1		2.94	0.57	
Copper, Cu....mg	0.661		0		1		0.972	0.187	
Manganese, Mn....mg	2.355		0		1		3.462	0.668	
Selenium, Se....mcg	7.5		0	BFZN	4		11.0	2.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.317	0.032	3		1		0.466	0.090	
Riboflavin....mg	0.085		1		1		0.125	0.024	
Niacin....mg	14.933	0.906	3		1		21.952	4.234	
Pantothenic acid....mg	1.392		0		1		2.046	0.395	
Vitamin B-6....mg	0.256		0		1		0.376	0.073	
Folate, total....mcg	126		0		1		185	36	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	126		0		1		185	36	
Folate, DFE....mcg_DFE	126		0	NC	4		185	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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									
Lipids:									
Fatty acids, total saturated....g	7.555		0		1		11.106	2.142	
4:0....g									
6:0....g									
8:0....g									

NDB No. 16392
Peanuts, spanish, oil-roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.028		0		1		0.041	0.008	
15:0....g									
16:0....g	5.609		0		1		8.245	1.590	
17:0....g									
18:0....g	1.273		0		1		1.871	0.361	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	22.073		0		1		32.447	6.258	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.044		0		1		0.065	0.012	
17:1....g									
18:1 undifferentiated....g	21.509		0		1		31.618	6.098	
20:1....g	0.517		0		1		0.760	0.147	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	17.008		0		1		25.002	4.822	
18:2 undifferentiated....g	16.996		0		1		24.984	4.818	
18:3 undifferentiated....g	0.010		0		1		0.015	0.003	
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									
Amino Acids:									
Tryptophan....g	0.272		0		1		0.400	0.077	
Threonine....g	0.959		0		1		1.410	0.272	
Isoleucine....g	0.985		0		1		1.448	0.279	
Leucine....g	1.816		0		1		2.670	0.515	
Lysine....g	1.005		0		1		1.477	0.285	
Methionine....g	0.344		0		1		0.506	0.098	
Cystine....g	0.359		0		1		0.528	0.102	
Phenylalanine....g	1.452		0		1		2.134	0.412	
Tyrosine....g	1.139		0		1		1.674	0.323	
Valine....g	1.175		0		1		1.727	0.333	
Arginine....g	3.349		0		1		4.923	0.949	
Histidine....g	0.708		0		1		1.041	0.201	
Alanine....g	1.113		0		1		1.636	0.316	
Aspartic acid....g	3.416		0		1		5.022	0.968	
Glutamic acid....g	5.852		0		1		8.602	1.659	
Glycine....g	1.687		0		1		2.480	0.478	
Proline....g	1.236		0		1		1.817	0.350	
Serine....g	1.380		0		1		2.029	0.391	
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 = 147g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16392
Peanuts, spanish, oil-roasted, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16091
Peanuts, spanish, raw
Arachis hypogaea

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.39	0.309	4		1		9.33	1.81	
Energy....kcal	570		0	NC	4		832	162	
Energy....kJ	2385				4		3482	676	
Protein (N x 5.46)....g	26.15	0.312	17		1		38.18	7.41	
Total lipid (fat)....g	49.60	0.524	22		1		72.42	14.06	
Ash....g	2.03	0.303	3		1		2.96	0.58	
Carbohydrate, by difference....g	15.82		0	NC	4		23.10	4.48	
Fiber, total dietary....g	9.5		0		1		13.9	2.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	106	8.124	5		1		155	30	
Iron, Fe....mg	3.91	0.363	9		1		5.71	1.11	
Magnesium, Mg....mg	188	9.695	5		1		274	53	
Phosphorus, P....mg	388	13.565	5		1		566	110	
Potassium, K....mg	744	37.355	7		1		1086	211	
Sodium, Na....mg	22	2.238	7		1		32	6	
Zinc, Zn....mg	2.12	0.107	5		1		3.10	0.60	
Copper, Cu....mg	0.900	0.045	5		1		1.314	0.255	
Manganese, Mn....mg	2.640	0.186	5		1		3.854	0.748	
Selenium, Se....mcg	7.2		0	BFSN	4		10.5	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.675	0.164	4		1		0.986	0.191	
Riboflavin....mg	0.135		0		1		0.197	0.038	
Niacin....mg	15.925	0.976	4		1		23.251	4.515	
Pantothenic acid....mg	1.769		0		1		2.583	0.502	
Vitamin B-6....mg	0.348		0		1		0.508	0.099	
Folate, total....mcg	240		0		1		350	68	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	240		0		1		350	68	
Folate, DFE....mcg_DFE	240		0	NC	4		350	68	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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									
Lipids:									
Fatty acids, total saturated....g	7.642		0		1		11.157	2.167	
4:0....g									
6:0....g									
8:0....g									

NDB No. 16091
Peanuts, spanish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.028		0		1		0.041	0.008	
15:0 g									
16:0 g	5.674		0		1		8.284	1.609	
17:0 g									
18:0 g	1.288		0		1		1.880	0.365	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	22.328		0		1		32.599	6.330	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.045		0		1		0.066	0.013	
17:1 g									
18:1 undifferentiated g	21.757		0		1		31.765	6.168	
20:1 g	0.523		0		1		0.764	0.148	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	17.204		0		1		25.118	4.877	
18:2 undifferentiated g	17.192		0		1		25.100	4.874	
18:3 undifferentiated g	0.010		0		1		0.015	0.003	
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									
Amino Acids:									
Tryptophan g	0.254		0		1		0.371	0.072	
Threonine g	0.896		0		1		1.308	0.254	
Isoleucine g	0.920		0		1		1.343	0.261	
Leucine g	1.696		0		1		2.476	0.481	
Lysine g	0.939		0		1		1.371	0.266	
Methionine g	0.321		0		1		0.469	0.091	
Cystine g	0.335		0		1		0.489	0.095	
Phenylalanine g	1.356		0		1		1.980	0.384	
Tyrosine g	1.063		0		1		1.552	0.301	
Valine g	1.097		0		1		1.602	0.311	
Arginine g	3.128		0		1		4.567	0.887	
Histidine g	0.661		0		1		0.965	0.187	
Alanine g	1.039		0		1		1.517	0.295	
Aspartic acid g	3.190		0		1		4.657	0.904	
Glutamic acid g	5.465		0		1		7.979	1.549	
Glycine g	1.576		0		1		2.301	0.447	
Proline g	1.154		0		1		1.685	0.327	
Serine g	1.289		0		1		1.882	0.365	
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 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16091
Peanuts, spanish, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16094
Peanuts, valencia, oil-roasted, 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	2.12	0.327	11		1		3.05	0.60	
Energy....kcal	589		0	NC	4		848	167	
Energy....kJ	2464				4		3549	699	
Protein (N x 5.46)....g	27.04	1.700	6		1		38.94	7.67	
Total lipid (fat)....g	51.24	0.756	6		1		73.79	14.53	
Ash....g	3.29	0.375	6		1		4.74	0.93	
Carbohydrate, by difference....g	16.30		0	NC	4		23.47	4.62	
Fiber, total dietary....g	8.9		0	BFSN	4		12.8	2.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	54		1		1		78	15	
Iron, Fe....mg	1.65	0.156	5		1		2.38	0.47	
Magnesium, Mg....mg	160		0		1		230	45	
Phosphorus, P....mg	319		1		1		459	90	
Potassium, K....mg	612	74.253	4		1		881	174	
Sodium, Na....mg	772	115.829	4		1		1112	219	
Zinc, Zn....mg	3.08		0		1		4.44	0.87	
Copper, Cu....mg	0.838		0		1		1.207	0.238	
Manganese, Mn....mg	1.721		0		1		2.478	0.488	
Selenium, Se....mcg	7.5		0	BFZN	4		10.8	2.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.090		1		1		0.130	0.026	
Riboflavin....mg	0.153	0.023	9		1		0.220	0.043	
Niacin....mg	14.338	1.347	5		1		20.647	4.065	
Pantothenic acid....mg	1.387		0		1		1.997	0.393	
Vitamin B-6....mg	0.243		0		1		0.350	0.069	
Folate, total....mcg	126		0		1		181	36	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	126		0		1		181	36	
Folate, DFE....mcg_DFE	126		0	NC	4		181	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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									
Lipids:									
Fatty acids, total saturated....g	7.894		0		1		11.367	2.238	
4:0....g									
6:0....g									
8:0....g									

NDB No. 16094
Peanuts, valencia, oil-roasted, 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									
12:0....g									
13:0....g									
14:0....g	0.029		0		1		0.042	0.008	
15:0....g									
16:0....g	5.861		0		1		8.440	1.662	
17:0....g									
18:0....g	1.330		0		1		1.915	0.377	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	23.065		0		1		33.214	6.539	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.046		0		1		0.066	0.013	
17:1....g									
18:1 undifferentiated....g	22.475		0		1		32.364	6.372	
20:1....g	0.541		0		1		0.779	0.153	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	17.772		0		1		25.592	5.038	
18:2 undifferentiated....g	17.760		0		1		25.574	5.035	
18:3 undifferentiated....g	0.010		0		1		0.014	0.003	
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									
Amino Acids:									
Tryptophan....g	0.263		0		1		0.379	0.075	
Threonine....g	0.926		0		1		1.333	0.263	
Isoleucine....g	0.951		0		1		1.369	0.270	
Leucine....g	1.753		0		1		2.524	0.497	
Lysine....g	0.971		0		1		1.398	0.275	
Methionine....g	0.332		0		1		0.478	0.094	
Cystine....g	0.347		0		1		0.500	0.098	
Phenylalanine....g	1.402		0		1		2.019	0.397	
Tyrosine....g	1.100		0		1		1.584	0.312	
Valine....g	1.134		0		1		1.633	0.321	
Arginine....g	3.234		0		1		4.657	0.917	
Histidine....g	0.684		0		1		0.985	0.194	
Alanine....g	1.075		0		1		1.548	0.305	
Aspartic acid....g	3.299		0		1		4.751	0.935	
Glutamic acid....g	5.651		0		1		8.137	1.602	
Glycine....g	1.630		0		1		2.347	0.462	
Proline....g	1.194		0		1		1.719	0.338	
Serine....g	1.332		0		1		1.918	0.378	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16094
Peanuts, valencia, oil-roasted, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16394
Peanuts, valencia, oil-roasted, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.12	0.327	11		1		3.05	0.60	
Energy....kcal	589		0	NC	4		848	167	
Energy....kJ	2464				4		3549	699	
Protein (N x 5.46)....g	27.04	1.700	6		1		38.94	7.67	
Total lipid (fat)....g	51.24	0.756	6		1		73.79	14.53	
Ash....g	3.29	0.375	6		1		4.74	0.93	
Carbohydrate, by difference....g	16.30		0	NC	4		23.47	4.62	
Fiber, total dietary....g	8.9		0	BFSN	4		12.8	2.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	54		1		1		78	15	
Iron, Fe....mg	1.65	0.156	5		1		2.38	0.47	
Magnesium, Mg....mg	160		0		1		230	45	
Phosphorus, P....mg	319		1		1		459	90	
Potassium, K....mg	612	74.253	4		1		881	174	
Sodium, Na....mg	6		0		1		9	2	
Zinc, Zn....mg	3.08		0		1		4.44	0.87	
Copper, Cu....mg	0.838		0		1		1.207	0.238	
Manganese, Mn....mg	1.721		0		1		2.478	0.488	
Selenium, Se....mcg	7.5		0	BFZN	4		10.8	2.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.090		1		1		0.130	0.026	
Riboflavin....mg	0.153	0.023	9		1		0.220	0.043	
Niacin....mg	14.338	1.347	5		1		20.647	4.065	
Pantothenic acid....mg	1.387		0		1		1.997	0.393	
Vitamin B-6....mg	0.243		0		1		0.350	0.069	
Folate, total....mcg	126		0		1		181	36	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	126		0		1		181	36	
Folate, DFE....mcg_DFE	126		0	NC	4		181	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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									
Lipids:									
Fatty acids, total saturated....g	7.894		0		1		11.367	2.238	
4:0....g									
6:0....g									
8:0....g									

NDB No. 16394
Peanuts, valencia, oil-roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.029		0		1		0.042	0.008	
15:0....g									
16:0....g	5.861		0		1		8.440	1.662	
17:0....g									
18:0....g	1.330		0		1		1.915	0.377	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	23.065		0		1		33.214	6.539	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.046		0		1		0.066	0.013	
17:1....g									
18:1 undifferentiated....g	22.475		0		1		32.364	6.372	
20:1....g	0.541		0		1		0.779	0.153	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	17.772		0		1		25.592	5.038	
18:2 undifferentiated....g	17.760		0		1		25.574	5.035	
18:3 undifferentiated....g	0.010		0		1		0.014	0.003	
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									
Amino Acids:									
Tryptophan....g	0.263		0		1		0.379	0.075	
Threonine....g	0.926		0		1		1.333	0.263	
Isoleucine....g	0.951		0		1		1.369	0.270	
Leucine....g	1.753		0		1		2.524	0.497	
Lysine....g	0.971		0		1		1.398	0.275	
Methionine....g	0.332		0		1		0.478	0.094	
Cystine....g	0.347		0		1		0.500	0.098	
Phenylalanine....g	1.402		0		1		2.019	0.397	
Tyrosine....g	1.100		0		1		1.584	0.312	
Valine....g	1.134		0		1		1.633	0.321	
Arginine....g	3.234		0		1		4.657	0.917	
Histidine....g	0.684		0		1		0.985	0.194	
Alanine....g	1.075		0		1		1.548	0.305	
Aspartic acid....g	3.299		0		1		4.751	0.935	
Glutamic acid....g	5.651		0		1		8.137	1.602	
Glycine....g	1.630		0		1		2.347	0.462	
Proline....g	1.194		0		1		1.719	0.338	
Serine....g	1.332		0		1		1.918	0.378	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16394
Peanuts, valencia, oil-roasted, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16093
Peanuts, valencia, raw
Arachis hypogaea

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.26	0.573	25		1		6.22	1.21	
Energy....kcal	570		0	NC	4		832	162	
Energy....kJ	2385				4		3482	676	
Protein (N x 5.46)....g	25.09	0.341	44		1		36.63	7.11	
Total lipid (fat)....g	47.58	0.232	44		1		69.47	13.49	
Ash....g	2.17	0.078	19		1		3.17	0.62	
Carbohydrate, by difference....g	20.91		0	NC	4		30.53	5.93	
Fiber, total dietary....g	8.7		0	BFSN	4		12.7	2.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	62	2.749	3		1		91	18	
Iron, Fe....mg	2.09		2		1		3.05	0.59	
Magnesium, Mg....mg	184		1		1		269	52	
Phosphorus, P....mg	336	29.071	3		1		491	95	
Potassium, K....mg	332		1		1		485	94	
Sodium, Na....mg	1		1		1		1	0	
Zinc, Zn....mg	3.34		0		1		4.88	0.95	
Copper, Cu....mg	1.171		0		1		1.710	0.332	
Manganese, Mn....mg	1.980		0		1		2.891	0.561	
Selenium, Se....mcg	7.3		0	BFSN	4		10.7	2.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2		1		0.0	0.0	
Thiamin....mg	0.639	0.274	3		1		0.933	0.181	
Riboflavin....mg	0.300	0.041	10		1		0.438	0.085	
Niacin....mg	12.875		2		1		18.798	3.650	
Pantothenic acid....mg	1.809		0		1		2.641	0.513	
Vitamin B-6....mg	0.340	0.052	4		1		0.496	0.096	
Folate, total....mcg	246		0		1		358	70	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	246		0		1		358	70	
Folate, DFE....mcg_DFE	246		0	NC	4		358	70	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		1		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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									
Lipids:									
Fatty acids, total saturated....g	7.329		0		1		10.700	2.078	
4:0....g									
6:0....g									
8:0....g									

NDB No. 16093
Peanuts, valencia, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.027		0		1		0.039	0.008	
15:0 g									
16:0 g	5.442		0		1		7.945	1.543	
17:0 g									
18:0 g	1.235		0		1		1.803	0.350	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	21.414		0		1		31.264	6.071	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.043		0		1		0.063	0.012	
17:1 g									
18:1 undifferentiated g	20.867		0		1		30.466	5.916	
20:1 g	0.502		0		1		0.733	0.142	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	16.500		0		1		24.090	4.678	
18:2 undifferentiated g	16.489		0		1		24.074	4.675	
18:3 undifferentiated g	0.010		0		1		0.015	0.003	
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									
Amino Acids:									
Tryptophan g	0.244		0		1		0.356	0.069	
Threonine g	0.859		0		1		1.254	0.244	
Isoleucine g	0.882		0		1		1.288	0.250	
Leucine g	1.627		0		1		2.375	0.461	
Lysine g	0.901		0		1		1.315	0.255	
Methionine g	0.308		0		1		0.450	0.087	
Cystine g	0.322		0		1		0.470	0.091	
Phenylalanine g	1.300		0		1		1.898	0.369	
Tyrosine g	1.020		0		1		1.489	0.289	
Valine g	1.052		0		1		1.536	0.298	
Arginine g	3.001		0		1		4.381	0.851	
Histidine g	0.634		0		1		0.926	0.180	
Alanine g	0.997		0		1		1.456	0.283	
Aspartic acid g	3.060		0		1		4.468	0.868	
Glutamic acid g	5.243		0		1		7.655	1.486	
Glycine g	1.512		0		1		2.208	0.429	
Proline g	1.107		0		1		1.616	0.314	
Serine g	1.236		0		1		1.805	0.350	
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 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16093
Peanuts, valencia, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16096
Peanuts, virginia, oil-roasted, 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	2.17	0.066	15		1		3.10	0.62	
Energy....kcal	578		0	NC	4		827	164	
Energy....kJ	2418		0		4		3458	686	
Protein (N x 5.46)....g	25.87	0.332	15		1		36.99	7.33	
Total lipid (fat)....g	48.62	0.478	15		1		69.53	13.78	
Ash....g	3.48	0.119	8		1		4.98	0.99	
Carbohydrate, by difference....g	19.86		0	NC	4		28.40	5.63	
Fiber, total dietary....g	8.9		0	BFSN	4		12.7	2.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	86	0.246	8		1		123	24	
Iron, Fe....mg	1.67	0.044	8		1		2.39	0.47	
Magnesium, Mg....mg	188	1.102	8		1		269	53	
Phosphorus, P....mg	506	0.845	8		1		724	143	
Potassium, K....mg	652	0.720	8		1		932	185	
Sodium, Na....mg	433		0		1		619	123	
Zinc, Zn....mg	6.62	0.020	8		1		9.47	1.88	
Copper, Cu....mg	1.273	0.013	8		1		1.820	0.361	
Manganese, Mn....mg	2.008	0.019	8		1		2.871	0.569	
Selenium, Se....mcg	7.5		0	BFZN	4		10.7	2.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.276	0.002	8		1		0.395	0.078	
Riboflavin....mg	0.112	0.002	8		1		0.160	0.032	
Niacin....mg	14.700	0.436	8		1		21.021	4.167	
Pantothenic acid....mg	1.386		0		1		1.982	0.393	
Vitamin B-6....mg	0.254		0		1		0.363	0.072	
Folate, total....mcg	125		0		1		179	36	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	125		0		1		179	36	
Folate, DFE....mcg_DFE	125		0	NC	4		179	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	AS	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	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									
Lipids:									
Fatty acids, total saturated....g	6.345		0		1		9.073	1.799	
4:0....g									
6:0....g									
8:0....g									

NDB No. 16096
Peanuts, virginia, oil-roasted, 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									
12:0 g									
13:0 g									
14:0 g	0.012		0		1		0.017	0.003	
15:0 g									
16:0 g	4.498		0		1		6.432	1.275	
17:0 g									
18:0 g	1.148		0		1		1.642	0.325	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	25.222		0		1		36.067	7.150	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.053		0		1		0.076	0.015	
17:1 g									
18:1 undifferentiated g	24.610		0		1		35.192	6.977	
20:1 g	0.542		0		1		0.775	0.154	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	14.669		0		1		20.977	4.159	
18:2 undifferentiated g	14.640		0		1		20.935	4.150	
18:3 undifferentiated g	0.019		0		1		0.027	0.005	
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									
Amino Acids:									
Tryptophan g	0.251		0		1		0.359	0.071	
Threonine g	0.886		0		1		1.267	0.251	
Isoleucine g	0.910		0		1		1.301	0.258	
Leucine g	1.677		0		1		2.398	0.475	
Lysine g	0.929		0		1		1.328	0.263	
Methionine g	0.317		0		1		0.453	0.090	
Cystine g	0.332		0		1		0.475	0.094	
Phenylalanine g	1.341		0		1		1.918	0.380	
Tyrosine g	1.052		0		1		1.504	0.298	
Valine g	1.085		0		1		1.552	0.308	
Arginine g	3.094		0		1		4.424	0.877	
Histidine g	0.654		0		1		0.935	0.185	
Alanine g	1.028		0		1		1.470	0.291	
Aspartic acid g	3.156		0		1		4.513	0.895	
Glutamic acid g	5.406		0		1		7.731	1.533	
Glycine g	1.559		0		1		2.229	0.442	
Proline g	1.142		0		1		1.633	0.324	
Serine g	1.275		0		1		1.823	0.361	
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 = 143g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16096
Peanuts, virginia, oil-roasted, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16396
Peanuts, virginia, oil-roasted, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.17	0.066	15		1		3.10	0.62	
Energy....kcal	578		0	NC	4		827	164	
Energy....kJ	2418				4		3458	686	
Protein (N x 5.46)....g	25.87	0.332	15		1		36.99	7.33	
Total lipid (fat)....g	48.62	0.478	15		1		69.53	13.78	
Ash....g	3.48	0.119	8		1		4.98	0.99	
Carbohydrate, by difference....g	19.86		0	NC	4		28.40	5.63	
Fiber, total dietary....g	8.9		0	BFSN	4		12.7	2.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	86	0.246	8		1		123	24	
Iron, Fe....mg	1.67	0.044	8		1		2.39	0.47	
Magnesium, Mg....mg	188	1.102	8		1		269	53	
Phosphorus, P....mg	506	0.845	8		1		724	143	
Potassium, K....mg	652	0.720	8		1		932	185	
Sodium, Na....mg	6		0		1		9	2	
Zinc, Zn....mg	6.62	0.020	8		1		9.47	1.88	
Copper, Cu....mg	1.273	0.013	8		1		1.820	0.361	
Manganese, Mn....mg	2.008	0.019	8		1		2.871	0.569	
Selenium, Se....mcg	7.5		0	BFZN	4		10.7	2.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.276	0.002	8		1		0.395	0.078	
Riboflavin....mg	0.112	0.002	8		1		0.160	0.032	
Niacin....mg	14.700	0.436	8		1		21.021	4.167	
Pantothenic acid....mg	1.386		0		1		1.982	0.393	
Vitamin B-6....mg	0.254		0		1		0.363	0.072	
Folate, total....mcg	125		0		1		179	36	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	125		0		1		179	36	
Folate, DFE....mcg_DFE	125		0	NC	4		179	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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									
Lipids:									
Fatty acids, total saturated....g	6.345		0		1		9.073	1.799	
4:0....g									
6:0....g									
8:0....g									

NDB No. 16396
Peanuts, virginia, oil-roasted, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.012		0		1		0.017	0.003	
15:0....g									
16:0....g	4.498		0		1		6.432	1.275	
17:0....g									
18:0....g	1.148		0		1		1.642	0.325	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	25.222		0		1		36.067	7.150	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.053		0		1		0.076	0.015	
17:1....g									
18:1 undifferentiated....g	24.610		0		1		35.192	6.977	
20:1....g	0.542		0		1		0.775	0.154	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	14.669		0		1		20.977	4.159	
18:2 undifferentiated....g	14.640		0		1		20.935	4.150	
18:3 undifferentiated....g	0.019		0		1		0.027	0.005	
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									
Amino Acids:									
Tryptophan....g	0.251		0		1		0.359	0.071	
Threonine....g	0.886		0		1		1.267	0.251	
Isoleucine....g	0.910		0		1		1.301	0.258	
Leucine....g	1.677		0		1		2.398	0.475	
Lysine....g	0.929		0		1		1.328	0.263	
Methionine....g	0.317		0		1		0.453	0.090	
Cystine....g	0.332		0		1		0.475	0.094	
Phenylalanine....g	1.341		0		1		1.918	0.380	
Tyrosine....g	1.052		0		1		1.504	0.298	
Valine....g	1.085		0		1		1.552	0.308	
Arginine....g	3.094		0		1		4.424	0.877	
Histidine....g	0.654		0		1		0.935	0.185	
Alanine....g	1.028		0		1		1.470	0.291	
Aspartic acid....g	3.156		0		1		4.513	0.895	
Glutamic acid....g	5.406		0		1		7.731	1.533	
Glycine....g	1.559		0		1		2.229	0.442	
Proline....g	1.142		0		1		1.633	0.324	
Serine....g	1.275		0		1		1.823	0.361	
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 = 143g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16396
Peanuts, virginia, oil-roasted, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16095
Peanuts, virginia, raw
Arachis hypogaea

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.91	0.143	8		1		10.09	1.96	
Energy....kcal	563		0	NC	4		822	160	
Energy....kJ	2355		0	NC	4		3438	668	
Protein (N x 5.46)....g	25.19	0.375	21		1		36.78	7.14	
Total lipid (fat)....g	48.75	0.488	27		1		71.18	13.82	
Ash....g	2.61	0.025	8		1		3.81	0.74	
Carbohydrate, by difference....g	16.54		0	NC	4		24.15	4.69	
Fiber, total dietary....g	8.5		0	BFSN	4		12.4	2.4	
Sugars, total....g	3.95		0	BFSN	4		5.77	1.12	
Starch....g									
Minerals:									
Calcium, Ca....mg	89	4.593	15		1		130	25	
Iron, Fe....mg	2.55	0.316	15		1		3.72	0.72	
Magnesium, Mg....mg	171	2.704	15		1		250	48	
Phosphorus, P....mg	380	18.972	15		1		555	108	
Potassium, K....mg	690	38.112	15		1		1007	196	
Sodium, Na....mg	10	1.511	15		1		15	3	
Zinc, Zn....mg	4.43	0.518	15		1		6.47	1.26	
Copper, Cu....mg	1.112	0.042	15		1		1.624	0.315	
Manganese, Mn....mg	1.696	0.062	15		1		2.476	0.481	
Selenium, Se....mcg	7.1		0	BFSN	4		10.4	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.653	0.002	8		1		0.953	0.185	
Riboflavin....mg	0.131	0.001	8		1		0.191	0.037	
Niacin....mg	12.375	0.301	8		1		18.068	3.508	
Pantothenic acid....mg	1.759		0		1		2.568	0.499	
Vitamin B-6....mg	0.346		0		1		0.505	0.098	
Folate, total....mcg	239		0		1		349	68	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	239		0		1		349	68	
Folate, DFE....mcg_DFE	239		0	NC	4		349	68	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	BFSN	4		0	0	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	6.56		0	BFSN	4		9.57	1.86	
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	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	6.361		0		1		9.287	1.803	
4:0....g	0.000		0	BFSN	4		0.000	0.000	
6:0....g	0.000		0	BFSN	4		0.000	0.000	
8:0....g	0.036		0	BFSN	4		0.052	0.010	

NDB No. 16095
Peanuts, virginia, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.036		0	BFSN	4		0.052	0.010	
12:0 g	0.036		0	BFSN	4		0.052	0.010	
13:0 g									
14:0 g	0.012		0		1		0.018	0.003	
15:0 g									
16:0 g	4.509		0		1		6.583	1.278	
17:0 g									
18:0 g	1.151		0		1		1.680	0.326	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	25.289		0		1		36.922	7.169	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.053		0		1		0.077	0.015	
17:1 g									
18:1 undifferentiated g	24.676		0		1		36.027	6.996	
20:1 g	0.544		0		1		0.794	0.154	
22:1 undifferentiated g	0.000		0	BFSN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	14.708		0		1		21.474	4.170	
18:2 undifferentiated g	14.679		0		1		21.431	4.161	
18:3 undifferentiated g	0.019		0		1		0.028	0.005	
18:4 g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.036		0	BFSN	4		0.052	0.010	
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.245		0		1		0.358	0.069	
Threonine g	0.863		0		1		1.260	0.245	
Isoleucine g	0.886		0		1		1.294	0.251	
Leucine g	1.633		0		1		2.384	0.463	
Lysine g	0.904		0		1		1.320	0.256	
Methionine g	0.309		0		1		0.451	0.088	
Cystine g	0.323		0		1		0.472	0.092	
Phenylalanine g	1.306		0		1		1.907	0.370	
Tyrosine g	1.024		0		1		1.495	0.290	
Valine g	1.057		0		1		1.543	0.300	
Arginine g	3.013		0		1		4.399	0.854	
Histidine g	0.637		0		1		0.930	0.181	
Alanine g	1.001		0		1		1.461	0.284	
Aspartic acid g	3.073		0		1		4.487	0.871	
Glutamic acid g	5.265		0		1		7.687	1.493	
Glycine g	1.518		0		1		2.216	0.430	
Proline g	1.112		0		1		1.624	0.315	
Serine g	1.241		0		1		1.812	0.352	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	BFSN	4		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. 16095
Peanuts, virginia, raw

Common Measures:

Measure 1 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16386

Peas, split, mature seeds, cooked, boiled, 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	69.49	1.521	25		1		136.20		
Energy	kcal	116		0	NC	4		227		
Energy	kJ	484		0	NC	4		949		
Protein (N x 6.25)	g	8.34	0.276	20		1		16.35		
Total lipid (fat)	g	0.39	0.021	20		1		0.76		
Ash	g	1.27		0	O	4		2.49		
Carbohydrate, by difference	g	20.51		0	NC	4		40.20		
Fiber, total dietary	g	8.3		0		4		16.3		
Sugars, total	g	2.90		0	BFSN	4		5.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.266	20		1		27		
Iron, Fe	mg	1.29	0.074	20		1		2.53		
Magnesium, Mg	mg	36	1.428	20		1		71		
Phosphorus, P	mg	99	5.920	20		1		194		
Potassium, K	mg	362	27.305	20		1		710		
Sodium, Na	mg	238		0		1		466		
Zinc, Zn	mg	1.00	0.053	20		1		1.96		
Copper, Cu	mg	0.181	0.009	20		1		0.355		
Manganese, Mn	mg	0.396	0.010	20		1		0.776		
Selenium, Se	mcg	0.6		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.8		
Thiamin	mg	0.190	0.020	20		1		0.372		
Riboflavin	mg	0.056	0.002	20		1		0.110		
Niacin	mg	0.890	0.059	20		1		1.744		
Pantothenic acid	mg	0.595	0.035	8		1		1.166		
Vitamin B-6	mg	0.048	0.002	8		1		0.094		
Folate, total	mcg	65	14.314	13		1		127		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	65	14.314	13		1		127		
Folate, DFE	mcg_DFE	65		0	NC	4		127		
Choline, total	mg	32.8		0	CASN	4		64.3		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	4		0	BFSN	4		8		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	7		0	NC	4		14		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.03		0	BFSN	4		0.06		
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	5.0		0	BFSN	4		9.8		
Lipids:										
Fatty acids, total saturated	g	0.054		0		1		0.106		
4:0	g									

NDB No. 16386
Peas, split, mature seeds, cooked, boiled, 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									
8:0 g									
10:0 g									
12:0 g	0.001		0		1		0.002		
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.042		0		1		0.082		
17:0 g									
18:0 g	0.010		0		1		0.020		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.081		0		1		0.159		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.077		0		1		0.151		
20:1 g	0.003		0		1		0.006		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.165		0		1		0.323		
18:2 undifferentiated g	0.137		0		1		0.269		
18:3 undifferentiated g	0.028		0		1		0.055		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.093		0		1		0.182		
Threonine g	0.296		0		1		0.580		
Isoleucine g	0.344		0		1		0.674		
Leucine g	0.598		0		1		1.172		
Lysine g	0.602		0		1		1.180		
Methionine g	0.085		0		1		0.167		
Cystine g	0.127		0		1		0.249		
Phenylalanine g	0.384		0		1		0.753		
Tyrosine g	0.242		0		1		0.474		
Valine g	0.394		0		1		0.772		
Arginine g	0.744		0		1		1.458		
Histidine g	0.203		0		1		0.398		
Alanine g	0.367		0		1		0.719		
Aspartic acid g	0.984		0		1		1.929		
Glutamic acid g	1.426		0		1		2.795		
Glycine g	0.371		0		1		0.727		
Proline g	0.344		0		1		0.674		
Serine g	0.367		0		1		0.719		
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 = 196g: 1 cup

NDB No. 16386
Peas, split, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16086
Peas, split, mature seeds, cooked, boiled, 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	69.49	1.521	25		1		136.20	8.48	
Energy....kcal	118		0	NC	4		231	14	
Energy....kJ	494		0	NC	4		968	60	
Protein (N x 6.25)....g	8.34	0.276	20		1		16.35	1.02	
Total lipid (fat)....g	0.39	0.021	20		1		0.76	0.05	
Ash....g	0.68	0.033	20		1		1.33	0.08	
Carbohydrate, by difference....g	21.10		0	NC	4		41.36	2.57	
Fiber, total dietary....g	8.3		0		1		16.3	1.0	
Sugars, total....g	2.90		0	T	4		5.68	0.35	
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.266	20		1		27	2	
Iron, Fe....mg	1.29	0.074	20		1		2.53	0.16	
Magnesium, Mg....mg	36	1.428	20		1		71	4	
Phosphorus, P....mg	99	5.920	20		1		194	12	
Potassium, K....mg	362	27.305	20		1		710	44	
Sodium, Na....mg	2	0.129	16		1		4	0	
Zinc, Zn....mg	1.00	0.053	20		1		1.96	0.12	
Copper, Cu....mg	0.181	0.009	20		1		0.355	0.022	
Manganese, Mn....mg	0.396	0.010	20		1		0.776	0.048	
Selenium, Se....mcg	0.6		0	BFSN	4		1.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.8	0.0	
Thiamin....mg	0.190	0.020	20		1		0.372	0.023	
Riboflavin....mg	0.056	0.002	20		1		0.110	0.007	
Niacin....mg	0.890	0.059	20		1		1.744	0.109	
Pantothenic acid....mg	0.595	0.035	8		1		1.166	0.073	
Vitamin B-6....mg	0.048	0.002	8		1		0.094	0.006	
Folate, total....mcg	65	14.314	13		1		127	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	65	14.314	13		1		127	8	
Folate, DFE....mcg_DFE	65		0	NC	4		127	8	
Choline, total....mg	32.8		0	CASN	4		64.3	4.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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	NC	4		1	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	4		0	O	4		8	1	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	7		0	NC	4		14	1	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.03		0	BFSN	4		0.06	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	5.0		0	T	4		9.8	0.6	
Lipids:									
Fatty acids, total saturated....g	0.054		0		1		0.106	0.007	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16086
Peas, split, mature seeds, cooked, boiled, 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		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	0.001		0		1		0.002	0.000	
13:0....g									
14:0....g	0.001		0		1		0.002	0.000	
15:0....g									
16:0....g	0.042		0		1		0.082	0.005	
17:0....g									
18:0....g	0.010		0		1		0.020	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.081		0		1		0.159	0.010	
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	0.077		0		1		0.151	0.009	
20:1....g	0.003		0		1		0.006	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.165		0		1		0.323	0.020	
18:2 undifferentiated....g	0.137		0		1		0.269	0.017	
18:3 undifferentiated....g	0.028		0		1		0.055	0.003	
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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.093		0		1		0.182	0.011	
Threonine....g	0.296		0		1		0.580	0.036	
Isoleucine....g	0.344		0		1		0.674	0.042	
Leucine....g	0.598		0		1		1.172	0.073	
Lysine....g	0.602		0		1		1.180	0.073	
Methionine....g	0.085		0		1		0.167	0.010	
Cystine....g	0.127		0		1		0.249	0.015	
Phenylalanine....g	0.384		0		1		0.753	0.047	
Tyrosine....g	0.242		0		1		0.474	0.030	
Valine....g	0.394		0		1		0.772	0.048	
Arginine....g	0.744		0		1		1.458	0.091	
Histidine....g	0.203		0		1		0.398	0.025	
Alanine....g	0.367		0		1		0.719	0.045	
Aspartic acid....g	0.984		0		1		1.929	0.120	
Glutamic acid....g	1.426		0		1		2.795	0.174	
Glycine....g	0.371		0		1		0.727	0.045	
Proline....g	0.344		0		1		0.674	0.042	
Serine....g	0.367		0		1		0.719	0.045	
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. 16086

Peas, split, mature seeds, cooked, boiled, without salt

Common Measures:

Measure 1 = 196g: 1 cup

Measure 2 = 12.2g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16085

Peas, split, mature seeds, raw

Pisum sativum

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	11.27	0.375	53		1		22.20	51.12	
Energy	kcal	341		0	NC	4		671	1545	
Energy	kJ	1425		0	NC	4		2807	6464	
Protein (N x 6.25)	g	24.55	0.516	93		1		48.36	111.36	
Total lipid (fat)	g	1.16	0.062	63		1		2.29	5.26	
Ash	g	2.65	0.105	78		1		5.22	12.02	
Carbohydrate, by difference	g	60.37		0	NC	4		118.93	273.84	
Fiber, total dietary	g	25.5		0		4		50.2	115.7	
Sugars, total	g	8.00		0	T	4		15.76	36.29	
Starch	g									
Minerals:										
Calcium, Ca	mg	55	3.846	70		1		108	249	
Iron, Fe	mg	4.43	0.258	112		1		8.73	20.09	
Magnesium, Mg	mg	115	5.106	54		1		227	522	
Phosphorus, P	mg	366	15.017	64		1		721	1660	
Potassium, K	mg	981	34.360	43		1		1933	4450	
Sodium, Na	mg	15	2.534	53		1		30	68	
Zinc, Zn	mg	3.01	0.123	48		1		5.93	13.65	
Copper, Cu	mg	0.866	0.021	69		1		1.706	3.928	
Manganese, Mn	mg	1.391	0.249	46		1		2.740	6.310	
Selenium, Se	mcg	1.6		1	A	1		3.2	7.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		2		1		3.5	8.2	
Thiamin	mg	0.726		40		1		1.430	3.293	
Riboflavin	mg	0.215		41		1		0.424	0.975	
Niacin	mg	2.889		39		1		5.691	13.105	
Pantothenic acid	mg	1.758	0.057	24		1		3.463	7.974	
Vitamin B-6	mg	0.174	0.006	24		1		0.343	0.789	
Folate, total	mcg	274	24.358	27		1		539	1242	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	274	24.358	27		1		539	1242	
Folate, DFE	mcg_DFE	274		0	NC	4		539	1242	
Choline, total	mg	95.5		0	BFSN	4		188.1	433.1	
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	7		0	NC	4		15	34	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	89		0	O	4		176	406	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	149		0	NC	4		294	676	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.09		0		1		0.18	0.41	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		0	T	4		0.00	0.00	
Tocopherol, gamma	mg	2.09		0	T	4		4.12	9.48	
Tocopherol, delta	mg	0.09		0	T	4		0.18	0.41	
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	14.5		0	BFSN	4		28.6	66.0	
Lipids:										
Fatty acids, total saturated	g	0.161		0		1		0.317	0.730	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 16085
Peas, split, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.003		0		1		0.006	0.014	
13:0 g									
14:0 g	0.002		0		1		0.004	0.009	
15:0 g									
16:0 g	0.125		0		1		0.246	0.567	
17:0 g									
18:0 g	0.031		0		1		0.061	0.141	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.242		0		1		0.477	1.098	
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	0.232		0		1		0.457	1.052	
20:1 g	0.010		0		1		0.020	0.045	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.495		0		1		0.975	2.245	
18:2 undifferentiated g	0.411		0		1		0.810	1.864	
18:3 undifferentiated g	0.084		0		1		0.165	0.381	
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		1		0	0	
Phytosterols mg	135		0		1		266	612	
Amino Acids:									
Tryptophan g	0.275		32		1		0.542	1.247	
Threonine g	0.872		50		1		1.718	3.955	
Isoleucine g	1.014		46		1		1.998	4.600	
Leucine g	1.760		50		1		3.467	7.983	
Lysine g	1.772		52		1		3.491	8.038	
Methionine g	0.251		97		1		0.494	1.139	
Cystine g	0.373		90		1		0.735	1.692	
Phenylalanine g	1.132		50		1		2.230	5.135	
Tyrosine g	0.711		41		1		1.401	3.225	
Valine g	1.159		46		1		2.283	5.257	
Arginine g	2.188		46		1		4.310	9.925	
Histidine g	0.597		46		1		1.176	2.708	
Alanine g	1.080		43		1		2.128	4.899	
Aspartic acid g	2.896		43		1		5.705	13.136	
Glutamic acid g	4.196		43		1		8.266	19.033	
Glycine g	1.092		43		1		2.151	4.953	
Proline g	1.014		47		1		1.998	4.600	
Serine g	1.080		43		1		2.128	4.899	
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. 16085
Peas, split, mature seeds, raw

Common Measures:

Measure 1 = 197g: 1 cup

Measure 2 = 453.6g: 1 lb

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16402

Pigeon peas (red gram), mature seeds, cooked, boiled, 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	68.55	0.415	8		1		115.16		
Energy....kcal	121		0	NC	4		203		
Energy....kJ	506				4		851		
Protein (N x 6.25)....g	6.76	0.243	8		1		11.36		
Total lipid (fat)....g	0.38	0.031	8		1		0.64		
Ash....g	1.06	0.057	8		1		1.78		
Carbohydrate, by difference....g	23.25		0	NC	4		39.06		
Fiber, total dietary....g	6.7		0		4		11.3		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	43	1.514	8		1		72		
Iron, Fe....mg	1.11	0.042	8		1		1.86		
Magnesium, Mg....mg	46	2.659	8		1		77		
Phosphorus, P....mg	119	3.728	8		1		200		
Potassium, K....mg	384	15.802	8		1		645		
Sodium, Na....mg	241		0		1		405		
Zinc, Zn....mg	0.90	0.035	8		1		1.51		
Copper, Cu....mg	0.269	0.017	8		1		0.452		
Manganese, Mn....mg	0.501	0.056	8		1		0.842		
Selenium, Se....mcg	2.9		0	BFSN	4		4.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.146	0.010	8		1		0.245		
Riboflavin....mg	0.059	0.003	8		1		0.099		
Niacin....mg	0.781	0.052	8		1		1.312		
Pantothenic acid....mg	0.319	0.024	8		1		0.536		
Vitamin B-6....mg	0.050	0.002	8		1		0.084		
Folate, total....mcg	111	4.636	8		1		186		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	111	4.636	8		1		186		
Folate, DFE....mcg_DFE	111		0	NC	4		186		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0	0.012	8		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	3	0.239	8		1		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	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									
Lipids:									
Fatty acids, total saturated....g	0.083		0		1		0.139		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16402

Pigeon peas (red gram), mature seeds, cooked, boiled, 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									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.077		0		1		0.129		
17:0....g									
18:0....g	0.006		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.005		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.003		0		1		0.005		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.205		0		1		0.344		
18:2 undifferentiated....g	0.196		0		1		0.329		
18:3 undifferentiated....g	0.009		0		1		0.015		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		1		0.111		
Threonine....g	0.239		0		1		0.402		
Isoleucine....g	0.245		0		1		0.412		
Leucine....g	0.483		0		1		0.811		
Lysine....g	0.474		0		1		0.796		
Methionine....g	0.076		0		1		0.128		
Cystine....g	0.078		0		1		0.131		
Phenylalanine....g	0.579		0		1		0.973		
Tyrosine....g	0.168		0		1		0.282		
Valine....g	0.292		0		1		0.491		
Arginine....g	0.405		0		1		0.680		
Histidine....g	0.241		0		1		0.405		
Alanine....g	0.303		0		1		0.509		
Aspartic acid....g	0.669		0		1		1.124		
Glutamic acid....g	1.568		0		1		2.634		
Glycine....g	0.250		0		1		0.420		
Proline....g	0.298		0		1		0.501		
Serine....g	0.320		0		1		0.538		
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 = 168g: 1 cup

NDB No. 16402
Pigeon peas (red gram), mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16102

Pigeon peas (red gram), mature seeds, cooked, boiled, 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	68.55	0.415	8		1		115.16		
Energy....kcal	121		0	NC	4		203		
Energy....kJ	506				4		851		
Protein (N x 6.25)....g	6.76	0.243	8		1		11.36		
Total lipid (fat)....g	0.38	0.031	8		1		0.64		
Ash....g	1.06	0.057	8		1		1.78		
Carbohydrate, by difference....g	23.25		0	NC	4		39.06		
Fiber, total dietary....g	6.7		0		4		11.3		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	43	1.514	8		1		72		
Iron, Fe....mg	1.11	0.042	8		1		1.86		
Magnesium, Mg....mg	46	2.659	8		1		77		
Phosphorus, P....mg	119	3.728	8		1		200		
Potassium, K....mg	384	15.802	8		1		645		
Sodium, Na....mg	5	0.573	4		1		8		
Zinc, Zn....mg	0.90	0.035	8		1		1.51		
Copper, Cu....mg	0.269	0.017	8		1		0.452		
Manganese, Mn....mg	0.501	0.056	8		1		0.842		
Selenium, Se....mcg	2.9		0	BFSN	4		4.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.146	0.010	8		1		0.245		
Riboflavin....mg	0.059	0.003	8		1		0.099		
Niacin....mg	0.781	0.052	8		1		1.312		
Pantothenic acid....mg	0.319	0.024	8		1		0.536		
Vitamin B-6....mg	0.050	0.002	8		1		0.084		
Folate, total....mcg	111	4.636	8		1		186		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	111	4.636	8		1		186		
Folate, DFE....mcg_DFE	111		0	NC	4		186		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0	0.012	8		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	3	0.239	8		1		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	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									
Lipids:									
Fatty acids, total saturated....g	0.083		0		1		0.139		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16102

Pigeon peas (red gram), mature seeds, cooked, boiled, 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
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.077		0		1		0.129		
17:0....g									
18:0....g	0.006		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.005		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.003		0		1		0.005		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.205		0		1		0.344		
18:2 undifferentiated....g	0.196		0		1		0.329		
18:3 undifferentiated....g	0.009		0		1		0.015		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		1		0.111		
Threonine....g	0.239		0		1		0.402		
Isoleucine....g	0.245		0		1		0.412		
Leucine....g	0.483		0		1		0.811		
Lysine....g	0.474		0		1		0.796		
Methionine....g	0.076		0		1		0.128		
Cystine....g	0.078		0		1		0.131		
Phenylalanine....g	0.579		0		1		0.973		
Tyrosine....g	0.168		0		1		0.282		
Valine....g	0.292		0		1		0.491		
Arginine....g	0.405		0		1		0.680		
Histidine....g	0.241		0		1		0.405		
Alanine....g	0.303		0		1		0.509		
Aspartic acid....g	0.669		0		1		1.124		
Glutamic acid....g	1.568		0		1		2.634		
Glycine....g	0.250		0		1		0.420		
Proline....g	0.298		0		1		0.501		
Serine....g	0.320		0		1		0.538		
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 = 168g: 1 cup

NDB No. 16102
Pigeon peas (red gram), mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16101

