NDB No. 19146

Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits

Masterfoods 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	1.50		0	BFZN	4		0.21		
Energy....kcal	502		1	MC	9		70		
Energy....kJ	2102		0	MC	9		294		
Protein....g	4.78		1	MC	9		0.67		
Total lipid (fat)....g	23.36		1	MC	9		3.27		
Ash....g	1.78		0	BFZN	4		0.25		
Carbohydrate, by difference....g	68.40		1	MC	9		9.58		
Fiber, total dietary....g	2.7		1	MC	9		0.4		
Sugars, total....g	62.54		1	MC	9		8.76		
Starch....g									
Minerals:									
Calcium, Ca....mg	116		1	MC	9		16		
Iron, Fe....mg	1.23		1	MC	9		0.17		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	68		1	MC	9		9		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	MC	9		0.1		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folic acid....mcg									
Folate, food....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	MC	9		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	224		1	MC	9		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									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	14.466		1	MC	9		2.025		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.184		1	MC	9		0.026		
Cholesterol....mg	15		1	MC	9		2		

NDB No. 19146

Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Others:									
Alcohol, ethyl.....g									
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 = 14.0g: 1 serving 0.5 oz, about 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19139

Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits

Masterfoods 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	1.27		0	MC	9		0.18	4.32	
Energy....kcal	517		1	MC	9		72	1757	
Energy....kJ	2163		0	MC	9		303	7353	
Protein....g	4.44		1	MC	9		0.62	15.08	
Total lipid (fat)....g	26.15		1	MC	9		3.66	88.92	
Ash....g	2.07		0	MC	9		0.29	7.04	
Carbohydrate, by difference....g	65.96		1	MC	9		9.23	224.26	
Fiber, total dietary....g	6.7		1	MC	9		0.9	22.7	
Sugars, total....g	53.07		1	MC	9		7.43	180.42	
Starch....g									
Minerals:									
Calcium, Ca....mg	34		1	MC	9		5	115	
Iron, Fe....mg	2.91		1	MC	9		0.41	9.91	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	2		1	MC	9		0	7	
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	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folic acid....mcg									
Folate, food....mcg									
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	74		1	MC	9		10	251	
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	15.618		1	MC	9		2.187	53.101	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.042		1	MC	9		0.006	0.143	
Cholesterol....mg	3		1	MC	9		0	10	

NDB No. 19139

Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Others:									
Alcohol, ethyl.....g									
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 = 14.0g: 1 serving 0.5 oz, about 1 tbsp

Measure 2 = 340g: 1 package (net weight, 12 oz)

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

Food Group: 19 Sweets

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

NDB No. 19124
Baking chocolate, mexican, squares

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	1.59		2	A	1		0.32		
Energy....kcal	426		0	NC	4		85		
Energy....kJ	1782		0		4		356		
Protein (N x 6.25)....g	3.64		2	A	1		0.73		
Total lipid (fat)....g	15.59		2	A	1		3.12		
Ash....g	1.34		2	A	1		0.27		
Carbohydrate, by difference....g	77.41		0	NC	4		15.48		
Fiber, total dietary....g	4.0	0.152	4	AI	13		0.8		
Sugars, total....g	69.40		0	FLA	4		13.88		
Starch....g									
Minerals:									
Calcium, Ca....mg	34		2	A	1		7		
Iron, Fe....mg	2.18		2	A	1		0.44		
Magnesium, Mg....mg	95		2	A	1		19		
Phosphorus, P....mg	142		2	A	1		28		
Potassium, K....mg	397		2	A	1		79		
Sodium, Na....mg	3		2	A	1		1		
Zinc, Zn....mg	1.26		2	A	1		0.25		
Copper, Cu....mg	0.670		2	A	1		0.134		
Manganese, Mn....mg	0.449		2	A	1		0.090		
Selenium, Se....mcg	1.8		0	FLA	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		2	A	1		0.0		
Thiamin....mg	0.057		2	A	1		0.011		
Riboflavin....mg	0.105		2	A	1		0.021		
Niacin....mg	1.829		2	A	1		0.366		
Pantothenic acid....mg	0.180		2	A	1		0.036		
Vitamin B-6....mg	0.034		2	A	1		0.007		
Folate, total....mcg	5		0	FLA	4		1		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	5		0	FLA	4		1		
Folate, DFE....mcg_DFE	5		0	NC	4		1		
Choline, total....mg	45.6		0	O	4		9.1		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0		
Retinol....mcg	0		0	FLA	4		0		
Carotene, beta....mcg	0		0	FLA	4		0		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	0		0	FLA	4		0		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	7		0	FLA	4		1		
Vitamin E (alpha-tocopherol)....mg	0.36		0	FLA	4		0.07		
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	2.2		0	FLA	4		0.4		
Lipids:									
Fatty acids, total saturated....g	8.606		2	A	1		1.721		
4:0....g	0.000		2	A	1		0.000		

NDB No. 19124
Baking chocolate, mexican, squares

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		2	A	1		0.000		
8:0 ... g	0.000		2	A	1		0.000		
10:0 ... g	0.000		2	A	1		0.000		
12:0 ... g	0.000		2	A	1		0.000		
13:0 ... g									
14:0 ... g	0.010		2	A	1		0.002		
15:0 ... g									
16:0 ... g	3.628		2	A	1		0.726		
17:0 ... g									
18:0 ... g	4.705		2	A	1		0.941		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.044		2	A	1		1.009		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.037		2	A	1		0.007		
17:1 ... g									
18:1 undifferentiated ... g	5.007		2	A	1		1.001		
20:1 ... g	0.000		2	A	1		0.000		
22:1 undifferentiated ... g	0.000		2	A	1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.162		2	A	1		0.232		
18:2 undifferentiated ... g	0.942		2	A	1		0.188		
18:3 undifferentiated ... g	0.072		2	A	1		0.014		
18:4 ... g	0.000		2	A	1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.148		2	A	1		0.030		
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		2	A	1		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	14		0	FLA	4		3		
Theobromine ... mg	231		0	FLA	4		46		