Pigeon peas (red gram), mature seeds, raw

Cajanus cajan

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	10.59	0.380	28		1		21.71		
Energy....kcal	343		0	NC	4		703		
Energy....kJ	1435				4		2942		
Protein (N x 6.25)....g	21.70	0.315	41		1		44.49		
Total lipid (fat)....g	1.49	0.105	23		1		3.05		
Ash....g	3.45	0.053	28		1		7.07		
Carbohydrate, by difference....g	62.78		0	NC	4		128.70		
Fiber, total dietary....g	15.0		0		4		30.8		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	130	7.724	18		1		267		
Iron, Fe....mg	5.23	0.367	30		1		10.72		
Magnesium, Mg....mg	183	17.121	14		1		375		
Phosphorus, P....mg	367	30.430	18		1		752		
Potassium, K....mg	1392	23.534	9		1		2854		
Sodium, Na....mg	17	1.407	4		1		35		
Zinc, Zn....mg	2.76	0.260	9		1		5.66		
Copper, Cu....mg	1.057	0.036	9		1		2.167		
Manganese, Mn....mg	1.791	0.138	9		1		3.672		
Selenium, Se....mcg	8.2		0	CAZN	4		16.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.643	0.060	11		1		1.318		
Riboflavin....mg	0.187	0.015	12		1		0.383		
Niacin....mg	2.965	0.363	12		1		6.078		
Pantothenic acid....mg	1.266	0.057	8		1		2.595		
Vitamin B-6....mg	0.283	0.041	12		1		0.580		
Folate, total....mcg	456	15.181	8		1		935		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	456	15.181	8		1		935		
Folate, DFE....mcg_DFE	456		0	NC	4		935		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	1	0.117	8		1		3		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	28	2.344	8		1		57		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	0.330		0		1		0.677		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16101
Pigeon peas (red gram), mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.307		0		1		0.629		
17:0....g									
18:0....g	0.024		0		1		0.049		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.025		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.025		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.814		0		1		1.669		
18:2 undifferentiated....g	0.778		0		1		1.595		
18:3 undifferentiated....g	0.035		0		1		0.072		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		14		1		0.435		
Threonine....g	0.767		28		1		1.572		
Isoleucine....g	0.785		28		1		1.609		
Leucine....g	1.549		28		1		3.175		
Lysine....g	1.521		28		1		3.118		
Methionine....g	0.243		26		1		0.498		
Cystine....g	0.250		19		1		0.513		
Phenylalanine....g	1.858		19		1		3.809		
Tyrosine....g	0.538		26		1		1.103		
Valine....g	0.937		28		1		1.921		
Arginine....g	1.299		26		1		2.663		
Histidine....g	0.774		26		1		1.587		
Alanine....g	0.972		24		1		1.993		
Aspartic acid....g	2.146		24		1		4.399		
Glutamic acid....g	5.031		24		1		10.314		
Glycine....g	0.802		24		1		1.644		
Proline....g	0.955		23		1		1.958		
Serine....g	1.028		24		1		2.107		
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

NDB No. 16101
Pigeon peas (red gram), mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16172
Refried beans, canned, 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	78.69		2	A	1		181.79	350.19	
Energy	kcal	79		0	NC	4		183	353	
Energy	kJ	332		0	NC	4		768	1479	
Protein	g	5.34		2	A	1		12.34	23.78	
Total lipid (fat)	g	0.45		2	A	1		1.04	2.00	
Ash	g	2.01		2	A	1		4.65	8.97	
Carbohydrate, by difference	g	13.50		0	NC	4		31.18	60.06	
Fiber, total dietary	g	4.7		2	A	1		11.0	21.1	
Sugars, total	g	0.61		2	A	1		1.41	2.71	
Sucrose	g	0.61		2	A	1		1.41	2.71	
Glucose (dextrose)	g	0.00		2	A	1		0.00	0.00	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.00		2	A	1		0.00	0.00	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch	g	8.65		2	A	1		19.98	38.49	
Minerals:										
Calcium, Ca	mg	34		2	A	1		77	149	
Iron, Fe	mg	1.62		2	A	1		3.73	7.19	
Magnesium, Mg	mg	38		2	A	1		89	171	
Phosphorus, P	mg	111		2	A	1		255	492	
Potassium, K	mg	344		2	A	1		793	1529	
Sodium, Na	mg	438		2	A	1		1011	1947	
Zinc, Zn	mg	0.65		2	A	1		1.51	2.91	
Copper, Cu	mg	0.163		2	A	1		0.376	0.725	
Manganese, Mn	mg	0.326		2	A	1		0.752	1.448	
Selenium, Se	mcg	5.7		2	A	1		13.1	25.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	BFSN	4		2.0	3.8	
Thiamin	mg	0.030		2	A	1		0.069	0.133	
Riboflavin	mg	0.015		2	A	1		0.034	0.066	
Niacin	mg	0.362		2	A	1		0.837	1.613	
Pantothenic acid	mg	0.195		2	A	1		0.450	0.868	
Vitamin B-6	mg	0.113		2	A	1		0.261	0.503	
Folate, total	mcg	57		0	BFSN	4		132	254	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	57		0	BFSN	4		132	254	
Folate, DFE	mcg_DFE	57		0	NC	4		132	254	
Choline, total	mg	20.3		0	BFSN	4		46.9	90.3	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Carotene, beta	mcg	0		0	BFSN	4		0	0	
Carotene, alpha	mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.04		2	A	1		0.09	0.18	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.99		2	A	1		2.29	4.41	
Tocopherol, delta	mg	0.05		2	A	1		0.12	0.22	
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 16172
Refried beans, canned, 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	2.0		0	BFSN	4		4.7	9.1	
Lipids:									
Fatty acids, total saturated.....g	0.093		0	NC	4		0.214	0.412	
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	0.001		2	A	1		0.002	0.004	
16:0.....g	0.072		2	A	1		0.167	0.323	
17:0.....g	0.001		2	A	1		0.002	0.004	
18:0.....g	0.012		2	A	1		0.028	0.054	
20:0.....g	0.002		2	A	1		0.004	0.007	
22:0.....g	0.002		2	A	1		0.005	0.009	
24:0.....g	0.003		2	A	1		0.007	0.013	
Fatty acids, total monounsaturated.....g	0.044		0	NC	4		0.101	0.195	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
16:1 c.....g	0.000		2	A	1		0.000	0.000	
16:1 t.....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	0.043		0	AS	1		0.100	0.192	
18:1 c.....g	0.043		2	A	1		0.100	0.192	
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	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		2	A	1		0.000	0.000	
22:1 t.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.001		2	A	1		0.002	0.004	
Fatty acids, total polyunsaturated.....g	0.287		0	NC	4		0.664	1.278	
18:2 undifferentiated.....g	0.134		0	AS	1		0.310	0.597	
18:2 n-6 c,c.....g	0.134		2	A	1		0.310	0.597	
18:2 CLAs.....g	0.000		2	A	1		0.000	0.000	
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	0.000		2	A	1		0.000	0.000	
18:3 undifferentiated.....g	0.153		0	AS	1		0.354	0.681	
18:3 n-3 c,c,c (ALA).....g	0.153		2	A	1		0.354	0.681	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		2	A	1		0.000	0.000	
20:3 n-6.....g	0.000		2	A	1		0.000	0.000	
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	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	0.000		0	NC	4		0.000	0.000	

NDB No. 16172
Refried beans, canned, 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
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
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 = 231g: 1 cup

Measure 2 = 445g: 1 can

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16103
Refried beans, canned, traditional style (includes USDA commodity)

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	76.15	0.654	5	JA	6		181.23	337.33	
Energy....kcal	91		0	NC	4		218	405	
Energy....kJ	383		0	NC	4		911	1695	
Protein (N x 6.25)....g	5.41		2	A	1		12.87	23.95	
Total lipid (fat)....g	1.17		2	A	1		2.78	5.18	
Ash....g	2.01		2	A	1		4.80	8.93	
Carbohydrate, by difference....g	15.26		0	NC	4		36.33	67.62	
Fiber, total dietary....g	5.1	0.082	5	JA	6		12.1	22.6	
Sugars, total....g	0.46		2	A	1		1.11	2.06	
Sucrose....g	0.46		2	A	1		1.11	2.06	
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	
Fructose....g	0.00		2	A	1		0.00	0.00	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	8.95		2	A	1		21.30	39.65	
Minerals:									
Calcium, Ca....mg	33		2	A	1		79	146	
Iron, Fe....mg	1.67		2	A	1		3.97	7.40	
Magnesium, Mg....mg	38		2	A	1		91	170	
Phosphorus, P....mg	111		2	A	1		264	492	
Potassium, K....mg	336		2	A	1		800	1488	
Sodium, Na....mg	449		2	A	1		1069	1989	
Zinc, Zn....mg	0.65		2	A	1		1.55	2.89	
Copper, Cu....mg	0.166		2	A	1		0.395	0.735	
Manganese, Mn....mg	0.330		2	A	1		0.785	1.462	
Selenium, Se....mcg	6.5		2	A	1		15.5	28.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.0		2		1		14.3	26.6	
Thiamin....mg	0.035		2	A	1		0.083	0.155	
Riboflavin....mg	0.015		2	A	1		0.035	0.066	
Niacin....mg	0.424		2	A	1		1.009	1.878	
Pantothenic acid....mg	0.215		2	A	1		0.511	0.952	
Vitamin B-6....mg	0.110		2	A	1		0.261	0.485	
Folate, total....mcg	11	1.655	4		1		26	49	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11	1.655	4		1		26	49	
Folate, DFE....mcg_DFE	11		0	NC	4		26	49	
Choline, total....mg	22.9		0	BFSN	4		54.4	101.3	
Betaine....mg									
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	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	0.05		2	A	1		0.12	0.22	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01		2	A	1		0.02	0.03	
Tocopherol, gamma....mg	1.03		2	A	1		2.46	4.58	
Tocopherol, delta....mg	0.08		2	A	1		0.19	0.35	
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 16103
Refried beans, canned, traditional style (includes USDA commodity)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	2.3		0	BFSN	4		5.5	10.2	
Lipids:									
Fatty acids, total saturated.....g	0.391		0	NC	4		0.929	1.730	
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	0.001		2	A	1		0.002	0.003	
13:0.....g									
14:0.....g	0.018		2	A	1		0.042	0.078	
15:0.....g	0.003		2	A	1		0.008	0.014	
16:0.....g	0.237		2	A	1		0.564	1.050	
17:0.....g	0.007		2	A	1		0.017	0.031	
18:0.....g	0.116		2	A	1		0.277	0.516	
20:0.....g	0.003		2	A	1		0.007	0.013	
22:0.....g	0.002		2	A	1		0.005	0.010	
24:0.....g	0.003		2	A	1		0.008	0.014	
Fatty acids, total monounsaturated.....g	0.381		0	NC	4		0.907	1.689	
14:1.....g	0.003		2	A	1		0.006	0.011	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.021		0	AS	1		0.050	0.093	
16:1 c.....g	0.020		2	A	1		0.048	0.089	
16:1 t.....g	0.001		2	A	1		0.002	0.004	
17:1.....g	0.005		2	A	1		0.011	0.020	
18:1 undifferentiated.....g	0.346		0	AS	1		0.825	1.535	
18:1 c.....g	0.326		2	A	1		0.777	1.446	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.020		2	A	1		0.048	0.088	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.005		2	A	1		0.013	0.024	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		2	A	1		0.000	0.000	
22:1 t.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.001		2	A	1		0.003	0.006	
Fatty acids, total polyunsaturated.....g	0.332		0	NC	4		0.790	1.470	
18:2 undifferentiated.....g	0.199		0	AS	1		0.473	0.881	
18:2 n-6 c,c.....g	0.193		2	A	1		0.461	0.857	
18:2 CLAs.....g	0.001		2	A	1		0.003	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	0.004		2	A	1		0.010	0.018	
18:3 undifferentiated.....g	0.129		0	AS	1		0.307	0.572	
18:3 n-3 c,c,c (ALA).....g	0.129		2	A	1		0.307	0.572	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003		2	A	1		0.006	0.011	
20:3 undifferentiated.....g	0.000		0	AS	1		0.001	0.001	
20:3 n-3.....g	0.000		2	A	1		0.001	0.001	
20:3 n-6.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.001		2	A	1		0.002	0.004	
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	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	0.025		0	NC	4		0.060	0.111	

NDB No. 16103
Refried beans, canned, traditional style (includes USDA commodity)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.021		0	NC	4		0.050	0.093	
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4		0.010	0.018	
Cholesterol.....mg	0		2	A	1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.065		0		1		0.155	0.288	
Threonine.....g	0.231		0		1		0.550	1.023	
Isoleucine.....g	0.242		0		1		0.576	1.072	
Leucine.....g	0.438		0		1		1.042	1.940	
Lysine.....g	0.377		0		1		0.897	1.670	
Methionine.....g	0.083		0		1		0.198	0.368	
Cystine.....g	0.060		0		1		0.143	0.266	
Phenylalanine.....g	0.297		0		1		0.707	1.316	
Tyrosine.....g	0.155		0		1		0.369	0.687	
Valine.....g	0.287		0		1		0.683	1.271	
Arginine.....g	0.340		0		1		0.809	1.506	
Histidine.....g	0.153		0		1		0.364	0.678	
Alanine.....g	0.230		0		1		0.547	1.019	
Aspartic acid.....g	0.664		0		1		1.580	2.942	
Glutamic acid.....g	0.837		0		1		1.992	3.708	
Glycine.....g	0.214		0		1		0.509	0.948	
Proline.....g	0.233		0		1		0.555	1.032	
Serine.....g	0.299		0		1		0.712	1.325	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 238g: 1 cup

Measure 2 = 443g: 1 can

Calories Factors: Protein 3.5 **Fat** 8.9 **Carbohydrate** 4.07

Food Group: 16 Legumes and Legume Products

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

NDB No. 16171
Refried beans, canned, vegetarian

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	78.39		2	A	1		189.72	348.07	
Energy	kcal	83		0	NC	4		201	368	
Energy	kJ	347		0	NC	4		840	1541	
Protein	g	5.28		2	A	1		12.78	23.45	
Total lipid (fat)	g	0.87		2	A	1		2.11	3.86	
Ash	g	1.95		2	A	1		4.72	8.66	
Carbohydrate, by difference	g	13.50		0	NC	4		32.68	59.96	
Fiber, total dietary	g	4.7		2	A	1		11.4	20.9	
Sugars, total	g	0.59		2	A	1		1.44	2.64	
Sucrose	g	0.59		2	A	1		1.44	2.64	
Glucose (dextrose)	g	0.00		2	A	1		0.00	0.00	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.00		2	A	1		0.00	0.00	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch	g	8.65		2	A	1		20.93	38.41	
Minerals:										
Calcium, Ca	mg	35		2	A	1		84	153	
Iron, Fe	mg	1.70		2	A	1		4.11	7.55	
Magnesium, Mg	mg	38		2	A	1		93	170	
Phosphorus, P	mg	114		2	A	1		275	504	
Potassium, K	mg	344		2	A	1		831	1525	
Sodium, Na	mg	430		2	A	1		1039	1907	
Zinc, Zn	mg	0.74		2	A	1		1.79	3.29	
Copper, Cu	mg	0.171		2	A	1		0.414	0.759	
Manganese, Mn	mg	0.332		2	A	1		0.802	1.472	
Selenium, Se	mcg	5.6		2	A	1		13.6	24.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.040		2	A	1		0.097	0.177	
Riboflavin	mg	0.015		2	A	1		0.036	0.066	
Niacin	mg	0.370		2	A	1		0.894	1.641	
Pantothenic acid	mg	0.175		2	A	1		0.424	0.777	
Vitamin B-6	mg	0.107		2	A	1		0.258	0.473	
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									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.09		2	A	1		0.23	0.42	
Tocopherol, beta	mg	0.01		2	A	1		0.04	0.07	
Tocopherol, gamma	mg	1.31		2	A	1		3.17	5.82	
Tocopherol, delta	mg	0.18		2	A	1		0.42	0.78	
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	0.142		0	NC	4		0.344	0.632	
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	

NDB No. 16171
Refried beans, canned, vegetarian

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000	
12:0 g	0.000		2	A	1		0.000	0.000	
13:0 g									
14:0 g	0.002		2	A	1		0.004	0.007	
15:0 g	0.000		2	A	1		0.000	0.000	
16:0 g	0.104		2	A	1		0.251	0.461	
17:0 g	0.002		2	A	1		0.004	0.007	
18:0 g	0.025		2	A	1		0.062	0.113	
20:0 g	0.003		2	A	1		0.007	0.014	
22:0 g	0.003		2	A	1		0.008	0.015	
24:0 g	0.003		2	A	1		0.008	0.015	
Fatty acids, total monounsaturated g	0.206		0	NC	4		0.500	0.917	
14:1 g	0.000		2	A	1		0.000	0.000	
15:1 g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated g	0.002		0	AS	1		0.005	0.009	
16:1 c g	0.002		2	A	1		0.005	0.009	
16:1 t 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	0.195		0	AS	1		0.472	0.865	
18:1 c g	0.195		2	A	1		0.472	0.865	
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	0.008		2	A	1		0.019	0.034	
22:1 undifferentiated g	0.000		0	AS	1		0.000	0.000	
22:1 c g	0.000		2	A	1		0.000	0.000	
22:1 t g	0.000		2	A	1		0.000	0.000	
24:1 c g	0.002		2	A	1		0.005	0.009	
Fatty acids, total polyunsaturated g	0.471		0	NC	4		1.140	2.091	
18:2 undifferentiated g	0.295		0	AS	1		0.713	1.308	
18:2 n-6 c,c g	0.291		2	A	1		0.705	1.294	
18:2 CLAs g	0.000		2	A	1		0.000	0.000	
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	0.003		2	A	1		0.007	0.014	
18:3 undifferentiated g	0.176		0	AS	1		0.427	0.783	
18:3 n-3 c,c,c (ALA) g	0.176		2	A	1		0.425	0.780	
18:3 n-6 c,c,c g	0.001		2	A	1		0.002	0.003	
18:3i g									
18:4 g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		0	AS	1		0.000	0.000	
20:3 n-3 g	0.000		2	A	1		0.000	0.000	
20:3 n-6 g	0.000		2	A	1		0.000	0.000	
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	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	0.003		0	NC	4		0.007	0.014	
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic g	0.003		0	NC	4		0.007	0.014	
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.

NDB No. 16171
Refried beans, canned, vegetarian

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 444g: 1 can

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16259

SILK Banana-Strawberry soy Yogurt

WhiteWave Foods Company

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	78.18		0	O	4		132.91		
Energy....kcal	88		1	LC	8		150		
Energy....kJ	368		1	LC	8		626		
Protein (N x 6.25)....g	2.35		1	LC	8		4.00		
Total lipid (fat)....g	1.18		1	LC	8		2.00		
Ash....g	1.24		0	BFZN	4		2.10		
Carbohydrate, by difference....g	17.06		1	LC	8		29.00		
Fiber, total dietary....g	0.6		1	LC	8		1.0		
Sugars, total....g	10.59		1	LC	8		18.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	176		1	LC	8		300		
Iron, Fe....mg	0.64		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	15		1	LC	8		25		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	17.6		1	LC	8		30.0		
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		1	LC	8		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	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		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. 16259
SILK Banana-Strawberry soy Yogurt

Measure 1 = 170g: 1 container

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16256
SILK Black Cherry soy Yogurt
WhiteWave Foods Company

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	78.18		0	O	4		132.91		
Energy....kcal	88		1	LC	8		150		
Energy....kJ	368		1	LC	8		626		
Protein (N x 6.25)....g	2.35		1	LC	8		4.00		
Total lipid (fat)....g	1.18		1	LC	8		2.00		
Ash....g	1.24		0	BFZN	4		2.10		
Carbohydrate, by difference....g	17.06		1	LC	8		29.00		
Fiber, total dietary....g	0.6		1	LC	8		1.0		
Sugars, total....g	11.76		1	LC	8		20.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	176		1	LC	8		300		
Iron, Fe....mg	0.64		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	12		1	LC	8		20		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	17.6		1	LC	8		30.0		
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		1	LC	8		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	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		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. 16256
SILK Black Cherry soy Yogurt

Measure 1 = 170g: 1 container

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16257
SILK Blueberry soy Yogurt
WhiteWave Foods Company

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	78.18		0	O	4		132.91		
Energy....kcal	88		1	LC	8		150		
Energy....kJ	368		1	LC	8		626		
Protein (N x 6.25)....g	2.35		1	LC	8		4.00		
Total lipid (fat)....g	1.18		1	LC	8		2.00		
Ash....g	1.24		0	BFZN	4		2.10		
Carbohydrate, by difference....g	17.06		1	LC	8		29.00		
Fiber, total dietary....g	0.6		1	LC	8		1.0		
Sugars, total....g	12.35		1	LC	8		21.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	176		1	LC	8		300		
Iron, Fe....mg	0.64		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	15		1	LC	8		25		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	17.6		1	LC	8		30.0		
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		1	LC	8		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	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		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. 16257
SILK Blueberry soy Yogurt

Measure 1 = 170g: 1 container

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16247
SILK Chai, soymilk
WhiteWave Foods Company

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	87.62		0	O	4		212.92		
Energy....kcal	53		1	LC	8		130		
Energy....kJ	222		1	LC	8		539		
Protein (N x 6.25)....g	2.47		1	LC	8		6.00		
Total lipid (fat)....g	1.44		1	LC	8		3.50		
Ash....g	0.65		0	BFZN	4		1.58		
Carbohydrate, by difference....g	7.82		1	LC	8		19.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	5.76		1	LC	8		14.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	123		1	LC	8		300		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg	0		1	LC	8		0		
Phosphorus, P....mg									
Potassium, K....mg	123		1	LC	8		300		
Sodium, Na....mg	41		1	LC	8		100		
Zinc, Zn....mg	0.37		1	LC	8		0.90		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	0.0		1	LC	8		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg	0.140		1	LC	8		0.340		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	7		1	LC	8		16		
Folic acid....mcg									
Folate, food....mcg	7		1	LC	8		16		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.37		1	LC	8		0.90		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	123		1	LC	8		300		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		1	LC	8		2.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	33		1	LC	8		80		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.206		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		

NDB No. 16247
SILK Chai, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	LC	8		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16237
SILK Chocolate, soymilk
WhiteWave Foods Company

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.39		0	O	4		209.93		
Energy....kcal	58		1	LC	8		140		
Energy....kJ	243		1	LC	8		590		
Protein (N x 6.25)....g	2.06		1	LC	8		5.00		
Total lipid (fat)....g	1.44		1	LC	8		3.50		
Ash....g	0.65		0	BFZN	4		1.58		
Carbohydrate, by difference....g	9.47		1	LC	8		23.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	7.82		1	LC	8		19.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	123		1	LC	8		300		
Iron, Fe....mg	0.59		1	LC	8		1.44		
Magnesium, Mg....mg	16		1	LC	8		40		
Phosphorus, P....mg									
Potassium, K....mg	144		1	LC	8		350		
Sodium, Na....mg	41		1	LC	8		100		
Zinc, Zn....mg	0.25		1	LC	8		0.60		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	1.7		1	LC	8		4.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg	0.210		1	LC	8		0.510		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	10		1	LC	8		24		
Folic acid....mcg									
Folate, food....mcg	10		1	LC	8		24		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.23		1	LC	8		3.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	206		1	LC	8		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		1	LC	8		3.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	49		1	LC	8		120		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.206		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		

NDB No. 16237
SILK Chocolate, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	LC	8		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16249
SILK Coffee, soymilk
WhiteWave Foods Company

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	85.56		0	O	4		207.91		
Energy	kcal	62		1	LC	8		150		
Energy	kJ	259		1	LC	8		629		
Protein (N x 6.25)	g	2.06		1	LC	8		5.00		
Total lipid (fat)	g	1.44		1	LC	8		3.50		
Ash	g	0.65		0	BFZN	4		1.58		
Carbohydrate, by difference	g	10.29		1	LC	8		25.00		
Fiber, total dietary	g	0.0		1	LC	8		0.0		
Sugars, total	g	9.47		1	LC	8		23.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	123		1	LC	8		300		
Iron, Fe	mg	0.00		1	LC	8		0.00		
Magnesium, Mg	mg	0		1	LC	8		0		
Phosphorus, P	mg									
Potassium, K	mg	132		1	LC	8		320		
Sodium, Na	mg	41		1	LC	8		100		
Zinc, Zn	mg	0.37		1	LC	8		0.90		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		1	LC	8		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg	0.210		1	LC	8		0.510		
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	7		1	LC	8		16		
Folic acid	mcg									
Folate, food	mcg	7		1	LC	8		16		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.37		1	LC	8		0.90		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	123		1	LC	8		300		
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	0.206		1	LC	8		0.500		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g	0.000		1	LC	8		0.000		
Cholesterol	mg	0		1	LC	8		0		

NDB No. 16249
SILK Coffee, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16261
SILK French Vanilla Creamer
WhiteWave Foods Company

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.95		0	O	4		10.94		
Energy....kcal	133		1	LC	8		20		
Energy....kJ	556		1	LC	8		83		
Protein (N x 6.25)....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	6.67		1	LC	8		1.00		
Ash....g	0.38		0	BFZN	4		0.06		
Carbohydrate, by difference....g	20.00		1	LC	8		3.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	20.00		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	67		1	LC	8		10		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		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		1	LC	8		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	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		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. 16261
SILK French Vanilla Creamer

Measure 1 = 15.0g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16262
SILK Hazelnut Creamer
WhiteWave Foods Company

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.95		0	O	4		10.94		
Energy....kcal	133		1	LC	8		20		
Energy....kJ	556		1	LC	8		83		
Protein (N x 6.25)....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	6.67		1	LC	8		1.00		
Ash....g	0.38		0	BFZN	4		0.06		
Carbohydrate, by difference....g	20.00		1	LC	8		3.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	20.00		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	67		1	LC	8		10		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	200.0		1	LC	8		30.0		
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		1	LC	8		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	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		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. 16262
SILK Hazelnut Creamer

Measure 1 = 15.0g: 1 tbsp

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16258
SILK Key Lime soy Yogurt
WhiteWave Foods Company

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	77.59		0	O	4		131.90		
Energy....kcal	88		1	LC	8		150		
Energy....kJ	368		1	LC	8		626		
Protein (N x 6.25)....g	2.35		1	LC	8		4.00		
Total lipid (fat)....g	1.18		1	LC	8		2.00		
Ash....g	1.24		0	BFZN	4		2.10		
Carbohydrate, by difference....g	17.65		1	LC	8		30.00		
Fiber, total dietary....g	0.6		1	LC	8		1.0		
Sugars, total....g	12.35		1	LC	8		21.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	176		1	LC	8		300		
Iron, Fe....mg	0.64		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	15		1	LC	8		25		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	17.6		1	LC	8		30.0		
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		1	LC	8		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	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		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. 16258
SILK Key Lime soy Yogurt

Measure 1 = 170g: 1 container

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16240
SILK Light Chocolate, soymilk
WhiteWave Foods Company

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	87.63		0	O	4		212.94		
Energy....kcal	49		1	LC	8		120		
Energy....kJ	205		1	LC	8		498		
Protein (N x 6.25)....g	2.06		1	LC	8		5.00		
Total lipid (fat)....g	0.62		1	LC	8		1.50		
Ash....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference....g	9.05		1	LC	8		22.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	7.82		1	LC	8		19.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	123		1	LC	8		300		
Iron, Fe....mg	0.59		1	LC	8		1.44		
Magnesium, Mg....mg	16		1	LC	8		40		
Phosphorus, P....mg									
Potassium, K....mg	144		1	LC	8		350		
Sodium, Na....mg	41		1	LC	8		100		
Zinc, Zn....mg	0.25		1	LC	8		0.60		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	1.7		1	LC	8		4.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg	0.210		1	LC	8		0.510		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	10		1	LC	8		24		
Folic acid....mcg									
Folate, food....mcg	10		1	LC	8		24		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.23		1	LC	8		3.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	206		1	LC	8		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		1	LC	8		3.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	49		1	LC	8		120		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		

NDB No. 16240
SILK Light Chocolate, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	LC	8		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16238
SILK Light Plain, soymilk
WhiteWave Foods Company

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	92.77		0	O	4		225.43		
Energy....kcal	29		1	LC	8		70		
Energy....kJ	121		1	LC	8		294		
Protein (N x 6.25)....g	2.47		1	LC	8		6.00		
Total lipid (fat)....g	0.82		1	LC	8		2.00		
Ash....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference....g	3.29		1	LC	8		8.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	2.47		1	LC	8		6.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	123		1	LC	8		300		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg	16		1	LC	8		40		
Phosphorus, P....mg									
Potassium, K....mg	123		1	LC	8		300		
Sodium, Na....mg	49		1	LC	8		120		
Zinc, Zn....mg	0.25		1	LC	8		0.60		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	2.3		1	LC	8		5.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg	0.210		1	LC	8		0.510		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	10		1	LC	8		24		
Folic acid....mcg									
Folate, food....mcg	10		1	LC	8		24		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.23		1	LC	8		3.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	206		1	LC	8		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		1	LC	8		3.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	49		1	LC	8		120		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		

NDB No. 16238
SILK Light Plain, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	LC	8		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16239
SILK Light Vanilla, soymilk
WhiteWave Foods Company

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	91.95		0	O	4		223.44		
Energy....kcal	33		1	LC	8		80		
Energy....kJ	138		1	LC	8		335		
Protein (N x 6.25)....g	2.47		1	LC	8		6.00		
Total lipid (fat)....g	0.82		1	LC	8		2.00		
Ash....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference....g	4.12		1	LC	8		10.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	2.88		1	LC	8		7.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	123		1	LC	8		300		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg	16		1	LC	8		40		
Phosphorus, P....mg									
Potassium, K....mg	123		1	LC	8		300		
Sodium, Na....mg	39		1	LC	8		95		
Zinc, Zn....mg	0.25		1	LC	8		0.60		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	2.3		1	LC	8		5.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg	0.210		1	LC	8		0.510		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	10		1	LC	8		24		
Folic acid....mcg									
Folate, food....mcg	10		1	LC	8		24		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.23		1	LC	8		3.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	206		1	LC	8		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		1	LC	8		3.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	49		1	LC	8		120		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		

NDB No. 16239
SILK Light Vanilla, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	LC	8		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16248
SILK Mocha, soymilk
WhiteWave Foods Company

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.80		0	O	4		210.92		
Energy	kcal	58		1	LC	8		140		
Energy	kJ	243		1	LC	8		590		
Protein (N x 6.25)	g	2.06		1	LC	8		5.00		
Total lipid (fat)	g	1.44		1	LC	8		3.50		
Ash	g	0.65		0	BFZN	4		1.58		
Carbohydrate, by difference	g	9.05		1	LC	8		22.00		
Fiber, total dietary	g	0.0		1	LC	8		0.0		
Sugars, total	g	7.41		1	LC	8		18.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	123		1	LC	8		300		
Iron, Fe	mg	0.44		1	LC	8		1.08		
Magnesium, Mg	mg	0		1	LC	8		0		
Phosphorus, P	mg									
Potassium, K	mg	123		1	LC	8		300		
Sodium, Na	mg	41		1	LC	8		100		
Zinc, Zn	mg	0.37		1	LC	8		0.90		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		1	LC	8		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg	0.140		1	LC	8		0.340		
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	7		1	LC	8		16		
Folic acid	mcg									
Folate, food	mcg	7		1	LC	8		16		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.37		1	LC	8		0.90		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	123		1	LC	8		300		
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	0.206		1	LC	8		0.500		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g	0.000		1	LC	8		0.000		
Cholesterol	mg	0		1	LC	8		0		

NDB No. 16248
SILK Mocha, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16246
SILK Nog, soymilk
WhiteWave Foods Company

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	82.96		0	O	4		101.21		
Energy	kcal	74		1	LC	8		90		
Energy	kJ	310		1	LC	8		378		
Protein (N x 6.25)	g	2.46		1	LC	8		3.00		
Total lipid (fat)	g	1.64		1	LC	8		2.00		
Ash	g	0.65		0	BFZN	4		0.79		
Carbohydrate, by difference	g	12.30		1	LC	8		15.00		
Fiber, total dietary	g	0.0		1	LC	8		0.0		
Sugars, total	g	9.84		1	LC	8		12.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1	LC	8		20		
Iron, Fe	mg	0.30		1	LC	8		0.36		
Magnesium, Mg	mg	0		1	LC	8		0		
Phosphorus, P	mg									
Potassium, K	mg	123		1	LC	8		150		
Sodium, Na	mg	61		1	LC	8		75		
Zinc, Zn	mg	0.00		1	LC	8		0.00		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		1	LC	8		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg	0.000		1	LC	8		0.000		
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		1	LC	8		0		
Folic acid	mcg									
Folate, food	mcg	0		1	LC	8		0		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1	LC	8		0.00		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1	LC	8		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	0.0			Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		1	LC	8		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g	0.000		1	LC	8		0.000		

NDB No. 16246
SILK Nog, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	LC	8		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 = 122g: .5 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16260
SILK Original Creamer
WhiteWave Foods Company

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.29		0	O	4		12.94		
Energy....kcal	100		1	LC	8		15		
Energy....kJ	418		1	LC	8		63		
Protein (N x 6.25)....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	6.67		1	LC	8		1.00		
Ash....g	0.38		0	BFZN	4		0.06		
Carbohydrate, by difference....g	6.67		1	LC	8		1.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	0.00		1	LC	8		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	67		1	LC	8		10		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		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		1	LC	8		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	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		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. 16260
SILK Original Creamer

Measure 1 = 15.0g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16255
SILK Peach soy Yogurt
WhiteWave Foods Company

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	76.41		0	O	4		129.90		
Energy....kcal	94		1	LC	8		160		
Energy....kJ	393		1	LC	8		668		
Protein (N x 6.25)....g	2.35		1	LC	8		4.00		
Total lipid (fat)....g	1.18		1	LC	8		2.00		
Ash....g	1.24		0	BFZN	4		2.10		
Carbohydrate, by difference....g	18.82		1	LC	8		32.00		
Fiber, total dietary....g	0.6		1	LC	8		1.0		
Sugars, total....g	14.71		1	LC	8		25.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	176		1	LC	8		300		
Iron, Fe....mg	0.64		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	15		1	LC	8		25		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	17.6		1	LC	8		30.0		
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		1	LC	8		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	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		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. 16255
SILK Peach soy Yogurt

Measure 1 = 170g: 1 container

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16252
SILK Plain soy yogurt
WhiteWave Foods Company

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	84.67		0	O	4		192.20		
Energy....kcal	66		1	LC	8		150		
Energy....kJ	276		1	LC	8		627		
Protein (N x 6.25)....g	2.64		1	LC	8		6.00		
Total lipid (fat)....g	1.76		1	LC	8		4.00		
Ash....g	1.24		0	BFZN	4		2.81		
Carbohydrate, by difference....g	9.69		1	LC	8		22.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	5.29		1	LC	8		12.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	132		1	LC	8		300		
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	13		1	LC	8		30		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.2		1	LC	8		30.0		
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		1	LC	8		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	1.3		1	LC	8		3.0		
Vitamin D....IU	53		1	LC	8		120		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.220		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		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. 16252
SILK Plain soy yogurt

Measure 1 = 227g: 1 container

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16235
SILK Plain, soymilk
WhiteWave Foods Company

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	91.53		0	O	4		222.42		
Energy	kcal	41		1	LC	8		100		
Energy	kJ	172		1	LC	8		418		
Protein (N x 6.25)	g	2.88		1	LC	8		7.00		
Total lipid (fat)	g	1.65		1	LC	8		4.00		
Ash	g	0.65		0	BFZN	4		1.58		
Carbohydrate, by difference	g	3.29		1	LC	8		8.00		
Fiber, total dietary	g	0.4		1	LC	8		1.0		
Sugars, total	g	2.47		1	LC	8		6.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	123		1	LC	8		300		
Iron, Fe	mg	0.44		1	LC	8		1.08		
Magnesium, Mg	mg	16		1	LC	8		40		
Phosphorus, P	mg									
Potassium, K	mg	123		1	LC	8		300		
Sodium, Na	mg	49		1	LC	8		120		
Zinc, Zn	mg	0.25		1	LC	8		0.60		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	2.3		1	LC	8		5.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg	0.210		1	LC	8		0.510		
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	10		1	LC	8		24		
Folic acid	mcg									
Folate, food	mcg	10		1	LC	8		24		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.23		1	LC	8		3.00		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	206		1	LC	8		500		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.2		1	LC	8		3.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	49		1	LC	8		120		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.206		1	LC	8		0.500		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g	0.000		1	LC	8		0.000		

NDB No. 16235
SILK Plain, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	LC	8		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16243
SILK Plus Fiber, soymilk
WhiteWave Foods Company

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	89.69		0	O	4		217.95		
Energy....kcal	41		1	LC	8		100		
Energy....kJ	172		1	LC	8		418		
Protein (N x 6.25)....g	2.47		1	LC	8		6.00		
Total lipid (fat)....g	1.44		1	LC	8		3.50		
Ash....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference....g	5.76		1	LC	8		14.00		
Fiber, total dietary....g	2.1		1	LC	8		5.0		
Sugars, total....g	2.88		1	LC	8		7.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	123		1	LC	8		300		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg	16		1	LC	8		40		
Phosphorus, P....mg									
Potassium, K....mg	123		1	LC	8		300		
Sodium, Na....mg	39		1	LC	8		95		
Zinc, Zn....mg	0.25		1	LC	8		0.60		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	2.3		1	LC	8		5.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg	0.210		1	LC	8		0.510		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	10		1	LC	8		24		
Folic acid....mcg									
Folate, food....mcg	10		1	LC	8		24		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.23		1	LC	8		3.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	206		1	LC	8		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		1	LC	8		3.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	49		1	LC	8		120		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.206		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		

NDB No. 16243
SILK Plus Fiber, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	LC	8		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16241
SILK Plus Omega-3 DHA, soymilk
WhiteWave Foods Company

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	91.13		0	O	4		221.45		
Energy	kcal	45		1	LC	8		110		
Energy	kJ	188		1	LC	8		457		
Protein (N x 6.25)	g	2.88		1	LC	8		7.00		
Total lipid (fat)	g	2.06		1	LC	8		5.00		
Ash	g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference	g	3.29		1	LC	8		8.00		
Fiber, total dietary	g	0.4		1	LC	8		1.0		
Sugars, total	g	2.47		1	LC	8		6.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	144		1	LC	8		350		
Iron, Fe	mg	0.44		1	LC	8		1.08		
Magnesium, Mg	mg	16		1	LC	8		40		
Phosphorus, P	mg									
Potassium, K	mg	144		1	LC	8		350		
Sodium, Na	mg	49		1	LC	8		120		
Zinc, Zn	mg	0.25		1	LC	8		0.60		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	2.3		1	LC	8		5.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg	0.210		1	LC	8		0.510		
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	10		1	LC	8		24		
Folic acid	mcg									
Folate, food	mcg	10		1	LC	8		24		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.23		1	LC	8		3.00		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	412		1	LC	8		1000		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.2		1	LC	8		3.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	49		1	LC	8		120		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.206		1	LC	8		0.500		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g	0.000		1	LC	8		0.000		

NDB No. 16241
SILK Plus Omega-3 DHA, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	LC	8		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16242
SILK Plus for Bone Health, soymilk
WhiteWave Foods Company

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	90.92		0	O	4		220.94		
Energy....kcal	41		1	LC	8		100		
Energy....kJ	172		1	LC	8		418		
Protein (N x 6.25)....g	2.47		1	LC	8		6.00		
Total lipid (fat)....g	1.44		1	LC	8		3.50		
Ash....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference....g	4.53		1	LC	8		11.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	2.88		1	LC	8		7.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	165		1	LC	8		400		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg	16		1	LC	8		40		
Phosphorus, P....mg									
Potassium, K....mg	123		1	LC	8		300		
Sodium, Na....mg	39		1	LC	8		95		
Zinc, Zn....mg	0.25		1	LC	8		0.60		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	2.3		1	LC	8		5.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg	0.210		1	LC	8		0.510		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	10		1	LC	8		24		
Folic acid....mcg									
Folate, food....mcg	10		1	LC	8		24		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.23		1	LC	8		3.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	206		1	LC	8		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		1	LC	8		3.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	49		1	LC	8		120		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.206		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		

NDB No. 16242
SILK Plus for Bone Health, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	LC	8		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16254
SILK Raspberry soy yogurt
WhiteWave Foods Company

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	77.59		0	O	4		131.90		
Energy....kcal	88		1	LC	8		150		
Energy....kJ	368		1	LC	8		626		
Protein (N x 6.25)....g	2.35		1	LC	8		4.00		
Total lipid (fat)....g	1.18		1	LC	8		2.00		
Ash....g	1.24		0	BFZN	4		2.10		
Carbohydrate, by difference....g	17.65		1	LC	8		30.00		
Fiber, total dietary....g	0.6		1	LC	8		1.0		
Sugars, total....g	12.94		1	LC	8		22.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	176		1	LC	8		300		
Iron, Fe....mg	0.64		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	15		1	LC	8		25		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	17.6		1	LC	8		30.0		
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		1	LC	8		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	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		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. 16254
SILK Raspberry soy yogurt

Measure 1 = 170g: 1 container

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16253
SILK Strawberry soy yogurt
WhiteWave Foods Company

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	77.00		0	O	4		130.90		
Energy....kcal	94		1	LC	8		160		
Energy....kJ	393		1	LC	8		668		
Protein (N x 6.25)....g	2.35		1	LC	8		4.00		
Total lipid (fat)....g	1.18		1	LC	8		2.00		
Ash....g	1.24		0	BFZN	4		2.10		
Carbohydrate, by difference....g	18.24		1	LC	8		31.00		
Fiber, total dietary....g	0.6		1	LC	8		1.0		
Sugars, total....g	12.94		1	LC	8		22.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	176		1	LC	8		300		
Iron, Fe....mg	0.64		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	15		1	LC	8		25		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	17.6		1	LC	8		30.0		
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		1	LC	8		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	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		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. 16253
SILK Strawberry soy yogurt

Measure 1 = 170g: 1 container

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16244
SILK Unsweetened, soymilk
WhiteWave Foods Company

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	93.18		0	O	4		226.43		
Energy	kcal	33		1	LC	8		80		
Energy	kJ	138		1	LC	8		335		
Protein (N x 6.25)	g	2.88		1	LC	8		7.00		
Total lipid (fat)	g	1.65		1	LC	8		4.00		
Ash	g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference	g	1.65		1	LC	8		4.00		
Fiber, total dietary	g	0.4		1	LC	8		1.0		
Sugars, total	g	0.41		1	LC	8		1.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	123		1	LC	8		300		
Iron, Fe	mg	0.44		1	LC	8		1.08		
Magnesium, Mg	mg	16		1	LC	8		40		
Phosphorus, P	mg									
Potassium, K	mg	123		1	LC	8		300		
Sodium, Na	mg	35		1	LC	8		85		
Zinc, Zn	mg	0.25		1	LC	8		0.60		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	2.3		1	LC	8		5.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg	0.210		1	LC	8		0.510		
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	10		1	LC	8		24		
Folic acid	mcg									
Folate, food	mcg	10		1	LC	8		24		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.23		1	LC	8		3.00		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	206		1	LC	8		500		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0			Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		1	LC	8		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.206		1	LC	8		0.500		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g	0.000		1	LC	8		0.000		

NDB No. 16244
SILK Unsweetened, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	LC	8		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16250

SILK Vanilla soy Yogurt (Family size)

WhiteWave Foods Company

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	80.70		0	O	4		183.19		
Energy....kcal	79		1	LC	8		180		
Energy....kJ	331		1	LC	8		751		
Protein (N x 6.25)....g	2.64		1	LC	8		6.00		
Total lipid (fat)....g	1.76		1	LC	8		4.00		
Ash....g	1.24		0	BFZN	4		2.81		
Carbohydrate, by difference....g	13.66		1	LC	8		31.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	10.57		1	LC	8		24.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	132		1	LC	8		300		
Iron, Fe....mg	0.48		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	13		1	LC	8		30		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		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									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.3		1	LC	8		3.0		
Vitamin D....IU	53		1	LC	8		120		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.220		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		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. 16250
SILK Vanilla soy Yogurt (Family size)

Measure 1 = 227g: 1 container

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16251

SILK Vanilla soy yogurt (single serving size)

WhiteWave Foods Company

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	79.35		0	O	4		134.90		
Energy....kcal	88		1	LC	8		150		
Energy....kJ	368		1	LC	8		626		
Protein (N x 6.25)....g	2.94		1	LC	8		5.00		
Total lipid (fat)....g	1.76		1	LC	8		3.00		
Ash....g	1.24		0	BFZN	4		2.10		
Carbohydrate, by difference....g	14.71		1	LC	8		25.00		
Fiber, total dietary....g	0.6		1	LC	8		1.0		
Sugars, total....g	10.59		1	LC	8		18.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	176		1	LC	8		300		
Iron, Fe....mg	0.85		1	LC	8		1.44		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	12		1	LC	8		20		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	17.6		1	LC	8		30.0		
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		1	LC	8		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	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		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. 16251

SILK Vanilla soy yogurt (single serving size)

Measure 1 = 170g: 1 container

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16236
SILK Vanilla, soymilk
WhiteWave Foods Company

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	91.32		0	O	4		221.91		
Energy	kcal	41		1	LC	8		100		
Energy	kJ	172		1	LC	8		418		
Protein (N x 6.25)	g	2.47		1	LC	8		6.00		
Total lipid (fat)	g	1.44		1	LC	8		3.50		
Ash	g	0.65		0	BFZN	4		1.58		
Carbohydrate, by difference	g	4.12		1	LC	8		10.00		
Fiber, total dietary	g	0.4		1	LC	8		1.0		
Sugars, total	g	2.88		1	LC	8		7.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	123		1	LC	8		300		
Iron, Fe	mg	0.44		1	LC	8		1.08		
Magnesium, Mg	mg	16		1	LC	8		40		
Phosphorus, P	mg									
Potassium, K	mg	123		1	LC	8		300		
Sodium, Na	mg	39		1	LC	8		95		
Zinc, Zn	mg	0.25		1	LC	8		0.60		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	2.3		1	LC	8		5.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg	0.210		1	LC	8		0.510		
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	10		1	LC	8		24		
Folic acid	mcg									
Folate, food	mcg	10		1	LC	8		24		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.23		1	LC	8		3.00		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	206		1	LC	8		500		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.2		1	LC	8		3.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	49		1	LC	8		120		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.206		1	LC	8		0.500		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g	0.000		1	LC	8		0.000		

NDB No. 16236
SILK Vanilla, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	LC	8		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16245
SILK Very Vanilla, soymilk
WhiteWave Foods Company

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	87.41		0	O	4		212.41		
Energy....kcal	53		1	LC	8		130		
Energy....kJ	222		1	LC	8		539		
Protein (N x 6.25)....g	2.47		1	LC	8		6.00		
Total lipid (fat)....g	1.65		1	LC	8		4.00		
Ash....g	0.65		0	BFZN	4		1.58		
Carbohydrate, by difference....g	7.82		1	LC	8		19.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	6.58		1	LC	8		16.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	144		1	LC	8		350		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg	16		1	LC	8		40		
Phosphorus, P....mg									
Potassium, K....mg	123		1	LC	8		300		
Sodium, Na....mg	58		1	LC	8		140		
Zinc, Zn....mg	0.62		1	LC	8		1.50		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	2.3		1	LC	8		5.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.6		1	LC	8		21.0		
Thiamin....mg									
Riboflavin....mg	0.210		1	LC	8		0.510		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	10		1	LC	8		24		
Folic acid....mcg									
Folate, food....mcg	10		1	LC	8		24		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.23		1	LC	8		3.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	412		1	LC	8		1000		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		1	LC	8		3.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	49		1	LC	8		120		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.206		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		

NDB No. 16245
SILK Very Vanilla, soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	LC	8		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43135
Sandwich spread, meatless

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		1		10.50		
Energy....kcal	149		0	NC	4		22		
Energy....kJ	623		0	NC	4		94		
Protein....g	8.00		0		1		1.20		
Total lipid (fat)....g	9.00		0		1		1.35		
Ash....g	4.00		0	O	4		0.60		
Carbohydrate, by difference....g	9.00		0	NC	4		1.35		
Fiber, total dietary....g	3.3		0		4		0.5		
Sugars, total....g	4.58		0	BFNN	4		0.69		
Starch....g									
Minerals:									
Calcium, Ca....mg	44		0		1		7		
Iron, Fe....mg	1.50		0		1		0.23		
Magnesium, Mg....mg	127		0		4		19		
Phosphorus, P....mg	220		0		4		33		
Potassium, K....mg	340		0		1		51		
Sodium, Na....mg	630		0		1		95		
Zinc, Zn....mg	1.30		0		1		0.20		
Copper, Cu....mg	0.649		0		4		0.097		
Manganese, Mn....mg	0.765		0	BFNN	4		0.115		
Selenium, Se....mcg	0.5		0	BFSN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0		
Thiamin....mg	0.600		0		1		0.090		
Riboflavin....mg	0.700		0		1		0.105		
Niacin....mg	13.000		0		1		1.950		
Pantothenic acid....mg	0.376		0	BFNN	4		0.056		
Vitamin B-6....mg	1.100		0		1		0.165		
Folate, total....mcg	103		0		4		15		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	103		0		4		15		
Folate, DFE....mcg_DFE	103		0	NC	4		15		
Choline, total....mg	46.5		0	BFNN	4		7.0		
Betaine....mg									
Vitamin B-12....mcg	3.10		0		1		0.47		
Vitamin B-12, added....mcg	3.10		0	NR	4		0.47		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	6		0	BFNN	4		1		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	10		0	NC	4		1		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	1.73		0	O	4		0.26		
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	1.425		0		4		0.214		
4:0....g	0.000		0		4		0.000		

NDB No. 43135
Sandwich spread, meatless

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.087		0		4		0.013		
13:0....g									
14:0....g	0.043		0		4		0.006		
15:0....g									
16:0....g	0.925		0		4		0.139		
17:0....g									
18:0....g	0.369		0		4		0.055		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.188		0		4		0.328		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	2.188		0		4		0.328		
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	4.666		0		4		0.700		
18:2 undifferentiated....g	4.146		0		4		0.622		
18:3 undifferentiated....g	0.520		0		4		0.078		
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	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 = 15.0g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16107
Sausage, meatless

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	50.40		2		1		12.60	19.15	14.11
Energy....kcal	257		0	NC	4		64	97	72
Energy....kJ	1073		0	NC	4		268	408	301
Protein (N x 5.71)....g	18.53		2		1		4.63	7.04	5.19
Total lipid (fat)....g	18.16		2		1		4.54	6.90	5.08
Ash....g	3.07		2		1		0.77	1.17	0.86
Carbohydrate, by difference....g	9.84		0	NC	4		2.46	3.74	2.76
Fiber, total dietary....g	2.8		0		1		0.7	1.1	0.8
Sugars, total....g	0.00		0	LC	8		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	63		2		1		16	24	18
Iron, Fe....mg	3.72		2		1		0.93	1.41	1.04
Magnesium, Mg....mg	36		2		1		9	14	10
Phosphorus, P....mg	225		2		1		56	86	63
Potassium, K....mg	231		2		1		58	88	65
Sodium, Na....mg	888		2		1		222	337	249
Zinc, Zn....mg	1.46		2		1		0.37	0.55	0.41
Copper, Cu....mg	0.250		2		1		0.063	0.095	0.070
Manganese, Mn....mg	0.725		2		1		0.181	0.276	0.203
Selenium, Se....mcg	7.4		0	BFZN	4		1.9	2.8	2.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	2.343		2		1		0.586	0.890	0.656
Riboflavin....mg	0.402		2		1		0.101	0.153	0.113
Niacin....mg	11.195		2		1		2.799	4.254	3.135
Pantothenic acid....mg	0.323		2		1		0.081	0.123	0.090
Vitamin B-6....mg	0.828		2		1		0.207	0.315	0.232
Folate, total....mcg	26		2		1		7	10	7
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	26		2		1		7	10	7
Folate, DFE....mcg_DFE	26		0	NC	4		7	10	7
Choline, total....mg	69.7		0	BFNN	4		17.4	26.5	19.5
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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	O	4		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	NC	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	2.10		0	O	4		0.53	0.80	0.59
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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	2.926		0		1		0.732	1.112	0.819
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 16107
Sausage, meatless

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.217		0		1		0.054	0.082	0.061
13:0....g									
14:0....g	0.067		0		1		0.017	0.025	0.019
15:0....g									
16:0....g	1.856		0		1		0.464	0.705	0.520
17:0....g									
18:0....g	0.786		0		1		0.197	0.299	0.220
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.498		0		1		1.125	1.709	1.259
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	4.498		0		1		1.125	1.709	1.259
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	9.279		0		1		2.320	3.526	2.598
18:2 undifferentiated....g	8.209		0		1		2.052	3.119	2.299
18:3 undifferentiated....g	1.070		0		1		0.268	0.407	0.300
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		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0		1		0.070	0.106	0.078
Threonine....g	0.785		0		1		0.196	0.298	0.220
Isoleucine....g	0.970		0		1		0.243	0.369	0.272
Leucine....g	1.587		0		1		0.397	0.603	0.444
Lysine....g	1.262		0		1		0.316	0.480	0.353
Methionine....g	0.253		0		1		0.063	0.096	0.071
Cystine....g	0.305		0		1		0.076	0.116	0.085
Phenylalanine....g	1.061		0		1		0.265	0.403	0.297
Tyrosine....g	0.694		0		1		0.174	0.264	0.194
Valine....g	1.029		0		1		0.257	0.391	0.288
Arginine....g	1.519		0		1		0.380	0.577	0.425
Histidine....g	0.519		0		1		0.130	0.197	0.145
Alanine....g	0.853		0		1		0.213	0.324	0.239
Aspartic acid....g	2.307		0		1		0.577	0.877	0.646
Glutamic acid....g	4.215		0		1		1.054	1.602	1.180
Glycine....g	0.821		0		1		0.205	0.312	0.230
Proline....g	1.116		0		1		0.279	0.424	0.312
Serine....g	1.087		0		1		0.272	0.413	0.304
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. 16107
Sausage, meatless

Common Measures:

Measure 1 = 25g: 1 link
Measure 2 = 38g: 1 patty
Measure 3 = 28g: 1 slice

Calories Factors: Protein 3.48 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 16 Legumes and Legume Products

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

NDB No. 16117
Soy flour, defatted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.25		6		1		7.61	0.48	
Energy....kcal	330		0	NC	4		346	22	
Energy....kJ	1379		0	NC	4		1448	91	
Protein (N x 5.71)....g	47.01		6		1		49.36	3.10	
Total lipid (fat)....g	1.22		6		1		1.28	0.08	
Ash....g	6.15		2		1		6.46	0.41	
Carbohydrate, by difference....g	38.37		0	NC	4		40.29	2.53	
Fiber, total dietary....g	17.5		0		1		18.4	1.2	
Sugars, total....g	18.88		0	O	4		19.82	1.25	
Starch....g									
Minerals:									
Calcium, Ca....mg	241	27.984	17		1		253	16	
Iron, Fe....mg	9.24	0.781	13		1		9.70	0.61	
Magnesium, Mg....mg	290	32.952	13		1		305	19	
Phosphorus, P....mg	674		11		1		708	44	
Potassium, K....mg	2384	243.884	13		1		2503	157	
Sodium, Na....mg	20	2.319	13		1		21	1	
Zinc, Zn....mg	2.46	0.215	14		1		2.58	0.16	
Copper, Cu....mg	4.065	0.105	14		1		4.268	0.268	
Manganese, Mn....mg	3.018	0.084	13		1		3.169	0.199	
Selenium, Se....mcg	1.7		0	BFFN	4		1.8	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.698		5		1		0.733	0.046	
Riboflavin....mg	0.253		5		1		0.266	0.017	
Niacin....mg	2.612		5		1		2.743	0.172	
Pantothenic acid....mg	1.995		5		1		2.095	0.132	
Vitamin B-6....mg	0.574		5		1		0.603	0.038	
Folate, total....mcg	305		7		1		321	20	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	305		7		1		321	20	
Folate, DFE....mcg_DFE	305		0	NC	4		321	20	
Choline, total....mg	11.3		0	BFFN	4		11.8	0.7	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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		2	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	24		0	O	4		25	2	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	40		0	NC	4		42	3	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.12		0	BFFN	4		0.12	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	4.1		0	BFFN	4		4.3	0.3	
Lipids:									
Fatty acids, total saturated....g	0.136		0		1		0.143	0.009	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16117
Soy flour, defatted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.003		0		1		0.003	0.000	
15:0 g									
16:0 g	0.100		0		1		0.105	0.007	
17:0 g									
18:0 g	0.034		0		1		0.036	0.002	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.208		0		1		0.218	0.014	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.003		0		1		0.003	0.000	
17:1 g									
18:1 undifferentiated g	0.206		0		1		0.216	0.014	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.533		0		1		0.560	0.035	
18:2 undifferentiated g	0.470		0		1		0.494	0.031	
18:3 undifferentiated g	0.063		0		1		0.066	0.004	
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		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.683		0		1		0.717	0.045	
Threonine g	2.042		0		1		2.144	0.135	
Isoleucine g	2.281		0		1		2.395	0.151	
Leucine g	3.828		0		1		4.019	0.253	
Lysine g	3.129		0		1		3.285	0.207	
Methionine g	0.634		0		1		0.666	0.042	
Cystine g	0.757		0		1		0.795	0.050	
Phenylalanine g	2.453		0		1		2.576	0.162	
Tyrosine g	1.778		0		1		1.867	0.117	
Valine g	2.346		0		1		2.463	0.155	
Arginine g	3.647		0		1		3.829	0.241	
Histidine g	1.268		0		1		1.331	0.084	
Alanine g	2.215		0		1		2.326	0.146	
Aspartic acid g	5.911		0		1		6.207	0.390	
Glutamic acid g	9.106		0		1		9.561	0.601	
Glycine g	2.174		0		1		2.283	0.143	
Proline g	2.750		0		1		2.888	0.182	
Serine g	2.725		0		1		2.861	0.180	
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. 16117
Soy flour, defatted

Common Measures:

Measure 1 = 105g: 1 cup

Measure 2 = 6.6g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16417
Soy flour, defatted, crude protein basis (N x 6.25)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.61		2	A	1		4.61		
Energy	kcal	372		0	NC	4		372		
Energy	kJ	1557		0	NC	4		1557		
Protein (N x 6.25)	g	49.81		2	A	1		49.81		
Total lipid (fat)	g	8.90		2	A	1		8.90		
Ash	g	6.04		2	A	1		6.04		
Carbohydrate, by difference	g	30.63		0	NC	4		30.63		
Fiber, total dietary	g	16.0		2	A	1		16.0		
Sugars, total	g	14.58		0	O	4		14.58		
Starch	g									
Minerals:										
Calcium, Ca	mg	285		2	A	1		285		
Iron, Fe	mg	8.20		2	A	1		8.20		
Magnesium, Mg	mg	285		2	A	1		285		
Phosphorus, P	mg	675		2	A	1		675		
Potassium, K	mg	2090		2	A	1		2090		
Sodium, Na	mg	9		2	A	1		9		
Zinc, Zn	mg	4.10		2	A	1		4.10		
Copper, Cu	mg	1.600		2	A	1		1.600		
Manganese, Mn	mg	3.150		2	A	1		3.150		
Selenium, Se	mcg	58.9		2	A	1		58.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	1.088		2	A	1		1.088		
Riboflavin	mg	0.280		2	A	1		0.280		
Niacin	mg	2.950		2	A	1		2.950		
Pantothenic acid	mg	1.550		2	A	1		1.550		
Vitamin B-6	mg	1.050		2	A	1		1.050		
Folate, total	mcg	305		7		1		305		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	305		7		1		305		
Folate, DFE	mcg_DFE	305		0	NC	4		305		
Choline, total	mg	191.7		0	AS	1		191.7		
Betaine	mg	2.8		2	A	1		2.8		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	24		0	BFSN	4		24		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	40		0	NC	4		40		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.55		2	A	1		0.55		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.05		2	A	1		0.05		
Tocopherol, gamma	mg	6.03		2	A	1		6.03		
Tocopherol, delta	mg	2.61		2	A	1		2.61		
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	4.1		0	BFSN	4		4.1		
Lipids:										
Fatty acids, total saturated	g	1.290		0	NC	4		1.290		
4:0	g	0.000		0	BFSN	4		0.000		

NDB No. 16417
Soy flour, defatted, crude protein basis (N x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFSN	4		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	0.000		2	A	1		0.000		
16:0....g	0.885		2	A	1		0.885		
17:0....g	0.000		2	A	1		0.000		
18:0....g	0.355		2	A	1		0.355		
20:0....g	0.025		2	A	1		0.025		
22:0....g	0.020		2	A	1		0.020		
24:0....g	0.005		2	A	1		0.005		
Fatty acids, total monounsaturated....g	1.460		0	NC	4		1.460		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.000		2	A	1		0.000		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	1.450		2	A	1		1.450		
20:1....g	0.010		2	A	1		0.010		
22:1 undifferentiated....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	4.215		0	NC	4		4.215		
18:2 undifferentiated....g	3.660		2	A	1		3.660		
18:3 undifferentiated....g	0.555		2	A	1		0.555		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:5 n-3 (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									
Amino Acids:									
Tryptophan....g	0.683		0		1		0.683		
Threonine....g	2.042		0		1		2.042		
Isoleucine....g	2.281		0		1		2.281		
Leucine....g	3.828		0		1		3.828		
Lysine....g	3.129		0		1		3.129		
Methionine....g	0.634		0		1		0.634		
Cystine....g	0.757		0		1		0.757		
Phenylalanine....g	2.453		0		1		2.453		
Tyrosine....g	1.778		0		1		1.778		
Valine....g	2.346		0		1		2.346		
Arginine....g	3.647		0		1		3.647		
Histidine....g	1.268		0		1		1.268		
Alanine....g	2.215		0		1		2.215		
Aspartic acid....g	5.911		0		1		5.911		
Glutamic acid....g	9.106		0		1		9.106		
Glycine....g	2.174		0		1		2.174		
Proline....g	2.750		0		1		2.750		
Serine....g	2.725		0		1		2.725		
Hydroxyproline....g									
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

NDB No. 16417
Soy flour, defatted, crude protein basis (N x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 100g: 1 cup, stirred

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16115
Soy flour, full-fat, raw

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	5.16		5		1		4.33	0.27	
Energy....kcal	436		0	NC	4		366	23	
Energy....kJ	1824		0	NC	4		1532	95	
Protein (N x 5.71)....g	34.54		4		1		29.01	1.80	
Total lipid (fat)....g	20.65		2		1		17.35	1.07	
Ash....g	4.46		1		1		3.75	0.23	
Carbohydrate, by difference....g	35.19		0	NC	4		29.56	1.83	
Fiber, total dietary....g	9.6		0		4		8.1	0.5	
Sugars, total....g	7.50		0	O	4		6.30	0.39	
Starch....g									
Minerals:									
Calcium, Ca....mg	206		4		1		173	11	
Iron, Fe....mg	6.37		3		1		5.35	0.33	
Magnesium, Mg....mg	429		2		1		360	22	
Phosphorus, P....mg	494		1		1		415	26	
Potassium, K....mg	2515		2		1		2113	131	
Sodium, Na....mg	13		2		1		11	1	
Zinc, Zn....mg	3.92		2		1		3.29	0.20	
Copper, Cu....mg	2.920		2		1		2.453	0.152	
Manganese, Mn....mg	2.275		2		1		1.911	0.118	
Selenium, Se....mcg	7.5		0	BFZN	4		6.3	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.581		2		1		0.488	0.030	
Riboflavin....mg	1.160		2		1		0.974	0.060	
Niacin....mg	4.320		2		1		3.629	0.225	
Pantothenic acid....mg	1.590		1		1		1.336	0.083	
Vitamin B-6....mg	0.461		1		1		0.387	0.024	
Folate, total....mcg	345		1		1		290	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	345		1		1		290	18	
Folate, DFE....mcg_DFE	345		0	NC	4		290	18	
Choline, total....mg	190.6		0	BFSN	4		160.1	9.9	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	6		0	NC	4		5	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	72		0	O	4		60	4	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	120		0	NC	4		101	6	
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	O	4		1.64	0.10	
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	0.0		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	70.0		1	A	1		58.8	3.6	
Lipids:									
Fatty acids, total saturated....g	2.987		0		1		2.509	0.155	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16115
Soy flour, full-fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.057		0		1		0.048	0.003	
15:0....g									
16:0....g	2.192		0		1		1.841	0.114	
17:0....g									
18:0....g	0.737		0		1		0.619	0.038	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.561		0		1		3.831	0.237	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.057		0		1		0.048	0.003	
17:1....g									
18:1 undifferentiated....g	4.504		0		1		3.783	0.234	
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	11.657		0		1		9.792	0.606	
18:2 undifferentiated....g	10.280		0		1		8.635	0.535	
18:3 undifferentiated....g	1.378		0		1		1.158	0.072	
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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.502		0		1		0.422	0.026	
Threonine....g	1.500		0		1		1.260	0.078	
Isoleucine....g	1.675		0		1		1.407	0.087	
Leucine....g	2.812		0		1		2.362	0.146	
Lysine....g	2.298		0		1		1.930	0.119	
Methionine....g	0.466		0		1		0.391	0.024	
Cystine....g	0.556		0		1		0.467	0.029	
Phenylalanine....g	1.802		0		1		1.514	0.094	
Tyrosine....g	1.306		0		1		1.097	0.068	
Valine....g	1.724		0		1		1.448	0.090	
Arginine....g	2.679		0		1		2.250	0.139	
Histidine....g	0.931		0		1		0.782	0.048	
Alanine....g	1.627		0		1		1.367	0.085	
Aspartic acid....g	4.342		0		1		3.647	0.226	
Glutamic acid....g	6.689		0		1		5.619	0.348	
Glycine....g	1.597		0		1		1.341	0.083	
Proline....g	2.020		0		1		1.697	0.105	
Serine....g	2.002		0		1		1.682	0.104	
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. 16115
Soy flour, full-fat, raw

Common Measures:

Measure 1 = 84g: 1 cup, stirred

Measure 2 = 5.2g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16415
Soy flour, full-fat, raw, crude protein basis (N x 6.25)

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	5.16		5		1		4.39		
Energy	kcal	434		0	NC	4		369		
Energy	kJ	1816				4		1543		
Protein (N x 6.25)	g	37.80		4		1		32.13		
Total lipid (fat)	g	20.65		2		1		17.55		
Ash	g	4.46		1		1		3.79		
Carbohydrate, by difference	g	31.93		0	NC	4		27.14		
Fiber, total dietary	g	9.6		0	BFZN	4		8.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	206		4		1		175		
Iron, Fe	mg	6.37		3		1		5.41		
Magnesium, Mg	mg	429		2		1		365		
Phosphorus, P	mg	494		1		1		420		
Potassium, K	mg	2515		2		1		2138		
Sodium, Na	mg	13		2		1		11		
Zinc, Zn	mg	3.92		2		1		3.33		
Copper, Cu	mg	2.920		2		1		2.482		
Manganese, Mn	mg	2.275		2		1		1.934		
Selenium, Se	mcg	7.5		0	BFZN	4		6.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.581		2		1		0.494		
Riboflavin	mg	1.160		2		1		0.986		
Niacin	mg	4.320		2		1		3.672		
Pantothenic acid	mg	1.590		1		1		1.352		
Vitamin B-6	mg	0.461		1		1		0.392		
Folate, total	mcg	345		1		1		293		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	345		1		1		293		
Folate, DFE	mcg_DFE	345		0	NC	4		293		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	6		1		1		5		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	120		1		1		102		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	2.987		0		1		2.539		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16415
Soy flour, full-fat, raw, crude protein basis (N x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.057		0		1		0.048		
15:0 g									
16:0 g	2.192		0		1		1.863		
17:0 g									
18:0 g	0.737		0		1		0.626		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.561		0		1		3.877		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.057		0		1		0.048		
17:1 g									
18:1 undifferentiated g	4.504		0		1		3.828		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	11.657		0		1		9.908		
18:2 undifferentiated g	10.280		0		1		8.738		
18:3 undifferentiated g	1.378		0		1		1.171		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.502		0		1		0.427		
Threonine g	1.500		0		1		1.275		
Isoleucine g	1.675		0		1		1.424		
Leucine g	2.812		0		1		2.390		
Lysine g	2.298		0		1		1.953		
Methionine g	0.466		0		1		0.396		
Cystine g	0.556		0		1		0.473		
Phenylalanine g	1.802		0		1		1.532		
Tyrosine g	1.306		0		1		1.110		
Valine g	1.724		0		1		1.465		
Arginine g	2.679		0		1		2.277		
Histidine g	0.931		0		1		0.791		
Alanine g	1.627		0		1		1.383		
Aspartic acid g	4.342		0		1		3.691		
Glutamic acid g	6.689		0		1		5.686		
Glycine g	1.597		0		1		1.357		
Proline g	2.020		0		1		1.717		
Serine g	2.002		0		1		1.702		
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 = 85g: 1 cup, stirred

NDB No. 16415
Soy flour, full-fat, raw, crude protein basis (N x 6.25)

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16116
Soy flour, full-fat, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.81	0.128	58		1		3.24		
Energy	kcal	441		0	NC	4		375		
Energy	kJ	1844		0	NC	4		1568		
Protein (N x 5.71)	g	34.80	0.161	52		1		29.58		
Total lipid (fat)	g	21.86	0.221	31		1		18.58		
Ash	g	5.86	0.233	16		1		4.98		
Carbohydrate, by difference	g	33.67		0	NC	4		28.62		
Fiber, total dietary	g	9.7		0	BFSN	4		8.2		
Sugars, total	g	7.61		0	BFSN	4		6.47		
Starch	g									
Minerals:										
Calcium, Ca	mg	188		0		1		160		
Iron, Fe	mg	5.82		0		1		4.95		
Magnesium, Mg	mg	369		0		1		314		
Phosphorus, P	mg	476		0		1		405		
Potassium, K	mg	2041		0		1		1735		
Sodium, Na	mg	12		0		1		10		
Zinc, Zn	mg	3.58		0		1		3.04		
Copper, Cu	mg	2.221		0		1		1.888		
Manganese, Mn	mg	2.077		0		1		1.765		
Selenium, Se	mcg	7.5		1	A	1		6.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.412		0		1		0.350		
Riboflavin	mg	0.941		0		1		0.800		
Niacin	mg	3.286		0		1		2.793		
Pantothenic acid	mg	1.209		0		1		1.028		
Vitamin B-6	mg	0.351		0		1		0.298		
Folate, total	mcg	227		0		1		193		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	227		0		1		193		
Folate, DFE	mcg_DFE	227		0	NC	4		193		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	6		0	NC	4		5		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	73		0	BFSN	4		62		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	122		0	NC	4		103		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	1.98		0	BFSN	4		1.68		
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	71.0		0	BFSN	4		60.3		
Lipids:										
Fatty acids, total saturated	g	3.162		0		1		2.688		
4:0	g	0.000		0	BFSN	4		0.000		

NDB No. 16116
Soy flour, full-fat, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0	BFSN	4		0.000		
13:0....g									
14:0....g	0.061		0		1		0.052		
15:0....g									
16:0....g	2.320		0		1		1.972		
17:0....g									
18:0....g	0.780		0		1		0.663		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.829		0		1		4.105		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.061		0		1		0.052		
17:1....g									
18:1 undifferentiated....g	4.768		0		1		4.053		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	12.341		0		1		10.490		
18:2 undifferentiated....g	10.883		0		1		9.251		
18:3 undifferentiated....g	1.458		0		1		1.239		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.506		0		1		0.430		
Threonine....g	1.511		0		1		1.284		
Isoleucine....g	1.688		0		1		1.435		
Leucine....g	2.834		0		1		2.409		
Lysine....g	2.316		0		1		1.969		
Methionine....g	0.469		0		1		0.399		
Cystine....g	0.561		0		1		0.477		
Phenylalanine....g	1.816		0		1		1.544		
Tyrosine....g	1.316		0		1		1.119		
Valine....g	1.737		0		1		1.476		
Arginine....g	2.700		0		1		2.295		
Histidine....g	0.938		0		1		0.797		
Alanine....g	1.639		0		1		1.393		
Aspartic acid....g	4.375		0		1		3.719		
Glutamic acid....g	6.740		0		1		5.729		
Glycine....g	1.609		0		1		1.368		
Proline....g	2.035		0		1		1.730		
Serine....g	2.017		0		1		1.714		
Hydroxyproline....g									
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.

NDB No. 16116
Soy flour, full-fat, roasted

Common Measures:

Measure 1 = 85g: 1 cup, stirred

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16416
Soy flour, full-fat, roasted, crude protein basis (N x 6.25)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.81	0.128	58		1		3.24		
Energy	kcal	439		0	NC	4		373		
Energy	kJ	1837				4		1561		
Protein (N x 6.25)	g	38.09	0.674	52		1		32.38		
Total lipid (fat)	g	21.86	0.221	31		1		18.58		
Ash	g	5.86	0.233	16		1		4.98		
Carbohydrate, by difference	g	30.38		0	NC	4		25.82		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	188		0		1		160		
Iron, Fe	mg	5.82		0		1		4.95		
Magnesium, Mg	mg	369		0		1		314		
Phosphorus, P	mg	476		0		1		405		
Potassium, K	mg	2041		0		1		1735		
Sodium, Na	mg	12		0		1		10		
Zinc, Zn	mg	3.58		0		1		3.04		
Copper, Cu	mg	2.221		0		1		1.888		
Manganese, Mn	mg	2.077		0		1		1.765		
Selenium, Se	mcg	7.5		1	A	1		6.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.412		0		1		0.350		
Riboflavin	mg	0.941		0		1		0.800		
Niacin	mg	3.286		0		1		2.793		
Pantothenic acid	mg	1.209		0		1		1.028		
Vitamin B-6	mg	0.351		0		1		0.298		
Folate, total	mcg	227		0		1		193		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	227		0		1		193		
Folate, DFE	mcg_DFE	227		0	NC	4		193		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	6		0		1		5		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	110		0		1		94		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	3.162		0		1		2.688		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16416
Soy flour, full-fat, roasted, crude protein basis (N x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.061		0		1		0.052		
15:0 g									
16:0 g	2.320		0		1		1.972		
17:0 g									
18:0 g	0.780		0		1		0.663		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.829		0		1		4.105		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.061		0		1		0.052		
17:1 g									
18:1 undifferentiated g	4.768		0		1		4.053		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	12.341		0		1		10.490		
18:2 undifferentiated g	10.883		0		1		9.251		
18:3 undifferentiated g	1.458		0		1		1.239		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.506		0		1		0.430		
Threonine g	1.511		0		1		1.284		
Isoleucine g	1.688		0		1		1.435		
Leucine g	2.834		0		1		2.409		
Lysine g	2.316		0		1		1.969		
Methionine g	0.469		0		1		0.399		
Cystine g	0.561		0		1		0.477		
Phenylalanine g	1.816		0		1		1.544		
Tyrosine g	1.316		0		1		1.119		
Valine g	1.737		0		1		1.476		
Arginine g	2.700		0		1		2.295		
Histidine g	0.938		0		1		0.797		
Alanine g	1.639		0		1		1.393		
Aspartic acid g	4.375		0		1		3.719		
Glutamic acid g	6.740		0		1		5.729		
Glycine g	1.609		0		1		1.368		
Proline g	2.035		0		1		1.730		
Serine g	2.017		0		1		1.714		
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 = 85g: 1 cup, stirred

NDB No. 16416
Soy flour, full-fat, roasted, crude protein basis (N x 6.25)

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16118
Soy flour, low-fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.61		2	A	1		4.06	0.25	
Energy....kcal	375		0	NC	4		330	21	
Energy....kJ	1567		0	NC	4		1379	86	
Protein (N x 5.71)....g	45.51		2	A	1		40.05	2.50	
Total lipid (fat)....g	8.90		2	A	1		7.84	0.49	
Ash....g	6.04		2	A	1		5.32	0.33	
Carbohydrate, by difference....g	34.93		0	NC	4		30.74	1.92	
Fiber, total dietary....g	16.0		2	A	1		14.1	0.9	
Sugars, total....g	10.53		0	LC	8		9.26	0.58	
Starch....g	5.25		2	A	1		4.62	0.29	
Minerals:									
Calcium, Ca....mg	285		2	A	1		251	16	
Iron, Fe....mg	8.20		2	A	1		7.22	0.45	
Magnesium, Mg....mg	285		2	A	1		251	16	
Phosphorus, P....mg	675		2	A	1		594	37	
Potassium, K....mg	2090		2	A	1		1839	115	
Sodium, Na....mg	9		2	A	1		8	0	
Zinc, Zn....mg	4.10		2	A	1		3.61	0.23	
Copper, Cu....mg	1.600		2	A	1		1.408	0.088	
Manganese, Mn....mg	3.150		2	A	1		2.772	0.173	
Selenium, Se....mcg	58.9		2	A	1		51.8	3.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	1.088		2	A	1		0.957	0.060	
Riboflavin....mg	0.280		2	A	1		0.247	0.015	
Niacin....mg	2.950		2	A	1		2.596	0.162	
Pantothenic acid....mg	1.550		2	A	1		1.364	0.085	
Vitamin B-6....mg	1.050		2	A	1		0.924	0.058	
Folate, total....mcg	289		0	BFNN	4		254	16	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	289		0	BFNN	4		254	16	
Folate, DFE....mcg_DFE	289		0	NC	4		254	16	
Choline, total....mg	191.7		0	AS	1		168.7	10.5	
Betaine....mg	2.8		2	A	1		2.5	0.2	
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	2		0	NC	4		2	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	24		0	O	4		21	1	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	40		0	NC	4		35	2	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.55		2	A	1		0.49	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.05		2	A	1		0.05	0.00	
Tocopherol, gamma....mg	6.03		2	A	1		5.31	0.33	
Tocopherol, delta....mg	2.61		2	A	1		2.30	0.14	
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	3.9		0	BFNN	4		3.4	0.2	
Lipids:									
Fatty acids, total saturated....g	1.290		0	NC	4		1.135	0.071	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 16118
Soy flour, low-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	0.000		0	Z	7		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	0.000		2	A	1		0.000	0.000	
16:0 g	0.885		2	A	1		0.779	0.049	
17:0 g	0.000		2	A	1		0.000	0.000	
18:0 g	0.355		2	A	1		0.312	0.020	
20:0 g	0.025		2	A	1		0.022	0.001	
22:0 g	0.020		2	A	1		0.018	0.001	
24:0 g	0.005		2	A	1		0.004	0.000	
Fatty acids, total monounsaturated g	1.460		0	NC	4		1.285	0.080	
14:1 g	0.000		2	A	1		0.000	0.000	
15:1 g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated g	0.000		2	A	1		0.000	0.000	
17:1 g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated g	1.450		2	A	1		1.276	0.080	
20:1 g	0.010		2	A	1		0.009	0.001	
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	4.215		0	NC	4		3.709	0.232	
18:2 undifferentiated g	3.660		2	A	1		3.221	0.201	
18:3 undifferentiated g	0.555		2	A	1		0.488	0.031	
18:4 g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (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	0		0	Z	7		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 88g: 1 cup, stirred

Measure 2 = 5.5g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16418
Soy flour, low-fat, crude protein basis (N x 6.25)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.70		1		1		2.38		
Energy	kcal	369		0	NC	4		325		
Energy	kJ	1546		0	NC	4		1360		
Protein (N x 6.25)	g	50.93		0		1		44.82		
Total lipid (fat)	g	6.70		0		1		5.90		
Ash	g	6.09		0		1		5.36		
Carbohydrate, by difference	g	33.58		0	NC	4		29.55		
Fiber, total dietary	g	10.2		0	BFZN	4		9.0		
Sugars, total	g	19.80		0	BFSN	4		17.42		
Starch	g									
Minerals:										
Calcium, Ca	mg	188		1		1		165		
Iron, Fe	mg	5.99		1		1		5.27		
Magnesium, Mg	mg	229		1		1		202		
Phosphorus, P	mg	593		1		1		522		
Potassium, K	mg	2570		1		1		2262		
Sodium, Na	mg	18		1		1		16		
Zinc, Zn	mg	1.18		1		1		1.04		
Copper, Cu	mg	5.080		1		1		4.470		
Manganese, Mn	mg	3.080		1		1		2.710		
Selenium, Se	mcg	9.3		1	A	1		8.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.380		1		1		0.334		
Riboflavin	mg	0.285		1		1		0.251		
Niacin	mg	2.160		1		1		1.901		
Pantothenic acid	mg	1.820		1		1		1.602		
Vitamin B-6	mg	0.522		1		1		0.459		
Folate, total	mcg	410		1		1		361		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	410		1		1		361		
Folate, DFE	mcg_DFE	410		0	NC	4		361		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	24		0	BFSN	4		21		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	40		0	NC	4		35		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.19		0	BFSN	4		0.17		
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	4.1		0	BFSN	4		3.6		
Lipids:										
Fatty acids, total saturated	g	0.969		0		1		0.853		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		

NDB No. 16418
Soy flour, low-fat, crude protein basis (N x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFSN	4		0.000		
12:0 ... g	0.000		0	BFSN	4		0.000		
13:0 ... g									
14:0 ... g	0.019		0		1		0.017		
15:0 ... g									
16:0 ... g	0.711		0		1		0.626		
17:0 ... g									
18:0 ... g	0.239		0		1		0.210		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.480		0		1		1.302		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.019		0		1		0.017		
17:1 ... g									
18:1 undifferentiated ... g	1.461		0		1		1.286		
20:1 ... g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFSN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.782		0		1		3.328		
18:2 undifferentiated ... g	3.335		0		1		2.935		
18:3 undifferentiated ... g	0.447		0		1		0.393		
18:4 ... g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.676		0		1		0.595		
Threonine ... g	2.021		0		1		1.778		
Isoleucine ... g	2.257		0		1		1.986		
Leucine ... g	3.789		0		1		3.334		
Lysine ... g	3.097		0		1		2.725		
Methionine ... g	0.627		0		1		0.552		
Cystine ... g	0.750		0		1		0.660		
Phenylalanine ... g	2.428		0		1		2.137		
Tyrosine ... g	1.760		0		1		1.549		
Valine ... g	2.322		0		1		2.043		
Arginine ... g	3.610		0		1		3.177		
Histidine ... g	1.255		0		1		1.104		
Alanine ... g	2.192		0		1		1.929		
Aspartic acid ... g	5.851		0		1		5.149		
Glutamic acid ... g	9.013		0		1		7.931		
Glycine ... g	2.151		0		1		1.893		
Proline ... g	2.722		0		1		2.395		
Serine ... g	2.697		0		1		2.373		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
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.

NDB No. 16418

Soy flour, low-fat, crude protein basis (N x 6.25)

Common Measures:

Measure 1 = 88g: 1 cup, stirred

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16119
Soy meal, defatted, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.94	0.307	4		1		8.47		
Energy	kcal	339		0	NC	4		414		
Energy	kJ	1418				4		1730		
Protein (N x 5.71)	g	44.95	1.226	5		1		54.84		
Total lipid (fat)	g	2.39		2		1		2.92		
Ash	g	5.58		3		1		6.81		
Carbohydrate, by difference	g	40.14		0	NC	4		48.97		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	244	38.533	10		1		298		
Iron, Fe	mg	13.70	0.378	7		1		16.71		
Magnesium, Mg	mg	306	8.200	7		1		373		
Phosphorus, P	mg	701	16.380	8		1		855		
Potassium, K	mg	2490	79.372	7		1		3038		
Sodium, Na	mg	3	2.143	7		1		4		
Zinc, Zn	mg	5.06		8		1		6.17		
Copper, Cu	mg	2.000	0.163	6		1		2.440		
Manganese, Mn	mg	3.800	0.134	5		1		4.636		
Selenium, Se	mcg	3.3		0	BFFN	4		4.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.691		0		1		0.843		
Riboflavin	mg	0.251		0		1		0.306		
Niacin	mg	2.587		0		1		3.156		
Pantothenic acid	mg	1.976		0		1		2.411		
Vitamin B-6	mg	0.569		0		1		0.694		
Folate, total	mcg	303		0		1		369		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	303		0		1		369		
Folate, DFE	mcg_DFE	303		0	NC	4		369		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	2		0		1		2		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	40		0		1		49		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.268		0		1		0.327		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16119
Soy meal, defatted, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.005		0		1		0.006		
15:0....g									
16:0....g	0.196		0		1		0.239		
17:0....g									
18:0....g	0.066		0		1		0.081		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.409		0		1		0.499		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.006		
17:1....g									
18:1 undifferentiated....g	0.404		0		1		0.493		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.045		0		1		1.275		
18:2 undifferentiated....g	0.921		0		1		1.124		
18:3 undifferentiated....g	0.123		0		1		0.150		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.653		0		1		0.797		
Threonine....g	1.952		0		1		2.381		
Isoleucine....g	2.180		0		1		2.660		
Leucine....g	3.660		0		1		4.465		
Lysine....g	2.991		0		1		3.649		
Methionine....g	0.606		0		1		0.739		
Cystine....g	0.724		0		1		0.883		
Phenylalanine....g	2.346		0		1		2.862		
Tyrosine....g	1.700		0		1		2.074		
Valine....g	2.243		0		1		2.736		
Arginine....g	3.487		0		1		4.254		
Histidine....g	1.212		0		1		1.479		
Alanine....g	2.117		0		1		2.583		
Aspartic acid....g	5.651		0		1		6.894		
Glutamic acid....g	8.705		0		1		10.620		
Glycine....g	2.078		0		1		2.535		
Proline....g	2.629		0		1		3.207		
Serine....g	2.605		0		1		3.178		
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 = 122g: 1 cup

NDB No. 16119
Soy meal, defatted, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16419
Soy meal, defatted, raw, crude protein basis (N x 6.25)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.94	0.307	4		1		8.47		
Energy	kcal	337		0	NC	4		411		
Energy	kJ	1410				4		1720		
Protein (N x 6.25)	g	49.20	0.235	5		1		60.02		
Total lipid (fat)	g	2.39		2		1		2.92		
Ash	g	5.58		3		1		6.81		
Carbohydrate, by difference	g	35.89		0	NC	4		43.79		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	244	38.533	10		1		298		
Iron, Fe	mg	13.70	0.378	7		1		16.71		
Magnesium, Mg	mg	306	8.200	7		1		373		
Phosphorus, P	mg	701	16.380	8		1		855		
Potassium, K	mg	2490	79.372	7		1		3038		
Sodium, Na	mg	3	2.143	7		1		4		
Zinc, Zn	mg	5.06		8		1		6.17		
Copper, Cu	mg	2.000	0.163	6		1		2.440		
Manganese, Mn	mg	3.800	0.134	5		1		4.636		
Selenium, Se	mcg	3.3		0	BFFN	4		4.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.691		0		1		0.843		
Riboflavin	mg	0.251		0		1		0.306		
Niacin	mg	2.587		0		1		3.156		
Pantothenic acid	mg	1.976		0		1		2.411		
Vitamin B-6	mg	0.569		0		1		0.694		
Folate, total	mcg	303		0		1		369		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	303		0		1		369		
Folate, DFE	mcg_DFE	303		0	NC	4		369		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	2		0		1		2		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	40		0		1		49		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.268		0		1		0.327		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16419
Soy meal, defatted, raw, crude protein basis (N x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.005		0		1		0.006		
15:0 g									
16:0 g	0.196		0		1		0.239		
17:0 g									
18:0 g	0.066		0		1		0.081		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.409		0		1		0.499		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.005		0		1		0.006		
17:1 g									
18:1 undifferentiated g	0.404		0		1		0.493		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.045		0		1		1.275		
18:2 undifferentiated g	0.921		0		1		1.124		
18:3 undifferentiated g	0.123		0		1		0.150		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.653		0		1		0.797		
Threonine g	1.952		0		1		2.381		
Isoleucine g	2.180		0		1		2.660		
Leucine g	3.660		0		1		4.465		
Lysine g	2.991		0		1		3.649		
Methionine g	0.606		0		1		0.739		
Cystine g	0.724		0		1		0.883		
Phenylalanine g	2.346		0		1		2.862		
Tyrosine g	1.700		0		1		2.074		
Valine g	2.243		0		1		2.736		
Arginine g	3.487		0		1		4.254		
Histidine g	1.212		0		1		1.479		
Alanine g	2.117		0		1		2.583		
Aspartic acid g	5.651		0		1		6.894		
Glutamic acid g	8.705		0		1		10.620		
Glycine g	2.078		0		1		2.535		
Proline g	2.629		0		1		3.207		
Serine g	2.605		0		1		3.178		
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 = 122g: 1 cup

NDB No. 16419
Soy meal, defatted, raw, crude protein basis (N x 6.25)

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16421

Soy protein concentrate, crude protein basis (N x 6.25), produced by acid wash

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	5.80	0.520	7		1		1.64		
Energy	kcal	328		0	NC	4		93		
Energy	kJ	1372				4		389		
Protein (N x 6.25)	g	63.63	3.196	5		1		18.04		
Total lipid (fat)	g	0.46	0.186	5		1		0.13		
Ash	g	4.70	0.551	3		1		1.33		
Carbohydrate, by difference	g	25.41		0	NC	4		7.20		
Fiber, total dietary	g	5.5		0	BFZN	4		1.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	363	3.172	5		1		103		
Iron, Fe	mg	10.78	0.464	5		1		3.06		
Magnesium, Mg	mg	140		0		1		40		
Phosphorus, P	mg	839	15.256	5		1		238		
Potassium, K	mg	450		0		1		128		
Sodium, Na	mg	900		0		1		255		
Zinc, Zn	mg	4.40	0.818	5		1		1.25		
Copper, Cu	mg	0.976	0.158	5		1		0.277		
Manganese, Mn	mg	4.190	0.272	5		1		1.188		
Selenium, Se	mcg	0.8		0	CAZN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.316	0.020	5		1		0.090		
Riboflavin	mg	0.142	0.022	5		1		0.040		
Niacin	mg	0.716	0.108	5		1		0.203		
Pantothenic acid	mg	0.057	0.009	3		1		0.016		
Vitamin B-6	mg	0.134	0.005	5		1		0.038		
Folate, total	mcg	340	23.022	5		1		96		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	340	23.022	5		1		96		
Folate, DFE	mcg_DFE	340		0	NC	4		96		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.052		0		1		0.015		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16421

Soy protein concentrate, crude protein basis (N x 6.25), produced by acid wash

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.001		0		1		0.000		
15:0....g									
16:0....g	0.038		0		1		0.011		
17:0....g									
18:0....g	0.013		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.079		0		1		0.022		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.078		0		1		0.022		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.201		0		1		0.057		
18:2 undifferentiated....g	0.177		0		1		0.050		
18:3 undifferentiated....g	0.024		0		1		0.007		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.835		7		1		0.237		
Threonine....g	2.474		16		1		0.701		
Isoleucine....g	2.942		16		1		0.834		
Leucine....g	4.917		16		1		1.394		
Lysine....g	3.929		17		1		1.114		
Methionine....g	0.814		16		1		0.231		
Cystine....g	0.886		11		1		0.251		
Phenylalanine....g	3.278		16		1		0.929		
Tyrosine....g	2.301		10		1		0.652		
Valine....g	3.064		16		1		0.869		
Arginine....g	4.642		10		1		1.316		
Histidine....g	1.578		9		1		0.447		
Alanine....g	2.677		8		1		0.759		
Aspartic acid....g	7.249		8		1		2.055		
Glutamic acid....g	12.013		8		1		3.406		
Glycine....g	2.688		9		1		0.762		
Proline....g	3.298		8		1		0.935		
Serine....g	3.369		8		1		0.955		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 16421

Soy protein concentrate, crude protein basis (N x 6.25), produced by acid wash

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16420
Soy protein concentrate, produced by acid wash

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	5.80	0.520	7		1		1.64		
Energy	kcal	331		0	NC	4		94		
Energy	kJ	1386		0	NC	4		393		
Protein (N x 5.71)	g	58.13	2.152	360		1		16.48		
Total lipid (fat)	g	0.46	0.186	5		1		0.13		
Ash	g	4.70	0.551	3		1		1.33		
Carbohydrate, by difference	g	30.91		0	NC	4		8.76		
Fiber, total dietary	g	5.5		0	BFZN	4		1.6		
Sugars, total	g	20.00		0	O	4		5.67		
Starch	g									
Minerals:										
Calcium, Ca	mg	363	3.172	5		1		103		
Iron, Fe	mg	10.78	0.464	5		1		3.06		
Magnesium, Mg	mg	140		0		1		40		
Phosphorus, P	mg	839	15.256	5		1		238		
Potassium, K	mg	450		0		1		128		
Sodium, Na	mg	900		0		1		255		
Zinc, Zn	mg	4.40	0.818	5		1		1.25		
Copper, Cu	mg	0.976	0.158	5		1		0.277		
Manganese, Mn	mg	4.190	0.272	5		1		1.188		
Selenium, Se	mcg	0.8		0	CAZN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.316	0.020	5		1		0.090		
Riboflavin	mg	0.142	0.022	5		1		0.040		
Niacin	mg	0.716	0.108	5		1		0.203		
Pantothenic acid	mg	0.057	0.009	3		1		0.016		
Vitamin B-6	mg	0.134	0.005	5		1		0.038		
Folate, total	mcg	340	23.022	5		1		96		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	340	23.022	5		1		96		
Folate, DFE	mcg_DFE	340		0	NC	4		96		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		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	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
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	0.052		0		1		0.015		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16420
Soy protein concentrate, produced by acid wash

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.001		0		1		0.000		
15:0 g									
16:0 g	0.038		0		1		0.011		
17:0 g									
18:0 g	0.013		0		1		0.004		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.079		0		1		0.022		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.078		0		1		0.022		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.201		0		1		0.057		
18:2 undifferentiated g	0.177		0		1		0.050		
18:3 undifferentiated g	0.024		0		1		0.007		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.835		7		1		0.237		
Threonine g	2.474		16		1		0.701		
Isoleucine g	2.942		16		1		0.834		
Leucine g	4.917		16		1		1.394		
Lysine g	3.929		17		1		1.114		
Methionine g	0.814		16		1		0.231		
Cystine g	0.886		11		1		0.251		
Phenylalanine g	3.278		16		1		0.929		
Tyrosine g	2.301		10		1		0.652		
Valine g	3.064		16		1		0.869		
Arginine g	4.642		10		1		1.316		
Histidine g	1.578		9		1		0.447		
Alanine g	2.677		8		1		0.759		
Aspartic acid g	7.249		8		1		2.055		
Glutamic acid g	12.013		8		1		3.406		
Glycine g	2.688		9		1		0.762		
Proline g	3.298		8		1		0.935		
Serine g	3.369		8		1		0.955		
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

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

Common Measures:

NDB No. 16420

Soy protein concentrate, produced by acid wash

Measure 1 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16121
Soy protein concentrate, produced by alcohol extraction

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	5.80	0.520	7		1		1.64		
Energy....kcal	331		0	NC	4		94		
Energy....kJ	1386		0	NC	4		393		
Protein (N x 5.71)....g	58.13	2.152	360		1		16.48		
Total lipid (fat)....g	0.46	0.186	5		1		0.13		
Ash....g	4.70	0.551	3		1		1.33		
Carbohydrate, by difference....g	30.91		0	NC	4		8.76		
Fiber, total dietary....g	5.5		0		4		1.6		
Sugars, total....g	20.00		0	O	4		5.67		
Starch....g									
Minerals:									
Calcium, Ca....mg	363	3.172	5		1		103		
Iron, Fe....mg	10.78	0.464	5		1		3.06		
Magnesium, Mg....mg	315	7.153	5		1		89		
Phosphorus, P....mg	839	15.256	5		1		238		
Potassium, K....mg	2202	70.456	5		1		624		
Sodium, Na....mg	3		2		1		1		
Zinc, Zn....mg	4.40	0.818	5		1		1.25		
Copper, Cu....mg	0.976	0.158	5		1		0.277		
Manganese, Mn....mg	4.190	0.272	5		1		1.188		
Selenium, Se....mcg	0.8		0	CAZN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.316	0.020	5		1		0.090		
Riboflavin....mg	0.142	0.022	5		1		0.040		
Niacin....mg	0.716	0.108	5		1		0.203		
Pantothenic acid....mg	0.057	0.009	3		1		0.016		
Vitamin B-6....mg	0.134	0.005	5		1		0.038		
Folate, total....mcg	340	23.022	5		1		96		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	340	23.022	5		1		96		
Folate, DFE....mcg_DFE	340		0	NC	4		96		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		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	AS	1		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	0.052		0		1		0.015		
4:0....g									

NDB No. 16121
Soy protein concentrate, produced by alcohol extraction

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.001		0		1		0.000		
15:0....g									
16:0....g	0.038		0		1		0.011		
17:0....g									
18:0....g	0.013		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.079		0		1		0.022		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.078		0		1		0.022		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.201		0		1		0.057		
18:2 undifferentiated....g	0.177		0		1		0.050		
18:3 undifferentiated....g	0.024		0		1		0.007		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.835		7		1		0.237		
Threonine....g	2.474		16		1		0.701		
Isoleucine....g	2.942		16		1		0.834		
Leucine....g	4.917		16		1		1.394		
Lysine....g	3.929		17		1		1.114		
Methionine....g	0.814		16		1		0.231		
Cystine....g	0.886		11		1		0.251		
Phenylalanine....g	3.278		16		1		0.929		
Tyrosine....g	2.301		10		1		0.652		
Valine....g	3.064		16		1		0.869		
Arginine....g	4.642		10		1		1.316		
Histidine....g	1.578		9		1		0.447		
Alanine....g	2.677		8		1		0.759		
Aspartic acid....g	7.249		8		1		2.055		
Glutamic acid....g	12.013		8		1		3.406		
Glycine....g	2.688		9		1		0.762		
Proline....g	3.298		8		1		0.935		
Serine....g	3.369		8		1		0.955		
Hydroxyproline....g									
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.

NDB No. 16121

Soy protein concentrate, produced by alcohol extraction

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16122
Soy protein isolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.98		0		1		1.41		
Energy....kcal	338		0	NC	4		96		
Energy....kJ	1414		0		4		401		
Protein (N x 5.71)....g	80.69	0.101	233		1		22.88		
Total lipid (fat)....g	3.39	0.078	124		1		0.96		
Ash....g	3.58	0.056	166		1		1.01		
Carbohydrate, by difference....g	7.36		0	NC	4		2.09		
Fiber, total dietary....g	5.6		0		1		1.6		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	178	6.618	176		1		50		
Iron, Fe....mg	14.50	0.329	125		1		4.11		
Magnesium, Mg....mg	39	1.672	155		1		11		
Phosphorus, P....mg	776	7.476	163		1		220		
Potassium, K....mg	81	1.352	102		1		23		
Sodium, Na....mg	1005	6.605	592		1		285		
Zinc, Zn....mg	4.03	0.150	132		1		1.14		
Copper, Cu....mg	1.599	0.028	122		1		0.453		
Manganese, Mn....mg	1.493	0.060	146		1		0.423		
Selenium, Se....mcg	0.8		0	CAZN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.176	0.016	118		1		0.050		
Riboflavin....mg	0.100	0.004	118		1		0.028		
Niacin....mg	1.438	0.218	120		1		0.408		
Pantothenic acid....mg	0.060	0.003	109		1		0.017		
Vitamin B-6....mg	0.100		0		4		0.028		
Folate, total....mcg	176	3.286	112		1		50		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	176	3.286	112		1		50		
Folate, DFE....mcg_DFE	176		0	NC	4		50		
Choline, total....mg	190.9		0	BFSN	4		54.1		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		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	AS	1		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	0.422		0		1		0.120		
4:0....g	0.000		0		1		0.000		

NDB No. 16122
Soy protein isolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.008		0		1		0.002		
15:0....g									
16:0....g	0.310		0		1		0.088		
17:0....g									
18:0....g	0.104		0		1		0.029		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.645		0		1		0.183		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.637		0		1		0.181		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.648		0		1		0.467		
18:2 undifferentiated....g	1.453		0		1		0.412		
18:3 undifferentiated....g	0.195		0		1		0.055		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	1.116		40		1		0.316		
Threonine....g	3.137		66		1		0.889		
Isoleucine....g	4.253		66		1		1.206		
Leucine....g	6.783		66		1		1.923		
Lysine....g	5.327		71		1		1.510		
Methionine....g	1.130		74		1		0.320		
Cystine....g	1.046		55		1		0.297		
Phenylalanine....g	4.593		63		1		1.302		
Tyrosine....g	3.222		47		1		0.913		
Valine....g	4.098		66		1		1.162		
Arginine....g	6.670		46		1		1.891		
Histidine....g	2.303		47		1		0.653		
Alanine....g	3.589		44		1		1.017		
Aspartic acid....g	10.203		44		1		2.893		
Glutamic acid....g	17.452		44		1		4.948		
Glycine....g	3.603		44		1		1.021		
Proline....g	4.960		44		1		1.406		
Serine....g	4.593		44		1		1.302		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

NDB No. 16122
Soy protein isolate

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16176
Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, ProPlus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00		1	MA	12		1.42		
Energy	kcal	380		0	MC	9		108		
Energy	kJ	1590		0		9		451		
Protein (N x 6.25)	g	86.00		1	MA	12		24.38		
Total lipid (fat)	g	4.00		1	MA	12		1.13		
Ash	g	5.00		1	MA	12		1.42		
Carbohydrate, by difference	g	0.00		0	MC	9		0.00		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	200		1	MA	12		57		
Iron, Fe	mg	18.00		1	MA	12		5.10		
Magnesium, Mg	mg									
Phosphorus, P	mg	800		1	MA	12		227		
Potassium, K	mg	1600		1	MA	12		454		
Sodium, Na	mg	40		1	MA	12		11		
Zinc, Zn	mg	60.00		1	MA	12		17.01		
Copper, Cu	mg	3.000		1	MA	12		0.851		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	2.600		1	MA	12		0.737		
Riboflavin	mg	1.000		1	MA	12		0.284		
Niacin	mg	36.000		1	MA	12		10.206		
Pantothenic acid	mg	9.000		1	MA	12		2.552		
Vitamin B-6	mg	2.600		1	MA	12		0.737		
Folate, total	mcg	200		1	MA	12		57		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	200		1	MA	12		57		
Folate, DFE	mcg_DFE	200		0	NC	4		57		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	10.00		1	MA	12		2.84		
Vitamin A, RAE	mcg_RAE	559		1	NC	4		158		
Retinol	mcg	559		1	MA	12		158		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	1862		1	NC	4		528		
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	0.400		1	MA	12		0.113		
Fatty acids, total monounsaturated	g	0.700		1	MA	12		0.198		
Fatty acids, total polyunsaturated	g	1.700		1	MA	12		0.482		
Fatty acids, total trans	g									

NDB No. 16176

Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, ProPlus

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	1.100		1	MA	12		0.312		
Threonine....g	3.300		1	MA	12		0.936		
Isoleucine....g	4.200		1	MA	12		1.191		
Leucine....g	7.100		1	MA	12		2.013		
Lysine....g	5.400		1	MA	12		1.531		
Methionine....g	1.100		1	MA	12		0.312		
Cystine....g	1.100		1	MA	12		0.312		
Phenylalanine....g	4.500		1	MA	12		1.276		
Tyrosine....g	3.300		1	MA	12		0.936		
Valine....g	4.400		1	MA	12		1.247		
Arginine....g	6.500		1	MA	12		1.843		
Histidine....g	2.200		1	MA	12		0.624		
Alanine....g	3.700		1	MA	12		1.049		
Aspartic acid....g	10.000		1	MA	12		2.835		
Glutamic acid....g	16.400		1	MA	12		4.649		
Glycine....g	3.600		1	MA	12		1.021		
Proline....g	4.400		1	MA	12		1.247		
Serine....g	4.500		1	MA	12		1.276		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

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

NDB No. 16175
Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, SUPRO

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.42	0.090	8	MA	12		1.25		
Energy....kcal	388		0	MC	9		110		
Energy....kJ	1623				9		460		
Protein (N x 6.25)....g	87.75	0.164	8	MA	12		24.88		
Total lipid (fat)....g	4.00	0.000	7	MA	12		1.13		
Ash....g	4.01	0.139	8	MA	12		1.14		
Carbohydrate, by difference....g	0.00		0	MC	9		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	200	0.000	8	MA	12		57		
Iron, Fe....mg	16.00	0.000	8	MA	12		4.54		
Magnesium, Mg....mg	40		1	MA	12		11		
Phosphorus, P....mg	862	41.993	8	MA	12		244		
Potassium, K....mg	100	0.000	8	MA	12		28		
Sodium, Na....mg	1188	12.500	8	MA	12		337		
Zinc, Zn....mg	4.00	0.000	8	MA	12		1.13		
Copper, Cu....mg	1.400	0.000	8	MA	12		0.397		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MA	12		0.0		
Thiamin....mg	0.200	0.000	8	MA	12		0.057		
Riboflavin....mg	0.100	0.000	8	MA	12		0.028		
Niacin....mg	0.300	0.000	8	MA	12		0.085		
Pantothenic acid....mg	0.200	0.000	8	MA	12		0.057		
Vitamin B-6....mg									
Folate, total....mcg	200	0.000	8	MA	12		57		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	200	0.000	8	MA	12		57		
Folate, DFE....mcg_DFE	200		0	NC	4		57		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		1	MA	12		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1	MA	12		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	0.871	0.018	7	MA	12		0.247		
Fatty acids, total monounsaturated....g	0.671	0.018	7	MA	12		0.190		
Fatty acids, total polyunsaturated....g	1.729	0.018	7	MA	12		0.490		
Fatty acids, total trans....g									

NDB No. 16175
Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, SUPRO

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	1.100	0.016	8	MA	12		0.312		
Threonine....g	3.300	0.049	8	MA	12		0.936		
Isoleucine....g	4.300	0.000	8	MA	12		1.219		
Leucine....g	7.200	0.000	8	MA	12		2.041		
Lysine....g	5.500	0.000	8	MA	12		1.559		
Methionine....g	1.150	0.000	8	MA	12		0.326		
Cystine....g	1.150	0.000	8	MA	12		0.326		
Phenylalanine....g	4.600	0.000	8	MA	12		1.304		
Tyrosine....g	3.300	0.000	8	MA	12		0.936		
Valine....g	4.500	0.000	8	MA	12		1.276		
Arginine....g	6.700	0.000	8	MA	12		1.899		
Histidine....g	2.300	0.000	8	MA	12		0.652		
Alanine....g	3.800	0.000	8	MA	12		1.077		
Aspartic acid....g	10.200	0.000	8	MA	12		2.892		
Glutamic acid....g	16.800	0.000	8	MA	12		4.763		
Glycine....g	3.700	0.000	8	MA	12		1.049		
Proline....g	4.500	0.000	8	MA	12		1.276		
Serine....g	4.600	0.000	8	MA	12		1.304		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

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

NDB No. 16422
Soy protein isolate, potassium type

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.98		0		1		1.41		
Energy....kcal	326		0	NC	4		92		
Energy....kJ	1364		0	NC	4		387		
Protein (N x 5.71)....g	80.69	0.101	233		1		22.88		
Total lipid (fat)....g	0.53	0.047	14		1		0.15		
Ash....g	3.58	0.056	166		1		1.01		
Carbohydrate, by difference....g	10.22		0	NC	4		2.90		
Fiber, total dietary....g	5.6		0	BFZN	4		1.6		
Sugars, total....g	0.00		0	BFSN	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	178	6.618	176		1		50		
Iron, Fe....mg	14.50	0.329	125		1		4.11		
Magnesium, Mg....mg	39	1.672	155		1		11		
Phosphorus, P....mg	776	7.476	163		1		220		
Potassium, K....mg	1590		0		1		451		
Sodium, Na....mg	50		0		1		14		
Zinc, Zn....mg	4.03	0.150	132		1		1.14		
Copper, Cu....mg	1.599	0.028	122		1		0.453		
Manganese, Mn....mg	1.493	0.060	146		1		0.423		
Selenium, Se....mcg	0.8		0	CAZN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.176	0.016	118		1		0.050		
Riboflavin....mg	0.100	0.004	118		1		0.028		
Niacin....mg	1.438	0.218	120		1		0.408		
Pantothenic acid....mg	0.060	0.003	109		1		0.017		
Vitamin B-6....mg	0.100		0		4		0.028		
Folate, total....mcg	176	3.286	112		1		50		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	176	3.286	112		1		50		
Folate, DFE....mcg_DFE	176		0	NC	4		50		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFSN	4		0		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFSN	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	0.0		0	BFSN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.077		0	NC	4		0.022		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		

NDB No. 16422
Soy protein isolate, potassium type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	BFSN	4		0.000		
12:0 g	0.000		0	BFSN	4		0.000		
13:0 g									
14:0 g	0.001		0		1		0.000		
15:0 g									
16:0 g	0.056		0		1		0.016		
17:0 g									
18:0 g	0.019		0		1		0.005		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.117		0	NC	4		0.033		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.116		0		1		0.033		
20:1 g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated g	0.000		0	BFSN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.299		0	NC	4		0.085		
18:2 undifferentiated g	0.264		0		1		0.075		
18:3 undifferentiated g	0.035		0		1		0.010		
18:4 g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	1.116		40		1		0.316		
Threonine g	3.137		66		1		0.889		
Isoleucine g	4.253		66		1		1.206		
Leucine g	6.783		66		1		1.923		
Lysine g	5.327		71		1		1.510		
Methionine g	1.130		74		1		0.320		
Cystine g	1.046		55		1		0.297		
Phenylalanine g	4.593		63		1		1.302		
Tyrosine g	3.222		47		1		0.913		
Valine g	4.098		66		1		1.162		
Arginine g	6.670		46		1		1.891		
Histidine g	2.303		47		1		0.653		
Alanine g	3.589		44		1		1.017		
Aspartic acid g	10.203		44		1		2.893		
Glutamic acid g	17.452		44		1		4.948		
Glycine g	3.603		44		1		1.021		
Proline g	4.960		44		1		1.406		
Serine g	4.593		44		1		1.302		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	BFSN	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.

NDB No. 16422

Soy protein isolate, potassium type

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16423
Soy protein isolate, potassium type, crude protein basis

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.98		0		1		1.41		
Energy	kcal	321		0	NC	4		91		
Energy	kJ	1345		0	NC	4		381		
Protein (N x 5.71)	g	88.32	0.110	233		1		25.04		
Total lipid (fat)	g	0.53	0.047	14		1		0.15		
Ash	g	3.58	0.056	166		1		1.01		
Carbohydrate, by difference	g	2.59		0	NC	4		0.73		
Fiber, total dietary	g	2.0		0	BFZN	4		0.6		
Sugars, total	g	0.00		0	BFSN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	178	6.618	176		1		50		
Iron, Fe	mg	14.50	0.329	125		1		4.11		
Magnesium, Mg	mg	39	1.672	155		1		11		
Phosphorus, P	mg	776	7.476	163		1		220		
Potassium, K	mg	1590		0		1		451		
Sodium, Na	mg	50		0		1		14		
Zinc, Zn	mg	4.03	0.150	132		1		1.14		
Copper, Cu	mg	1.599	0.028	122		1		0.453		
Manganese, Mn	mg	1.493	0.060	146		1		0.423		
Selenium, Se	mcg	0.8		0	CAZN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.176	0.016	118		1		0.050		
Riboflavin	mg	0.100	0.004	118		1		0.028		
Niacin	mg	1.438	0.218	120		1		0.408		
Pantothenic acid	mg	0.060	0.003	109		1		0.017		
Vitamin B-6	mg	0.100		0		4		0.028		
Folate, total	mcg	176	3.286	112		1		50		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	176	3.286	112		1		50		
Folate, DFE	mcg_DFE	176		0	NC	4		50		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	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	0.0		0	BFSN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.066		0	BFFN	4		0.019		
4:0	g	0.000		0	BFSN	4		0.000		
6:0	g	0.000		0	BFSN	4		0.000		
8:0	g	0.000		0	BFSN	4		0.000		

NDB No. 16423
Soy protein isolate, potassium type, crude protein basis

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFSN	4		0.000		
12:0 g	0.000		0	BFSN	4		0.000		
13:0 g									
14:0 g	0.001		0	BFFN	4		0.000		
15:0 g									
16:0 g	0.048		0	BFFN	4		0.014		
17:0 g									
18:0 g	0.016		0	BFFN	4		0.005		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.101		0	BFFN	4		0.029		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0	BFFN	4		0.000		
17:1 g									
18:1 undifferentiated g	0.100		0	BFFN	4		0.028		
20:1 g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated g	0.000		0	BFSN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.258		0	BFFN	4		0.073		
18:2 undifferentiated g	0.227		0	BFFN	4		0.064		
18:3 undifferentiated g	0.030		0	BFFN	4		0.009		
18:4 g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	1.116		40		1		0.316		
Threonine g	3.137		66		1		0.889		
Isoleucine g	4.253		66		1		1.206		
Leucine g	6.783		66		1		1.923		
Lysine g	5.327		71		1		1.510		
Methionine g	1.130		74		1		0.320		
Cystine g	1.046		55		1		0.297		
Phenylalanine g	4.593		63		1		1.302		
Tyrosine g	3.222		47		1		0.913		
Valine g	4.098		66		1		1.162		
Arginine g	6.670		46		1		1.891		
Histidine g	2.303		47		1		0.653		
Alanine g	3.589		44		1		1.017		
Aspartic acid g	10.203		44		1		2.893		
Glutamic acid g	17.452		44		1		4.948		
Glycine g	3.603		44		1		1.021		
Proline g	4.960		44		1		1.406		
Serine g	4.593		44		1		1.302		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	BFSN	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.

NDB No. 16423

Soy protein isolate, potassium type, crude protein basis

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16125
Soy sauce made from hydrolyzed vegetable protein

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	75.66		0		1		13.62	4.54	43.88
Energy	kcal	40		0	NC	4		7	2	23
Energy	kJ	168		0	NC	4		30	10	97
Protein (N x 6.25)	g	2.43		0		1		0.44	0.15	1.41
Total lipid (fat)	g	0.08		0		1		0.01	0.00	0.05
Ash	g	14.10		0		1		2.54	0.85	8.18
Carbohydrate, by difference	g	7.73		0	NC	4		1.39	0.46	4.48
Fiber, total dietary	g	0.5		0		1		0.1	0.0	0.3
Sugars, total	g	1.70		0	T	4		0.31	0.10	0.99
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		1	0	3
Iron, Fe	mg	1.49		0		1		0.27	0.09	0.86
Magnesium, Mg	mg	6		0		1		1	0	3
Phosphorus, P	mg	93		0		1		17	6	54
Potassium, K	mg	152		0		1		27	9	88
Sodium, Na	mg	5689		0		1		1024	341	3300
Zinc, Zn	mg	0.31		0		1		0.06	0.02	0.18
Copper, Cu	mg	0.097		0		1		0.017	0.006	0.056
Manganese, Mn	mg	0.357		0		4		0.064	0.021	0.207
Selenium, Se	mcg	0.8		2	A	1		0.1	0.0	0.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.042		0		1		0.008	0.003	0.024
Riboflavin	mg	0.109		0		1		0.020	0.007	0.063
Niacin	mg	2.828		0		1		0.509	0.170	1.640
Pantothenic acid	mg	0.269		0		1		0.048	0.016	0.156
Vitamin B-6	mg	0.143		0		1		0.026	0.009	0.083
Folate, total	mcg	13		0		1		2	1	8
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	13		0		1		2	1	8
Folate, DFE	mcg_DFE	13		0	NC	4		2	1	8
Choline, total	mg	27.5		0	BFSN	4		5.0	1.7	16.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0		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	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	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.006		0		1		0.001	0.000	0.003
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 16125
Soy sauce made from hydrolyzed vegetable protein

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.004		0		1		0.001	0.000	0.002
17:0 g									
18:0 g	0.001		0		1		0.000	0.000	0.001
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.009		0		1		0.002	0.001	0.005
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.008		0		1		0.001	0.000	0.005
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.022		0		1		0.004	0.001	0.013
18:2 undifferentiated g	0.019		0		1		0.003	0.001	0.011
18:3 undifferentiated g	0.003		0		1		0.001	0.000	0.002
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		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 = 18g: 1 tbsp

Measure 2 = 6.0g: 1 tsp

Measure 3 = 58g: .25 cup

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

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

NDB No. 16124
Soy sauce made from soy (tamari)

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	66.00		0		1		11.88	3.96	
Energy....kcal	60		0	NC	4		11	4	
Energy....kJ	251		0		4		45	15	
Protein (N x 6.25)....g	10.51		0		1		1.89	0.63	
Total lipid (fat)....g	0.10		0		1		0.02	0.01	
Ash....g	17.82		0		1		3.21	1.07	
Carbohydrate, by difference....g	5.57		0	NC	4		1.00	0.33	
Fiber, total dietary....g	0.8		0		4		0.1	0.0	
Sugars, total....g	1.70		0	T	4		0.31	0.10	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0		1		4	1	
Iron, Fe....mg	2.38		0		1		0.43	0.14	
Magnesium, Mg....mg	40		0		1		7	2	
Phosphorus, P....mg	130		0		1		23	8	
Potassium, K....mg	212		0		1		38	13	
Sodium, Na....mg	5586		0		1		1005	335	
Zinc, Zn....mg	0.43		0		1		0.08	0.03	
Copper, Cu....mg	0.135		0		1		0.024	0.008	
Manganese, Mn....mg	0.499		0		4		0.090	0.030	
Selenium, Se....mcg	0.8		0	BFZN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.059		0		1		0.011	0.004	
Riboflavin....mg	0.152		0		1		0.027	0.009	
Niacin....mg	3.951		0		1		0.711	0.237	
Pantothenic acid....mg	0.376		0		1		0.068	0.023	
Vitamin B-6....mg	0.200		0		1		0.036	0.012	
Folate, total....mcg	18		0		1		3	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		0		1		3	1	
Folate, DFE....mcg_DFE	18		0	NC	4		3	1	
Choline, total....mg	38.4		0	BFSN	4		6.9	2.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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		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	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	0.011		0		1		0.002	0.001	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16124
Soy sauce made from soy (tamari)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.008		0		1		0.001	0.000	
17:0 ... g									
18:0 ... g	0.003		0		1		0.001	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.017		0		1		0.003	0.001	
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	0.017		0		1		0.003	0.001	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.044		0		1		0.008	0.003	
18:2 undifferentiated ... g	0.039		0		1		0.007	0.002	
18:3 undifferentiated ... g	0.005		0		1		0.001	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (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		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.181		1		1		0.033	0.011	
Threonine ... g	0.407		5		1		0.073	0.024	
Isoleucine ... g	0.487		5		1		0.088	0.029	
Leucine ... g	0.735		5		1		0.132	0.044	
Lysine ... g	0.731		4		1		0.132	0.044	
Methionine ... g	0.167		3		1		0.030	0.010	
Cystine ... g	0.107		3		1		0.019	0.006	
Phenylalanine ... g	0.534		5		1		0.096	0.032	
Tyrosine ... g	0.342		4		1		0.062	0.021	
Valine ... g	0.524		5		1		0.094	0.031	
Arginine ... g	0.405		4		1		0.073	0.024	
Histidine ... g	0.215		4		1		0.039	0.013	
Alanine ... g	0.536		5		1		0.096	0.032	
Aspartic acid ... g	0.882		5		1		0.159	0.053	
Glutamic acid ... g	2.411		6		1		0.434	0.145	
Glycine ... g	0.435		5		1		0.078	0.026	
Proline ... g	0.806		5		1		0.145	0.048	
Serine ... g	0.483		5		1		0.087	0.029	
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. 16124
Soy sauce made from soy (tamari)

Common Measures:

Measure 1 = 18g: 1 tbsp

Measure 2 = 6.0g: 1 tsp

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

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

NDB No. 16123
Soy sauce made from soy and wheat (shoyu)

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	70.77	0.832	14	JA	6		180.45	11.32	3.75
Energy....kcal	53		0	NC	4		134	8	3
Energy....kJ	221		0	NC	4		563	35	12
Protein (N x 6.25)....g	6.28		3	JA	6		16.01	1.00	0.33
Total lipid (fat)....g	0.04		2	JA	6		0.10	0.01	0.00
Ash....g	15.31	0.407	4	JA	6		39.04	2.45	0.81
Carbohydrate, by difference....g	7.61		0	NC	4		19.40	1.22	0.40
Fiber, total dietary....g	0.8		2		1		2.0	0.1	0.0
Sugars, total....g	1.70		0	T	4		4.34	0.27	0.09
Starch....g									
Minerals:									
Calcium, Ca....mg	19	4.973	4	JA	6		48	3	1
Iron, Fe....mg	1.93	0.268	4	JA	6		4.92	0.31	0.10
Magnesium, Mg....mg	43	10.870	4	JA	6		109	7	2
Phosphorus, P....mg	125	43.323	4	JA	6		318	20	7
Potassium, K....mg	217	59.315	7	JA	6		554	35	12
Sodium, Na....mg	5637	90.071	7	JA	6		14375	902	299
Zinc, Zn....mg	0.52		3	JA	6		1.33	0.08	0.03
Copper, Cu....mg	0.104		3	JA	6		0.265	0.017	0.006
Manganese, Mn....mg	0.424		0		4		1.081	0.068	0.022
Selenium, Se....mcg	0.5		3	JO	11		1.4	0.1	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.033		2	JA	6		0.083	0.005	0.002
Riboflavin....mg	0.165		2	JA	6		0.419	0.026	0.009
Niacin....mg	2.196		2	JA	6		5.600	0.351	0.116
Pantothenic acid....mg	0.297		2	JA	6		0.756	0.047	0.016
Vitamin B-6....mg	0.148		2	JA	6		0.377	0.024	0.008
Folate, total....mcg	14	3.877	5	JA	6		36	2	1
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	14	3.877	5	JA	6		36	2	1
Folate, DFE....mcg_DFE	14		0	NC	4		36	2	1
Choline, total....mg	18.3		0	AS	1		46.7	2.9	1.0
Betaine....mg	29.8		1	A	1		76.0	4.8	1.6
Vitamin B-12....mcg	0.00		1	JA	6		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	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.005		0	NC	4		0.012	0.001	0.000
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 16123
Soy sauce made from soy and wheat (shoyu)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.004		0		1		0.010	0.001	0.000
17:0....g									
18:0....g	0.001		0		1		0.001	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0	NC	4		0.014	0.001	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.014	0.001	0.000
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.019		0	NC	4		0.047	0.003	0.001
18:2 undifferentiated....g	0.016		0		1		0.042	0.003	0.001
18:3 undifferentiated....g	0.002		0		1		0.005	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	JA	6		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.090		0	DA	1		0.229	0.014	0.005
Threonine....g	0.254		0	DA	1		0.647	0.041	0.013
Isoleucine....g	0.297		0	DA	1		0.759	0.048	0.016
Leucine....g	0.503		0	DA	1		1.282	0.080	0.027
Lysine....g	0.357		0	DA	1		0.910	0.057	0.019
Methionine....g	0.091		0	DA	1		0.232	0.015	0.005
Cystine....g	0.110		0	DA	1		0.282	0.018	0.006
Phenylalanine....g	0.330		0	DA	1		0.842	0.053	0.018
Tyrosine....g	0.228		0	DA	1		0.582	0.037	0.012
Valine....g	0.311		0	DA	1		0.793	0.050	0.016
Arginine....g	0.433		0	DA	1		1.105	0.069	0.023
Histidine....g	0.163		0	DA	1		0.415	0.026	0.009
Alanine....g	0.276		0	DA	1		0.703	0.044	0.015
Aspartic acid....g	0.674		0	DA	1		1.718	0.108	0.036
Glutamic acid....g	1.479		0	DA	1		3.771	0.237	0.078
Glycine....g	0.278		0	DA	1		0.709	0.044	0.015
Proline....g	0.461		0	DA	1		1.177	0.074	0.024
Serine....g	0.363		0	DA	1		0.926	0.058	0.019
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. 16123

Soy sauce made from soy and wheat (shoyu)

Common Measures:

Measure 1 = 255g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 5.3g: 1 tsp

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

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

NDB No. 16424

Soy sauce made from soy and wheat (shoyu), low sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.09	1.059	11		1		181.28	11.37	3.77
Energy	kcal	53		0	NC	4		135	8	3
Energy	kJ	222		0		4		565	35	12
Protein (N x 6.25)	g	5.17		2		1		13.18	0.83	0.27
Total lipid (fat)	g	0.08		1		1		0.20	0.01	0.00
Ash	g	15.15	0.542	3		1		38.63	2.42	0.80
Carbohydrate, by difference	g	8.51		0	NC	4		21.70	1.36	0.45
Fiber, total dietary	g	0.8		0		4		2.0	0.1	0.0
Sugars, total	g	1.70		0	T	4		4.34	0.27	0.09
Starch	g									
Minerals:										
Calcium, Ca	mg	17	6.630	3		1		43	3	1
Iron, Fe	mg	2.02	0.357	3		1		5.15	0.32	0.11
Magnesium, Mg	mg	34	14.493	3		1		87	5	2
Phosphorus, P	mg	110	57.764	3		1		281	18	6
Potassium, K	mg	180	69.201	6		1		459	29	10
Sodium, Na	mg	3333		0		1		8499	533	177
Zinc, Zn	mg	0.37		2		1		0.94	0.06	0.02
Copper, Cu	mg	0.115		2		1		0.293	0.018	0.006
Manganese, Mn	mg	0.424		0		4		1.081	0.068	0.022
Selenium, Se	mcg	0.8		0	BFZN	4		2.0	0.1	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.050		1		1		0.128	0.008	0.003
Riboflavin	mg	0.130		1		1		0.332	0.021	0.007
Niacin	mg	3.360		1		1		8.568	0.538	0.178
Pantothenic acid	mg	0.320		1		1		0.816	0.051	0.017
Vitamin B-6	mg	0.170		1		1		0.434	0.027	0.009
Folate, total	mcg	16	4.846	4		1		40	2	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	16	4.846	4		1		40	2	1
Folate, DFE	mcg_DFE	16		0	NC	4		40	2	1
Choline, total	mg	32.7		0	BFSN	4		83.3	5.2	1.7
Betaine	mg									
Vitamin B-12	mcg	0.00		0		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	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	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (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	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.010		0		1		0.026	0.002	0.001
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 16424
Soy sauce made from soy and wheat (shoyu), low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.008		0		1		0.020	0.001	0.000
17:0 ... g									
18:0 ... g	0.001		0		1		0.003	0.000	0.000
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.012		0		1		0.031	0.002	0.001
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
17:1 ... g									
18:1 undifferentiated ... g	0.011		0		1		0.028	0.002	0.001
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.036		0		1		0.092	0.006	0.002
18:2 undifferentiated ... g	0.032		0		1		0.082	0.005	0.002
18:3 undifferentiated ... g	0.004		0		1		0.010	0.001	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		1		0	0	0
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.074		0		1		0.189	0.012	0.004
Threonine ... g	0.209		0		1		0.533	0.033	0.011
Isoleucine ... g	0.245		0		1		0.625	0.039	0.013
Leucine ... g	0.414		0		1		1.056	0.066	0.022
Lysine ... g	0.294		0		1		0.750	0.047	0.016
Methionine ... g	0.075		0		1		0.191	0.012	0.004
Cystine ... g	0.091		0		1		0.232	0.015	0.005
Phenylalanine ... g	0.272		0		1		0.694	0.044	0.014
Tyrosine ... g	0.188		0		1		0.479	0.030	0.010
Valine ... g	0.256		0		1		0.653	0.041	0.014
Arginine ... g	0.357		0		1		0.910	0.057	0.019
Histidine ... g	0.134		0		1		0.342	0.021	0.007
Alanine ... g	0.227		0		1		0.579	0.036	0.012
Aspartic acid ... g	0.555		0		1		1.415	0.089	0.029
Glutamic acid ... g	1.218		0		1		3.106	0.195	0.065
Glycine ... g	0.229		0		1		0.584	0.037	0.012
Proline ... g	0.380		0		1		0.969	0.061	0.020
Serine ... g	0.299		0		1		0.762	0.048	0.016
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. 16424

Soy sauce made from soy and wheat (shoyu), low sodium

Common Measures:

Measure 1 = 255g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 5.3g: 1 tsp

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 4

Food Group: 16 Legumes and Legume Products

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

NDB No. 43299
Soybean, curd cheese

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	70.90		0		1		159.53		
Energy....kcal	151		0	NC	4		339		
Energy....kJ	630		0	NC	4		1417		
Protein....g	12.50		0		1		28.13		
Total lipid (fat)....g	8.10		0		1		18.23		
Ash....g	1.60		0	BFSN	4		3.60		
Carbohydrate, by difference....g	6.90		0	NC	4		15.53		
Fiber, total dietary....g	0.0		0		7		0.0		
Sugars, total....g	1.60		0	BFSN	4		3.60		
Starch....g									
Minerals:									
Calcium, Ca....mg	188		0		1		423		
Iron, Fe....mg	5.60		0		1		12.60		
Magnesium, Mg....mg	228		0		4		513		
Phosphorus, P....mg	222		0		1		500		
Potassium, K....mg	199		0		4		448		
Sodium, Na....mg	20		0		4		45		
Zinc, Zn....mg	1.72		0		4		3.87		
Copper, Cu....mg	0.380		0		4		0.855		
Manganese, Mn....mg	0.889		0	BFSN	4		1.999		
Selenium, Se....mcg	16.8		0	BFSN	4		37.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.000		0		1		0.000		
Riboflavin....mg	0.140		0		1		0.315		
Niacin....mg	0.500		0		1		1.125		
Pantothenic acid....mg	0.116		0	BFSN	4		0.262		
Vitamin B-6....mg	0.070		0		4		0.158		
Folate, total....mcg	22		0		4		50		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	22		0		4		50		
Folate, DFE....mcg_DFE	22		0	NC	4		50		
Choline, total....mg	62.5		0	BFSN	4		140.7		
Betaine....mg									
Vitamin B-12....mcg	0.00		0		7		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		5		
Retinol....mcg	0		0	BNA	4		0		
Carotene, beta....mcg	25		0	BNA	4		57		
Carotene, alpha....mcg	0		0	BNA	4		0		
Cryptoxanthin, beta....mcg	0		0	BNA	4		0		
Vitamin A, IU....IU	42		0	NC	4		95		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.60		0	O	4		1.35		
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	4.6		0	BFSN	4		10.3		
Lipids:									
Fatty acids, total saturated....g	1.172		0		4		2.637		
4:0....g	0.000		0		4		0.000		

NDB No. 43299
Soybean, curd cheese

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.022		0		4		0.050		
15:0....g									
16:0....g	0.860		0		4		1.935		
17:0....g									
18:0....g	0.289		0		4		0.650		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.789		0		4		4.025		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0		4		0.050		
17:1....g									
18:1 undifferentiated....g	1.766		0		4		3.974		
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	4.572		0		4		10.287		
18:2 undifferentiated....g	4.032		0		4		9.072		
18:3 undifferentiated....g	0.540		0		4		1.215		
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	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 = 225g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16109
Soybeans, mature cooked, boiled, 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	62.55	0.209	69		1		107.59	6.69	
Energy....kcal	173		0	NC	4		298	19	
Energy....kJ	725		0	NC	4		1247	78	
Protein (N x 5.71)....g	16.64		0		1		28.62	1.78	
Total lipid (fat)....g	8.97	0.125	69		1		15.43	0.96	
Ash....g	1.91		1		1		3.29	0.20	
Carbohydrate, by difference....g	9.93		0	NC	4		17.08	1.06	
Fiber, total dietary....g	6.0		0		1		10.3	0.6	
Sugars, total....g	3.00		0	T	4		5.16	0.32	
Starch....g									
Minerals:									
Calcium, Ca....mg	102		0		1		175	11	
Iron, Fe....mg	5.14		0		1		8.84	0.55	
Magnesium, Mg....mg	86		0		1		148	9	
Phosphorus, P....mg	245		0		1		421	26	
Potassium, K....mg	515		0		1		886	55	
Sodium, Na....mg	1		0		1		2	0	
Zinc, Zn....mg	1.15		1		1		1.98	0.12	
Copper, Cu....mg	0.407		0		1		0.700	0.044	
Manganese, Mn....mg	0.824		0		1		1.417	0.088	
Selenium, Se....mcg	7.3		0	BFSN	4		12.6	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		0		1		2.9	0.2	
Thiamin....mg	0.155	0.004	68		1		0.267	0.017	
Riboflavin....mg	0.285		0		1		0.490	0.030	
Niacin....mg	0.399		0		1		0.686	0.043	
Pantothenic acid....mg	0.179		0		1		0.308	0.019	
Vitamin B-6....mg	0.234	0.098	5		1		0.402	0.025	
Folate, total....mcg	54	2.839	4		1		93	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	54	2.839	4		1		93	6	
Folate, DFE....mcg_DFE	54		0	NC	4		93	6	
Choline, total....mg	47.5		0	BFSN	4		81.6	5.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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	NC	4		1	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	5		0	O	4		9	1	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	9		0	NC	4		15	1	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.35		0	BFSN	4		0.60	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	19.2		0	BFSN	4		33.1	2.1	
Lipids:									
Fatty acids, total saturated....g	1.297		0		1		2.231	0.139	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16109
Soybeans, mature cooked, boiled, 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		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	0.025		0		1		0.043	0.003	
15:0....g									
16:0....g	0.952		0		1		1.637	0.102	
17:0....g									
18:0....g	0.320		0		1		0.550	0.034	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.981		0		1		3.407	0.212	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.025		0		1		0.043	0.003	
17:1....g									
18:1 undifferentiated....g	1.956		0		1		3.364	0.209	
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	5.064		0		1		8.710	0.542	
18:2 undifferentiated....g	4.465		0		1		7.680	0.478	
18:3 undifferentiated....g	0.598		0		1		1.029	0.064	
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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.242		0		1		0.416	0.026	
Threonine....g	0.723		0		1		1.244	0.077	
Isoleucine....g	0.807		0		1		1.388	0.086	
Leucine....g	1.355		0		1		2.331	0.145	
Lysine....g	1.108		0		1		1.906	0.119	
Methionine....g	0.224		0		1		0.385	0.024	
Cystine....g	0.268		0		1		0.461	0.029	
Phenylalanine....g	0.869		0		1		1.495	0.093	
Tyrosine....g	0.630		0		1		1.084	0.067	
Valine....g	0.831		0		1		1.429	0.089	
Arginine....g	1.291		0		1		2.221	0.138	
Histidine....g	0.449		0		1		0.772	0.048	
Alanine....g	0.784		0		1		1.348	0.084	
Aspartic acid....g	2.093		0		1		3.600	0.224	
Glutamic acid....g	3.224		0		1		5.545	0.345	
Glycine....g	0.770		0		1		1.324	0.082	
Proline....g	0.974		0		1		1.675	0.104	
Serine....g	0.965		0		1		1.660	0.103	
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. 16109

Soybeans, mature cooked, boiled, without salt

Common Measures:

Measure 1 = 172g: 1 cup

Measure 2 = 10.7g: 1 tbsp

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16409
Soybeans, mature seeds, cooked, boiled, 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	62.55	0.209	69		1		107.59		
Energy....kcal	173		0	NC	4		298		
Energy....kJ	725		0	NC	4		1247		
Protein (N x 5.71)....g	16.64		0		1		28.62		
Total lipid (fat)....g	8.97	0.125	69		1		15.43		
Ash....g	1.91		1		1		3.29		
Carbohydrate, by difference....g	9.93		0	NC	4		17.08		
Fiber, total dietary....g	6.0		1	A	1		10.3		
Sugars, total....g	3.00		0	BFZN	4		5.16		
Starch....g									
Minerals:									
Calcium, Ca....mg	102		0		1		175		
Iron, Fe....mg	5.14		0		1		8.84		
Magnesium, Mg....mg	86		0		1		148		
Phosphorus, P....mg	245		0		1		421		
Potassium, K....mg	515		0		1		886		
Sodium, Na....mg	237		0		1		408		
Zinc, Zn....mg	1.15		1		1		1.98		
Copper, Cu....mg	0.407		0		1		0.700		
Manganese, Mn....mg	0.824		0		1		1.417		
Selenium, Se....mcg	7.3		0	BFSN	4		12.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		0		1		2.9		
Thiamin....mg	0.155	0.004	68		1		0.267		
Riboflavin....mg	0.285		0		1		0.490		
Niacin....mg	0.399		0		1		0.686		
Pantothenic acid....mg	0.179		0		1		0.308		
Vitamin B-6....mg	0.234	0.098	5		1		0.402		
Folate, total....mcg	54	2.839	4		1		93		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	54	2.839	4		1		93		
Folate, DFE....mcg_DFE	54		0	NC	4		93		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	5		0	BFZN	4		9		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	9		0	NC	4		15		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.35		0	BFZN	4		0.60		
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	19.2		0	BFZN	4		33.1		
Lipids:									
Fatty acids, total saturated....g	1.297		0		1		2.231		
4:0....g									

NDB No. 16409
Soybeans, mature seeds, cooked, boiled, 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									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.025		0		1		0.043		
15:0	g									
16:0	g	0.952		0		1		1.637		
17:0	g									
18:0	g	0.320		0		1		0.550		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.981		0		1		3.407		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.025		0		1		0.043		
17:1	g									
18:1 undifferentiated	g	1.956		0		1		3.364		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	5.064		0		1		8.710		
18:2 undifferentiated	g	4.465		0		1		7.680		
18:3 undifferentiated	g	0.598		0		1		1.029		
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		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.242		0		1		0.416		
Threonine	g	0.723		0		1		1.244		
Isoleucine	g	0.807		0		1		1.388		
Leucine	g	1.355		0		1		2.331		
Lysine	g	1.108		0		1		1.906		
Methionine	g	0.224		0		1		0.385		
Cystine	g	0.268		0		1		0.461		
Phenylalanine	g	0.869		0		1		1.495		
Tyrosine	g	0.630		0		1		1.084		
Valine	g	0.831		0		1		1.429		
Arginine	g	1.291		0		1		2.221		
Histidine	g	0.449		0		1		0.772		
Alanine	g	0.784		0		1		1.348		
Aspartic acid	g	2.093		0		1		3.600		
Glutamic acid	g	3.224		0		1		5.545		
Glycine	g	0.770		0		1		1.324		
Proline	g	0.974		0		1		1.675		
Serine	g	0.965		0		1		1.660		
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 = 172g: 1 cup

NDB No. 16409
Soybeans, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16111
Soybeans, mature seeds, dry roasted

Soy 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	0.80	0.173	3		1		1.38		
Energy	kcal	451		0	NC	4		777		
Energy	kJ	1889		0	NC	4		3249		
Protein (N x 5.71)	g	39.58		0		1		68.08		
Total lipid (fat)	g	21.62		0		1		37.19		
Ash	g	5.28		0		1		9.08		
Carbohydrate, by difference	g	32.72		0	NC	4		56.28		
Fiber, total dietary	g	8.1		0		4		13.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	140		0	BFSN	4		241		
Iron, Fe	mg	3.95		0		1		6.79		
Magnesium, Mg	mg	228		0		1		392		
Phosphorus, P	mg	649		0		1		1116		
Potassium, K	mg	1364		0		1		2346		
Sodium, Na	mg	2		0		1		3		
Zinc, Zn	mg	4.77		0		1		8.20		
Copper, Cu	mg	1.079		0		1		1.856		
Manganese, Mn	mg	2.184		0		1		3.756		
Selenium, Se	mcg	19.3		0	BFSN	4		33.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.6		0		1		7.9		
Thiamin	mg	0.427		0		1		0.734		
Riboflavin	mg	0.755		0		1		1.299		
Niacin	mg	1.056		0		1		1.816		
Pantothenic acid	mg	0.473		0		1		0.814		
Vitamin B-6	mg	0.225		0		1		0.387		
Folate, total	mcg	205	9.944	3		1		352		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	205	9.944	3		1		352		
Folate, DFE	mcg_DFE	205		0	NC	4		352		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1		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	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	37.0		0	T	4		63.6		
Lipids:										
Fatty acids, total saturated	g	3.127		0		1		5.378		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16111
Soybeans, mature seeds, dry roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.060		0		1		0.103		
15:0 g									
16:0 g	2.295		0		1		3.947		
17:0 g									
18:0 g	0.772		0		1		1.328		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.776		0		1		8.215		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		0		1		0.103		
17:1 g									
18:1 undifferentiated g	4.716		0		1		8.112		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	12.207		0		1		20.996		
18:2 undifferentiated g	10.764		0		1		18.514		
18:3 undifferentiated g	1.443		0		1		2.482		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.575		0		1		0.989		
Threonine g	1.719		0		1		2.957		
Isoleucine g	1.920		0		1		3.302		
Leucine g	3.223		0		1		5.544		
Lysine g	2.634		0		1		4.530		
Methionine g	0.534		0		1		0.918		
Cystine g	0.638		0		1		1.097		
Phenylalanine g	2.066		0		1		3.554		
Tyrosine g	1.497		0		1		2.575		
Valine g	1.976		0		1		3.399		
Arginine g	3.071		0		1		5.282		
Histidine g	1.068		0		1		1.837		
Alanine g	1.865		0		1		3.208		
Aspartic acid g	4.977		0		1		8.560		
Glutamic acid g	7.667		0		1		13.187		
Glycine g	1.830		0		1		3.148		
Proline g	2.315		0		1		3.982		
Serine g	2.294		0		1		3.946		
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 = 172g: 1 cup

NDB No. 16111
Soybeans, mature seeds, dry roasted

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16108
Soybeans, mature seeds, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.54	0.142	433		1		15.88		
Energy	kcal	446		0	NC	4		830		
Energy	kJ	1866		0	NC	4		3471		
Protein	g	36.49	0.205	454		1		67.87		
Total lipid (fat)	g	19.94	0.183	364		1		37.09		
Ash	g	4.87	0.092	190		1		9.06		
Carbohydrate, by difference	g	30.16		0	NC	4		56.10		
Fiber, total dietary	g	9.3		0		4		17.3		
Sugars, total	g	7.33		0	BFSN	4		13.63		
Starch	g									
Minerals:										
Calcium, Ca	mg	277	5.268	71		1		515		
Iron, Fe	mg	15.70	0.741	78		1		29.20		
Magnesium, Mg	mg	280	9.190	49		1		521		
Phosphorus, P	mg	704	11.330	82		1		1309		
Potassium, K	mg	1797	28.702	56		1		3342		
Sodium, Na	mg	2	1.084	5		1		4		
Zinc, Zn	mg	4.89	0.073	60		1		9.10		
Copper, Cu	mg	1.658	0.029	60		1		3.084		
Manganese, Mn	mg	2.517	0.099	58		1		4.682		
Selenium, Se	mcg	17.8		0	BFSN	4		33.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		3		1		11.2		
Thiamin	mg	0.874	0.039	50		1		1.626		
Riboflavin	mg	0.870	0.196	21		1		1.618		
Niacin	mg	1.623	0.303	32		1		3.019		
Pantothenic acid	mg	0.793	0.189	6		1		1.475		
Vitamin B-6	mg	0.377	0.065	6		1		0.701		
Folate, total	mcg	375		0		1		698		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	375		0		1		698		
Folate, DFE	mcg_DFE	375		0	NC	4		698		
Choline, total	mg	115.9		0	AS	1		215.6		
Betaine	mg	2.1		2	A	1		3.9		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	13		0	BFSN	4		25		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	22		0	NC	4		41		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.85		0		1		1.58		
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	47.0		0	T	4		87.4		
Lipids:										
Fatty acids, total saturated	g	2.884		0		1		5.364		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16108
Soybeans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.055		0		1		0.102		
15:0 ... g									
16:0 ... g	2.116		0		1		3.936		
17:0 ... g									
18:0 ... g	0.712		0		1		1.324		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.404		0		1		8.191		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.055		0		1		0.102		
17:1 ... g									
18:1 undifferentiated ... g	4.348		0		1		8.087		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	11.255		0		1		20.934		
18:2 undifferentiated ... g	9.925		0		1		18.461		
18:3 undifferentiated ... g	1.330		0		1		2.474		
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		
Phytosterols ... mg	161		0		1		299		
Amino Acids:									
Tryptophan ... g	0.591		0	BFSN	4		1.099		
Threonine ... g	1.766		0	BFSN	4		3.284		
Isoleucine ... g	1.971		0	BFSN	4		3.666		
Leucine ... g	3.309		0	BFSN	4		6.155		
Lysine ... g	2.706		0	BFSN	4		5.033		
Methionine ... g	0.547		0	BFSN	4		1.018		
Cystine ... g	0.655		0	BFSN	4		1.217		
Phenylalanine ... g	2.122		0	BFSN	4		3.947		
Tyrosine ... g	1.539		0	BFSN	4		2.862		
Valine ... g	2.029		0	BFSN	4		3.775		
Arginine ... g	3.153		0	BFSN	4		5.864		
Histidine ... g	1.097		0	BFSN	4		2.040		
Alanine ... g	1.915		0	BFSN	4		3.561		
Aspartic acid ... g	5.112		0	BFSN	4		9.507		
Glutamic acid ... g	7.874		0	BFSN	4		14.645		
Glycine ... g	1.880		0	BFSN	4		3.498		
Proline ... g	2.379		0	BFSN	4		4.424		
Serine ... g	2.357		0	BFSN	4		4.383		
Hydroxyproline ... g									
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:

NDB No. 16108
Soybeans, mature seeds, raw

Measure 1 = 186g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16410
Soybeans, mature seeds, roasted, no salt added

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.95		6		1		3.35		
Energy	kcal	471		0	NC	4		811		
Energy	kJ	1972		0	NC	4		3392		
Protein (N x 5.71)	g	35.22		3		1		60.58		
Total lipid (fat)	g	25.40		3		1		43.69		
Ash	g	3.88		3		1		6.67		
Carbohydrate, by difference	g	33.55		0	NC	4		57.71		
Fiber, total dietary	g	17.7		0	BFSN	4		30.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	138		1		1		237		
Iron, Fe	mg	3.90		1		1		6.71		
Magnesium, Mg	mg	145		1		1		249		
Phosphorus, P	mg	363		1		1		624		
Potassium, K	mg	1470		1		1		2528		
Sodium, Na	mg	4		0	BFZN	4		7		
Zinc, Zn	mg	3.14		1		1		5.40		
Copper, Cu	mg	0.828		1		1		1.424		
Manganese, Mn	mg	2.158		0		1		3.712		
Selenium, Se	mcg	19.1	13.325	4	A	1		32.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.2		1		1		3.8		
Thiamin	mg	0.100		1		1		0.172		
Riboflavin	mg	0.145		1		1		0.249		
Niacin	mg	1.410		1		1		2.425		
Pantothenic acid	mg	0.453		1		1		0.779		
Vitamin B-6	mg	0.208		1		1		0.358		
Folate, total	mcg	211		1		1		363		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	211		1		1		363		
Folate, DFE	mcg_DFE	211		0	NC	4		363		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1		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	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									
Lipids:										
Fatty acids, total saturated	g	3.674		0		1		6.319		
4:0	g	0.000		0	BFFN	4		0.000		
6:0	g	0.000		0	BFFN	4		0.000		
8:0	g	0.000		0	BFFN	4		0.000		

NDB No. 16410
Soybeans, mature seeds, roasted, no salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.000		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.071		0		1		0.122		
15:0 ... g									
16:0 ... g	2.696		0		1		4.637		
17:0 ... g									
18:0 ... g	0.907		0		1		1.560		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.610		0		1		9.649		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.071		0		1		0.122		
17:1 ... g									
18:1 undifferentiated ... g	5.539		0		1		9.527		
20:1 ... g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	14.339		0		1		24.663		
18:2 undifferentiated ... g	12.644		0		1		21.748		
18:3 undifferentiated ... g	1.694		0		1		2.914		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.512		0		1		0.881		
Threonine ... g	1.530		0		1		2.632		
Isoleucine ... g	1.709		0		1		2.939		
Leucine ... g	2.868		0		1		4.933		
Lysine ... g	2.344		0		1		4.032		
Methionine ... g	0.475		0		1		0.817		
Cystine ... g	0.567		0		1		0.975		
Phenylalanine ... g	1.838		0		1		3.161		
Tyrosine ... g	1.332		0		1		2.291		
Valine ... g	1.758		0		1		3.024		
Arginine ... g	2.732		0		1		4.699		
Histidine ... g	0.950		0		1		1.634		
Alanine ... g	1.659		0		1		2.853		
Aspartic acid ... g	4.429		0		1		7.618		
Glutamic acid ... g	6.822		0		1		11.734		
Glycine ... g	1.628		0		1		2.800		
Proline ... g	2.060		0		1		3.543		
Serine ... g	2.042		0		1		3.512		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

NDB No. 16410

Soybeans, mature seeds, roasted, no salt added

Common Measures:

Measure 1 = 172g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16110
Soybeans, mature seeds, roasted, salted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.95		6		1		3.35		
Energy	kcal	471		0	NC	4		811		
Energy	kJ	1972		0	NC	4		3392		
Protein (N x 5.71)	g	35.22		3		1		60.58		
Total lipid (fat)	g	25.40		3		1		43.69		
Ash	g	3.88		3		1		6.67		
Carbohydrate, by difference	g	33.55		0	NC	4		57.71		
Fiber, total dietary	g	17.7		0	BFSN	4		30.4		
Sugars, total	g	4.20		0	T	4		7.22		
Starch	g									
Minerals:										
Calcium, Ca	mg	138		1		1		237		
Iron, Fe	mg	3.90		1		1		6.71		
Magnesium, Mg	mg	145		1		1		249		
Phosphorus, P	mg	363		1		1		624		
Potassium, K	mg	1470		1		1		2528		
Sodium, Na	mg	163		1		1		280		
Zinc, Zn	mg	3.14		1		1		5.40		
Copper, Cu	mg	0.828		1		1		1.424		
Manganese, Mn	mg	2.158		0		1		3.712		
Selenium, Se	mcg	19.1	13.325	4	A	1		32.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.2		1		1		3.8		
Thiamin	mg	0.100		1		1		0.172		
Riboflavin	mg	0.145		1		1		0.249		
Niacin	mg	1.410		1		1		2.425		
Pantothenic acid	mg	0.453		1		1		0.779		
Vitamin B-6	mg	0.208		1		1		0.358		
Folate, total	mcg	211		1		1		363		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	211		1		1		363		
Folate, DFE	mcg_DFE	211		0	NC	4		363		
Choline, total	mg	124.3		0	BFSN	4		213.7		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	10		0	NC	4		17		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	120		0	O	4		206		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	200		0	NC	4		344		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.91		0	BFSN	4		1.57		
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	50.4		0	BFSN	4		86.7		
Lipids:										
Fatty acids, total saturated	g	3.674		0		1		6.319		
4:0	g	0.000		0	BFFN	4		0.000		

NDB No. 16110
Soybeans, mature seeds, roasted, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.071		0		1		0.122		
15:0....g									
16:0....g	2.696		0		1		4.637		
17:0....g									
18:0....g	0.907		0		1		1.560		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.610		0		1		9.649		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.071		0		1		0.122		
17:1....g									
18:1 undifferentiated....g	5.539		0		1		9.527		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	14.339		0		1		24.663		
18:2 undifferentiated....g	12.644		0		1		21.748		
18:3 undifferentiated....g	1.694		0		1		2.914		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.512		0		1		0.881		
Threonine....g	1.530		0		1		2.632		
Isoleucine....g	1.709		0		1		2.939		
Leucine....g	2.868		0		1		4.933		
Lysine....g	2.344		0		1		4.032		
Methionine....g	0.475		0		1		0.817		
Cystine....g	0.567		0		1		0.975		
Phenylalanine....g	1.838		0		1		3.161		
Tyrosine....g	1.332		0		1		2.291		
Valine....g	1.758		0		1		3.024		
Arginine....g	2.732		0		1		4.699		
Histidine....g	0.950		0		1		1.634		
Alanine....g	1.659		0		1		2.853		
Aspartic acid....g	4.429		0		1		7.618		
Glutamic acid....g	6.822		0		1		11.734		
Glycine....g	1.628		0		1		2.800		
Proline....g	2.060		0		1		3.543		
Serine....g	2.042		0		1		3.512		
Hydroxyproline....g									
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.

NDB No. 16110

Soybeans, mature seeds, roasted, salted

Common Measures:

Measure 1 = 172g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16223
Soymilk (All flavors), enhanced (1, 2)

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	90.98		0	O	4		221.07		
Energy....kcal	45	4.894	4	MA	12		109		
Energy....kJ	189		0	MA	12		458		
Protein....g	2.94	0.692	4	MA	12		7.15		
Total lipid (fat)....g	1.99	0.173	4	MA	12		4.83		
Ash....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference....g	3.45	0.818	4	MA	12		8.37		
Fiber, total dietary....g	0.4	0.173	4	MA	12		1.0		
Sugars, total....g	2.53	0.591	4	MA	12		6.14		
Starch....g									
Minerals:									
Calcium, Ca....mg	140	24.470	4	MA	12		340		
Iron, Fe....mg	0.49	0.125	4	MA	12		1.20		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	141	29.953	4	MA	12		343		
Sodium, Na....mg	50	5.739	4	MA	12		121		
Zinc, Zn....mg	0.24		2	MA	12		0.57		
Copper, Cu....mg	0.123		1	MA	12		0.300		
Manganese, Mn....mg									
Selenium, Se....mcg	2.3		1	MA	12		5.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.2	3.634	4	MA	12		17.5		
Thiamin....mg	0.062		1	MA	12		0.150		
Riboflavin....mg	0.199	0.085	3	MA	12		0.485		
Niacin....mg	3.292		1	MA	12		8.000		
Pantothenic acid....mg									
Vitamin B-6....mg	0.233	0.092	3	MA	12		0.565		
Folate, total....mcg	32	8.731	3	MA	12		77		
Folic acid....mcg									
Folate, food....mcg	32	8.731	3	MA	12		77		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.08	0.599	4	MA	12		2.61		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	393	165.665	4	MA	12		956		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	2.52	0.327	3	MA	12		6.12		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2	0.300	4	MA	12		2.9		
Vitamin D2 (ergocalciferol)....mcg	1.2	0.300	4	MA	12		2.9		
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	47	11.988	4	MA	12		114		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.206	0.000	4	MA	12		0.500		
Fatty acids, total monounsaturated....g	0.412	0.000	4	MA	12		1.000		
Fatty acids, total polyunsaturated....g	1.190	0.166	4	MA	12		2.892		
Fatty acids, total trans....g	0.000	0.000	4	MA	12		0.000		

NDB No. 16223
Soymilk (All flavors), enhanced (1, 2)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0.000	4	MA	12	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 = 243g: 1 cup

Footnotes:

1 Product may also have omega-3 fatty acids, vitamin C, vitamin B6, folate, and vitamin E added. Check label.
2 Product may also be called "extra" or "plus"

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16229
Soymilk (All flavors), lowfat, with added calcium, vitamins A and 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	89.89		0	O	4		218.44		
Energy....kcal	43		2	MA	12		105		
Energy....kJ	180		2	MA	12		437		
Protein....g	1.65		2	MA	12		4.00		
Total lipid (fat)....g	0.62		2	MA	12		1.50		
Ash....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference....g	7.20		2	MA	12		17.50		
Fiber, total dietary....g	0.8		2	MA	12		2.0		
Sugars, total....g	3.50		2	MA	12		8.50		
Starch....g									
Minerals:									
Calcium, Ca....mg	82		2	MA	12		200		
Iron, Fe....mg	0.44		2	MA	12		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg	62		2	MA	12		150		
Potassium, K....mg	64		2	MA	12		155		
Sodium, Na....mg	37		2	MA	12		90		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	MA	12		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	0.00		2	MA	12		0.00		
Vitamin A, RAE....mcg_RAE	62		2	MA	12		150		
Vitamin A, IU....IU	206		2	MA	12		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		2	AS	1		2.5		
Vitamin D....IU	41		2	MA	12		100		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		2	MA	12		0.000		
Fatty acids, total monounsaturated....g	0.206		1	MA	12		0.500		
Fatty acids, total polyunsaturated....g	0.412		2	MA	12		1.000		
Fatty acids, total trans....g	0.000		2	MA	12		0.000		
Cholesterol....mg	0		2	MA	12		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. 16229

Soymilk (All flavors), lowfat, with added calcium, vitamins A and D

Common Measures:

Measure 1 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16230
Soymilk (all flavors), nonfat, with added calcium, vitamins A and 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	92.67		0	O	4		225.19		
Energy....kcal	28	1.497	4	MA	12		69		
Energy....kJ	117		4	MA	12		284		
Protein....g	2.47	0.000	4	MA	12		6.00		
Total lipid (fat)....g	0.04		0	O	4		0.09		
Ash....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference....g	4.14	0.414	4	MA	12		10.07		
Fiber, total dietary....g	0.2	0.000	4	MA	12		0.4		
Sugars, total....g	3.65	0.392	4	MA	12		8.88		
Starch....g									
Minerals:									
Calcium, Ca....mg	116	0.000	4	MA	12		281		
Iron, Fe....mg	0.35	0.000	4	MA	12		0.86		
Magnesium, Mg....mg	10	0.000	4	MA	12		25		
Phosphorus, P....mg	87	0.000	4	MA	12		212		
Potassium, K....mg	105	0.779	4	MA	12		255		
Sodium, Na....mg	57	0.000	4	MA	12		139		
Zinc, Zn....mg	0.10		2	MA	12		0.24		
Copper, Cu....mg	0.125		0	BFSN	4		0.304		
Manganese, Mn....mg									
Selenium, Se....mcg	1.8		0	BFSN	4		4.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	MA	12		0.0		
Thiamin....mg	0.022		0	BFSN	4		0.054		
Riboflavin....mg	0.174	0.000	4	MA	12		0.424		
Niacin....mg	0.323		0	BFSN	4		0.785		
Pantothenic acid....mg									
Vitamin B-6....mg	0.024		0	BFSN	4		0.057		
Folate, total....mcg	7		2	MA	12		17		
Folic acid....mcg	0		0	BFSN	4		0		
Folate, food....mcg	7		2	MA	12		17		
Folate, DFE....mcg_DFE	7		0	NC	4		17		
Choline, total....mg	17.9		0	BFSN	4		43.6		
Betaine....mg									
Vitamin B-12....mcg	0.23	0.000	4	MA	12		0.56		
Vitamin B-12, added....mcg	0.23		0	O	4		0.56		
Vitamin A, RAE....mcg_RAE	61		0	NC	4		148		
Retinol....mcg	61		0	O	4		148		
Carotene, beta....mcg	1		0	BFSN	4		3		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	206	0.000	4	MA	12		500		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.08		0	BFSN	4		0.21		
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	1.0	0.000	4	MA	12		2.5		
Vitamin D2 (ergocalciferol)....mcg	1.0	0.000	4	MA	12		2.5		
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	41	0.000	4	MA	12		100		
Vitamin K (phylloquinone)....mcg	2.3		0	BFSN	4		5.5		
Lipids:									
Fatty acids, total saturated....g	0.000	0.000	4	MA	12		0.000		
4:0....g	0.000		0	BFSN	4		0.000		

NDB No. 16230

Soymilk (all flavors), nonfat, with added calcium, vitamins A and 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	BFSN	4		0.000		
8:0 ... g	0.000		0	BFSN	4		0.000		
10:0 ... g	0.000		0	BFSN	4		0.000		
12:0 ... g	0.000		0	BFSN	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	BFSN	4		0.000		
15:0 ... g									
16:0 ... g	0.000		0	BFSN	4		0.000		
17:0 ... g									
18:0 ... g	0.000		0	BFSN	4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000	0.000	4	MA	12		0.000		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFSN	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFSN	4		0.000		
20:1 ... g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFSN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.036	0.000	4	MA	12		0.087		
18:2 undifferentiated ... g	0.032		0	BFSN	4		0.077		
18:3 undifferentiated ... g	0.004		0	BFSN	4		0.010		
18:4 ... g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans ... g	0.000	0.000	4	MA	12		0.000		
Cholesterol ... mg	0	0.000	4	MA	12		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16222

Soymilk (all flavors), unsweetened, with added calcium, vitamins A and 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	93.14		0	O	4		226.34		
Energy ... kcal	33		0	NC	4		80		
Energy ... kJ	138		0	NC	4		334		
Protein ... g	2.86	0.202	6	MA	12		6.96		
Total lipid (fat) ... g	1.61	0.210	6	MA	12		3.91		
Ash ... g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference ... g	1.74		0	NC	4		4.23		
Fiber, total dietary ... g	0.5	0.476	5	MA	12		1.2		
Sugars, total ... g	0.41	0.165	6	MA	12		1.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	124	26.040	6	MA	12		300		
Iron, Fe ... mg	0.46	0.284	5	MA	12		1.12		
Magnesium, Mg ... mg	16	0.000	4	MA	12		40		
Phosphorus, P ... mg	32	37.382	4	MA	12		78		
Potassium, K ... mg	120	16.592	6	MA	12		291		
Sodium, Na ... mg	37	9.864	6	MA	12		89		
Zinc, Zn ... mg									
Copper, Cu ... mg	0.082		1	MA	12		0.200		
Manganese, Mn ... mg									
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	6	MA	12		0.0		
Thiamin ... mg	0.154		1	MA	12		0.375		
Riboflavin ... mg	0.207	0.015	5	MA	12		0.502		
Niacin ... mg	0.165		1	MA	12		0.400		
Pantothenic acid ... mg	0.082		1	MA	12		0.200		
Vitamin B-6 ... mg	0.049		1	MA	12		0.120		
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	1.11	0.605	6	MA	12		2.70		
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	207	120.039	6	MA	12		504		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	1.2	0.082	6	MA	12		3.0		
Vitamin D ... IU	49	3.294	6	MA	12		118		
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.206	0.000	6	MA	12		0.500		
Fatty acids, total monounsaturated ... g	0.392	0.108	4	MA	12		0.951		
Fatty acids, total polyunsaturated ... g	1.009	0.108	4	MA	12		2.451		
Fatty acids, total trans ... g	0.000	0.000	6	MA	12		0.000		
Cholesterol ... mg	0	0.000	6	MA	12		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. 16222

Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D

Common Measures:

Measure 1 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16227

Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and 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	88.38		0	O	4		214.75		
Energy....kcal	47	4.520	4	MA	12		113		
Energy....kJ	197		4	MA	12		479		
Protein....g	2.10	0.261	4	MA	12		5.11		
Total lipid (fat)....g	0.64	0.092	4	MA	12		1.55		
Ash....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference....g	8.24	1.292	4	MA	12		20.02		
Fiber, total dietary....g	0.7	0.261	4	MA	12		1.7		
Sugars, total....g	7.13	1.088	4	MA	12		17.32		
Starch....g									
Minerals:									
Calcium, Ca....mg	123	0.000	4	MA	12		300		
Iron, Fe....mg	0.59	0.115	4	MA	12		1.42		
Magnesium, Mg....mg	15	3.301	4	MA	12		36		
Phosphorus, P....mg	87	13.661	3	MA	12		211		
Potassium, K....mg	144	48.194	4	MA	12		350		
Sodium, Na....mg	46	16.055	4	MA	12		111		
Zinc, Zn....mg	0.23	0.114	3	MA	12		0.55		
Copper, Cu....mg	0.199		0	BFSN	4		0.483		
Manganese, Mn....mg	0.074		0	BFSN	4		0.181		
Selenium, Se....mcg	1.7		1	MA	12		4.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	MA	12		0.0		
Thiamin....mg	0.037		1	MA	12		0.090		
Riboflavin....mg	0.201	0.022	4	MA	12		0.487		
Niacin....mg	0.512		0	BFSN	4		1.245		
Pantothenic acid....mg	0.125		0	BFSN	4		0.304		
Vitamin B-6....mg	0.037		0	BFSN	4		0.091		
Folate, total....mcg	9	1.309	3	MA	12		23		
Folic acid....mcg	0		0	BFSN	4		0		
Folate, food....mcg	9	1.309	3	MA	12		23		
Folate, DFE....mcg_DFE	9		0	NC	4		23		
Choline, total....mg	28.4		0	BFSN	4		69.1		
Betaine....mg									
Vitamin B-12....mcg	1.00	0.407	4	MA	12		2.42		
Vitamin B-12, added....mcg	1.00		0	O	4		2.42		
Vitamin A, RAE....mcg_RAE	61		0	NC	4		148		
Retinol....mcg	61		0	O	4		148		
Carotene, beta....mcg	2		0	BFSN	4		5		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	206		0	NC	4		500		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.13		0	BFSN	4		0.33		
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	1.2		0	MA	12		2.9		
Vitamin D2 (ergocalciferol)....mcg	1.2		0	MA	12		2.9		
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	47	5.220	4	MA	12		115		
Vitamin K (phylloquinone)....mcg	3.6		0	BFSN	4		8.8		
Lipids:									
Fatty acids, total saturated....g	0.032	0.092	4	MA	12		0.079		
4:0....g	0.000		0	BFSN	4		0.000		

NDB No. 16227

Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0	BFSN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFSN	4		0.000		
15:0....g									
16:0....g	0.024		0	BFSN	4		0.059		
17:0....g									
18:0....g	0.008		0	BFSN	4		0.020		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037	0.076	4	MA	12		0.089		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.035		0	BFSN	4		0.086		
20:1....g	0.001		0	BFSN	4		0.003		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.405	0.122	4	MA	12		0.983		
18:2 undifferentiated....g	0.358		0	BFSN	4		0.871		
18:3 undifferentiated....g	0.046		0	BFSN	4		0.112		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000	0.000	3	MA	12		0.000		
Cholesterol....mg	0	0.000	4	MA	12		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	2		0	BFSN	4		4		
Theobromine....mg	19		0	BFSN	4		45		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16231

Soymilk, chocolate, nonfat, with added calcium, vitamins A and 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	88.38		0	BFZN	4				
Energy	kcal	44		0	NC	4				
Energy	kJ	184		0	NC	4				
Protein	g	2.47	0.000	4	MA	12				
Total lipid (fat)	g	0.04		0	MA	12				
Ash	g	0.64		0	BFZN	4				
Carbohydrate, by difference	g	8.51		0	NC	4				
Fiber, total dietary	g	0.2	0.000	4	MA	12				
Sugars, total	g	3.65	0.392	4	MA	12				
Starch	g									
Minerals:										
Calcium, Ca	mg	116	0.000	4	MA	12				
Iron, Fe	mg	0.35	0.000	4	MA	12				
Magnesium, Mg	mg	10	0.000	4	MA	12				
Phosphorus, P	mg	87	0.000	4	MA	12				
Potassium, K	mg	105	0.779	4	MA	12				
Sodium, Na	mg	57	0.000	4	MA	12				
Zinc, Zn	mg	0.10		2	MA	12				
Copper, Cu	mg	0.199		0	BFZN	4				
Manganese, Mn	mg									
Selenium, Se	mcg	1.7		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	MA	12				
Thiamin	mg	0.037		0	BFZN	4				
Riboflavin	mg	0.174	0.000	4	MA	12				
Niacin	mg	0.512		0	BFZN	4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.037		0	BFZN	4				
Folate, total	mcg	7		2	MA	12				
Folic acid	mcg	0		0	BFZN	4				
Folate, food	mcg	7		2	MA	12				
Folate, DFE	mcg_DFE	7		0	NC	4				
Choline, total	mg	28.4		0	BFZN	4				
Betaine	mg									
Vitamin B-12	mcg	0.23	0.000	4	MA	12				
Vitamin B-12, added	mcg	0.23		0	NR	4				
Vitamin A, RAE	mcg_RAE	61		0	NC	4				
Retinol	mcg	61		0	BFZN	4				
Carotene, beta	mcg	2		0	BFZN	4				
Carotene, alpha	mcg	0		0	BFZN	4				
Cryptoxanthin, beta	mcg	0		0	BFZN	4				
Vitamin A, IU	IU	206		0	NC	4				
Lycopene	mcg	0		0	BFZN	4				
Lutein + zeaxanthin	mcg	0		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.13		0	BFZN	4				
Vitamin E, added	mg	0.00		0	BFZN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.0		0	NR	4				
Vitamin D2 (ergocalciferol)	mcg	1.0		0	MA	12				
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	41	0.000	4	MA	12				
Vitamin K (phylloquinone)	mcg	3.6		0	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	0.000	0.000	4	MA	12				
4:0	g	0.000		0	BFZN	4				

NDB No. 16231

Soymilk, chocolate, nonfat, with added calcium, vitamins A and 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				
8:0 ... g	0.000		0	BFZN	4				
10:0 ... g	0.000		0	BFZN	4				
12:0 ... g	0.000		0	BFZN	4				
13:0 ... g									
14:0 ... g	0.000		0	BFZN	4				
15:0 ... g									
16:0 ... g	0.000		0	BFZN	4				
17:0 ... g									
18:0 ... g	0.000		0	BFZN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000	0.000	4	MA	12				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFZN	4				
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFZN	4				
20:1 ... g	0.000		0	BFZN	4				
22:1 undifferentiated ... g	0.000		0	BFZN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.036	0.000	4	MA	12				
18:2 undifferentiated ... g	0.032		0	BFZN	4				
18:3 undifferentiated ... g	0.004		0	BFZN	4				
18:4 ... g	0.000		0	BFZN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4				
Fatty acids, total trans ... g	0.000	0.000	4	MA	12				
Cholesterol ... mg	0	0.000	4	MA	12				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFZN	4				
Caffeine ... mg	2		0	BFZN	4				
Theobromine ... mg	19		0	BFZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 16 Legumes and Legume Products

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

NDB No. 16166
Soymilk, chocolate, unfortified

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	85.61		0	NR	4		208.03	26.20	
Energy....kcal	63		0	NC	4		152	19	
Energy....kJ	262		0	NC	4		636	80	
Protein....g	2.26	0.360	9	MA	12		5.49	0.69	
Total lipid (fat)....g	1.53	0.251	9	MA	12		3.72	0.47	
Ash....g	0.65		0	BFZN	4		1.58	0.20	
Carbohydrate, by difference....g	9.95		0	NC	4		24.18	3.04	
Fiber, total dietary....g	0.4	0.324	9	MA	12		1.0	0.1	
Sugars, total....g	7.86	0.723	9	MA	12		19.11	2.41	
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0	BFZN	4		62	8	
Iron, Fe....mg	0.48	0.119	8	MA	12		1.17	0.15	
Magnesium, Mg....mg	15	5.496	4	MA	12		36	4	
Phosphorus, P....mg	51	26.309	4	MA	12		125	16	
Potassium, K....mg	143	25.119	9	MA	12		347	44	
Sodium, Na....mg	53	11.554	9	MA	12		128	16	
Zinc, Zn....mg	0.34	0.152	9	MA	12		0.83	0.10	
Copper, Cu....mg	0.206		1	MA	12		0.500	0.063	
Manganese, Mn....mg									
Selenium, Se....mcg	4.8		0	BFZN	4		11.5	1.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7	0.707	9	MA	12		4.1	0.5	
Thiamin....mg	0.022	0.020	3	MA	12		0.054	0.007	
Riboflavin....mg	0.262	0.223	8	MA	12		0.637	0.080	
Niacin....mg	0.513		0	BFZN	4		1.246	0.157	
Pantothenic acid....mg	0.089		1	MA	12		0.216	0.027	
Vitamin B-6....mg	0.077		0	BFZN	4		0.188	0.024	
Folate, total....mcg	11	5.101	9	MA	12		26	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11	5.101	9	MA	12		26	3	
Folate, DFE....mcg_DFE	11		0	NC	4		26	3	
Choline, total....mg	23.6		0	BFZN	4		57.2	7.2	
Betaine....mg									
Vitamin B-12....mcg	0.70	0.386	9	MA	12		1.71	0.22	
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	BFZN	4		4	1	
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		7	1	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	O	4		0.02	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0			Z	7		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	3.0		0	BFZN	4		7.3	0.9	
Lipids:									
Fatty acids, total saturated....g	0.240	0.106	9	MA	12		0.582	0.073	
4:0....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 16166
Soymilk, chocolate, unfortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		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	0.150		0	BFZN	4		0.365	0.046	
17:0 ... g									
18:0 ... g	0.050		0	BFZN	4		0.122	0.015	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.379	0.090	7	MA	12		0.921	0.116	
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	0.310		0	BFZN	4		0.752	0.095	
20:1 ... g	0.010		0	BFZN	4		0.024	0.003	
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.836	0.148	7	MA	12		2.032	0.256	
18:2 undifferentiated ... g	0.584		0	BFZN	4		1.418	0.179	
18:3 undifferentiated ... g	0.075		0	BFZN	4		0.182	0.023	
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	0.000	0.000	8	MA	12		0.000	0.000	
Cholesterol ... mg	0	0.000	9	MA	12		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.038		0	JA	6		0.093	0.012	
Threonine ... g	0.108		0	JA	6		0.262	0.033	
Isoleucine ... g	0.114		0	JA	6		0.277	0.035	
Leucine ... g	0.186		0	JA	6		0.451	0.057	
Lysine ... g	0.131		0	JA	6		0.319	0.040	
Methionine ... g	0.027		0	JA	6		0.066	0.008	
Cystine ... g	0.000		0	JA	6		0.000	0.000	
Phenylalanine ... g	0.113		0	JA	6		0.274	0.035	
Tyrosine ... g	0.089		0	JA	6		0.216	0.027	
Valine ... g	0.117		0	JA	6		0.283	0.036	
Arginine ... g	0.187		0	JA	6		0.455	0.057	
Histidine ... g	0.061		0	JA	6		0.148	0.019	
Alanine ... g	0.104		0	JA	6		0.253	0.032	
Aspartic acid ... g	0.288		0	JA	6		0.700	0.088	
Glutamic acid ... g	0.487		0	JA	6		1.183	0.149	
Glycine ... g	0.103		0	JA	6		0.249	0.031	
Proline ... g	0.147		0	JA	6		0.358	0.045	
Serine ... g	0.140		0	JA	6		0.341	0.043	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	2		0	BFZN	4		5	1	
Theobromine ... mg	23		0	BFZN	4		56	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.

NDB No. 16166
Soymilk, chocolate, unfortified

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 30.6g: 1 fl oz

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16168
Soymilk, chocolate, with added calcium, vitamins A and 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	85.61		0	O	4		208.03	26.20	
Energy	kcal	63		0	NC	4		152	19	
Energy	kJ	262		0	NC	4		636	80	
Protein	g	2.26	0.360	9	MA	12		5.49	0.69	
Total lipid (fat)	g	1.53	0.251	9	MA	12		3.72	0.47	
Ash	g	0.65		0	BFZN	4		1.58	0.20	
Carbohydrate, by difference	g	9.95		0	NC	4		24.18	3.04	
Fiber, total dietary	g	0.4	0.324	9	MA	12		1.0	0.1	
Sugars, total	g	7.86	0.723	9	MA	12		19.11	2.41	
Starch	g									
Minerals:										
Calcium, Ca	mg	126	13.903	9	MA	12		306	39	
Iron, Fe	mg	0.48	0.119	8	MA	12		1.17	0.15	
Magnesium, Mg	mg	15	5.496	4	MA	12		36	4	
Phosphorus, P	mg	51	26.309	4	MA	12		125	16	
Potassium, K	mg	143	25.119	9	MA	12		347	44	
Sodium, Na	mg	53	11.554	9	MA	12		128	16	
Zinc, Zn	mg	0.34	0.152	9	MA	12		0.83	0.10	
Copper, Cu	mg	0.206		1	MA	12		0.500	0.063	
Manganese, Mn	mg									
Selenium, Se	mcg	4.8		0	BFZN	4		11.5	1.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7	0.707	9	MA	12		4.1	0.5	
Thiamin	mg	0.022	0.020	3	MA	12		0.054	0.007	
Riboflavin	mg	0.262	0.223	8	MA	12		0.637	0.080	
Niacin	mg	0.513		0	BFZN	4		1.246	0.157	
Pantothenic acid	mg	0.089		1	MA	12		0.216	0.027	
Vitamin B-6	mg	0.077		0	BFZN	4		0.188	0.024	
Folate, total	mcg	11	5.101	9	MA	12		26	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11	5.101	9	MA	12		26	3	
Folate, DFE	mcg_DFE	11		0	NC	4		26	3	
Choline, total	mg	23.6		0	BFZN	4		57.2	7.2	
Betaine	mg									
Vitamin B-12	mcg	0.70	0.386	9	MA	12		1.71	0.22	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	70		0	NC	4		170	21	
Retinol	mcg	70		0	O	4		169	21	
Carotene, beta	mcg	2		0	BFZN	4		4	1	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	235		0	NC	4		572	72	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.11		0	BFZN	4		0.27	0.03	
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	1.0	0.284	9	AS	1		2.4	0.3	
Vitamin D2 (ergocalciferol)	mcg	1.0	0.284	9	MA	12		2.4	0.3	
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	40	11.364	9	MA	12		98	12	
Vitamin K (phylloquinone)	mcg	3.0		0	BFZN	4		7.3	0.9	
Lipids:										
Fatty acids, total saturated	g	0.240	0.106	9	MA	12		0.582	0.073	
4:0	g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 16168
Soymilk, chocolate, with added calcium, vitamins A and 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	
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	0.150		0	BFZN	4		0.365	0.046	
17:0....g									
18:0....g	0.050		0	BFZN	4		0.122	0.015	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.379	0.090	7	MA	12		0.921	0.116	
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	0.310		0	BFZN	4		0.752	0.095	
20:1....g	0.010		0	BFZN	4		0.024	0.003	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.836	0.148	7	MA	12		2.032	0.256	
18:2 undifferentiated....g	0.584		0	BFZN	4		1.418	0.179	
18:3 undifferentiated....g	0.075		0	BFZN	4		0.182	0.023	
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	0.000	0.000	8	MA	12		0.000	0.000	
Cholesterol....mg	0	0.000	9	MA	12		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0	A	1		0.065	0.008	
Threonine....g	0.075		0	A	1		0.183	0.023	
Isoleucine....g	0.080		0	A	1		0.194	0.024	
Leucine....g	0.130		0	A	1		0.315	0.040	
Lysine....g	0.092		0	A	1		0.222	0.028	
Methionine....g	0.019		0	A	1		0.046	0.006	
Cystine....g	0.000		0	A	1		0.000	0.000	
Phenylalanine....g	0.079		0	A	1		0.191	0.024	
Tyrosine....g	0.062		0	A	1		0.151	0.019	
Valine....g	0.081		0	A	1		0.198	0.025	
Arginine....g	0.131		0	A	1		0.318	0.040	
Histidine....g	0.043		0	A	1		0.103	0.013	
Alanine....g	0.073		0	A	1		0.177	0.022	
Aspartic acid....g	0.201		0	A	1		0.489	0.062	
Glutamic acid....g	0.340		0	A	1		0.826	0.104	
Glycine....g	0.072		0	A	1		0.174	0.022	
Proline....g	0.103		0	A	1		0.250	0.031	
Serine....g	0.098		0	A	1		0.238	0.030	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	2		0	BFZN	4		5	1	
Theobromine....mg	23		0	BFZN	4		56	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.

NDB No. 16168

Soymilk, chocolate, with added calcium, vitamins A and D

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 30.6g: 1 fl oz

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16228

Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and 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	92.03		0	O	4		223.64		
Energy....kcal	34		2	NC	4		82		
Energy....kJ	140		0	NC	4		341		
Protein....g	2.62		2	MA	12		6.38		
Total lipid (fat)....g	0.85		2	MA	12		2.07		
Ash....g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference....g	3.85		2	MA	12		9.35		
Fiber, total dietary....g	0.6		2	MA	12		1.5		
Sugars, total....g	0.41		2	MA	12		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	123		2	MA	12		300		
Iron, Fe....mg	0.46		2	MA	12		1.13		
Magnesium, Mg....mg	13		2	MA	12		33		
Phosphorus, P....mg	103		2	MA	12		250		
Potassium, K....mg	117		2	MA	12		284		
Sodium, Na....mg	63		2	MA	12		153		
Zinc, Zn....mg	0.10		1	MA	12		0.24		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	MA	12		0.0		
Thiamin....mg									
Riboflavin....mg	0.174		2	MA	12		0.424		
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	7		1	MA	12		17		
Folic acid....mcg									
Folate, food....mcg	7		1	MA	12		17		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.23		2	MA	12		0.56		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	206		2	MA	12		500		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		2	MA	12		2.5		
Vitamin D2 (ergocalciferol)....mcg	1.0		2	MA	12		2.5		
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	41		2	MA	12		100		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.078		2	MA	12		0.189		
Fatty acids, total monounsaturated....g	0.263		2	MA	12		0.639		
Fatty acids, total polyunsaturated....g	0.558		2	MA	12		1.357		
Fatty acids, total trans....g	0.000		2	MA	12		0.000		

NDB No. 16228

Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and 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
Cholesterol.....mg	0		2	MA	12		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16225

Soymilk, original and vanilla, light, with added calcium, vitamins A and 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	92.69		0	O	4		225.25		
Energy	kcal	30	2.063	6	MA	12		72		
Energy	kJ	126		6	MA	12		306		
Protein	g	2.38	0.369	6	MA	12		5.79		
Total lipid (fat)	g	0.77	0.160	6	MA	12		1.87		
Ash	g	0.64		0	BFZN	4		1.56		
Carbohydrate, by difference	g	3.51	0.695	6	MA	12		8.53		
Fiber, total dietary	g	0.3	0.185	6	MA	12		0.8		
Sugars, total	g	2.61	0.672	6	MA	12		6.35		
Starch	g									
Minerals:										
Calcium, Ca	mg	123	0.000	6	MA	12		300		
Iron, Fe	mg	0.43	0.110	6	MA	12		1.05		
Magnesium, Mg	mg	15	3.301	6	MA	12		36		
Phosphorus, P	mg	87	13.661	4	MA	12		211		
Potassium, K	mg	117	21.417	6	MA	12		283		
Sodium, Na	mg	48	13.707	6	MA	12		118		
Zinc, Zn	mg	0.23	0.114	5	MA	12		0.55		
Copper, Cu	mg	0.086		0	BFFN	4		0.209		
Manganese, Mn	mg									
Selenium, Se	mcg	2.3		2	MA	12		5.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	6	MA	12		0.0		
Thiamin	mg	0.037		2	MA	12		0.090		
Riboflavin	mg	0.201	0.022	6	MA	12		0.487		
Niacin	mg	0.222		0	BFFN	4		0.539		
Pantothenic acid	mg									
Vitamin B-6	mg	0.016		0	BFFN	4		0.039		
Folate, total	mcg	9	1.297	5	MA	12		23		
Folic acid	mcg	0		0	BFFN	4		0		
Folate, food	mcg	9	1.297	5	MA	12		23		
Folate, DFE	mcg_DFE	9		0	NC	4		23		
Choline, total	mg	12.3		0	BFFN	4		29.9		
Betaine	mg									
Vitamin B-12	mcg	1.00	0.407	6	MA	12		2.42		
Vitamin B-12, added	mcg	1.00		0	O	4		2.42		
Vitamin A, RAE	mcg_RAE	61		0	NC	4		148		
Retinol	mcg	61		0	O	4		148		
Carotene, beta	mcg	1		0	BFFN	4		2		
Carotene, alpha	mcg	0		0	BFFN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFFN	4		0		
Vitamin A, IU	IU	204		0	NC	4		496		
Lycopene	mcg	0		0	BFFN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFFN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.06		0	BFFN	4		0.14		
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	1.2	0.130	6	MA	12		2.9		
Vitamin D2 (ergocalciferol)	mcg	1.2	0.131	6	MA	12		2.9		
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	47	5.220	6	MA	12		115		
Vitamin K (phylloquinone)	mcg	1.6		0	BFFN	4		3.8		
Lipids:										
Fatty acids, total saturated	g	0.005	0.080	6	MA	12		0.012		
4:0	g	0.000		0	BFFN	4		0.000		

NDB No. 16225

Soymilk, original and vanilla, light, with added calcium, vitamins A and 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	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.000		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	BFFN	4		0.000		
15:0 ... g									
16:0 ... g	0.004		0	BFFN	4		0.009		
17:0 ... g									
18:0 ... g	0.001		0	BFFN	4		0.003		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.202	0.011	6	MA	12		0.491		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.196		0	BFFN	4		0.476		
20:1 ... g	0.006		0	BFFN	4		0.015		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.426	0.043	6	MA	12		1.036		
18:2 undifferentiated ... g	0.378		0	BFFN	4		0.918		
18:3 undifferentiated ... g	0.049		0	BFFN	4		0.118		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g	0.000	0.000	4	MA	12		0.000		
Cholesterol ... mg	0	0.000	6	MA	12		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 = 243g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16120
Soymilk, original and vanilla, unfortified

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	88.05		7	A	1		213.96	26.94	
Energy....kcal	54		0	NC	4		131	17	
Energy....kJ	226		0	NC	4		548	69	
Protein....g	3.27	0.307	14	JA	6		7.95	1.00	
Total lipid (fat)....g	1.75	0.160	13	JA	6		4.24	0.53	
Ash....g	0.65		7	A	1		1.58	0.20	
Carbohydrate, by difference....g	6.28		0	NC	4		15.27	1.92	
Fiber, total dietary....g	0.6	0.139	7	MA	12		1.4	0.2	
Sugars, total....g	3.99	0.664	7	MA	12		9.69	1.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	25	6.231	14	JA	6		62	8	
Iron, Fe....mg	0.64	0.145	14	JA	6		1.56	0.20	
Magnesium, Mg....mg	25	0.208	9	JA	6		60	8	
Phosphorus, P....mg	52	2.521	10	JA	6		126	16	
Potassium, K....mg	118	22.978	14	JA	6		286	36	
Sodium, Na....mg	51	4.663	14	JA	6		124	16	
Zinc, Zn....mg	0.12	0.250	10	JA	6		0.30	0.04	
Copper, Cu....mg	0.128	0.008	9	JA	6		0.310	0.039	
Manganese, Mn....mg	0.223		7	A	1		0.543	0.068	
Selenium, Se....mcg	4.8		4	A	1		11.5	1.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	7	MA	12		0.0	0.0	
Thiamin....mg	0.060	0.011	12	JA	6		0.146	0.018	
Riboflavin....mg	0.069	0.036	11	JA	6		0.169	0.021	
Niacin....mg	0.513	0.187	10	JA	6		1.246	0.157	
Pantothenic acid....mg	0.373	0.258	10	JA	6		0.906	0.114	
Vitamin B-6....mg	0.077	0.009	11	JA	6		0.188	0.024	
Folate, total....mcg	18	3.707	12	JA	6		43	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18	3.707	12	JA	6		43	5	
Folate, DFE....mcg_DFE	18		0	NC	4		43	5	
Choline, total....mg	23.6		0	AS	1		57.2	7.2	
Betaine....mg	0.8		1	A	1		1.9	0.2	
Vitamin B-12....mcg	0.00	0.000	7	MA	12		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	BFSN	4		0	0	
Carotene, beta....mcg	2		0	BFSN	4		4	1	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	3		0	NC	4		7	1	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	BFSN	4		0.27	0.03	
Vitamin E, added....mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0			Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0	0.000	7	MA	12		0	0	
Vitamin K (phylloquinone)....mcg	3.0		0	T	4		7.3	0.9	
Lipids:									
Fatty acids, total saturated....g	0.205	0.002	9	JO	11		0.498	0.063	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 16120
Soymilk, original and vanilla, unfortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	Z	7		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	0.000		2	A	1		0.000	0.000	
14:0 g	0.000		2	A	1		0.000	0.000	
15:0 g	0.000		2	A	1		0.000	0.000	
16:0 g	0.150		2	A	1		0.365	0.046	
17:0 g	0.000		2	A	1		0.000	0.000	
18:0 g	0.050		2	A	1		0.122	0.015	
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	0.401	0.045	9	JO	11		0.976	0.123	
14:1 g	0.000		2	A	1		0.000	0.000	
15:1 g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated g	0.000		2	A	1		0.000	0.000	
17:1 g	0.010		2	A	1		0.024	0.003	
18:1 undifferentiated g	0.310		2	A	1		0.752	0.095	
20:1 g	0.010		2	A	1		0.024	0.003	
22:1 undifferentiated g	0.000		2	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.961	0.093	9	JO	11		2.334	0.294	
18:2 undifferentiated g	0.584		2	A	1		1.418	0.179	
18:3 undifferentiated g	0.075		2	A	1		0.182	0.023	
18:4 g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans g	0.000	0.000	5	MA	12		0.000	0.000	
Cholesterol mg	0	0.000	7	MA	12		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.038		0	JA	6		0.093	0.012	
Threonine g	0.108		0	JA	6		0.262	0.033	
Isoleucine g	0.114		0	JA	6		0.277	0.035	
Leucine g	0.186		0	JA	6		0.451	0.057	
Lysine g	0.131		0	JA	6		0.319	0.040	
Methionine g	0.027		0	JA	6		0.066	0.008	
Cystine g	0.000		0	JA	6		0.000	0.000	
Phenylalanine g	0.113		0	JA	6		0.274	0.035	
Tyrosine g	0.089		0	JA	6		0.216	0.027	
Valine g	0.117		0	JA	6		0.283	0.036	
Arginine g	0.187		0	JA	6		0.455	0.057	
Histidine g	0.061		0	JA	6		0.148	0.019	
Alanine g	0.104		0	JA	6		0.253	0.032	
Aspartic acid g	0.288		0	JA	6		0.700	0.088	
Glutamic acid g	0.487		0	JA	6		1.183	0.149	
Glycine g	0.103		0	JA	6		0.249	0.031	
Proline g	0.147		0	JA	6		0.358	0.045	
Serine g	0.140		0	JA	6		0.341	0.043	
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

NDB No. 16120
Soymilk, original and vanilla, unfortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 243g: 1 cup
Measure 2 = 30.6g: 1 fl oz

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

Food Group: 16 Legumes and Legume Products
USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 16139

Soymilk, original and vanilla, with added calcium, vitamins A and 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	90.36		0	O	4		219.58	27.65	
Energy....kcal	43		0	NC	4		105	13	
Energy....kJ	181		0	NC	4		440	55	
Protein....g	2.60	0.133	15	MA	12		6.31	0.79	
Total lipid (fat)....g	1.47	0.177	15	MA	12		3.57	0.45	
Ash....g	0.65		0	BFZN	4		1.58	0.20	
Carbohydrate, by difference....g	4.92		0	NC	4		11.96	1.51	
Fiber, total dietary....g	0.2	0.396	13	MA	12		0.6	0.1	
Sugars, total....g	3.65	0.526	15	MA	12		8.86	1.12	
Starch....g									
Minerals:									
Calcium, Ca....mg	123	0.000	15	MA	12		300	38	
Iron, Fe....mg	0.42	0.122	13	MA	12		1.03	0.13	
Magnesium, Mg....mg	15	6.867	8	MA	12		36	5	
Phosphorus, P....mg	43	39.290	7	MA	12		105	13	
Potassium, K....mg	122	6.268	15	MA	12		297	37	
Sodium, Na....mg	47	12.866	15	MA	12		115	14	
Zinc, Zn....mg	0.26	0.076	15	MA	12		0.64	0.08	
Copper, Cu....mg	0.165		2	MA	12		0.400	0.050	
Manganese, Mn....mg	0.062		2	MA	12		0.150	0.019	
Selenium, Se....mcg	2.3		2	MA	12		5.6	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.308	15	MA	12		0.0	0.0	
Thiamin....mg	0.029	0.023	4	MA	12		0.071	0.009	
Riboflavin....mg	0.184	0.024	10	MA	12		0.446	0.056	
Niacin....mg	0.425		2	MA	12		1.032	0.130	
Pantothenic acid....mg	0.104		2	MA	12		0.252	0.032	
Vitamin B-6....mg	0.031		2	MA	12		0.075	0.010	
Folate, total....mcg	9	9.988	15	MA	12		22	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9	9.988	15	MA	12		22	3	
Folate, DFE....mcg_DFE	9		0	NC	4		22	3	
Choline, total....mg	23.6		0	AS	1		57.2	7.2	
Betaine....mg	0.8		1	A	1		1.9	0.2	
Vitamin B-12....mcg	0.85	0.430	15	MA	12		2.06	0.26	
Vitamin B-12, added....mcg	0.85		0	NR	4		2.06	0.26	
Vitamin A, RAE....mcg_RAE	55		0	NC	4		133	17	
Retinol....mcg	55		0	O	4		133	17	
Carotene, beta....mcg	2		0	BFZN	4		4	1	
Carotene, alpha....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	185		0	NC	4		451	57	
Lycopene....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	BFZN	4		0.27	0.03	
Vitamin E, added....mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1	0.164	15	MA	12		2.6	0.3	
Vitamin D2 (ergocalciferol)....mcg	1.1	0.164	15	MA	12		2.6	0.3	
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	43	6.545	15	MA	12		105	13	
Vitamin K (phylloquinone)....mcg	3.0		0	BFZN	4		7.3	0.9	
Lipids:									
Fatty acids, total saturated....g	0.205	0.035	15	MA	12		0.498	0.063	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 16139
Soymilk, original and vanilla, with added calcium, vitamins A and 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	Z	7		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	0.150		0	BFZN	4		0.365	0.046	
17:0....g									
18:0....g	0.050		0	BFZN	4		0.122	0.015	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.382	0.097	7	MA	12		0.929	0.117	
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	0.310		0	BFZN	4		0.752	0.095	
20:1....g	0.010		0	BFZN	4		0.024	0.003	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.858	0.168	7	MA	12		2.084	0.262	
18:2 undifferentiated....g	0.584		0	BFZN	4		1.418	0.179	
18:3 undifferentiated....g	0.075		0	BFZN	4		0.182	0.023	
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	BFZN	4		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	0.000	0.000	7	MA	12		0.000	0.000	
Cholesterol....mg	0	0.000	15	MA	12		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0	A	1		0.054	0.007	
Threonine....g	0.062		0	A	1		0.151	0.019	
Isoleucine....g	0.066		0	A	1		0.160	0.020	
Leucine....g	0.107		0	A	1		0.260	0.033	
Lysine....g	0.076		0	A	1		0.184	0.023	
Methionine....g	0.016		0	A	1		0.038	0.005	
Cystine....g	0.000		0	A	1		0.000	0.000	
Phenylalanine....g	0.065		0	A	1		0.158	0.020	
Tyrosine....g	0.051		0	A	1		0.125	0.016	
Valine....g	0.067		0	A	1		0.163	0.021	
Arginine....g	0.108		0	A	1		0.263	0.033	
Histidine....g	0.035		0	A	1		0.085	0.011	
Alanine....g	0.060		0	A	1		0.146	0.018	
Aspartic acid....g	0.166		0	A	1		0.404	0.051	
Glutamic acid....g	0.281		0	A	1		0.682	0.086	
Glycine....g	0.059		0	A	1		0.144	0.018	
Proline....g	0.085		0	A	1		0.206	0.026	
Serine....g	0.081		0	A	1		0.197	0.025	
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. 16139

Soymilk, original and vanilla, with added calcium, vitamins A and D

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 30.6g: 1 fl oz

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16114
Tempeh

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	59.65		1	A	1		99.02		
Energy....kcal	193		0	NC	4		320		
Energy....kJ	807		0	NC	4		1340		
Protein (N x 5.71)....g	18.54		1	A	1		30.78		
Total lipid (fat)....g	10.80		1	A	1		17.93		
Ash....g	1.62		1	A	1		2.69		
Carbohydrate, by difference....g	9.39		0	NC	4		15.59		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	111		1	A	1		184		
Iron, Fe....mg	2.70		1	A	1		4.49		
Magnesium, Mg....mg	81		1	A	1		134		
Phosphorus, P....mg	266		1	A	1		442		
Potassium, K....mg	412		1	A	1		684		
Sodium, Na....mg	9		1	A	1		15		
Zinc, Zn....mg	1.14		1	A	1		1.89		
Copper, Cu....mg	0.560		1	A	1		0.930		
Manganese, Mn....mg	1.300		1	A	1		2.158		
Selenium, Se....mcg	0.0		1	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.078		1	A	1		0.129		
Riboflavin....mg	0.358		1	A	1		0.594		
Niacin....mg	2.640		1	A	1		4.382		
Pantothenic acid....mg	0.278		1	A	1		0.461		
Vitamin B-6....mg	0.215		1	A	1		0.357		
Folate, total....mcg	24		1	A	1		40		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	24		1	A	1		40		
Folate, DFE....mcg_DFE	24		0	NC	4		40		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.08		1	A	1		0.12		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	AS	1		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	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									
Lipids:									
Fatty acids, total saturated....g	2.220		1	A	1		3.685		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		

NDB No. 16114
Tempeh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
12:0 g	0.000		1	A	1		0.000		
13:0 g									
14:0 g	0.020		1	A	1		0.033		
15:0 g	0.000		1	A	1		0.000		
16:0 g	1.500		1	A	1		2.490		
17:0 g	0.030		1	A	1		0.050		
18:0 g	0.600		1	A	1		0.996		
20:0 g	0.000		1	A	1		0.000		
22:0 g	0.100		1	A	1		0.166		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	3.000		1	A	1		4.980		
14:1 g	0.000		1	A	1		0.000		
15:1 g									
16:1 undifferentiated g	0.000		1	A	1		0.000		
17:1 g	0.050		1	A	1		0.083		
18:1 undifferentiated g	2.750		1	A	1		4.565		
20:1 g	0.040		1	A	1		0.066		
22:1 undifferentiated g	0.000		1	A	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	3.827		1	A	1		6.353		
18:2 undifferentiated g	3.591		1	A	1		5.961		
18:3 undifferentiated g	0.220		1	A	1		0.365		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g	0.000		1	A	1		0.000		
20:4 undifferentiated g	0.000		1	A	1		0.000		
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		1	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.194		0	A	1		0.323		
Threonine g	0.796		0	A	1		1.321		
Isoleucine g	0.880		0	A	1		1.461		
Leucine g	1.430		0	A	1		2.374		
Lysine g	0.908		0	A	1		1.508		
Methionine g	0.175		0	A	1		0.290		
Cystine g	0.193		0	A	1		0.321		
Phenylalanine g	0.893		0	A	1		1.482		
Tyrosine g	0.664		0	A	1		1.103		
Valine g	0.920		0	A	1		1.528		
Arginine g	1.252		0	A	1		2.078		
Histidine g	0.466		0	A	1		0.774		
Alanine g	0.960		0	A	1		1.593		
Aspartic acid g	1.995		0	A	1		3.312		
Glutamic acid g	3.292		0	A	1		5.464		
Glycine g	0.754		0	A	1		1.252		
Proline g	1.030		0	A	1		1.710		
Serine g	1.019		0	A	1		1.692		
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 = 166g: 1 cup

NDB No. 16114
Tempeh

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16174
Tempeh, 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	59.56		1	A	1				
Energy....kcal	196		0	NC	4				
Energy....kJ	822		0	NC	4				
Protein (N x 5.71)....g	18.19		1	A	1				
Total lipid (fat)....g	11.38		1	A	1				
Ash....g	1.53		1	A	1				
Carbohydrate, by difference....g	9.35		0	NC	4				
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	96		1	A	1				
Iron, Fe....mg	2.13		1	A	1				
Magnesium, Mg....mg	77		1	A	1				
Phosphorus, P....mg	253		1	A	1				
Potassium, K....mg	401		1	A	1				
Sodium, Na....mg	14		1	A	1				
Zinc, Zn....mg	1.57		1	A	1				
Copper, Cu....mg	0.540		1	A	1				
Manganese, Mn....mg	1.285		1	A	1				
Selenium, Se....mcg	0.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.054		1	A	1				
Riboflavin....mg	0.357		1	A	1				
Niacin....mg	2.135		1	A	1				
Pantothenic acid....mg	0.453		1	A	1				
Vitamin B-6....mg	0.199		1	A	1				
Folate, total....mcg	21		1	A	1				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	21		1	A	1				
Folate, DFE....mcg_DFE	21		0	NC	4				
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.14		1	A	1				
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									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7				
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.400		0	NC	4				
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1				

NDB No. 16174
Tempeh, 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
10:0 g	0.000		1	A	1				
12:0 g	0.000		1	A	1				
13:0 g									
14:0 g	0.050		1	A	1				
15:0 g	0.000		1	A	1				
16:0 g	2.200		1	A	1				
17:0 g	0.050		1	A	1				
18:0 g	0.800		1	A	1				
20:0 g	0.100		1	A	1				
22:0 g	0.200		1	A	1				
24:0 g	0.000		1	A	1				
Fatty acids, total monounsaturated g	3.745		0	NC	4				
14:1 g	0.000		1	A	1				
15:1 g									
16:1 undifferentiated g	0.100		1	A	1				
17:1 g	0.070		1	A	1				
18:1 undifferentiated g	3.475		1	A	1				
20:1 g	0.100		1	A	1				
22:1 undifferentiated g	0.000		1	A	1				
24:1 c g									
Fatty acids, total polyunsaturated g	2.638		0	NC	4				
18:2 undifferentiated g	2.518		1	A	1				
18:3 undifferentiated g	0.120		1	A	1				
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g	0.000		1	A	1				
20:4 undifferentiated g	0.000		1	A	1				
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:

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43476
Tofu yogurt

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	77.50		0		4		203.05		
Energy	kcal	94		0	NC	4		246		
Energy	kJ	394		0	NC	4		1031		
Protein	g	3.50		0		4		9.17		
Total lipid (fat)	g	1.80		0		4		4.72		
Ash	g	1.24		0	BFSN	4		3.24		
Carbohydrate, by difference	g	15.96		0	NC	4		41.82		
Fiber, total dietary	g	0.2		0		4		0.5		
Sugars, total	g	1.24		0	BFSN	4		3.24		
Starch	g									
Minerals:										
Calcium, Ca	mg	118		0		4		309		
Iron, Fe	mg	1.06		0		4		2.78		
Magnesium, Mg	mg	40		0		4		105		
Phosphorus, P	mg	38		0		4		100		
Potassium, K	mg	47		0		4		123		
Sodium, Na	mg	35		0		4		92		
Zinc, Zn	mg	0.31		0		4		0.81		
Copper, Cu	mg	0.075		0		4		0.197		
Manganese, Mn	mg									
Selenium, Se	mcg	13.0		0	BFSN	4		34.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.5		0		4		6.6		
Thiamin	mg	0.060		0		4		0.157		
Riboflavin	mg	0.020		0		4		0.052		
Niacin	mg	0.240		0		4		0.629		
Pantothenic acid	mg									
Vitamin B-6	mg	0.020		0		4		0.052		
Folate, total	mcg	6		0		4		16		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		0		4		16		
Folate, DFE	mcg_DFE	6		0	NC	4		16		
Choline, total	mg	48.4		0	BFSN	4		126.7		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		4		
Retinol	mcg	0		0	BNA	4		0		
Carotene, beta	mcg	20		0	BNA	4		52		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
Vitamin A, IU	IU	33		0	NC	4		86		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.31		0	O	4		0.81		
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	3.5		0	BFSN	4		9.3		
Lipids:										
Fatty acids, total saturated	g	0.259		0		4		0.679		
4:0	g	0.000		0		4		0.000		

NDB No. 43476
Tofu yogurt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.005		0		4		0.013		
15:0....g									
16:0....g	0.191		0		4		0.500		
17:0....g									
18:0....g	0.063		0		4		0.165		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.400		0		4		1.048		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		4		0.013		
17:1....g									
18:1 undifferentiated....g	0.395		0		4		1.035		
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	1.017		0		4		2.665		
18:2 undifferentiated....g	0.901		0		4		2.361		
18:3 undifferentiated....g	0.116		0		4		0.304		
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	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 = 262g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16128
Tofu, dried-frozen (koyadofu)

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	5.78		1		1		0.98		
Energy	kcal	480		0	NC	4		82		
Energy	kJ	2008				4		341		
Protein (N x 5.71)	g	47.94		1		1		8.15		
Total lipid (fat)	g	30.34		1		1		5.16		
Ash	g	1.38		1		1		0.23		
Carbohydrate, by difference	g	14.56		0	NC	4		2.48		
Fiber, total dietary	g	7.2		0	BFSN	4		1.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	364		1		1		62		
Iron, Fe	mg	9.73		1		1		1.65		
Magnesium, Mg	mg	59		1		1		10		
Phosphorus, P	mg	483		1		1		82		
Potassium, K	mg	20		1		1		3		
Sodium, Na	mg	6		1		1		1		
Zinc, Zn	mg	4.90		0		1		0.83		
Copper, Cu	mg	1.179		0		1		0.200		
Manganese, Mn	mg	3.689		0		1		0.627		
Selenium, Se	mcg	54.3		0	BFSN	4		9.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.1		
Thiamin	mg	0.494		0		1		0.084		
Riboflavin	mg	0.317		0		1		0.054		
Niacin	mg	1.189		0		1		0.202		
Pantothenic acid	mg	0.415		0		1		0.071		
Vitamin B-6	mg	0.286		0		1		0.049		
Folate, total	mcg	92		0		1		16		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	92		0		1		16		
Folate, DFE	mcg_DFE	92		0	NC	4		16		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	26		0		1		4		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	518		0		1		88		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	4.388		0		1		0.746		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16128
Tofu, dried-frozen (koyadofu)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.084		0		1		0.014		
15:0 g									
16:0 g	3.220		0		1		0.547		
17:0 g									
18:0 g	1.083		0		1		0.184		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.701		0		1		1.139		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.084		0		1		0.014		
17:1 g									
18:1 undifferentiated g	6.617		0		1		1.125		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	17.128		0		1		2.912		
18:2 undifferentiated g	15.104		0		1		2.568		
18:3 undifferentiated g	2.024		0		1		0.344		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.747		0		1		0.127		
Threonine g	1.956		0		1		0.333		
Isoleucine g	2.376		0		1		0.404		
Leucine g	3.644		0		1		0.619		
Lysine g	3.157		0		1		0.537		
Methionine g	0.613		0		1		0.104		
Cystine g	0.663		0		1		0.113		
Phenylalanine g	2.334		0		1		0.397		
Tyrosine g	1.604		0		1		0.273		
Valine g	2.418		0		1		0.411		
Arginine g	3.190		0		1		0.542		
Histidine g	1.394		0		1		0.237		
Alanine g	1.965		0		1		0.334		
Aspartic acid g	5.298		0		1		0.901		
Glutamic acid g	8.287		0		1		1.409		
Glycine g	1.872		0		1		0.318		
Proline g	2.586		0		1		0.440		
Serine g	2.259		0		1		0.384		
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 = 17g: 1 piece

NDB No. 16128
Tofu, dried-frozen (koyadofu)

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16428
Tofu, dried-frozen (koyadofu), prepared with calcium sulfate

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	5.78		1		1		0.98		
Energy....kcal	472		0	NC	4		80		
Energy....kJ	1976		0	NC	4		336		
Protein (N x 5.71)....g	47.94		1		1		8.15		
Total lipid (fat)....g	30.34		1		1		5.16		
Ash....g	3.15		0	O	4		0.54		
Carbohydrate, by difference....g	12.79		0	NC	4		2.17		
Fiber, total dietary....g	1.2		0	BFZN	4		0.2		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2134		0		1		363		
Iron, Fe....mg	9.73		1		1		1.65		
Magnesium, Mg....mg	181		0		1		31		
Phosphorus, P....mg	483		1		1		82		
Potassium, K....mg	20		1		1		3		
Sodium, Na....mg	6		1		1		1		
Zinc, Zn....mg	4.90		0		1		0.83		
Copper, Cu....mg	1.179		0		1		0.200		
Manganese, Mn....mg	3.689		0		1		0.627		
Selenium, Se....mcg	54.3		0	BFSN	4		9.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		0.1		
Thiamin....mg	0.494		0		1		0.084		
Riboflavin....mg	0.317		0		1		0.054		
Niacin....mg	1.189		0		1		0.202		
Pantothenic acid....mg	0.415		0		1		0.071		
Vitamin B-6....mg	0.286		0		1		0.049		
Folate, total....mcg	92		0		1		16		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	92		0		1		16		
Folate, DFE....mcg_DFE	92		0	NC	4		16		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	AS	1		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	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									
Lipids:									
Fatty acids, total saturated....g	4.388		0		1		0.746		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16428
Tofu, dried-frozen (koyadofu), prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.084		0		1		0.014		
15:0....g									
16:0....g	3.220		0		1		0.547		
17:0....g									
18:0....g	1.083		0		1		0.184		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.701		0		1		1.139		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.084		0		1		0.014		
17:1....g									
18:1 undifferentiated....g	6.617		0		1		1.125		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	17.128		0		1		2.912		
18:2 undifferentiated....g	15.104		0		1		2.568		
18:3 undifferentiated....g	2.024		0		1		0.344		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.747		0		1		0.127		
Threonine....g	1.956		0		1		0.333		
Isoleucine....g	2.376		0		1		0.404		
Leucine....g	3.644		0		1		0.619		
Lysine....g	3.157		0		1		0.537		
Methionine....g	0.613		0		1		0.104		
Cystine....g	0.663		0		1		0.113		
Phenylalanine....g	2.334		0		1		0.397		
Tyrosine....g	1.604		0		1		0.273		
Valine....g	2.418		0		1		0.411		
Arginine....g	3.190		0		1		0.542		
Histidine....g	1.394		0		1		0.237		
Alanine....g	1.965		0		1		0.334		
Aspartic acid....g	5.298		0		1		0.901		
Glutamic acid....g	8.287		0		1		1.409		
Glycine....g	1.872		0		1		0.318		
Proline....g	2.586		0		1		0.440		
Serine....g	2.259		0		1		0.384		
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 = 17g: 1 piece

NDB No. 16428
Tofu, dried-frozen (koyadofu), prepared with calcium sulfate

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16159
Tofu, extra firm, prepared with nigari (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	81.28	0.773	5	A	1		73.96		
Energy....kcal	91		0	NC	4		83		
Energy....kJ	382		0	NC	4		347		
Protein (N x 5.71)....g	9.89	0.629	5	A	1		9.00		
Total lipid (fat)....g	5.83	0.412	5	A	1		5.31		
Ash....g	1.00	0.027	5	A	1		0.91		
Carbohydrate, by difference....g	2.00		0	NC	4		1.82		
Fiber, total dietary....g	0.4	0.111	3	A	1		0.4		
Sugars, total....g	0.50		1	A	1		0.46		
Starch....g									
Minerals:									
Calcium, Ca (2)....mg	175	20.556	5	A	1		159		
Iron, Fe....mg	1.84	0.323	5	A	1		1.68		
Magnesium, Mg (3)....mg	53	0.525	4	A	1		48		
Phosphorus, P....mg	136	5.500	4	A	1		124		
Potassium, K....mg	132	17.335	5	A	1		120		
Sodium, Na....mg	8	0.132	5	A	1		7		
Zinc, Zn....mg	1.10	0.133	4	A	1		1.00		
Copper, Cu....mg	0.191	0.015	4	A	1		0.174		
Manganese, Mn....mg	0.759	0.096	3	A	1		0.691		
Selenium, Se....mcg	13.0		2	JO	11		11.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	A	1		0.5		
Thiamin....mg	0.048	0.008	4	A	1		0.043		
Riboflavin....mg	0.045	0.005	4	A	1		0.041		
Niacin....mg	0.288	0.057	4	A	1		0.262		
Pantothenic acid....mg	0.453	0.368	4	A	1		0.412		
Vitamin B-6....mg	0.063	0.004	4	A	1		0.057		
Folate, total....mcg	17	0.378	4	A	1		16		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	17	0.378	4	A	1		16		
Folate, DFE....mcg_DFE	17		0	NC	4		16		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	AS	1		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	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									
Lipids:									
Fatty acids, total saturated....g	0.542		0	NC	4		0.493		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		

NDB No. 16159
Tofu, extra firm, prepared with nigari (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
10:0 g	0.000		1	A	1		0.000		
12:0 g	0.000		1	A	1		0.000		
13:0 g	0.000		1	A	1		0.000		
14:0 g									
15:0 g	0.000		1	A	1		0.000		
16:0 g									
17:0 g	0.542		1	A	1		0.493		
18:0 g									
20:0 g	0.000		1	A	1		0.000		
22:0 g	0.000		1	A	1		0.000		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	4.338		0	NC	4		3.948		
14:1 g	0.000		1	A	1		0.000		
15:1 g	2.169		1	A	1		1.974		
16:1 undifferentiated g									
17:1 g	1.085		1	A	1		0.987		
18:1 undifferentiated g									
20:1 g	1.085		1	A	1		0.987		
22:1 undifferentiated g	0.000		1	A	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.542		0	NC	4		0.493		
18:2 undifferentiated g									
18:3 undifferentiated g									
18:4 g									
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.000		1	A	1		0.000		
20:4 undifferentiated g	0.000		1	A	1		0.000		
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	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.154		0	DI	4		0.140		
Threonine g	0.404		0	DI	4		0.367		
Isoleucine g	0.490		0	DI	4		0.446		
Leucine g	0.751		0	DI	4		0.684		
Lysine g	0.651		0	DI	4		0.592		
Methionine g	0.126		0	DI	4		0.115		
Cystine g	0.137		0	DI	4		0.124		
Phenylalanine g	0.481		0	DI	4		0.437		
Tyrosine g	0.331		0	DI	4		0.301		
Valine g	0.499		0	DI	4		0.454		
Arginine g	0.657		0	DI	4		0.598		
Histidine g	0.288		0	DI	4		0.262		
Alanine g	0.406		0	DI	4		0.369		
Aspartic acid g	1.093		0	DI	4		0.994		
Glutamic acid g	1.709		0	DI	4		1.555		
Glycine g	0.386		0	DI	4		0.351		
Proline g	0.533		0	DI	4		0.485		
Serine g	0.466		0	DI	4		0.424		
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 = 91g: .2 block

NDB No. 16159

Tofu, extra firm, prepared with nigari (1)

Footnotes:

1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.

2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

3 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16126

Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) (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	84.95	0.191	9	JA	6		107.03	68.81	77.30
Energy ... kcal	70		0	NC	4		88	57	64
Energy ... kJ	294		0	NC	4		370	238	267
Protein (N x 5.71) ... g	8.19	0.137	6	A	1		10.31	6.63	7.45
Total lipid (fat) ... g	4.17	0.120	7	A	1		5.26	3.38	3.80
Ash ... g	1.01	0.069	7	A	1		1.27	0.82	0.92
Carbohydrate, by difference ... g	1.69		0	NC	4		2.12	1.37	1.53
Fiber, total dietary ... g	0.9	0.020	5	JA	6		1.1	0.7	0.8
Sugars, total ... g	0.60		1	A	1		0.76	0.49	0.55
Starch ... g									
Minerals:									
Calcium, Ca (2) ... mg	201	26.326	7	A	1		253	163	183
Iron, Fe ... mg	1.61	0.131	7	A	1		2.03	1.31	1.47
Magnesium, Mg (2) ... mg	37	1.971	5	A	1		47	30	34
Phosphorus, P ... mg	121	5.846	6	A	1		153	98	110
Potassium, K ... mg	148	8.812	7	A	1		186	120	134
Sodium, Na ... mg	12	3.706	7	A	1		15	10	11
Zinc, Zn ... mg	0.83	0.029	6	A	1		1.04	0.67	0.75
Copper, Cu ... mg	0.213	0.010	6	A	1		0.268	0.172	0.194
Manganese, Mn ... mg	0.625	0.037	6	A	1		0.787	0.506	0.568
Selenium, Se ... mcg	9.9	2.075	6	JO	11		12.4	8.0	9.0
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.2		0		1		0.3	0.2	0.2
Thiamin ... mg	0.060	0.009	6	A	1		0.076	0.049	0.055
Riboflavin ... mg	0.063	0.004	6	A	1		0.080	0.051	0.058
Niacin ... mg	0.101	0.031	6	A	1		0.128	0.082	0.092
Pantothenic acid ... mg	0.110	0.009	4	A	1		0.138	0.089	0.100
Vitamin B-6 ... mg	0.071	0.008	6	A	1		0.090	0.058	0.065
Folate, total ... mcg	19	3.496	6	A	1		24	15	17
Folic acid ... mcg	0		0	Z	7		0	0	0
Folate, food ... mcg	19	3.496	6	A	1		24	15	17
Folate, DFE ... mcg_DFE	19		0	NC	4		24	15	17
Choline, total ... mg	28.1		0	AS	1		35.4	22.8	25.6
Betaine ... mg	0.4		1	A	1		0.6	0.4	0.4
Vitamin B-12 ... mcg	0.00		0		1		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		2	A	1		0	0	0
Carotene, alpha ... mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta ... mcg	0		2	A	1		0	0	0
Vitamin A, IU ... IU	0		0	AS	1		0	0	0
Lycopene ... mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin ... mcg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol) ... mg	0.01		0	BFSN	4		0.01	0.01	0.01
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	2.4		0	BFSN	4		3.0	1.9	2.2
Lipids:									
Fatty acids, total saturated ... g	0.863		0	NC	4		1.087	0.699	0.785
4:0 ... g									
6:0 ... g									
8:0 ... g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 16126

Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) (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
10:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0 g	0.015	0.003	3	A	1		0.018	0.012	0.013
15:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0 g	0.616	0.067	3	A	1		0.777	0.499	0.561
17:0 g	0.015	0.003	3	A	1		0.018	0.012	0.013
18:0 g	0.218	0.000	3	A	1		0.274	0.176	0.198
20:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	1.226		0	NC	4		1.544	0.993	1.115
14:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1 g	0.073	0.042	3	A	1		0.091	0.059	0.066
16:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1 g	0.025	0.003	3	A	1		0.032	0.021	0.023
18:1 undifferentiated g	1.095	0.107	3	A	1		1.380	0.887	0.996
20:1 g	0.025	0.013	3	A	1		0.032	0.021	0.023
22:1 undifferentiated g	0.007	0.003	3	A	1		0.009	0.006	0.007
24:1 c g									
Fatty acids, total polyunsaturated g	1.794		0	NC	4		2.260	1.453	1.632
18:2 undifferentiated g	1.598	0.363	3	A	1		2.013	1.294	1.454
18:3 undifferentiated g	0.181	0.059	3	A	1		0.228	0.147	0.165
18:4 g									
20:2 n-6 c,c g	0.004	0.003	3	A	1		0.005	0.003	0.003
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.004	0.003	3	A	1		0.005	0.003	0.003
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	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.123		0	A	1		0.155	0.099	0.112
Threonine g	0.411		0	A	1		0.517	0.333	0.374
Isoleucine g	0.444		0	A	1		0.560	0.360	0.404
Leucine g	0.728		0	A	1		0.918	0.590	0.663
Lysine g	0.462		0	A	1		0.582	0.374	0.420
Methionine g	0.110		0	A	1		0.139	0.089	0.100
Cystine g	0.030		0	A	1		0.038	0.024	0.027
Phenylalanine g	0.437		0	A	1		0.551	0.354	0.398
Tyrosine g	0.367		0	A	1		0.462	0.297	0.334
Valine g	0.455		0	A	1		0.574	0.369	0.415
Arginine g	0.716		0	A	1		0.903	0.580	0.652
Histidine g	0.225		0	A	1		0.284	0.183	0.205
Alanine g	0.405		0	A	1		0.510	0.328	0.368
Aspartic acid g	1.066		0	A	1		1.343	0.863	0.970
Glutamic acid g	1.721		0	A	1		2.168	1.394	1.566
Glycine g	0.384		0	A	1		0.483	0.311	0.349
Proline g	0.567		0	A	1		0.715	0.460	0.516
Serine g	0.531		0	A	1		0.669	0.430	0.483
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. 16126

Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) (1)

Common Measures:

Measure 1 = 126g: .5 cup

Measure 2 = 81g: .25 block

Measure 3 = 91g: .2 block

Footnotes:

1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.

2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16129
Tofu, fried

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	50.52		3		1		14.32	6.57	
Energy....kcal	271		0	NC	4		77	35	
Energy....kJ	1135		0	NC	4		322	148	
Protein (N x 5.71)....g	17.19		2		1		4.87	2.23	
Total lipid (fat)....g	20.18		2		1		5.72	2.62	
Ash....g	1.62		3		1		0.46	0.21	
Carbohydrate, by difference....g	10.49		0	NC	4		2.97	1.36	
Fiber, total dietary....g	3.9		0		4		1.1	0.5	
Sugars, total....g	2.72		0	BFSN	4		0.77	0.35	
Starch....g									
Minerals:									
Calcium, Ca....mg	372		2		1		105	48	
Iron, Fe....mg	4.87		2		1		1.38	0.63	
Magnesium, Mg....mg	60		1		1		17	8	
Phosphorus, P....mg	287		2		1		81	37	
Potassium, K....mg	146		1		1		41	19	
Sodium, Na....mg	16		1		1		5	2	
Zinc, Zn....mg	1.99		0		1		0.56	0.26	
Copper, Cu....mg	0.398		0		1		0.113	0.052	
Manganese, Mn....mg	1.495		0		1		0.424	0.194	
Selenium, Se....mcg	28.5		0	BFSN	4		8.1	3.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.170		1		1		0.048	0.022	
Riboflavin....mg	0.050		1		1		0.014	0.007	
Niacin....mg	0.100		1		1		0.028	0.013	
Pantothenic acid....mg	0.140		0		1		0.040	0.018	
Vitamin B-6....mg	0.099		0		1		0.028	0.013	
Folate, total....mcg	27		0		1		8	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	27		0		1		8	3	
Folate, DFE....mcg_DFE	27		0	NC	4		8	3	
Choline, total....mg	106.3		0	BFSN	4		30.1	13.8	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	16		0	BFSN	4		5	2	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	27		0	NC	4		8	4	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04		0	BFSN	4		0.01	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	7.8		0	BFSN	4		2.2	1.0	
Lipids:									
Fatty acids, total saturated....g	2.918		0		1		0.827	0.379	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 16129
Tofu, fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.056		0		1		0.016	0.007	
15:0....g									
16:0....g	2.141		0		1		0.607	0.278	
17:0....g									
18:0....g	0.720		0		1		0.204	0.094	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.456		0		1		1.263	0.579	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.056		0		1		0.016	0.007	
17:1....g									
18:1 undifferentiated....g	4.400		0		1		1.247	0.572	
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	11.390		0		1		3.229	1.481	
18:2 undifferentiated....g	10.044		0		1		2.847	1.306	
18:3 undifferentiated....g	1.346		0		1		0.382	0.175	
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		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.268		0		1		0.076	0.035	
Threonine....g	0.701		0		1		0.199	0.091	
Isoleucine....g	0.852		0		1		0.242	0.111	
Leucine....g	1.306		0		1		0.370	0.170	
Lysine....g	1.131		0		1		0.321	0.147	
Methionine....g	0.220		0		1		0.062	0.029	
Cystine....g	0.238		0		1		0.067	0.031	
Phenylalanine....g	0.837		0		1		0.237	0.109	
Tyrosine....g	0.575		0		1		0.163	0.075	
Valine....g	0.867		0		1		0.246	0.113	
Arginine....g	1.143		0		1		0.324	0.149	
Histidine....g	0.499		0		1		0.141	0.065	
Alanine....g	0.704		0		1		0.200	0.092	
Aspartic acid....g	1.899		0		1		0.538	0.247	
Glutamic acid....g	2.970		0		1		0.842	0.386	
Glycine....g	0.671		0		1		0.190	0.087	
Proline....g	0.927		0		1		0.263	0.121	
Serine....g	0.809		0		1		0.229	0.105	
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. 16129
Tofu, fried

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 piece

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16429
Tofu, fried, prepared with calcium sulfate

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	50.52		3		1		6.57		
Energy	kcal	271		0	NC	4		35		
Energy	kJ	1134				4		147		
Protein (N x 5.71)	g	17.19		2		1		2.23		
Total lipid (fat)	g	20.18		2		1		2.62		
Ash	g	1.62		3		1		0.21		
Carbohydrate, by difference	g	10.50		0	NC	4		1.37		
Fiber, total dietary	g	3.9		0	BFZN	4		0.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	961		0		1		125		
Iron, Fe	mg	4.87		2		1		0.63		
Magnesium, Mg	mg	95		0		1		12		
Phosphorus, P	mg	287		2		1		37		
Potassium, K	mg	146		1		1		19		
Sodium, Na	mg	16		1		1		2		
Zinc, Zn	mg	1.99		0		1		0.26		
Copper, Cu	mg	0.398		0		1		0.052		
Manganese, Mn	mg	1.495		0		1		0.194		
Selenium, Se	mcg	28.5		0	BFSN	4		3.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.170		1		1		0.022		
Riboflavin	mg	0.050		1		1		0.007		
Niacin	mg	0.100		1		1		0.013		
Pantothenic acid	mg	0.140		0		1		0.018		
Vitamin B-6	mg	0.099		0		1		0.013		
Folate, total	mcg	27		0		1		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	27		0		1		3		
Folate, DFE	mcg_DFE	27		0	NC	4		3		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		1		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (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									
Lipids:										
Fatty acids, total saturated	g	2.918		0		1		0.379		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16429
Tofu, fried, prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.056		0		1		0.007		
15:0 ... g									
16:0 ... g	2.141		0		1		0.278		
17:0 ... g									
18:0 ... g	0.720		0		1		0.094		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.456		0		1		0.579		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.056		0		1		0.007		
17:1 ... g									
18:1 undifferentiated ... g	4.400		0		1		0.572		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	11.390		0		1		1.481		
18:2 undifferentiated ... g	10.044		0		1		1.306		
18:3 undifferentiated ... g	1.346		0		1		0.175		
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		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.268		0		1		0.035		
Threonine ... g	0.701		0		1		0.091		
Isoleucine ... g	0.852		0		1		0.111		
Leucine ... g	1.306		0		1		0.170		
Lysine ... g	1.131		0		1		0.147		
Methionine ... g	0.220		0		1		0.029		
Cystine ... g	0.238		0		1		0.031		
Phenylalanine ... g	0.837		0		1		0.109		
Tyrosine ... g	0.575		0		1		0.075		
Valine ... g	0.867		0		1		0.113		
Arginine ... g	1.143		0		1		0.149		
Histidine ... g	0.499		0		1		0.065		
Alanine ... g	0.704		0		1		0.092		
Aspartic acid ... g	1.899		0		1		0.247		
Glutamic acid ... g	2.970		0		1		0.386		
Glycine ... g	0.671		0		1		0.087		
Proline ... g	0.927		0		1		0.121		
Serine ... g	0.809		0		1		0.105		
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 = 13.0g: 1 piece

NDB No. 16429
Tofu, fried, prepared with calcium sulfate

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16160
Tofu, hard, prepared with nigari (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	71.12		1	A	1		86.77		
Energy	kcal	146		0	NC	4		178		
Energy	kJ	611				4		745		
Protein (N x 5.71)	g	12.68		1	A	1		15.47		
Total lipid (fat)	g	9.99		1	A	1		12.19		
Ash	g	1.82		1	A	1		2.22		
Carbohydrate, by difference	g	4.39		0	NC	4		5.36		
Fiber, total dietary	g	0.6		1	A	1		0.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca (2)	mg	345		1	A	1		421		
Iron, Fe	mg	2.75		1	A	1		3.36		
Magnesium, Mg (3)	mg	53		1	A	1		65		
Phosphorus, P	mg	231		1	A	1		282		
Potassium, K	mg	146		1	A	1		178		
Sodium, Na	mg	2		1	A	1		2		
Zinc, Zn	mg	1.66		1	A	1		2.03		
Copper, Cu	mg	0.328		1	A	1		0.400		
Manganese, Mn	mg	1.052		1	A	1		1.283		
Selenium, Se	mcg	16.8		0	BFSN	4		20.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1	A	1		0.4		
Thiamin	mg	0.042		1	A	1		0.051		
Riboflavin	mg	0.077		1	A	1		0.094		
Niacin	mg	0.639		1	A	1		0.780		
Pantothenic acid	mg	0.037		1	A	1		0.045		
Vitamin B-6	mg	0.039		1	A	1		0.048		
Folate, total	mcg	22		1	A	1		27		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	22		1	A	1		27		
Folate, DFE	mcg_DFE	22		0	NC	4		27		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE									
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									
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									
Lipids:										
Fatty acids, total saturated	g	1.445		0	BFFN	4		1.763		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16160
Tofu, hard, prepared with nigari (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
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.027		0	BFFN	4		0.033		
15:0 g									
16:0 g	1.060		0	BFFN	4		1.293		
17:0 g									
18:0 g	0.356		0	BFFN	4		0.434		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.205		0	BFFN	4		2.690		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.027		0	BFFN	4		0.033		
17:1 g									
18:1 undifferentiated g	2.178		0	BFFN	4		2.657		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	5.638		0	BFFN	4		6.878		
18:2 undifferentiated g	4.971		0	BFFN	4		6.065		
18:3 undifferentiated g	0.667		0	BFFN	4		0.814		
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	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.198		0	BFPN	4		0.242		
Threonine g	0.517		0	BFPN	4		0.631		
Isoleucine g	0.628		0	BFPN	4		0.766		
Leucine g	0.963		0	BFPN	4		1.175		
Lysine g	0.835		0	BFPN	4		1.019		
Methionine g	0.162		0	BFPN	4		0.198		
Cystine g	0.175		0	BFPN	4		0.214		
Phenylalanine g	0.617		0	BFPN	4		0.753		
Tyrosine g	0.424		0	BFPN	4		0.517		
Valine g	0.640		0	BFPN	4		0.781		
Arginine g	0.844		0	BFPN	4		1.030		
Histidine g	0.369		0	BFPN	4		0.450		
Alanine g	0.520		0	BFPN	4		0.634		
Aspartic acid g	1.401		0	BFPN	4		1.709		
Glutamic acid g	2.191		0	BFPN	4		2.673		
Glycine g	0.495		0	BFPN	4		0.604		
Proline g	0.684		0	BFPN	4		0.834		
Serine g	0.597		0	BFPN	4		0.728		
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 = 122g: .25 block

NDB No. 16160
Tofu, hard, prepared with nigari (1)

Footnotes:

1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.
2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.
3 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16130
Tofu, okara

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	81.64		2		1		99.60		
Energy	kcal	77		0	NC	4		94		
Energy	kJ	322				4		393		
Protein (N x 5.71)	g	3.22		2		1		3.93		
Total lipid (fat)	g	1.73		2		1		2.11		
Ash	g	0.88		2		1		1.07		
Carbohydrate, by difference	g	12.54		0	NC	4		15.30		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	80		1		1		98		
Iron, Fe	mg	1.30		1		1		1.59		
Magnesium, Mg	mg	26		1		1		32		
Phosphorus, P	mg	60		1		1		73		
Potassium, K	mg	213		1		1		260		
Sodium, Na	mg	9		1		1		11		
Zinc, Zn	mg	0.56		0		4		0.68		
Copper, Cu	mg	0.200		0		4		0.244		
Manganese, Mn	mg	0.404		0		4		0.493		
Selenium, Se	mcg	10.6		0	BFSN	4		12.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.020		1		1		0.024		
Riboflavin	mg	0.020		1		1		0.024		
Niacin	mg	0.100		1		1		0.122		
Pantothenic acid	mg	0.088		0		4		0.107		
Vitamin B-6	mg	0.115		0		4		0.140		
Folate, total	mcg	26		0		4		32		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	26		0		4		32		
Folate, DFE	mcg_DFE	26		0	NC	4		32		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		1		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (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									
Lipids:										
Fatty acids, total saturated	g	0.193		0		1		0.235		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16130
Tofu, okara

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.004		0		1		0.005		
15:0 g									
16:0 g	0.142		0		1		0.173		
17:0 g									
18:0 g	0.048		0		1		0.059		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.295		0		1		0.360		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.004		0		1		0.005		
17:1 g									
18:1 undifferentiated g	0.292		0		1		0.356		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.755		0		1		0.921		
18:2 undifferentiated g	0.666		0		1		0.813		
18:3 undifferentiated g	0.089		0		1		0.109		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.050		0		1		0.061		
Threonine g	0.131		0		1		0.160		
Isoleucine g	0.159		0		1		0.194		
Leucine g	0.244		0		1		0.298		
Lysine g	0.212		0		1		0.259		
Methionine g	0.041		0		1		0.050		
Cystine g	0.044		0		1		0.054		
Phenylalanine g	0.157		0		1		0.192		
Tyrosine g	0.108		0		1		0.132		
Valine g	0.162		0		1		0.198		
Arginine g	0.214		0		1		0.261		
Histidine g	0.093		0		1		0.113		
Alanine g	0.132		0		1		0.161		
Aspartic acid g	0.355		0		1		0.433		
Glutamic acid g	0.556		0		1		0.678		
Glycine g	0.126		0		1		0.154		
Proline g	0.173		0		1		0.211		
Serine g	0.151		0		1		0.184		
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 = 122g: 1 cup

NDB No. 16130
Tofu, okara

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16426
Tofu, raw, firm, prepared with calcium sulfate

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	69.83		0		1		87.99	56.56	
Energy....kcal	145		0	NC	4		183	118	
Energy....kJ	607		0	NC	4		765	492	
Protein (N x 5.71)....g	15.78	0.450	6		1		19.88	12.78	
Total lipid (fat)....g	8.72	0.591	6		1		10.99	7.06	
Ash....g	1.40		0		1		1.76	1.13	
Carbohydrate, by difference....g	4.27		0	NC	4		5.38	3.46	
Fiber, total dietary....g	2.3		0	BFZN	4		2.9	1.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	683		0		1		861	553	
Iron, Fe....mg	2.66		0	BFSN	4		3.35	2.15	
Magnesium, Mg....mg	58		0		1		73	47	
Phosphorus, P....mg	190		0		1		239	154	
Potassium, K....mg	237		0		1		299	192	
Sodium, Na....mg	14		0		1		18	11	
Zinc, Zn....mg	1.57		0		1		1.98	1.27	
Copper, Cu....mg	0.378		0		1		0.476	0.306	
Manganese, Mn....mg	1.181		0		1		1.488	0.957	
Selenium, Se....mcg	17.4		0	BFSN	4		21.9	14.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		1		0.3	0.2	
Thiamin....mg	0.158		0		1		0.199	0.128	
Riboflavin....mg	0.102		0		1		0.129	0.083	
Niacin....mg	0.381		0		1		0.480	0.309	
Pantothenic acid....mg	0.133		0		1		0.168	0.108	
Vitamin B-6....mg	0.092		0		1		0.116	0.075	
Folate, total....mcg	29		0		1		37	24	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	29		0		1		37	24	
Folate, DFE....mcg_DFE	29		0	NC	4		37	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	166		1		1		209	134	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	1.261		0		1		1.589	1.021	
4:0....g									
6:0....g									
8:0....g									

NDB No. 16426
Tofu, raw, firm, prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.024		0		1		0.030	0.019	
15:0 g									
16:0 g	0.925		0		1		1.166	0.749	
17:0 g									
18:0 g	0.311		0		1		0.392	0.252	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.925		0		1		2.426	1.559	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.024		0		1		0.030	0.019	
17:1 g									
18:1 undifferentiated g	1.901		0		1		2.395	1.540	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	4.921		0		1		6.200	3.986	
18:2 undifferentiated g	4.339		0		1		5.467	3.515	
18:3 undifferentiated g	0.582		0		1		0.733	0.471	
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									
Amino Acids:									
Tryptophan g	0.246		7		1		0.310	0.199	
Threonine g	0.644		13		1		0.811	0.522	
Isoleucine g	0.782		13		1		0.985	0.633	
Leucine g	1.199		13		1		1.511	0.971	
Lysine g	1.039		14		1		1.309	0.842	
Methionine g	0.202		15		1		0.255	0.164	
Cystine g	0.218		13		1		0.275	0.177	
Phenylalanine g	0.768		13		1		0.968	0.622	
Tyrosine g	0.528		12		1		0.665	0.428	
Valine g	0.796		13		1		1.003	0.645	
Arginine g	1.050		12		1		1.323	0.851	
Histidine g	0.459		10		1		0.578	0.372	
Alanine g	0.647		12		1		0.815	0.524	
Aspartic acid g	1.743		12		1		2.196	1.412	
Glutamic acid g	2.727		12		1		3.436	2.209	
Glycine g	0.616		12		1		0.776	0.499	
Proline g	0.851		11		1		1.072	0.689	
Serine g	0.743		12		1		0.936	0.602	
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 = 126g: .5 cup

Measure 2 = 81g: .25 block

NDB No. 16426
Tofu, raw, firm, prepared with calcium sulfate

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16427
Tofu, raw, regular, prepared with calcium sulfate

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	84.55	0.408	65		1		104.84	98.08	
Energy	kcal	76		0	NC	4		94	88	
Energy	kJ	318				4		394	369	
Protein (N x 5.71)	g	8.08	0.308	44		1		10.02	9.37	
Total lipid (fat)	g	4.78	0.738	8		1		5.93	5.54	
Ash	g	0.72	0.039	8		1		0.89	0.84	
Carbohydrate, by difference	g	1.88		0	NC	4		2.33	2.18	
Fiber, total dietary	g	0.3		0		1		0.4	0.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	350		0		1		434	406	
Iron, Fe	mg	5.36	4.321	3		1		6.65	6.22	
Magnesium, Mg	mg	30		0		1		37	35	
Phosphorus, P	mg	97	14.553	3		1		120	113	
Potassium, K	mg	121	26.429	4		1		150	140	
Sodium, Na	mg	7	3.628	4		1		9	8	
Zinc, Zn	mg	0.80	0.040	3		1		0.99	0.93	
Copper, Cu	mg	0.193	0.033	3		1		0.239	0.224	
Manganese, Mn	mg	0.605		2		1		0.750	0.702	
Selenium, Se	mcg	8.9		0	BFSN	4		11.0	10.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		1		1		0.1	0.1	
Thiamin	mg	0.081		2		1		0.100	0.094	
Riboflavin	mg	0.052		2		1		0.064	0.060	
Niacin	mg	0.195		2		1		0.242	0.226	
Pantothenic acid	mg	0.068		2		1		0.084	0.079	
Vitamin B-6	mg	0.047		2		1		0.058	0.055	
Folate, total	mcg	15		2		1		19	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		2		1		19	17	
Folate, DFE	mcg_DFE	15		0	NC	4		19	17	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE	mcg_RAE	4		1		1		5	5	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	85		1		1		105	99	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
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									
Lipids:										
Fatty acids, total saturated	g	0.691		0		1		0.857	0.802	
4:0	g									
6:0	g									
8:0	g									

NDB No. 16427
Tofu, raw, regular, prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.013		0		1		0.016	0.015	
15:0 g									
16:0 g	0.507		0		1		0.629	0.588	
17:0 g									
18:0 g	0.171		0		1		0.212	0.198	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.056		0		1		1.309	1.225	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.013		0		1		0.016	0.015	
17:1 g									
18:1 undifferentiated g	1.043		0		1		1.293	1.210	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.699		0		1		3.347	3.131	
18:2 undifferentiated g	2.380		0		1		2.951	2.761	
18:3 undifferentiated g	0.319		0		1		0.396	0.370	
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									
Amino Acids:									
Tryptophan g	0.126		0		1		0.156	0.146	
Threonine g	0.330		0		1		0.409	0.383	
Isoleucine g	0.400		0		1		0.496	0.464	
Leucine g	0.614		0		1		0.761	0.712	
Lysine g	0.532		0		1		0.660	0.617	
Methionine g	0.103		0		1		0.128	0.119	
Cystine g	0.112		0		1		0.139	0.130	
Phenylalanine g	0.393		0		1		0.487	0.456	
Tyrosine g	0.270		0		1		0.335	0.313	
Valine g	0.408		0		1		0.506	0.473	
Arginine g	0.538		0		1		0.667	0.624	
Histidine g	0.235		0		1		0.291	0.273	
Alanine g	0.331		0		1		0.410	0.384	
Aspartic acid g	0.893		0		1		1.107	1.036	
Glutamic acid g	1.397		0		1		1.732	1.621	
Glycine g	0.316		0		1		0.392	0.367	
Proline g	0.436		0		1		0.541	0.506	
Serine g	0.381		0		1		0.472	0.442	
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 = 124g: .5 cup

Measure 2 = 116g: .25 block

NDB No. 16427
Tofu, raw, regular, prepared with calcium sulfate

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16132
Tofu, salted and fermented (fuyu)

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	70.01		1		1		7.70		
Energy	kcal	116		0	NC	4		13		
Energy	kJ	485		0		4		53		
Protein (N x 5.71)	g	8.15		1		1		0.90		
Total lipid (fat)	g	8.00		1		1		0.88		
Ash	g	8.69		1		1		0.96		
Carbohydrate, by difference	g	5.15		0	NC	4		0.57		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	46		1		1		5		
Iron, Fe	mg	1.98		1		1		0.22		
Magnesium, Mg	mg	52		1		1		6		
Phosphorus, P	mg	73		1		1		8		
Potassium, K	mg	75		1		1		8		
Sodium, Na	mg	2873		1		1		316		
Zinc, Zn	mg	1.56		0		4		0.17		
Copper, Cu	mg	0.376		0		4		0.041		
Manganese, Mn	mg	1.174		0		4		0.129		
Selenium, Se	mcg	17.3		0	BFSN	4		1.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		4		0.0		
Thiamin	mg	0.157		0		4		0.017		
Riboflavin	mg	0.101		0		4		0.011		
Niacin	mg	0.379		0		4		0.042		
Pantothenic acid	mg	0.132		0		4		0.015		
Vitamin B-6	mg	0.091		0		4		0.010		
Folate, total	mcg	29		0		4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	29		0		4		3		
Folate, DFE	mcg_DFE	29		0	NC	4		3		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1		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	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									
Lipids:										
Fatty acids, total saturated	g	1.157		0		1		0.127		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16132
Tofu, salted and fermented (fuyu)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.022		0		1		0.002		
15:0....g									
16:0....g	0.849		0		1		0.093		
17:0....g									
18:0....g	0.286		0		1		0.031		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.767		0		1		0.194		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	1.745		0		1		0.192		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.516		0		1		0.497		
18:2 undifferentiated....g	3.982		0		1		0.438		
18:3 undifferentiated....g	0.534		0		1		0.059		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0		1		0.014		
Threonine....g	0.332		0		1		0.037		
Isoleucine....g	0.404		0		1		0.044		
Leucine....g	0.619		0		1		0.068		
Lysine....g	0.537		0		1		0.059		
Methionine....g	0.104		0		1		0.011		
Cystine....g	0.113		0		1		0.012		
Phenylalanine....g	0.397		0		1		0.044		
Tyrosine....g	0.273		0		1		0.030		
Valine....g	0.411		0		1		0.045		
Arginine....g	0.542		0		1		0.060		
Histidine....g	0.237		0		1		0.026		
Alanine....g	0.334		0		1		0.037		
Aspartic acid....g	0.900		0		1		0.099		
Glutamic acid....g	1.408		0		1		0.155		
Glycine....g	0.318		0		1		0.035		
Proline....g	0.440		0		1		0.048		
Serine....g	0.384		0		1		0.042		
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 = 11.0g: 1 block

NDB No. 16132
Tofu, salted and fermented (fuyu)

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16432

Tofu, salted and fermented (fuyu), prepared with calcium sulfate

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	70.01		1		1		7.70		
Energy	kcal	116		0	NC	4		13		
Energy	kJ	486		0	NC	4		53		
Protein (N x 5.71)	g	8.15		1		1		0.90		
Total lipid (fat)	g	8.00		1		1		0.88		
Ash	g	8.69		1		1		0.96		
Carbohydrate, by difference	g	5.15		0	NC	4		0.57		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1229		0		1		135		
Iron, Fe	mg	1.98		1		1		0.22		
Magnesium, Mg	mg	58		0		1		6		
Phosphorus, P	mg	73		1		1		8		
Potassium, K	mg	75		1		1		8		
Sodium, Na	mg	2873		1		1		316		
Zinc, Zn	mg	1.56		0		4		0.17		
Copper, Cu	mg	0.376		0		4		0.041		
Manganese, Mn	mg	1.174		0		4		0.129		
Selenium, Se	mcg	17.3		0	BFSN	4		1.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		4		0.0		
Thiamin	mg	0.157		0		4		0.017		
Riboflavin	mg	0.101		0		4		0.011		
Niacin	mg	0.379		0		4		0.042		
Pantothenic acid	mg	0.132		0		4		0.015		
Vitamin B-6	mg	0.091		0		4		0.010		
Folate, total	mcg	29		0		4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	29		0		4		3		
Folate, DFE	mcg_DFE	29		0	NC	4		3		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1		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	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									
Lipids:										
Fatty acids, total saturated	g	1.157		0		1		0.127		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16432
Tofu, salted and fermented (fuyu), prepared with calcium sulfate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.022		0		1		0.002		
15:0....g									
16:0....g	0.849		0		1		0.093		
17:0....g									
18:0....g	0.286		0		1		0.031		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.767		0		1		0.194		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	1.745		0		1		0.192		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.516		0		1		0.497		
18:2 undifferentiated....g	3.982		0		1		0.438		
18:3 undifferentiated....g	0.534		0		1		0.059		
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		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0		1		0.014		
Threonine....g	0.332		0		1		0.037		
Isoleucine....g	0.404		0		1		0.044		
Leucine....g	0.619		0		1		0.068		
Lysine....g	0.537		0		1		0.059		
Methionine....g	0.104		0		1		0.011		
Cystine....g	0.113		0		1		0.012		
Phenylalanine....g	0.397		0		1		0.044		
Tyrosine....g	0.273		0		1		0.030		
Valine....g	0.411		0		1		0.045		
Arginine....g	0.542		0		1		0.060		
Histidine....g	0.237		0		1		0.026		
Alanine....g	0.334		0		1		0.037		
Aspartic acid....g	0.900		0		1		0.099		
Glutamic acid....g	1.408		0		1		0.155		
Glycine....g	0.318		0		1		0.035		
Proline....g	0.440		0		1		0.048		
Serine....g	0.384		0		1		0.042		
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 = 11.0g: 1 block

NDB No. 16432
Tofu, salted and fermented (fuyu), prepared with calcium sulfate

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16127

Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) (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	87.26	0.956	5	A	1		216.40	15.71	104.71
Energy....kcal	61		0	NC	4		151	11	73
Energy....kJ	255		0		4		633	46	306
Protein (N x 5.71)....g	6.55	0.693	5	A	1		16.24	1.18	7.86
Total lipid (fat)....g	3.69	0.200	5	A	1		9.15	0.66	4.43
Ash....g	0.70	0.036	5	A	1		1.74	0.13	0.84
Carbohydrate, by difference....g	1.80		0	NC	4		4.46	0.32	2.16
Fiber, total dietary....g	0.2		5	A	1		0.5	0.0	0.2
Sugars, total....g	0.70		1	A	1		1.74	0.13	0.84
Starch....g									
Minerals:									
Calcium, Ca (2) ....mg	111	8.191	5	A	1		275	20	133
Iron, Fe....mg	1.11	0.039	5	A	1		2.75	0.20	1.33
Magnesium, Mg (2) ....mg	27	2.630	4	A	1		67	5	32
Phosphorus, P....mg	92	6.533	4	A	1		228	17	110
Potassium, K....mg	120	20.535	5	A	1		298	22	144
Sodium, Na....mg	8	1.002	5	A	1		20	1	10
Zinc, Zn....mg	0.64	0.041	4	A	1		1.59	0.12	0.77
Copper, Cu....mg	0.157	0.008	3	A	1		0.389	0.028	0.188
Manganese, Mn....mg	0.389	0.025	4	A	1		0.965	0.070	0.467
Selenium, Se....mcg	8.9	2.661	5	A	1		22.1	1.6	10.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		2	A	1		0.5	0.0	0.2
Thiamin....mg	0.047	0.002	4	A	1		0.117	0.008	0.056
Riboflavin....mg	0.037	0.003	4	A	1		0.092	0.007	0.044
Niacin....mg	0.535	0.264	4	A	1		1.327	0.096	0.642
Pantothenic acid....mg	0.051	0.005	4	A	1		0.126	0.009	0.061
Vitamin B-6....mg	0.052	0.007	4	A	1		0.129	0.009	0.062
Folate, total....mcg	44	1.264	4	A	1		109	8	53
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	44	1.264	4	A	1		109	8	53
Folate, DFE....mcg_DFE	44		0	NC	4		109	8	53
Choline, total....mg	27.4		0	AS	1		67.9	4.9	32.9
Betaine....mg	0.4		1	A	1		1.0	0.1	0.5
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		1	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	4		0	O	4		10	1	5
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	7		0	NC	4		17	1	8
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.01		0	O	4		0.02	0.00	0.01
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	2.0		0	T	4		5.0	0.4	2.4
Lipids:									
Fatty acids, total saturated....g	0.533		0	A	1		1.322	0.096	0.640
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 16127
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) (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		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	0.010		0	A	1		0.025	0.002	0.012
15:0....g									
16:0....g	0.391		0	A	1		0.970	0.070	0.469
17:0....g									
18:0....g	0.132		0	A	1		0.327	0.024	0.158
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.814		0	A	1		2.019	0.147	0.977
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0	A	1		0.025	0.002	0.012
17:1....g									
18:1 undifferentiated....g	0.804		0	A	1		1.994	0.145	0.965
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	2.081		0	A	1		5.161	0.375	2.497
18:2 undifferentiated....g	1.835		0	A	1		4.551	0.330	2.202
18:3 undifferentiated....g	0.246		0	A	1		0.610	0.044	0.295
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	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.102		0	A	1		0.253	0.018	0.122
Threonine....g	0.268		0	A	1		0.665	0.048	0.322
Isoleucine....g	0.324		0	A	1		0.804	0.058	0.389
Leucine....g	0.498		0	A	1		1.235	0.090	0.598
Lysine....g	0.431		0	A	1		1.069	0.078	0.517
Methionine....g	0.084		0	A	1		0.208	0.015	0.101
Cystine....g	0.091		0	A	1		0.226	0.016	0.109
Phenylalanine....g	0.319		0	A	1		0.791	0.057	0.383
Tyrosine....g	0.219		0	A	1		0.543	0.039	0.263
Valine....g	0.331		0	A	1		0.821	0.060	0.397
Arginine....g	0.436		0	A	1		1.081	0.078	0.523
Histidine....g	0.191		0	A	1		0.474	0.034	0.229
Alanine....g	0.268		0	A	1		0.665	0.048	0.322
Aspartic acid....g	0.724		0	A	1		1.796	0.130	0.869
Glutamic acid....g	1.133		0	A	1		2.810	0.204	1.360
Glycine....g	0.256		0	A	1		0.635	0.046	0.307
Proline....g	0.353		0	A	1		0.875	0.064	0.424
Serine....g	0.309		0	A	1		0.766	0.056	0.371
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. 16127

Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) (1)

Common Measures:

Measure 1 = 248g: 1 cup (1/2" cubes)

Measure 2 = 18g: 1 cubic inch

Measure 3 = 120g: 1 piece (2-1/2" x 2-3/4" x 1")

Footnotes:

1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.

2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16167
USDA Commodity, Peanut Butter, smooth

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.55	0.156	5	A	1		0.50	3.99	
Energy	kcal	588		0	NC	4		188	1518	
Energy	kJ	2462		0	NC	4		788	6351	
Protein (N x 5.46)	g	21.93	0.489	5	A	1		7.02	56.59	
Total lipid (fat)	g	49.54	0.826	5	A	1		15.85	127.81	
Ash	g	3.00	0.089	5	A	1		0.96	7.73	
Carbohydrate, by difference	g	23.98		0	NC	4		7.67	61.87	
Fiber, total dietary	g	5.7	0.162	5	A	1		1.8	14.8	
Sugars, total	g	6.50		0	NC	4		2.08	16.77	
Sucrose	g	2.39	0.802	5	A	1		0.77	6.17	
Glucose (dextrose)	g	4.11	0.816	5	A	1		1.31	10.60	
Fructose	g	0.00	0.000	5	A	1		0.00	0.00	
Lactose	g	0.00	0.000	5	A	1		0.00	0.00	
Maltose	g	0.00	0.000	5	A	1		0.00	0.00	
Galactose	g	0.00		0	BFSN	4		0.00	0.00	
Starch	g	4.57	0.033	3	A	1		1.46	11.78	
Minerals:										
Calcium, Ca	mg	54	3.743	5	A	1		17	140	
Iron, Fe	mg	2.16	0.225	5	A	1		0.69	5.58	
Magnesium, Mg	mg	179	10.434	5	A	1		57	461	
Phosphorus, P	mg	335	14.431	5	A	1		107	865	
Potassium, K	mg	592	30.474	5	A	1		190	1528	
Sodium, Na	mg	476	38.273	5	A	1		152	1229	
Zinc, Zn	mg	2.67	0.215	5	A	1		0.85	6.88	
Copper, Cu	mg	0.571	0.042	5	A	1		0.183	1.473	
Manganese, Mn	mg	1.361	0.199	5	A	1		0.435	3.511	
Selenium, Se	mcg	40.4	4.622	4	A	1		12.9	104.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	mg	0.107	0.017	5	A	1		0.034	0.276	
Riboflavin	mg	0.105		0	BFSN	4		0.034	0.272	
Niacin	mg	13.160	0.291	5	A	1		4.211	33.953	
Pantothenic acid	mg	1.044	0.051	5	A	1		0.334	2.693	
Vitamin B-6	mg	0.551	0.081	5	A	1		0.176	1.423	
Folate, total	mcg	35	9.432	5	A	1		11	91	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	35	9.432	5	A	1		11	91	
Folate, DFE	mcg_DFE	35		0	NC	4		11	91	
Choline, total	mg	65.7		0	AS	1		21.0	169.4	
Betaine	mg	0.4		2	A	1		0.1	1.1	
Vitamin B-12	mcg	0.00		0	BFSN	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	BFSN	4		0	0	
Carotene, alpha	mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	5.94	0.698	5	A	1		1.90	15.34	
Tocopherol, beta	mg	0.19	0.024	5	A	1		0.06	0.49	
Tocopherol, gamma	mg	8.32	0.418	5	A	1		2.66	21.48	
Tocopherol, delta	mg	0.68	0.188	5	A	1		0.22	1.75	
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	

NDB No. 16167
USDA Commodity, Peanut Butter, smooth

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	9.519		0	NC	4		3.046	24.558	
4:0....g	0.000		0	BFSN	4		0.000	0.000	
6:0....g	0.000		0	BFSN	4		0.000	0.000	
8:0....g	0.014	0.005	5	A	1		0.004	0.036	
10:0....g	0.000	0.000	5	A	1		0.000	0.000	
12:0....g	0.000	0.000	5	A	1		0.000	0.000	
13:0....g									
14:0....g	0.011	0.006	5	A	1		0.004	0.028	
15:0....g	0.000	0.000	5	A	1		0.000	0.000	
16:0....g	4.520	0.222	5	A	1		1.446	11.662	
17:0....g	0.040	0.004	5	A	1		0.013	0.103	
18:0....g	1.854	0.040	5	A	1		0.593	4.783	
20:0....g	0.614	0.037	5	A	1		0.196	1.584	
22:0....g	1.730	0.067	5	A	1		0.554	4.463	
24:0....g	0.736	0.020	5	A	1		0.235	1.899	
Fatty acids, total monounsaturated....g	20.726		0	NC	4		6.632	53.473	
14:1....g	0.000	0.000	5	A	1		0.000	0.000	
15:1....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated....g	0.052	0.002	5	A	1		0.017	0.134	
17:1....g	0.000	0.000	5	A	1		0.000	0.000	
18:1 undifferentiated....g	19.880	0.834	5	A	1		6.362	51.290	
20:1....g	0.680	0.041	5	A	1		0.218	1.754	
22:1 undifferentiated....g	0.114	0.013	5	A	1		0.036	0.294	
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.331		0	NC	4		3.626	29.235	
18:2 undifferentiated....g	11.280	0.511	5	A	1		3.610	29.102	
18:3 undifferentiated....g	0.039	0.009	5	A	1		0.013	0.102	
18:4....g	0.000	0.000	5	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	5	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.012	0.004	5	A	1		0.004	0.031	
22:5 n-3 (DPA)....g	0.000	0.000	5	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 32g: 2 tbsp

Measure 2 = 258g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43134
Vegetarian fillets

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.00		0		1		38.25		
Energy	kcal	290		0		1		247		
Energy	kJ	1213		0		1		1031		
Protein	g	23.00		0		1		19.55		
Total lipid (fat)	g	18.00		0		1		15.30		
Ash	g	5.00		0	O	4		4.25		
Carbohydrate, by difference	g	9.00		0	NC	4		7.65		
Fiber, total dietary	g	6.1		0		4		5.2		
Sugars, total	g	0.80		0	LC	8		0.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	95		0		1		81		
Iron, Fe	mg	2.00		0		1		1.70		
Magnesium, Mg	mg	23		0		4		20		
Phosphorus, P	mg	450		0		4		383		
Potassium, K	mg	600		0		1		510		
Sodium, Na	mg	490		0		1		417		
Zinc, Zn	mg	1.40		0		1		1.19		
Copper, Cu	mg	0.925		0		4		0.786		
Manganese, Mn	mg									
Selenium, Se	mcg	1.0		0	BFSN	4		0.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0		
Thiamin	mg	1.100		0		1		0.935		
Riboflavin	mg	0.900		0		1		0.765		
Niacin	mg	12.000		0		1		10.200		
Pantothenic acid	mg									
Vitamin B-6	mg	1.500		0		1		1.275		
Folate, total	mcg	102		0		4		87		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	102		0		4		87		
Folate, DFE	mcg_DFE	102		0	NC	4		87		
Choline, total	mg	82.0		0	BFNN	4		69.7		
Betaine	mg									
Vitamin B-12	mcg	4.20		0		1		3.57		
Vitamin B-12, added	mcg	4.20		0	NR	4		3.57		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		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	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	3.45		0	O	4		2.93		
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	2.849		0		4		2.422		
4:0	g	0.000		0		4		0.000		

NDB No. 43134
Vegetarian fillets

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.174		0		4		0.148		
13:0....g									
14:0....g	0.087		0		4		0.074		
15:0....g									
16:0....g	1.850		0		4		1.573		
17:0....g									
18:0....g	0.738		0		4		0.627		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.376		0		4		3.720		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	4.376		0		4		3.720		
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	9.332		0		4		7.932		
18:2 undifferentiated....g	8.292		0		4		7.048		
18:3 undifferentiated....g	1.040		0		4		0.884		
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	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 = 85g: 1 fillet

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43137
Vegetarian meatloaf or patties

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	58.00		0		1		32.48		
Energy	kcal	197		0	NC	4		110		
Energy	kJ	824		0	NC	4		462		
Protein	g	21.00		0		1		11.76		
Total lipid (fat)	g	9.00		0		1		5.04		
Ash	g	4.00		0	O	4		2.24		
Carbohydrate, by difference	g	8.00		0	NC	4		4.48		
Fiber, total dietary	g	4.6		0		4		2.6		
Sugars, total	g	1.20		0	LC	8		0.67		
Starch	g									
Minerals:										
Calcium, Ca	mg	29		0		1		16		
Iron, Fe	mg	2.10		0		1		1.18		
Magnesium, Mg	mg	18		0		4		10		
Phosphorus, P	mg	344		0		4		193		
Potassium, K	mg	180		0		1		101		
Sodium, Na	mg	550		0		1		308		
Zinc, Zn	mg	1.80		0		1		1.01		
Copper, Cu	mg	0.706		0		4		0.395		
Manganese, Mn	mg									
Selenium, Se	mcg	0.8		0	BFSN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0		
Thiamin	mg	0.900		0		1		0.504		
Riboflavin	mg	0.600		0		1		0.336		
Niacin	mg	10.000		0		1		5.600		
Pantothenic acid	mg									
Vitamin B-6	mg	1.200		0		1		0.672		
Folate, total	mcg	78		0		4		44		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	78		0		4		44		
Folate, DFE	mcg_DFE	78		0	NC	4		44		
Choline, total	mg	73.1		0	BFNN	4		41.0		
Betaine	mg									
Vitamin B-12	mcg	2.40		0		1		1.34		
Vitamin B-12, added	mcg	2.40		0	NR	4		1.34		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		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	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.73		0	O	4		0.97		
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	1.425		0		4		0.798		
4:0	g	0.000		0		4		0.000		

NDB No. 43137
Vegetarian meatloaf or patties

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.087		0		4		0.049		
13:0....g									
14:0....g	0.043		0		4		0.024		
15:0....g									
16:0....g	0.925		0		4		0.518		
17:0....g									
18:0....g	0.369		0		4		0.207		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.188		0		4		1.225		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	2.188		0		4		1.225		
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	4.666		0		4		2.613		
18:2 undifferentiated....g	4.146		0		4		2.322		
18:3 undifferentiated....g	0.520		0		4		0.291		
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	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 = 56g: 1 slice

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43136
Vegetarian stew

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		1		172.90		
Energy	kcal	123		0	NC	4		304		
Energy	kJ	515		0	NC	4		1271		
Protein	g	17.00		0		1		41.99		
Total lipid (fat)	g	3.00		0		1		7.41		
Ash	g	3.00		0	O	4		7.41		
Carbohydrate, by difference	g	7.00		0	NC	4		17.29		
Fiber, total dietary	g	1.1		0		4		2.7		
Sugars, total	g	1.25		0	LC	8		3.09		
Starch	g									
Minerals:										
Calcium, Ca	mg	31		0		1		77		
Iron, Fe	mg	1.30		0		1		3.21		
Magnesium, Mg	mg	127		0		4		314		
Phosphorus, P	mg	220		0		4		543		
Potassium, K	mg	120		0		1		296		
Sodium, Na	mg	400		0		1		988		
Zinc, Zn	mg	1.10		0		1		2.72		
Copper, Cu	mg	0.649		0		4		1.603		
Manganese, Mn	mg									
Selenium, Se	mcg	0.5		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0		
Thiamin	mg	0.700		0		1		1.729		
Riboflavin	mg	0.600		0		1		1.482		
Niacin	mg	12.000		0		1		29.640		
Pantothenic acid	mg									
Vitamin B-6	mg	1.100		0		1		2.717		
Folate, total	mcg	103		0		4		254		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	103		0		4		254		
Folate, DFE	mcg_DFE	103		0	NC	4		254		
Choline, total	mg	59.8		0	BFNN	4		147.8		
Betaine	mg									
Vitamin B-12	mcg	2.20		0		1		5.43		
Vitamin B-12, added	mcg	2.20		0	NR	4		5.43		
Vitamin A, RAE	mcg_RAE	47		0	NC	4		116		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	563		0	O	4		1389		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	938		0	NC	4		2316		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.49		0	O	4		1.21		
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	1.3		0	O	4		3.2		
Lipids:										
Fatty acids, total saturated	g	0.475		0		4		1.173		
4:0	g	0.000		0		4		0.000		

NDB No. 43136
Vegetarian stew

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		
8:0 ... g	0.000		0		4		0.000		
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.029		0		4		0.072		
13:0 ... g									
14:0 ... g	0.015		0		4		0.037		
15:0 ... g									
16:0 ... g	0.308		0		4		0.761		
17:0 ... g									
18:0 ... g	0.123		0		4		0.304		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.729		0		4		1.801		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.729		0		4		1.801		
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	1.555		0		4		3.841		
18:2 undifferentiated ... g	1.382		0		4		3.414		
18:3 undifferentiated ... g	0.173		0		4		0.427		
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	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 = 247g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16147
Veggie burgers or soyburgers, unprepared (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	61.21	1.829	4	A	1		42.85		
Energy....kcal	177		0	NC	4		124		
Energy....kJ	739		0	NC	4		517		
Protein....g	15.70	3.153	4	A	1		10.99		
Total lipid (fat)....g	6.30	1.254	4	A	1		4.41		
Ash....g	2.52	0.204	4	A	1		1.76		
Carbohydrate, by difference....g	14.27		0	NC	4		9.99		
Fiber, total dietary....g	4.9	0.942	4	A	1		3.4		
Sugars, total....g	1.07	0.135	4	A	1		0.75		
Sucrose....g	0.62	0.056	4	A	1		0.43		
Glucose (dextrose)....g	0.26	0.078	4	A	1		0.18		
Fructose....g	0.13	0.034	4	A	1		0.09		
Lactose....g	0.06	0.058	4	A	1		0.04		
Maltose....g	0.00	0.000	4	A	1		0.00		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	5.78	3.027	4	A	1		4.05		
Minerals:									
Calcium, Ca....mg	136	19.349	4	A	1		95		
Iron, Fe....mg	2.41	0.610	4	A	1		1.69		
Magnesium, Mg....mg	56	8.199	4	A	1		39		
Phosphorus, P....mg	206	22.710	4	A	1		144		
Potassium, K....mg	333	65.076	4	A	1		233		
Sodium, Na....mg	569	59.080	4	A	1		398		
Zinc, Zn....mg	1.26	0.206	4	A	1		0.88		
Copper, Cu....mg	0.200	0.029	4	A	1		0.140		
Manganese, Mn....mg	0.951	0.110	4	A	1		0.666		
Selenium, Se....mcg	22.6	7.366	4	A	1		15.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.5	1.518	4	A	1		3.2		
Thiamin (2)....mg	2.651	2.540	3	A	1		1.856		
Riboflavin....mg	0.244	0.084	4	A	1		0.171		
Niacin (3)....mg	3.753	2.655	4	A	1		2.627		
Pantothenic acid....mg	0.289	0.078	4	A	1		0.202		
Vitamin B-6....mg	0.303	0.201	4	A	1		0.212		
Folate, total....mcg	124		0	BFSN	4		87		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	124		0	BFSN	4		87		
Folate, DFE....mcg_DFE	124		0	NC	4		87		
Choline, total....mg	19.4	0.616	4	AS	1		13.6		
Betaine....mg	6.1	0.216	4	A	1		4.3		
Vitamin B-12....mcg	2.01	1.936	4	A	1		1.41		
Vitamin B-12, added....mcg	2.01		0	LC	8		1.41		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	10		0	BFSN	4		7		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	16		0	NC	4		11		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFSN	4		0.16		
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									

NDB No. 16147
Veggie burgers or soyburgers, unprepared (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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....mcg	4.2	1.320	4	A	1		3.0		
Lipids:									
Fatty acids, total saturated.....g	1.440		0	NC	4		1.008		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.099	0.083	4	A	1		0.069		
10:0.....g	0.081	0.046	4	A	1		0.057		
12:0.....g	0.032	0.019	4	A	1		0.023		
13:0.....g									
14:0.....g	0.112	0.067	4	A	1		0.078		
15:0.....g	0.011	0.007	4	A	1		0.008		
16:0.....g	0.805	0.100	4	A	1		0.563		
17:0.....g	0.008	0.004	4	A	1		0.005		
18:0.....g	0.267	0.085	4	A	1		0.187		
20:0.....g	0.018	0.005	4	A	1		0.013		
22:0.....g	0.007	0.004	4	A	1		0.005		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.778		0	NC	4		1.244		
14:1.....g	0.008	0.005	4	A	1		0.006		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.023	0.010	4	A	1		0.016		
17:1.....g	0.002	0.002	4	A	1		0.001		
18:1 undifferentiated.....g	1.720	0.315	4	A	1		1.204		
20:1.....g	0.023	0.005	4	A	1		0.016		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.023		0	NC	4		1.416		
18:2 undifferentiated.....g	1.940	0.737	4	A	1		1.358		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 n-3 c,c,c (ALA).....g	0.081	0.024	4	A	1		0.057		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.001	0.001	4	A	1		0.001		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	5	2.034	4	A	1		3		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.162		0	A	1		0.114		
Threonine.....g	0.605		0	A	1		0.423		
Isoleucine.....g	0.780		0	A	1		0.546		
Leucine.....g	1.399		0	A	1		0.979		
Lysine.....g	1.004		0	A	1		0.703		
Methionine.....g	0.291		0	A	1		0.203		
Cystine.....g	0.260		0	A	1		0.182		
Phenylalanine.....g	0.885		0	A	1		0.619		
Tyrosine.....g	0.652		0	A	1		0.457		
Valine.....g	0.890		0	A	1		0.623		
Arginine.....g	1.045		0	A	1		0.731		
Histidine.....g	0.465		0	A	1		0.326		

NDB No. 16147
Veggie burgers or soyburgers, unprepared (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
Alanine....g	0.726		0	A	1		0.508		
Aspartic acid....g	1.553		0	A	1		1.087		
Glutamic acid....g	4.086		0	A	1		2.860		
Glycine....g	0.660		0	A	1		0.462		
Proline....g	1.299		0	A	1		0.909		
Serine....g	0.967		0	A	1		0.677		
Hydroxyproline....g									
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 = 70g: 1 pattie

Footnotes:

1 Profile represents several different brands and types; check label for the brand and type purchased.
2 Vitamin added to some products; check label for product purchased
3 Vitamin added to some products; check label for product purchased

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 43114
Vermicelli, made from soy

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	11.90		0		1		16.66		
Energy	kcal	331		0	NC	4		463		
Energy	kJ	1383		0	NC	4		1936		
Protein	g	0.10		0		1		0.14		
Total lipid (fat)	g	0.10		0		1		0.14		
Ash	g	5.58		0	BFSN	4		7.81		
Carbohydrate, by difference	g	82.32		0	NC	4		115.25		
Fiber, total dietary	g	3.9		0		4		5.5		
Sugars, total	g	17.44		0	BFSN	4		24.41		
Starch	g									
Minerals:										
Calcium, Ca	mg	55		0		1		77		
Iron, Fe	mg	1.81		0		1		2.53		
Magnesium, Mg	mg	2		0		1		3		
Phosphorus, P	mg	20		0		1		28		
Potassium, K	mg	3		0		1		4		
Sodium, Na	mg	4		0		1		6		
Zinc, Zn	mg	4.24		0		4		5.94		
Copper, Cu	mg	1.916		0		4		2.682		
Manganese, Mn	mg									
Selenium, Se	mcg	27.0		0	RA	4		37.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.000		0		1		0.000		
Riboflavin	mg	0.000		0		1		0.000		
Niacin	mg	0.000		0		1		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		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	177.0		0	BFSN	4		247.8		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		3		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	22		0	BFSN	4		31		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	37		0	NC	4		52		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.51		0	BFSN	4		0.72		
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	3.8		0	BFSN	4		5.3		
Lipids:										
Fatty acids, total saturated	g	0.014		0		4		0.020		
4:0	g	0.000		0		4		0.000		

NDB No. 43114
Vermicelli, made from soy

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		
8:0 ... g	0.000		0		4		0.000		
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.000		0		4		0.000		
13:0 ... g									
14:0 ... g	0.000		0		4		0.000		
15:0 ... g									
16:0 ... g	0.012		0		4		0.017		
17:0 ... g									
18:0 ... g	0.002		0		4		0.003		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.013		0		4		0.018		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.013		0		4		0.018		
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	0.041		0		4		0.057		
18:2 undifferentiated ... g	0.038		0		4		0.053		
18:3 undifferentiated ... g	0.004		0		4		0.006		
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	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 = 140g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16210

Vitasoy USA, Nasoya Lite Firm Tofu

Vitasoy USA

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	87.74		0	O	4		69.32	69.32	
Energy....kcal	54		1	MC	9		43	43	
Energy....kJ	226		0	MC	9		178	178	
Protein....g	8.30		1	MC	9		6.56	6.56	
Total lipid (fat)....g	1.70		1	MC	9		1.34	1.34	
Ash....g	1.01		0	BFZN	4		0.80	0.80	
Carbohydrate, by difference....g	1.30		1	MC	9		1.03	1.03	
Fiber, total dietary....g	0.6		1	MC	9		0.5	0.5	
Sugars, total....g	0.20		1	MC	9		0.16	0.16	
Starch....g									
Minerals:									
Calcium, Ca....mg	184		1	MC	9		145	145	
Iron, Fe....mg	1.60		1	MC	9		1.26	1.26	
Magnesium, Mg....mg									
Phosphorus, P....mg	181		1	MC	9		143	143	
Potassium, K....mg									
Sodium, Na....mg	34		1	MC	9		27	27	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.200		1	MC	9		0.158	0.158	
Fatty acids, total monounsaturated....g	0.300		1	MC	9		0.237	0.237	
Fatty acids, total polyunsaturated....g	0.000		1	MC	9		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		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 = 79g: .25 package

Measure 2 = 79g: 1 serving

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16212

Vitasoy USA, Organic Nasoya Extra Firm Tofu

Vitasoy USA

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	80.96		0	O	4		63.96	63.96	
Energy....kcal	98		1	MC	9		77	77	
Energy....kJ	410		0	MC	9		324	324	
Protein....g	10.10		1	MC	9		7.98	7.98	
Total lipid (fat)....g	5.20		1	MC	9		4.11	4.11	
Ash....g	1.24		0	BFPN	4		0.98	0.98	
Carbohydrate, by difference....g	2.80		1	MC	9		2.21	2.21	
Fiber, total dietary....g	1.3		1	MC	9		1.0	1.0	
Sugars, total....g	0.40		1	MC	9		0.32	0.32	
Starch....g									
Minerals:									
Calcium, Ca....mg	77		1	MC	9		61	61	
Iron, Fe....mg	1.60		1	MC	9		1.26	1.26	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	4		1	MC	9		3	3	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.700		1	MC	9		0.553	0.553	
Fatty acids, total monounsaturated....g	1.400		1	MC	9		1.106	1.106	
Fatty acids, total polyunsaturated....g	3.100		1	MC	9		2.449	2.449	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		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 = 79g: .2 package

Measure 2 = 79g: 1 serving

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16213

Vitasoy USA, Organic Nasoya Firm Tofu

Vitasoy USA

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	83.81		0	O	4		66.21	66.21	
Energy....kcal	84		1	MC	9		66	66	
Energy....kJ	351		0	MC	9		278	278	
Protein....g	8.90		1	MC	9		7.03	7.03	
Total lipid (fat)....g	4.40		1	MC	9		3.48	3.48	
Ash....g	1.09		0	BFPN	4		0.86	0.86	
Carbohydrate, by difference....g	2.30		1	MC	9		1.82	1.82	
Fiber, total dietary....g	0.8		1	MC	9		0.6	0.6	
Sugars, total....g	0.30		1	MC	9		0.24	0.24	
Starch....g									
Minerals:									
Calcium, Ca....mg	125		1	MC	9		99	99	
Iron, Fe....mg	1.20		1	MC	9		0.95	0.95	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	4		1	MC	9		3	3	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.500		1	MC	9		0.395	0.395	
Fatty acids, total monounsaturated....g	1.200		1	MC	9		0.948	0.948	
Fatty acids, total polyunsaturated....g	2.700		1	MC	9		2.133	2.133	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		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 = 79g: .2 package

Measure 2 = 79g: 1 serving

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16211
Vitasoy USA, Organic Nasoya Super Firm Cubed 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	76.40		0	O	4		60.35	60.35	
Energy....kcal	122		1	MC	9		96	96	
Energy....kJ	510		0	MC	9		403	403	
Protein....g	12.40		1	MC	9		9.80	9.80	
Total lipid (fat)....g	6.30		1	MC	9		4.98	4.98	
Ash....g	1.00		0	BFZN	4		0.79	0.79	
Carbohydrate, by difference....g	3.90		1	MC	9		3.08	3.08	
Fiber, total dietary....g	2.2		1	MC	9		1.7	1.7	
Sugars, total....g	0.60		1	MC	9		0.47	0.47	
Starch....g									
Minerals:									
Calcium, Ca....mg	188		1	MC	9		149	149	
Iron, Fe....mg	2.00		1	MC	9		1.58	1.58	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	6		1	MC	9		5	5	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	1.300		1	MC	9		1.027	1.027	
Fatty acids, total monounsaturated....g	1.300		1	MC	9		1.027	1.027	
Fatty acids, total polyunsaturated....g	3.800		1	MC	9		3.002	3.002	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		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 = 79g: 1 serving

Measure 2 = 79g: .2 package

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16219

Vitasoy USA, Vitasoy Light Vanilla Soymilk

Vitasoy USA

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	92.74		0	O	4		225.36	225.36	
Energy....kcal	30		1	MC	9		73	73	
Energy....kJ	126		0	MC	9		307	307	
Protein....g	1.60		1	MC	9		3.89	3.89	
Total lipid (fat)....g	0.82		1	MC	9		1.99	1.99	
Ash....g	0.74		0	BFZN	4		1.80	1.80	
Carbohydrate, by difference....g	4.10		1	MC	9		9.96	9.96	
Fiber, total dietary....g	0.1		1	MC	9		0.3	0.3	
Sugars, total....g	2.90		1	MC	9		7.05	7.05	
Starch....g									
Minerals:									
Calcium, Ca....mg	123		1	MC	9		299	299	
Iron, Fe....mg	0.30		1	MC	9		0.73	0.73	
Magnesium, Mg....mg	10		1	MC	9		24	24	
Phosphorus, P....mg									
Potassium, K....mg	82		1	MC	9		200	200	
Sodium, Na....mg	49		1	MC	9		120	120	
Zinc, Zn....mg	0.37		1	MC	9		0.90	0.90	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.020		1	MC	9		0.048	0.048	
Riboflavin....mg	0.140		1	MC	9		0.340	0.340	
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	10		1	MC	9		24	24	
Folic acid....mcg									
Folate, food....mcg	10		1	MC	9		24	24	
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.37		1	MC	9		0.90	0.90	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	124		1	MC	9		301	301	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		1	MC	9		2.0	2.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	33		1	MC	9		80	80	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.180		1	MC	9		0.437	0.437	
Fatty acids, total monounsaturated....g	0.200		1	MC	9		0.486	0.486	
Fatty acids, total polyunsaturated....g	0.400		1	MC	9		0.972	0.972	
Fatty acids, total trans....g									

NDB No. 16219
Vitasoy USA, Vitasoy Light Vanilla Soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	MC	9		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 = 243g: 1 cup

Measure 2 = 243g: 1 serving

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16215

Vitasoy USA, Vitasoy Organic Creamy Original Soymilk

Vitasoy USA

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	90.27		0	O	4		219.36	219.36	
Energy	kcal	44		1	MC	9		107	107	
Energy	kJ	184		0	MC	9		447	447	
Protein	g	2.90		1	MC	9		7.05	7.05	
Total lipid (fat)	g	1.60		1	MC	9		3.89	3.89	
Ash	g	0.73		0	BFFN	4		1.77	1.77	
Carbohydrate, by difference	g	4.50		1	MC	9		10.94	10.94	
Fiber, total dietary	g	0.4		1	MC	9		1.0	1.0	
Sugars, total	g	2.00		1	MC	9		4.86	4.86	
Starch	g									
Minerals:										
Calcium, Ca	mg	127		1	MC	9		309	309	
Iron, Fe	mg	0.40		1	MC	9		0.97	0.97	
Magnesium, Mg	mg	16		1	MC	9		40	40	
Phosphorus, P	mg									
Potassium, K	mg	131		1	MC	9		318	318	
Sodium, Na	mg	66		1	MC	9		159	159	
Zinc, Zn	mg	0.37		1	MC	9		0.90	0.90	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.060		1	MC	9		0.146	0.146	
Riboflavin	mg	0.150		1	MC	9		0.365	0.365	
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	18		1	MC	9		44	44	
Folic acid	mcg									
Folate, food	mcg	18		1	MC	9		44	44	
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.39		1	MC	9		0.95	0.95	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	129		1	MC	9		313	313	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.9		1	MC	9		2.1	2.1	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	35		1	MC	9		85	85	
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.200		1	MC	9		0.486	0.486	
Fatty acids, total monounsaturated	g	0.400		1	MC	9		0.972	0.972	
Fatty acids, total polyunsaturated	g	1.000		1	MC	9		2.430	2.430	
Fatty acids, total trans	g									

NDB No. 16215
Vitasoy USA, Vitasoy Organic Creamy Original Soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0		1	MC	9		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 = 243g: 1 cup

Measure 2 = 243g: 1 serving

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16216

Vitasoy USA, Vitasoy Orgnaic Classic Original Soymilk

Vitasoy USA

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	89.76		0	O	4		218.12	218.12	
Energy....kcal	47		1	MC	9		114	114	
Energy....kJ	197		0	MC	9		478	478	
Protein....g	3.20		1	MC	9		7.78	7.78	
Total lipid (fat)....g	1.80		1	MC	9		4.37	4.37	
Ash....g	0.74		0	BFZN	4		1.80	1.80	
Carbohydrate, by difference....g	4.50		1	MC	9		10.94	10.94	
Fiber, total dietary....g	0.4		1	MC	9		1.0	1.0	
Sugars, total....g	2.00		1	MC	9		4.86	4.86	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		1	MC	9		40	40	
Iron, Fe....mg	0.44		1	MC	9		1.07	1.07	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	156		1	MC	9		379	379	
Sodium, Na....mg	66		1	MC	9		160	160	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	17		1	MC	9		40	40	
Folic acid....mcg									
Folate, food....mcg	17		1	MC	9		40	40	
Folate, DFE....mcg_DFE									
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									
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	0.210		1	MC	9		0.510	0.510	
Fatty acids, total monounsaturated....g	0.500		1	MC	9		1.215	1.215	
Fatty acids, total polyunsaturated....g	1.100		1	MC	9		2.673	2.673	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		0	0	

NDB No. 16216
Vitasoy USA, Vitasoy Orgnaic Classic Original Soymilk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 243g: 1 cup

Measure 2 = 243g: 1 serving

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16525
WORTHINGTON Chic-Ketts, frozen, unprepared
Kellogg, Co.

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	59.10		1	MC	9		32.50		
Energy....kcal	200		1	MC	9		110		
Energy....kJ	837		1	MC	9		460		
Protein (N x 6.25)....g	23.60		1	MC	9		12.98		
Total lipid (fat)....g	9.70		1	MC	9		5.33		
Ash....g	2.50		1	MC	9		1.38		
Carbohydrate, by difference....g	5.10		1	MC	9		2.80		
Fiber, total dietary....g	1.2		1	MC	9		0.7		
Sugars, total....g	0.10		1	MC	9		0.06		
Starch....g									
Minerals:									
Calcium, Ca....mg	39		1	MC	9		21		
Iron, Fe....mg	3.20		1	MC	9		1.76		
Magnesium, Mg....mg	12		1	MC	9		7		
Phosphorus, P....mg	115		1	MC	9		63		
Potassium, K....mg	152		1	MC	9		84		
Sodium, Na....mg	642		1	MC	9		353		
Zinc, Zn....mg	1.60		1	MC	9		0.88		
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	0.570		1	MC	9		0.313		
Riboflavin....mg	1.720		1	MC	9		0.946		
Niacin....mg	35.900		1	MC	9		19.745		
Pantothenic acid....mg									
Vitamin B-6....mg	0.900		1	MC	9		0.495		
Folate, total....mcg	7		1	MC	9		4		
Folic acid....mcg									
Folate, food....mcg	7		1	MC	9		4		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.40		1	MC	9		1.87		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1	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	0.0		1	MC	9		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		1	MC	9		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.500		1	MC	9		0.825		
Fatty acids, total monounsaturated....g	2.300		1	MC	9		1.265		
Fatty acids, total polyunsaturated....g	5.700		1	MC	9		3.135		
Fatty acids, total trans....g	0.130		1	MC	9		0.071		

NDB No. 16525
WORTHINGTON Chic-Ketts, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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:

Measure 1 = 55g: 2 slices (3/8" thick)

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16510
WORTHINGTON Chili, canned, unprepared
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.80		1	MC	9		167.44		
Energy....kcal	126		1	MC	9		290		
Energy....kJ	527		1	MC	9		1212		
Protein (N x 6.25)....g	10.40		1	MC	9		23.92		
Total lipid (fat)....g	4.50		1	MC	9		10.35		
Ash....g	1.70		1	MC	9		3.91		
Carbohydrate, by difference....g	10.90		1	MC	9		25.07		
Fiber, total dietary....g	3.4		1	MC	9		7.8		
Sugars, total....g	1.30		1	MC	9		2.99		
Starch....g									
Minerals:									
Calcium, Ca....mg	18		1	MC	9		41		
Iron, Fe....mg	1.60		1	MC	9		3.68		
Magnesium, Mg....mg									
Phosphorus, P....mg	77		1	MC	9		177		
Potassium, K....mg	161		1	MC	9		370		
Sodium, Na....mg	453		1	MC	9		1042		
Zinc, Zn....mg	0.80		1	MC	9		1.84		
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	0.100		1	MC	9		0.230		
Riboflavin....mg	0.100		1	MC	9		0.230		
Niacin....mg	0.900		1	MC	9		2.070		
Pantothenic acid....mg	0.100		1	MC	9		0.230		
Vitamin B-6....mg	0.300		1	MC	9		0.690		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.70		1	MC	9		1.61		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.700		1	MC	9		1.610		
Fatty acids, total monounsaturated....g	0.900		1	MC	9		2.070		
Fatty acids, total polyunsaturated....g	2.900		1	MC	9		6.670		
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.

NDB No. 16510
WORTHINGTON Chili, canned, unprepared

Common Measures:

Measure 1 = 230g: 1 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16511
WORTHINGTON Choplets, canned, unprepared
Kellogg, Co.

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	74.10		1	MC	9		68.17		
Energy....kcal	103		1	MC	9		95		
Energy....kJ	431		1	MC	9		397		
Protein (N x 6.25)....g	19.40		1	MC	9		17.85		
Total lipid (fat)....g	1.00		1	MC	9		0.92		
Ash....g	1.40		1	MC	9		1.29		
Carbohydrate, by difference....g	4.10		1	MC	9		3.77		
Fiber, total dietary....g	2.8		1	MC	9		2.6		
Sugars, total....g	0.40		1	MC	9		0.37		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	MC	9		7		
Iron, Fe....mg	1.50		1	MC	9		1.38		
Magnesium, Mg....mg									
Phosphorus, P....mg	75		1	MC	9		69		
Potassium, K....mg	38		1	MC	9		35		
Sodium, Na....mg	456		1	MC	9		420		
Zinc, Zn....mg	1.00		1	MC	9		0.92		
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	0.000		1	MC	9		0.000		
Riboflavin....mg	0.000		1	MC	9		0.000		
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	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.100		1	MC	9		0.092		
Fatty acids, total monounsaturated....g	0.100		1	MC	9		0.092		
Fatty acids, total polyunsaturated....g	0.500		1	MC	9		0.460		
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.

NDB No. 16511
WORTHINGTON Choplets, canned, unprepared

Common Measures:

Measure 1 = 92g: 2 slices

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16512
WORTHINGTON Diced Chik, canned, unprepared
Kellogg, Co.

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	79.00		1	MC	9		43.45		
Energy....kcal	80		1	MC	9		44		
Energy....kJ	335		1	MC	9		184		
Protein (N x 6.25)....g	14.70		1	MC	9		8.08		
Total lipid (fat)....g	0.70		1	MC	9		0.38		
Ash....g	1.90		1	MC	9		1.04		
Carbohydrate, by difference....g	3.70		1	MC	9		2.04		
Fiber, total dietary....g	1.4		1	MC	9		0.8		
Sugars, total....g	0.10		1	MC	9		0.06		
Starch....g									
Minerals:									
Calcium, Ca....mg	55		1	MC	9		30		
Iron, Fe....mg	2.00		1	MC	9		1.10		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	216		1	MC	9		119		
Sodium, Na....mg	344		1	MC	9		189		
Zinc, Zn....mg	0.70		1	MC	9		0.38		
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	0.100		1	MC	9		0.055		
Riboflavin....mg	0.200		1	MC	9		0.110		
Niacin....mg	7.300		1	MC	9		4.015		
Pantothenic acid....mg									
Vitamin B-6....mg	0.100		1	MC	9		0.055		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.40		1	MC	9		0.22		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	1		1	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.

NDB No. 16512
WORTHINGTON Diced Chik, canned, unprepared

Common Measures:

Measure 1 = 55g: .25 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16528
WORTHINGTON Dinner Roast, frozen, unprepared
Kellogg, Co.

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	61.70		1	MC	9				
Energy....kcal	213		1	MC	9				
Energy....kJ	891		1	MC	9				
Protein (N x 6.25)....g	16.00		1	MC	9				
Total lipid (fat)....g	13.50		1	MC	9				
Ash....g	1.90		1	MC	9				
Carbohydrate, by difference....g	6.90		1	MC	9				
Fiber, total dietary....g	3.1		1	MC	9				
Sugars, total....g	1.00		1	MC	9				
Starch....g									
Minerals:									
Calcium, Ca....mg	46		1	MC	9				
Iron, Fe....mg	2.10		1	MC	9				
Magnesium, Mg....mg									
Phosphorus, P....mg	131		1	MC	9				
Potassium, K....mg	150		1	MC	9				
Sodium, Na....mg	671		1	MC	9				
Zinc, Zn....mg	0.90		1	MC	9				
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9				
Thiamin....mg	2.100		1	MC	9				
Riboflavin....mg	0.300		1	MC	9				
Niacin....mg	7.100		1	MC	9				
Pantothenic acid....mg									
Vitamin B-6....mg	0.700		1	MC	9				
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.80		1	MC	9				
Vitamin A, RAE....mcg_RAE	0		1	MC	9				
Vitamin A, IU....IU	0		1	MC	9				
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	2.400		1	MC	9				
Fatty acids, total monounsaturated....g	5.400		1	MC	9				
Fatty acids, total polyunsaturated....g	5.600		1	MC	9				
Fatty acids, total trans....g	0.000		1	MC	9				
Cholesterol....mg	1		1	MC	9				
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. 16528
WORTHINGTON Dinner Roast, frozen, unprepared

Common Measures:

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16513
WORTHINGTON FriChik Original, canned, unprepared
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.10		1	MC	9		63.99		
Energy....kcal	160		1	MC	9		144		
Energy....kJ	669		1	MC	9		602		
Protein (N x 6.25)....g	13.40		1	MC	9		12.06		
Total lipid (fat)....g	10.30		1	MC	9		9.27		
Ash....g	1.80		1	MC	9		1.62		
Carbohydrate, by difference....g	3.40		1	MC	9		3.06		
Fiber, total dietary....g	1.5		1	MC	9		1.4		
Sugars, total....g	0.10		1	MC	9		0.09		
Starch....g									
Minerals:									
Calcium, Ca....mg	33		1	MC	9		30		
Iron, Fe....mg	2.00		1	MC	9		1.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	154		1	MC	9		139		
Sodium, Na....mg	401		1	MC	9		361		
Zinc, Zn....mg	0.70		1	MC	9		0.63		
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	0.200		1	MC	9		0.180		
Riboflavin....mg	0.200		1	MC	9		0.180		
Niacin....mg	2.200		1	MC	9		1.980		
Pantothenic acid....mg									
Vitamin B-6....mg	0.200		1	MC	9		0.180		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.00		1	MC	9		1.80		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	1.400		1	MC	9		1.260		
Fatty acids, total monounsaturated....g	2.400		1	MC	9		2.160		
Fatty acids, total polyunsaturated....g	5.500		1	MC	9		4.950		
Fatty acids, total trans....g	0.060		1	MC	9		0.054		
Cholesterol....mg	1		1	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.

NDB No. 16513
WORTHINGTON FriChik Original, canned, unprepared

Common Measures:

Measure 1 = 90g: 2 pieces

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16529
WORTHINGTON FriPats, frozen, unprepared
Kellogg, Co.

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	56.80		1	MC	9		36.35		
Energy....kcal	209		1	MC	9		134		
Energy....kJ	874		1	MC	9		559		
Protein (N x 6.25)....g	23.70		1	MC	9		15.17		
Total lipid (fat)....g	9.10		1	MC	9		5.82		
Ash....g	2.40		1	MC	9		1.54		
Carbohydrate, by difference....g	8.00		1	MC	9		5.12		
Fiber, total dietary....g	2.8		1	MC	9		1.8		
Sugars, total....g	1.40		1	MC	9		0.90		
Starch....g									
Minerals:									
Calcium, Ca....mg	97		1	MC	9		62		
Iron, Fe....mg	2.80		1	MC	9		1.79		
Magnesium, Mg....mg									
Phosphorus, P....mg	187		1	MC	9		120		
Potassium, K....mg	185		1	MC	9		118		
Sodium, Na....mg	517		1	MC	9		331		
Zinc, Zn....mg	1.20		1	MC	9		0.77		
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	2.800		1	MC	9		1.792		
Riboflavin....mg	0.300		1	MC	9		0.192		
Niacin....mg	4.700		1	MC	9		3.008		
Pantothenic acid....mg									
Vitamin B-6....mg	0.900		1	MC	9		0.576		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.90		1	MC	9		1.22		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	1.400		1	MC	9		0.896		
Fatty acids, total monounsaturated....g	2.200		1	MC	9		1.408		
Fatty acids, total polyunsaturated....g	5.200		1	MC	9		3.328		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	2		1	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.

NDB No. 16529
WORTHINGTON FriPats, frozen, unprepared

Common Measures:

Measure 1 = 64g: 1 patty

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16591
WORTHINGTON Leanies, frozen, unprepared
Kellogg, Co.

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	54.30		1	MC	9		21.72		
Energy	kcal	251		1	MC	9		100		
Energy	kJ	1050		1	MC	9		420		
Protein	g	19.50		1	MC	9		7.80		
Total lipid (fat)	g	16.50		1	MC	9		6.60		
Ash	g	3.60		1	MC	9		1.44		
Carbohydrate, by difference	g	6.10		1	MC	9		2.44		
Fiber, total dietary	g	3.8		1	MC	9		1.5		
Sugars, total	g	1.20		1	MC	9		0.48		
Starch	g									
Minerals:										
Calcium, Ca	mg	73		1	MC	9		29		
Iron, Fe	mg	1.80		1	MC	9		0.72		
Magnesium, Mg	mg									
Phosphorus, P	mg	206		1	MC	9		82		
Potassium, K	mg	103		1	MC	9		41		
Sodium, Na	mg	1078		1	MC	9		431		
Zinc, Zn	mg	0.80		1	MC	9		0.32		
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	0.600		1	MC	9		0.240		
Riboflavin	mg	0.300		1	MC	9		0.120		
Niacin	mg	2.000		1	MC	9		0.800		
Pantothenic acid	mg									
Vitamin B-6	mg	0.500		1	MC	9		0.200		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.30		1	MC	9		0.92		
Vitamin A, RAE	mcg_RAE	0		1	MC	9		0		
Vitamin A, IU	IU	0		1	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	2.800		1	MC	9		1.120		
Fatty acids, total monounsaturated	g	6.200		1	MC	9		2.480		
Fatty acids, total polyunsaturated	g	7.300		1	MC	9		2.920		
Fatty acids, total trans	g	0.000		1	MC	9		0.000		
Cholesterol	mg	3		1	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.

NDB No. 16591
WORTHINGTON Leanies, frozen, unprepared

Common Measures:

Measure 1 = 40g: 1 link

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16514

WORTHINGTON Low Fat Fri Chik, canned, unprepared

Kellogg, Co.

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	76.40		1	MC	9		64.94		
Energy....kcal	102		1	MC	9		87		
Energy....kJ	427		1	MC	9		363		
Protein (N x 6.25)....g	14.30		1	MC	9		12.16		
Total lipid (fat)....g	2.70		1	MC	9		2.30		
Ash....g	1.90		1	MC	9		1.61		
Carbohydrate, by difference....g	4.90		1	MC	9		4.17		
Fiber, total dietary....g	1.0		1	MC	9		0.9		
Sugars, total....g	0.00		1	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	35		1	MC	9		30		
Iron, Fe....mg	3.20		1	MC	9		2.72		
Magnesium, Mg....mg									
Phosphorus, P....mg	124		1	MC	9		105		
Potassium, K....mg	169		1	MC	9		144		
Sodium, Na....mg	416		1	MC	9		354		
Zinc, Zn....mg	0.80		1	MC	9		0.68		
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	0.100		1	MC	9		0.085		
Riboflavin....mg	0.200		1	MC	9		0.170		
Niacin....mg	4.700		1	MC	9		3.995		
Pantothenic acid....mg									
Vitamin B-6....mg	0.200		1	MC	9		0.170		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.50		1	MC	9		2.98		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.400		1	MC	9		0.340		
Fatty acids, total monounsaturated....g	0.700		1	MC	9		0.595		
Fatty acids, total polyunsaturated....g	1.100		1	MC	9		0.935		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	1		1	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.

NDB No. 16514
WORTHINGTON Low Fat Fri Chik, canned, unprepared

Common Measures:

Measure 1 = 85g: 2 pieces

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16515

WORTHINGTON Low Fat Veja-Links, canned, unprepared

Kellogg, Co.

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		1	MC	9		22.63		
Energy....kcal	123		1	MC	9		38		
Energy....kJ	515		1	MC	9		160		
Protein (N x 6.25)....g	15.80		1	MC	9		4.90		
Total lipid (fat)....g	4.80		1	MC	9		1.49		
Ash....g	2.20		1	MC	9		0.68		
Carbohydrate, by difference....g	4.30		1	MC	9		1.33		
Fiber, total dietary....g	1.2		1	MC	9		0.4		
Sugars, total....g	0.70		1	MC	9		0.22		
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1	MC	9		6		
Iron, Fe....mg	3.50		1	MC	9		1.09		
Magnesium, Mg....mg									
Phosphorus, P....mg	74		1	MC	9		23		
Potassium, K....mg	71		1	MC	9		22		
Sodium, Na....mg	612		1	MC	9		190		
Zinc, Zn....mg	0.60		1	MC	9		0.19		
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	0.300		1	MC	9		0.093		
Riboflavin....mg	0.300		1	MC	9		0.093		
Niacin....mg	6.500		1	MC	9		2.015		
Pantothenic acid....mg									
Vitamin B-6....mg	0.400		1	MC	9		0.124		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.90		1	MC	9		1.21		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.700		1	MC	9		0.217		
Fatty acids, total monounsaturated....g	1.100		1	MC	9		0.341		
Fatty acids, total polyunsaturated....g	2.600		1	MC	9		0.806		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	2		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.

NDB No. 16515

WORTHINGTON Low Fat Veja-Links, canned, unprepared

Common Measures:

Measure 1 = 31g: 1 link

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16526

WORTHINGTON Meatless Chicken Roll, frozen, unprepared

Kellogg, Co.

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		1	MC	9				
Energy	kcal	154		1	MC	9				
Energy	kJ	644		1	MC	9				
Protein (N x 6.25)	g	16.10		1	MC	9				
Total lipid (fat)	g	8.00		1	MC	9				
Ash	g	3.60		1	MC	9				
Carbohydrate, by difference	g	4.30		1	MC	9				
Fiber, total dietary	g	2.4		1	MC	9				
Sugars, total	g	0.80		1	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	272		1	MC	9				
Iron, Fe	mg	3.80		1	MC	9				
Magnesium, Mg	mg									
Phosphorus, P	mg	243		1	MC	9				
Potassium, K	mg	412		1	MC	9				
Sodium, Na	mg	452		1	MC	9				
Zinc, Zn	mg	0.70		1	MC	9				
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9				
Thiamin	mg	0.700		1	MC	9				
Riboflavin	mg	0.200		1	MC	9				
Niacin	mg	7.500		1	MC	9				
Pantothenic acid	mg									
Vitamin B-6	mg	0.500		1	MC	9				
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.70		1	MC	9				
Vitamin A, RAE	mcg_RAE	0		1	MC	9				
Vitamin A, IU	IU	0		1	MC	9				
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	1.200		1	MC	9				
Fatty acids, total monounsaturated	g	1.800		1	MC	9				
Fatty acids, total polyunsaturated	g	4.600		1	MC	9				
Fatty acids, total trans	g	0.000		1	MC	9				
Cholesterol	mg	1		1	MC	9				
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. 16526

WORTHINGTON Meatless Chicken Roll, frozen, unprepared

Common Measures:

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16527

WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared

Kellogg, Co.

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	54.10		1	MC	9				
Energy....kcal	245		1	MC	9				
Energy....kJ	1025		1	MC	9				
Protein (N x 6.25)....g	18.60		1	MC	9				
Total lipid (fat)....g	14.50		1	MC	9				
Ash....g	2.90		1	MC	9				
Carbohydrate, by difference....g	9.90		1	MC	9				
Fiber, total dietary....g	0.0		1	MC	9				
Sugars, total....g	2.10		1	MC	9				
Starch....g									
Minerals:									
Calcium, Ca....mg	24		1	MC	9				
Iron, Fe....mg	3.30		1	MC	9				
Magnesium, Mg....mg									
Phosphorus, P....mg	140		1	MC	9				
Potassium, K....mg	216		1	MC	9				
Sodium, Na....mg	758		1	MC	9				
Zinc, Zn....mg	0.80		1	MC	9				
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9				
Thiamin....mg	3.300		1	MC	9				
Riboflavin....mg	0.300		1	MC	9				
Niacin....mg	9.100		1	MC	9				
Pantothenic acid....mg									
Vitamin B-6....mg	0.500		1	MC	9				
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.30		1	MC	9				
Vitamin A, RAE....mcg_RAE	0		1	MC	9				
Vitamin A, IU....IU	0		1	MC	9				
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	2.300		1	MC	9				
Fatty acids, total monounsaturated....g	3.500		1	MC	9				
Fatty acids, total polyunsaturated....g	8.600		1	MC	9				
Fatty acids, total trans....g	0.000		1	MC	9				
Cholesterol....mg	1		1	MC	9				
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. 16527

WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared

Common Measures:

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16516
WORTHINGTON Multigrain Cutlets, canned, unprepared
Kellogg, Co.

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	73.40		1	MC	9		67.53		
Energy....kcal	108		1	MC	9		99		
Energy....kJ	452		1	MC	9		416		
Protein (N x 6.25)....g	18.10		1	MC	9		16.65		
Total lipid (fat)....g	1.30		1	MC	9		1.20		
Ash....g	1.20		1	MC	9		1.10		
Carbohydrate, by difference....g	6.00		1	MC	9		5.52		
Fiber, total dietary....g	3.1		1	MC	9		2.9		
Sugars, total....g	0.60		1	MC	9		0.55		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		1	MC	9		9		
Iron, Fe....mg	1.50		1	MC	9		1.38		
Magnesium, Mg....mg									
Phosphorus, P....mg	85		1	MC	9		78		
Potassium, K....mg	32		1	MC	9		29		
Sodium, Na....mg	313		1	MC	9		288		
Zinc, Zn....mg	1.20		1	MC	9		1.10		
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	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.500		1	MC	9		0.460		
Fatty acids, total monounsaturated....g	0.200		1	MC	9		0.184		
Fatty acids, total polyunsaturated....g	0.600		1	MC	9		0.552		
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. 16516
WORTHINGTON Multigrain Cutlets, canned, unprepared

Measure 1 = 92g: 2 slices

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16517
WORTHINGTON Prime Stakes, canned, unprepared
Kellogg, Co.

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	73.40		1	MC	9		67.53		
Energy	kcal	135		1	MC	9		124		
Energy	kJ	565		1	MC	9		520		
Protein (N x 6.25)	g	10.20		1	MC	9		9.38		
Total lipid (fat)	g	7.20		1	MC	9		6.62		
Ash	g	1.70		1	MC	9		1.56		
Carbohydrate, by difference	g	7.50		1	MC	9		6.90		
Fiber, total dietary	g	1.4		1	MC	9		1.3		
Sugars, total	g	0.30		1	MC	9		0.28		
Starch	g									
Minerals:										
Calcium, Ca	mg	15		1	MC	9		14		
Iron, Fe	mg	2.00		1	MC	9		1.84		
Magnesium, Mg	mg									
Phosphorus, P	mg	99		1	MC	9		91		
Potassium, K	mg	101		1	MC	9		93		
Sodium, Na	mg	480		1	MC	9		442		
Zinc, Zn	mg	0.60		1	MC	9		0.55		
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	0.300		1	MC	9		0.276		
Riboflavin	mg	0.200		1	MC	9		0.184		
Niacin	mg	6.500		1	MC	9		5.980		
Pantothenic acid	mg									
Vitamin B-6	mg	0.400		1	MC	9		0.368		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.30		1	MC	9		3.04		
Vitamin A, RAE	mcg_RAE	0		1	MC	9		0		
Vitamin A, IU	IU	0		1	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	1.000		1	MC	9		0.920		
Fatty acids, total monounsaturated	g	1.700		1	MC	9		1.564		
Fatty acids, total polyunsaturated	g	3.600		1	MC	9		3.312		
Fatty acids, total trans	g	0.000		1	MC	9		0.000		
Cholesterol	mg	1		1	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.

NDB No. 16517
WORTHINGTON Prime Stakes, canned, unprepared

Common Measures:

Measure 1 = 92g: 1 piece

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16531
WORTHINGTON Prosage Links, frozen, unprepared
Kellogg, Co.

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	67.50		1	MC	9		30.38		
Energy	kcal	143		1	MC	9		64		
Energy	kJ	598		1	MC	9		269		
Protein (N x 6.25)	g	20.20		1	MC	9		9.09		
Total lipid (fat)	g	4.70		1	MC	9		2.11		
Ash	g	2.60		1	MC	9		1.17		
Carbohydrate, by difference	g	5.00		1	MC	9		2.25		
Fiber, total dietary	g	2.8		1	MC	9		1.3		
Sugars, total	g	0.80		1	MC	9		0.36		
Starch	g									
Minerals:										
Calcium, Ca	mg	26		1	MC	9		12		
Iron, Fe	mg	3.20		1	MC	9		1.44		
Magnesium, Mg	mg									
Phosphorus, P	mg	138		1	MC	9		62		
Potassium, K	mg	114		1	MC	9		51		
Sodium, Na	mg	819		1	MC	9		369		
Zinc, Zn	mg	1.00		1	MC	9		0.45		
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	4.000		1	MC	9		1.800		
Riboflavin	mg	0.400		1	MC	9		0.180		
Niacin	mg	4.400		1	MC	9		1.980		
Pantothenic acid	mg									
Vitamin B-6	mg	0.700		1	MC	9		0.315		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	6.70		1	MC	9		3.01		
Vitamin A, RAE	mcg_RAE	0		1	MC	9		0		
Vitamin A, IU	IU	0		1	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	0.900		1	MC	9		0.405		
Fatty acids, total monounsaturated	g	1.800		1	MC	9		0.810		
Fatty acids, total polyunsaturated	g	2.000		1	MC	9		0.900		
Fatty acids, total trans	g	0.000		1	MC	9		0.000		
Cholesterol	mg	2		1	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.

NDB No. 16531
WORTHINGTON Prosage Links, frozen, unprepared

Common Measures:

Measure 1 = 45g: 2 links

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16532
WORTHINGTON Prosage Roll, frozen, unprepared
Kellogg, Co.

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	54.40		1	MC	9				
Energy....kcal	261		1	MC	9				
Energy....kJ	1092		1	MC	9				
Protein (N x 6.25)....g	19.60		1	MC	9				
Total lipid (fat)....g	17.60		1	MC	9				
Ash....g	2.40		1	MC	9				
Carbohydrate, by difference....g	6.00		1	MC	9				
Fiber, total dietary....g	3.5		1	MC	9				
Sugars, total....g	0.20		1	MC	9				
Starch....g									
Minerals:									
Calcium, Ca....mg	28		1	MC	9				
Iron, Fe....mg	3.30		1	MC	9				
Magnesium, Mg....mg									
Phosphorus, P....mg	93		1	MC	9				
Potassium, K....mg	139		1	MC	9				
Sodium, Na....mg	667		1	MC	9				
Zinc, Zn....mg	0.80		1	MC	9				
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9				
Thiamin....mg	1.200		1	MC	9				
Riboflavin....mg	0.300		1	MC	9				
Niacin....mg	2.900		1	MC	9				
Pantothenic acid....mg									
Vitamin B-6....mg	0.400		1	MC	9				
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.60		1	MC	9				
Vitamin A, RAE....mcg_RAE	0		1	MC	9				
Vitamin A, IU....IU	0		1	MC	9				
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	3.400		1	MC	9				
Fatty acids, total monounsaturated....g	4.500		1	MC	9				
Fatty acids, total polyunsaturated....g	8.300		1	MC	9				
Fatty acids, total trans....g	1.400		1	MC	9				
Cholesterol....mg	2		1	MC	9				
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. 16532
WORTHINGTON Prosage Roll, frozen, unprepared

Common Measures:

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16518
WORTHINGTON Saucettes, canned, unprepared
Kellogg, Co.

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	62.40		1	MC	9		23.71		
Energy....kcal	219		1	MC	9		83		
Energy....kJ	916		1	MC	9		348		
Protein (N x 6.25)....g	15.00		1	MC	9		5.70		
Total lipid (fat)....g	15.20		1	MC	9		5.78		
Ash....g	1.80		1	MC	9		0.68		
Carbohydrate, by difference....g	5.60		1	MC	9		2.13		
Fiber, total dietary....g	2.8		1	MC	9		1.1		
Sugars, total....g	0.20		1	MC	9		0.08		
Starch....g									
Minerals:									
Calcium, Ca....mg	40		1	MC	9		15		
Iron, Fe....mg	2.80		1	MC	9		1.06		
Magnesium, Mg....mg									
Phosphorus, P....mg	155		1	MC	9		59		
Potassium, K....mg	69		1	MC	9		26		
Sodium, Na....mg	532		1	MC	9		202		
Zinc, Zn....mg	0.90		1	MC	9		0.34		
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	1.200		1	MC	9		0.456		
Riboflavin....mg	0.200		1	MC	9		0.076		
Niacin....mg	2.100		1	MC	9		0.798		
Pantothenic acid....mg									
Vitamin B-6....mg	0.300		1	MC	9		0.114		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.90		1	MC	9		0.34		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	2		1	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.

NDB No. 16518
WORTHINGTON Saucettes, canned, unprepared

Common Measures:

Measure 1 = 38g: 1 link

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16533

WORTHINGTON Smoked Turkey Roll, frozen, unprepared

Kellogg, Co.

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	53.70		1	MC	9				
Energy....kcal	251		1	MC	9				
Energy....kJ	1050		1	MC	9				
Protein (N x 6.25)....g	18.50		1	MC	9				
Total lipid (fat)....g	16.10		1	MC	9				
Ash....g	3.70		1	MC	9				
Carbohydrate, by difference....g	7.90		1	MC	9				
Fiber, total dietary....g	1.1		1	MC	9				
Sugars, total....g	2.40		1	MC	9				
Starch....g									
Minerals:									
Calcium, Ca....mg	147		1	MC	9				
Iron, Fe....mg	4.90		1	MC	9				
Magnesium, Mg....mg									
Phosphorus, P....mg	188		1	MC	9				
Potassium, K....mg	98		1	MC	9				
Sodium, Na....mg	859		1	MC	9				
Zinc, Zn....mg	0.80		1	MC	9				
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9				
Thiamin....mg	3.300		1	MC	9				
Riboflavin....mg	0.300		1	MC	9				
Niacin....mg	10.900		1	MC	9				
Pantothenic acid....mg									
Vitamin B-6....mg	0.700		1	MC	9				
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	5.50		1	MC	9				
Vitamin A, RAE....mcg_RAE	0		1	MC	9				
Vitamin A, IU....IU	0		1	MC	9				
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	2.300		1	MC	9				
Fatty acids, total monounsaturated....g	3.900		1	MC	9				
Fatty acids, total polyunsaturated....g	8.900		1	MC	9				
Fatty acids, total trans....g	0.000		1	MC	9				
Cholesterol....mg	0		1	MC	9				
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. 16533
WORTHINGTON Smoked Turkey Roll, frozen, unprepared

Common Measures:

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16534
WORTHINGTON Stakelets, frozen, unprepared
Kellogg, Co.

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	57.50		1	MC	9		40.83		
Energy....kcal	211		1	MC	9		150		
Energy....kJ	883		1	MC	9		627		
Protein (N x 6.25)....g	19.70		1	MC	9		13.99		
Total lipid (fat)....g	10.40		1	MC	9		7.38		
Ash....g	2.90		1	MC	9		2.06		
Carbohydrate, by difference....g	9.60		1	MC	9		6.82		
Fiber, total dietary....g	2.8		1	MC	9		2.0		
Sugars, total....g	1.20		1	MC	9		0.85		
Starch....g									
Minerals:									
Calcium, Ca....mg	73		1	MC	9		52		
Iron, Fe....mg	1.50		1	MC	9		1.07		
Magnesium, Mg....mg									
Phosphorus, P....mg	210		1	MC	9		149		
Potassium, K....mg	191		1	MC	9		136		
Sodium, Na....mg	651		1	MC	9		462		
Zinc, Zn....mg	1.20		1	MC	9		0.85		
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	1.700		1	MC	9		1.207		
Riboflavin....mg	0.200		1	MC	9		0.142		
Niacin....mg	4.200		1	MC	9		2.982		
Pantothenic acid....mg									
Vitamin B-6....mg	0.400		1	MC	9		0.284		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.10		1	MC	9		1.49		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	1.800		1	MC	9		1.278		
Fatty acids, total monounsaturated....g	3.500		1	MC	9		2.485		
Fatty acids, total polyunsaturated....g	5.100		1	MC	9		3.621		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	1		1	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.

NDB No. 16534
WORTHINGTON Stakelets, frozen, unprepared

Common Measures:

Measure 1 = 71g: 1 piece

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16535
WORTHINGTON Stripples, frozen, unprepared
Kellogg, Co.

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	41.90		1	MC	9		6.70		
Energy....kcal	346		1	MC	9		55		
Energy....kJ	1448		1	MC	9		232		
Protein (N x 6.25)....g	12.40		1	MC	9		1.98		
Total lipid (fat)....g	26.60		1	MC	9		4.26		
Ash....g	4.80		1	MC	9		0.77		
Carbohydrate, by difference....g	14.30		1	MC	9		2.29		
Fiber, total dietary....g	5.1		1	MC	9		0.8		
Sugars, total....g	0.80		1	MC	9		0.13		
Starch....g									
Minerals:									
Calcium, Ca....mg	42		1	MC	9		7		
Iron, Fe....mg	3.60		1	MC	9		0.58		
Magnesium, Mg....mg									
Phosphorus, P....mg	285		1	MC	9		46		
Potassium, K....mg	97		1	MC	9		16		
Sodium, Na....mg	1463		1	MC	9		234		
Zinc, Zn....mg	0.60		1	MC	9		0.10		
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	10.100		1	MC	9		1.616		
Riboflavin....mg	0.400		1	MC	9		0.064		
Niacin....mg	8.800		1	MC	9		1.408		
Pantothenic acid....mg									
Vitamin B-6....mg	0.500		1	MC	9		0.080		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.40		1	MC	9		0.54		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	4.200		1	MC	9		0.672		
Fatty acids, total monounsaturated....g	6.200		1	MC	9		0.992		
Fatty acids, total polyunsaturated....g	16.200		1	MC	9		2.592		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	2		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.

NDB No. 16535
WORTHINGTON Stripples, frozen, unprepared

Common Measures:

Measure 1 = 16g: 2 strip

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16519
WORTHINGTON Super Links, canned, unprepared
Kellogg, Co.

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	62.10		1	MC	9		29.81		
Energy	kcal	219		1	MC	9		105		
Energy	kJ	916		1	MC	9		440		
Protein (N x 6.25)	g	14.50		1	MC	9		6.96		
Total lipid (fat)	g	15.50		1	MC	9		7.44		
Ash	g	2.50		1	MC	9		1.20		
Carbohydrate, by difference	g	5.50		1	MC	9		2.64		
Fiber, total dietary	g	1.8		1	MC	9		0.9		
Sugars, total	g	0.60		1	MC	9		0.29		
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1	MC	9		2		
Iron, Fe	mg	4.30		1	MC	9		2.06		
Magnesium, Mg	mg									
Phosphorus, P	mg	93		1	MC	9		45		
Potassium, K	mg	77		1	MC	9		37		
Sodium, Na	mg	708		1	MC	9		340		
Zinc, Zn	mg	0.90		1	MC	9		0.43		
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	0.200		1	MC	9		0.096		
Riboflavin	mg	0.200		1	MC	9		0.096		
Niacin	mg	1.700		1	MC	9		0.816		
Pantothenic acid	mg									
Vitamin B-6	mg	0.300		1	MC	9		0.144		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.50		1	MC	9		1.20		
Vitamin A, RAE	mcg_RAE	0		1	MC	9		0		
Vitamin A, IU	IU	0		1	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	2.100		1	MC	9		1.008		
Fatty acids, total monounsaturated	g	3.100		1	MC	9		1.488		
Fatty acids, total polyunsaturated	g	8.400		1	MC	9		4.032		
Fatty acids, total trans	g	0.000		1	MC	9		0.000		
Cholesterol	mg	1		1	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.

NDB No. 16519

WORTHINGTON Super Links, canned, unprepared

Common Measures:

Measure 1 = 48g: 1 link

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16521
WORTHINGTON Vegetable Skallops, canned, unprepared
Kellogg, Co.

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		1	MC	9		62.05		
Energy....kcal	109		1	MC	9		93		
Energy....kJ	456		1	MC	9		388		
Protein (N x 6.25)....g	19.90		1	MC	9		16.91		
Total lipid (fat)....g	1.20		1	MC	9		1.02		
Ash....g	1.40		1	MC	9		1.19		
Carbohydrate, by difference....g	4.60		1	MC	9		3.91		
Fiber, total dietary....g	3.4		1	MC	9		2.9		
Sugars, total....g	0.30		1	MC	9		0.26		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	MC	9		6		
Iron, Fe....mg	1.40		1	MC	9		1.19		
Magnesium, Mg....mg									
Phosphorus, P....mg	52		1	MC	9		44		
Potassium, K....mg	17		1	MC	9		14		
Sodium, Na....mg	460		1	MC	9		391		
Zinc, Zn....mg	1.00		1	MC	9		0.85		
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	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	0.200		1	MC	9		0.170		
Fatty acids, total monounsaturated....g	0.100		1	MC	9		0.085		
Fatty acids, total polyunsaturated....g	0.500		1	MC	9		0.425		
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. 16521
WORTHINGTON Vegetable Skallops, canned, unprepared

Measure 1 = 85g: .5 cup

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 16 Legumes and Legume Products

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

NDB No. 16522

WORTHINGTON Vegetable Steaks, canned, unprepared

Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.80		1	MC	9		51.70		
Energy....kcal	113		1	MC	9		81		
Energy....kJ	473		1	MC	9		341		
Protein (N x 6.25)....g	20.70		1	MC	9		14.90		
Total lipid (fat)....g	1.20		1	MC	9		0.86		
Ash....g	1.30		1	MC	9		0.94		
Carbohydrate, by difference....g	5.10		1	MC	9		3.67		
Fiber, total dietary....g	2.2		1	MC	9		1.6		
Sugars, total....g	0.50		1	MC	9		0.36		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		1	MC	9		4		
Iron, Fe....mg	3.80		1	MC	9		2.74		
Magnesium, Mg....mg									
Phosphorus, P....mg	77		1	MC	9		55		
Potassium, K....mg	32		1	MC	9		23		
Sodium, Na....mg	417		1	MC	9		300		
Zinc, Zn....mg	1.10		1	MC	9		0.79		
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	0.700		1	MC	9		0.504		
Riboflavin....mg	0.100		1	MC	9		0.072		
Niacin....mg	5.600		1	MC	9		4.032		
Pantothenic acid....mg									
Vitamin B-6....mg	0.300		1	MC	9		0.216		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	4.20		1	MC	9		3.02		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
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.

NDB No. 16522

WORTHINGTON Vegetable Steaks, canned, unprepared

Common Measures:

Measure 1 = 72g: 2 slices

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16523

WORTHINGTON Vegetarian Burger, canned, unprepared

Kellogg, Co.

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	70.70		1	MC	9		38.88		
Energy	kcal	124		1	MC	9		68		
Energy	kJ	519		1	MC	9		285		
Protein (N x 6.25)	g	18.60		1	MC	9		10.23		
Total lipid (fat)	g	2.90		1	MC	9		1.60		
Ash	g	1.80		1	MC	9		0.99		
Carbohydrate, by difference	g	6.20		1	MC	9		3.41		
Fiber, total dietary	g	2.7		1	MC	9		1.5		
Sugars, total	g	0.60		1	MC	9		0.33		
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	MC	9		4		
Iron, Fe	mg	2.60		1	MC	9		1.43		
Magnesium, Mg	mg									
Phosphorus, P	mg	98		1	MC	9		54		
Potassium, K	mg	44		1	MC	9		24		
Sodium, Na	mg	451		1	MC	9		248		
Zinc, Zn	mg	1.20		1	MC	9		0.66		
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	0.200		1	MC	9		0.110		
Riboflavin	mg	0.200		1	MC	9		0.110		
Niacin	mg	2.900		1	MC	9		1.595		
Pantothenic acid	mg									
Vitamin B-6	mg	0.400		1	MC	9		0.220		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	4.40		1	MC	9		2.42		
Vitamin A, RAE	mcg_RAE	0		1	MC	9		0		
Vitamin A, IU	IU	0		1	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	0.500		1	MC	9		0.275		
Fatty acids, total monounsaturated	g	0.500		1	MC	9		0.275		
Fatty acids, total polyunsaturated	g	1.700		1	MC	9		0.935		
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.

NDB No. 16523

WORTHINGTON Vegetarian Burger, canned, unprepared

Common Measures:

Measure 1 = 55g: .25 cup

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16524
WORTHINGTON Veja-Links, canned, unprepared
Kellogg, Co.

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	70.40		1	MC	9		21.82		
Energy....kcal	155		1	MC	9		48		
Energy....kJ	649		1	MC	9		201		
Protein (N x 6.25)....g	14.60		1	MC	9		4.53		
Total lipid (fat)....g	8.90		1	MC	9		2.76		
Ash....g	2.00		1	MC	9		0.62		
Carbohydrate, by difference....g	4.10		1	MC	9		1.27		
Fiber, total dietary....g	3.3		1	MC	9		1.0		
Sugars, total....g	0.50		1	MC	9		0.16		
Starch....g									
Minerals:									
Calcium, Ca....mg	23		1	MC	9		7		
Iron, Fe....mg	3.50		1	MC	9		1.09		
Magnesium, Mg....mg									
Phosphorus, P....mg	100		1	MC	9		31		
Potassium, K....mg	56		1	MC	9		17		
Sodium, Na....mg	530		1	MC	9		164		
Zinc, Zn....mg	0.50		1	MC	9		0.16		
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	0.400		1	MC	9		0.124		
Riboflavin....mg	0.300		1	MC	9		0.093		
Niacin....mg	6.500		1	MC	9		2.015		
Pantothenic acid....mg									
Vitamin B-6....mg	0.400		1	MC	9		0.124		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.90		1	MC	9		1.21		
Vitamin A, RAE....mcg_RAE	0		1	MC	9		0		
Vitamin A, IU....IU	0		1	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	1.300		1	MC	9		0.403		
Fatty acids, total monounsaturated....g	2.000		1	MC	9		0.620		
Fatty acids, total polyunsaturated....g	4.500		1	MC	9		1.395		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	3		1	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.

NDB No. 16524
WORTHINGTON Veja-Links, canned, unprepared

Common Measures:

Measure 1 = 31g: 1 link

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16536
WORTHINGTON Wham (roll), frozen, unprepared
Kellogg, Co.

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	62.10		1	MC	9				
Energy....kcal	196		1	MC	9				
Energy....kJ	820		1	MC	9				
Protein (N x 6.25)....g	17.80		1	MC	9				
Total lipid (fat)....g	11.30		1	MC	9				
Ash....g	3.10		1	MC	9				
Carbohydrate, by difference....g	5.70		1	MC	9				
Fiber, total dietary....g	0.0		1	MC	9				
Sugars, total....g	3.20		1	MC	9				
Starch....g									
Minerals:									
Calcium, Ca....mg	45		1	MC	9				
Iron, Fe....mg	3.30		1	MC	9				
Magnesium, Mg....mg									
Phosphorus, P....mg	263		1	MC	9				
Potassium, K....mg	194		1	MC	9				
Sodium, Na....mg	717		1	MC	9				
Zinc, Zn....mg	0.80		1	MC	9				
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9				
Thiamin....mg	3.300		1	MC	9				
Riboflavin....mg	0.300		1	MC	9				
Niacin....mg	10.900		1	MC	9				
Pantothenic acid....mg									
Vitamin B-6....mg	0.900		1	MC	9				
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.80		1	MC	9				
Vitamin A, RAE....mcg_RAE	0		1	MC	9				
Vitamin A, IU....IU	0		1	MC	9				
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	1.600		1	MC	9				
Fatty acids, total monounsaturated....g	2.500		1	MC	9				
Fatty acids, total polyunsaturated....g	5.800		1	MC	9				
Fatty acids, total trans....g	0.000		1	MC	9				
Cholesterol....mg	0		1	MC	9				
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. 16536
WORTHINGTON Wham (roll), frozen, unprepared

Common Measures:

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16436
Winged beans, mature seeds, cooked, boiled, 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	67.19		0		1		115.57		
Energy	kcal	147		0	NC	4		253		
Energy	kJ	615				4		1058		
Protein (N x 6.25)	g	10.62		0		1		18.27		
Total lipid (fat)	g	5.84		0		1		10.04		
Ash	g	1.43		0		1		2.46		
Carbohydrate, by difference	g	14.94		0	NC	4		25.70		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	142		0		1		244		
Iron, Fe	mg	4.33		0		1		7.45		
Magnesium, Mg	mg	54		0		1		93		
Phosphorus, P	mg	153		0		1		263		
Potassium, K	mg	280		0		1		482		
Sodium, Na	mg	249		0		1		428		
Zinc, Zn	mg	1.44		0		1		2.48		
Copper, Cu	mg	0.773		0		1		1.330		
Manganese, Mn	mg	1.199		0		1		2.062		
Selenium, Se	mcg	2.9		0	BFSN	4		5.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.295		0		1		0.507		
Riboflavin	mg	0.129		0		1		0.222		
Niacin	mg	0.830		0		1		1.428		
Pantothenic acid	mg	0.156		0		4		0.268		
Vitamin B-6	mg	0.047		0		1		0.081		
Folate, total	mcg	10		0		1		18		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	10		0		1		18		
Folate, DFE	mcg_DFE	10		0	NC	4		18		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		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	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									
Lipids:										
Fatty acids, total saturated	g	0.825		0		1		1.419		
4:0	g									
6:0	g									
8:0	g									

NDB No. 16436
Winged beans, mature seeds, cooked, boiled, 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									
12:0 g									
13:0 g									
14:0 g	0.010		0		1		0.017		
15:0 g									
16:0 g	0.449		0		1		0.772		
17:0 g									
18:0 g	0.267		0		1		0.459		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.153		0		1		3.703		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.020		0		1		0.034		
17:1 g									
18:1 undifferentiated g	2.025		0		1		3.483		
20:1 g	0.109		0		1		0.187		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.551		0		1		2.668		
18:2 undifferentiated g	1.457		0		1		2.506		
18:3 undifferentiated g	0.094		0		1		0.162		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.233		0		1		0.401		
Threonine g	0.360		0		1		0.619		
Isoleucine g	0.448		0		1		0.771		
Leucine g	0.762		0		1		1.311		
Lysine g	0.652		0		1		1.121		
Methionine g	0.109		0		1		0.187		
Cystine g	0.166		0		1		0.286		
Phenylalanine g	0.436		0		1		0.750		
Tyrosine g	0.445		0		1		0.765		
Valine g	0.467		0		1		0.803		
Arginine g	0.576		0		1		0.991		
Histidine g	0.241		0		1		0.415		
Alanine g	0.318		0		1		0.547		
Aspartic acid g	0.973		0		1		1.674		
Glutamic acid g	1.224		0		1		2.105		
Glycine g	0.348		0		1		0.599		
Proline g	0.588		0		1		1.011		
Serine g	0.377		0		1		0.648		
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 = 172g: 1 cup

NDB No. 16436
Winged beans, mature seeds, cooked, boiled, with salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16135

Winged beans, mature seeds, raw

Psophocarpus tetragonolobus

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	8.34	0.362	83		1		15.18		
Energy ... kcal	409		0	NC	4		744		
Energy ... kJ	1711				4		3114		
Protein (N x 6.25) ... g	29.65	0.458	57		1		53.96		
Total lipid (fat) ... g	16.32	0.182	95		1		29.70		
Ash ... g	3.98	0.062	70		1		7.24		
Carbohydrate, by difference ... g	41.71		0	NC	4		75.91		
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	440	24.899	48		1		801		
Iron, Fe ... mg	13.44	1.028	56		1		24.46		
Magnesium, Mg ... mg	179	5.240	43		1		326		
Phosphorus, P ... mg	451	12.671	48		1		821		
Potassium, K ... mg	977	45.541	30		1		1778		
Sodium, Na ... mg	38	1.359	30		1		69		
Zinc, Zn ... mg	4.48	0.150	33		1		8.15		
Copper, Cu ... mg	2.880	0.104	29		1		5.242		
Manganese, Mn ... mg	3.721	0.326	20		1		6.772		
Selenium, Se ... mcg	8.2		0	CAZN	4		14.9		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0		1		0.0		
Thiamin ... mg	1.030		1		1		1.875		
Riboflavin ... mg	0.450	0.034	5		1		0.819		
Niacin ... mg	3.090		1		1		5.624		
Pantothenic acid ... mg	0.795		0		4		1.447		
Vitamin B-6 ... mg	0.175		0		1		0.319		
Folate, total ... mcg	45		0		1		81		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	45		0		1		81		
Folate, DFE ... mcg_DFE	45		0	NC	4		81		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0		1		0.00		
Vitamin A, RAE ... mcg_RAE	0		0		1		0		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	0		0		1		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	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									
Lipids:									
Fatty acids, total saturated ... g	2.303		0		1		4.191		
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 16135
Winged beans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.028		0		1		0.051		
15:0 g									
16:0 g	1.255		0		1		2.284		
17:0 g									
18:0 g	0.745		0		1		1.356		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.012		0		1		10.942		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.055		0		1		0.100		
17:1 g									
18:1 undifferentiated g	5.654		0		1		10.290		
20:1 g	0.303		0		1		0.551		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	4.330		0		1		7.881		
18:2 undifferentiated g	4.068		0		1		7.404		
18:3 undifferentiated g	0.262		0		1		0.477		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.762		30		1		1.387		
Threonine g	1.179		38		1		2.146		
Isoleucine g	1.468		38		1		2.672		
Leucine g	2.497		38		1		4.545		
Lysine g	2.136		37		1		3.888		
Methionine g	0.356		41		1		0.648		
Cystine g	0.545		32		1		0.992		
Phenylalanine g	1.429		38		1		2.601		
Tyrosine g	1.457		31		1		2.652		
Valine g	1.530		38		1		2.785		
Arginine g	1.886		38		1		3.433		
Histidine g	0.790		38		1		1.438		
Alanine g	1.040		31		1		1.893		
Aspartic acid g	3.187		31		1		5.800		
Glutamic acid g	4.010		31		1		7.298		
Glycine g	1.140		31		1		2.075		
Proline g	1.924		31		1		3.502		
Serine g	1.235		31		1		2.248		
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 = 182g: 1 cup

NDB No. 16135
Winged beans, mature seeds, raw

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16134
Yardlong beans, mature seeds, cooked, boiled, 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	68.80		0		1		117.65		
Energy....kcal	118		0	NC	4		202		
Energy....kJ	494		0		4		844		
Protein (N x 6.25)....g	8.29		0		1		14.18		
Total lipid (fat)....g	0.45		0		1		0.77		
Ash....g	1.37		0		1		2.34		
Carbohydrate, by difference....g	21.09		0	NC	4		36.06		
Fiber, total dietary....g	3.8		0	BFSN	4		6.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	42		0		1		72		
Iron, Fe....mg	2.64		0		1		4.51		
Magnesium, Mg....mg	98		0		1		168		
Phosphorus, P....mg	181		0		1		310		
Potassium, K....mg	315		0		1		539		
Sodium, Na....mg	5		0		1		9		
Zinc, Zn....mg	1.08		0		1		1.85		
Copper, Cu....mg	0.225		0		1		0.385		
Manganese, Mn....mg	0.487		0		1		0.833		
Selenium, Se....mcg	2.8		0	BFSN	4		4.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		0.7		
Thiamin....mg	0.212		0		1		0.363		
Riboflavin....mg	0.064		0		1		0.109		
Niacin....mg	0.551		0		1		0.942		
Pantothenic acid....mg	0.398		0		1		0.681		
Vitamin B-6....mg	0.095		0		1		0.162		
Folate, total....mcg	146		0		1		249		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	146		0		1		249		
Folate, DFE....mcg_DFE	146		0	NC	4		249		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	AS	1		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	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									
Lipids:									
Fatty acids, total saturated....g	0.116		0		1		0.198		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16134

Yardlong beans, mature seeds, cooked, boiled, 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
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.108		0		1		0.185		
17:0 g									
18:0 g	0.007		0		1		0.012		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.039		0		1		0.067		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.039		0		1		0.067		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.193		0		1		0.330		
18:2 undifferentiated g	0.105		0		1		0.180		
18:3 undifferentiated g	0.088		0		1		0.150		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.102		0		1		0.174		
Threonine g	0.316		0		1		0.540		
Isoleucine g	0.337		0		1		0.576		
Leucine g	0.635		0		1		1.086		
Lysine g	0.561		0		1		0.959		
Methionine g	0.118		0		1		0.202		
Cystine g	0.091		0		1		0.156		
Phenylalanine g	0.484		0		1		0.828		
Tyrosine g	0.268		0		1		0.458		
Valine g	0.395		0		1		0.675		
Arginine g	0.574		0		1		0.982		
Histidine g	0.257		0		1		0.439		
Alanine g	0.378		0		1		0.646		
Aspartic acid g	1.001		0		1		1.712		
Glutamic acid g	1.570		0		1		2.685		
Glycine g									
Proline g	0.373		0		1		0.638		
Serine g	0.415		0		1		0.710		
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 = 171g: 1 cup

NDB No. 16134

Yardlong beans, mature seeds, cooked, boiled, without salt

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

Food Group: 16 Legumes and Legume Products

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

NDB No. 16133

Yardlong beans, mature seeds, raw

Vigna uniguiculata Subsp. sesquipedalis

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	8.43	0.118	4		1		14.08		
Energy....kcal	347		0	NC	4		579		
Energy....kJ	1452				4		2425		
Protein (N x 6.25)....g	24.33	0.450	4		1		40.63		
Total lipid (fat)....g	1.31		0		1		2.19		
Ash....g	4.03	0.103	4		1		6.73		
Carbohydrate, by difference....g	61.91		0	NC	4		103.39		
Fiber, total dietary....g	11.0		0	BFSN	4		18.4		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	138	12.500	4		1		230		
Iron, Fe....mg	8.61		0		1		14.38		
Magnesium, Mg....mg	338	23.935	4		1		564		
Phosphorus, P....mg	559	24.816	4		1		934		
Potassium, K....mg	1157		0		1		1932		
Sodium, Na....mg	17		0		1		28		
Zinc, Zn....mg	3.50		0		1		5.85		
Copper, Cu....mg	0.879		0		1		1.468		
Manganese, Mn....mg	1.590		0		1		2.655		
Selenium, Se....mcg	8.2		0	CAZN	4		13.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6		0		1		2.7		
Thiamin....mg	0.887		0		1		1.481		
Riboflavin....mg	0.235		0		1		0.392		
Niacin....mg	2.158		0		1		3.604		
Pantothenic acid....mg	1.556		0		1		2.599		
Vitamin B-6....mg	0.371		0		1		0.620		
Folate, total....mcg	658		0		1		1099		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	658		0		1		1099		
Folate, DFE....mcg_DFE	658		0	NC	4		1099		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00		
Vitamin A, RAE....mcg_RAE	3		0		1		4		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	52		0		1		87		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
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									
Lipids:									
Fatty acids, total saturated....g	0.339		0		1		0.566		
4:0....g									
6:0....g									
8:0....g									

NDB No. 16133
Yardlong beans, mature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.318		0		1		0.531		
17:0 g									
18:0 g	0.020		0		1		0.033		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.114		0		1		0.190		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.114		0		1		0.190		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.565		0		1		0.944		
18:2 undifferentiated g	0.308		0		1		0.514		
18:3 undifferentiated g	0.258		0		1		0.431		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.300		0		1		0.501		
Threonine g	0.926		0		1		1.546		
Isoleucine g	0.989		0		1		1.652		
Leucine g	1.864		0		1		3.113		
Lysine g	1.646		0		1		2.749		
Methionine g	0.346		0		1		0.578		
Cystine g	0.269		0		1		0.449		
Phenylalanine g	1.421		0		1		2.373		
Tyrosine g	0.786		0		1		1.313		
Valine g	1.160		0		1		1.937		
Arginine g	1.685		0		1		2.814		
Histidine g	0.755		0		1		1.261		
Alanine g	1.109		0		1		1.852		
Aspartic acid g	2.938		0		1		4.906		
Glutamic acid g	4.608		0		1		7.695		
Glycine g	1.004		0		1		1.677		
Proline g	1.094		0		1		1.827		
Serine g	1.218		0		1		2.034		
Hydroxyproline g									

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

Common Measures:

Measure 1 = 167g: 1 cup

NDB No. 16133
Yardlong beans, mature seeds, raw

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

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Yardlong beans, yardlong, mature seeds, cooked, boiled, 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	68.80		0		1		117.65		
Energy ... kcal	118		0	NC	4		202		
Energy ... kJ	494				4		844		
Protein (N x 6.25) ... g	8.29		0		1		14.18		
Total lipid (fat) ... g	0.45		0		1		0.77		
Ash ... g	1.37		0		1		2.34		
Carbohydrate, by difference ... g	21.09		0	NC	4		36.06		
Fiber, total dietary ... g	3.8		0	BFSN	4		6.5		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	42		0		1		72		
Iron, Fe ... mg	2.64		0		1		4.51		
Magnesium, Mg ... mg	98		0		1		168		
Phosphorus, P ... mg	181		0		1		310		
Potassium, K ... mg	315		0		1		539		
Sodium, Na ... mg	241		0		1		412		
Zinc, Zn ... mg	1.08		0		1		1.85		
Copper, Cu ... mg	0.225		0		1		0.385		
Manganese, Mn ... mg	0.487		0		1		0.833		
Selenium, Se ... mcg	2.8		0	BFSN	4		4.8		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.4		0		1		0.7		
Thiamin ... mg	0.212		0		1		0.363		
Riboflavin ... mg	0.064		0		1		0.109		
Niacin ... mg	0.551		0		1		0.942		
Pantothenic acid ... mg	0.398		0		1		0.681		
Vitamin B-6 ... mg	0.095		0		1		0.162		
Folate, total ... mcg	146		0		1		249		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	146		0		1		249		
Folate, DFE ... mcg_DFE	146		0	NC	4		249		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0		1		0.00		
Vitamin A, RAE ... mcg_RAE	1		0		1		1		
Retinol ... mcg	0		0	Z	7		0		
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	16		0		1		27		
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
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									
Lipids:									
Fatty acids, total saturated ... g	0.116		0		1		0.198		
4:0 ... g									
6:0 ... g									
8:0 ... g									

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Yardlong beans, yardlong, mature seeds, cooked, boiled, 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									
12:0 g									
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.108		0		1		0.185		
17:0 g									
18:0 g	0.007		0		1		0.012		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.039		0		1		0.067		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.039		0		1		0.067		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.193		0		1		0.330		
18:2 undifferentiated g	0.105		0		1		0.180		
18:3 undifferentiated g	0.088		0		1		0.150		
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		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.102		0		1		0.174		
Threonine g	0.316		0		1		0.540		
Isoleucine g	0.337		0		1		0.576		
Leucine g	0.635		0		1		1.086		
Lysine g	0.561		0		1		0.959		
Methionine g	0.118		0		1		0.202		
Cystine g	0.091		0		1		0.156		
Phenylalanine g	0.484		0		1		0.828		
Tyrosine g	0.268		0		1		0.458		
Valine g	0.395		0		1		0.675		
Arginine g	0.574		0		1		0.982		
Histidine g	0.257		0		1		0.439		
Alanine g	0.378		0		1		0.646		
Aspartic acid g	1.001		0		1		1.712		
Glutamic acid g	1.570		0		1		2.685		
Glycine g									
Proline g	0.373		0		1		0.638		
Serine g	0.415		0		1		0.710		
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 = 171g: 1 cup

NDB No. 16434

Yardlong beans, yardlong, mature seeds, cooked, boiled, with salt

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

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