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

Common Measures:

Measure 1 = 20g: 1 tablet

Calories Factors: Protein 2 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19077
Baking chocolate, unsweetened, 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	0.90		1		1		0.26		
Energy	kcal	472		0		4		134		
Energy	kJ	1975		0		4		560		
Protein (N x 5.63)	g	12.10		1		1		3.43		
Total lipid (fat)	g	47.70		1		1		13.52		
Ash	g	3.10		1		1		0.88		
Carbohydrate, by difference	g	36.20		0	NC	4		10.26		
Fiber, total dietary	g	18.1		0	FLA	4		5.1		
Sugars, total	g	0.00		0	LC	8		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	54		1		1		15		
Iron, Fe	mg	4.15		1		1		1.18		
Magnesium, Mg	mg	265		1		1		75		
Phosphorus, P	mg	340		1		1		96		
Potassium, K	mg	1166		1		1		331		
Sodium, Na	mg	12		1		1		3		
Zinc, Zn	mg	3.68		1		1		1.04		
Copper, Cu	mg	1.910		1		1		0.541		
Manganese, Mn	mg	1.650		1		1		0.468		
Selenium, Se	mcg	7.9		0	FLA	4		2.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0		
Thiamin	mg	0.050		1		1		0.014		
Riboflavin	mg	0.279		0	FLA	4		0.079		
Niacin	mg	2.100		1		1		0.595		
Pantothenic acid	mg	0.154		0	FLA	4		0.044		
Vitamin B-6	mg	0.072		0	FLA	4		0.020		
Folate, total	mcg	19		0	FLA	4		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	19		0	FLA	4		5		
Folate, DFE	mcg_DFE	19		0	NC	4		5		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	12		0	FLA	4		3		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	25.290		0		1		7.170		
4:0	g									
6:0	g	0.130		1		1		0.037		
8:0	g	1.590		1		1		0.451		

NDB No. 19077
Baking chocolate, unsweetened, liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	1.270		1		1		0.360		
12:0 g	9.450		1		1		2.679		
13:0 g									
14:0 g	3.630		1		1		1.029		
15:0 g									
16:0 g	6.060		1		1		1.718		
17:0 g									
18:0 g	3.160		1		1		0.896		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.230		0		1		2.617		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.050		1		1		0.014		
17:1 g									
18:1 undifferentiated g	9.180		1		1		2.603		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	10.700		0		1		3.033		
18:2 undifferentiated g	10.100		1		1		2.863		
18:3 undifferentiated g	0.600		1		1		0.170		
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	FLA	4		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.182		0		1		0.052		
Threonine g	0.481		0		1		0.136		
Isoleucine g	0.471		0		1		0.134		
Leucine g	0.737		0		1		0.209		
Lysine g	0.609		0		1		0.173		
Methionine g	0.125		0		1		0.035		
Cystine g	0.148		0		1		0.042		
Phenylalanine g	0.584		0		1		0.166		
Tyrosine g	0.456		0		1		0.129		
Valine g	0.730		0		1		0.207		
Arginine g	0.689		0		1		0.195		
Histidine g	0.210		0		1		0.060		
Alanine g	0.561		0		1		0.159		
Aspartic acid g	1.211		0		1		0.343		
Glutamic acid g	1.828		0		1		0.518		
Glycine g	0.545		0		1		0.155		
Proline g	0.520		0		1		0.147		
Serine g	0.525		0		1		0.149		
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	47		0	FLA	4		13		
Theobromine mg	1597		0	FLA	4		453		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19077

Baking chocolate, unsweetened, liquid

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 1.83 **Fat** 8.4 **Carbohydrate** 1.33

Food Group: 19 Sweets

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

NDB No. 19078
Baking chocolate, unsweetened, squares

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.34	0.092	3	A	1		0.39	1.77	
Energy....kcal	501		0	NC	4		145	662	
Energy....kJ	2097		0	NC	4		608	2768	
Protein (N x 5.63)....g	12.90		0	NR	4		3.74	17.03	
Adjusted Protein (N x 4.74)....g	12.90	0.162	3	NR	4		3.74	17.03	
Total lipid (fat)....g	52.31	0.337	3	A	1		15.17	69.05	
Ash....g	3.60	0.146	3	A	1		1.04	4.76	
Carbohydrate, by difference....g	29.84		0	NR	4		8.65	39.39	
Fiber, total dietary....g	16.6	0.242	3	A	1		4.8	21.9	
Sugars, total....g	0.91	0.177	3	A	1		0.26	1.21	
Starch....g									
Minerals:									
Calcium, Ca....mg	101	7.206	3	A	1		29	134	
Iron, Fe....mg	17.40	2.854	3	A	1		5.05	22.97	
Magnesium, Mg....mg	327	7.767	3	A	1		95	432	
Phosphorus, P....mg	400	25.115	3	A	1		116	528	
Potassium, K....mg	830	41.914	3	A	1		241	1096	
Sodium, Na....mg	24	2.671	3	A	1		7	31	
Zinc, Zn....mg	9.63	1.011	3	A	1		2.79	12.72	
Copper, Cu....mg	3.233	0.088	3	A	1		0.938	4.268	
Manganese, Mn....mg	4.167	0.186	3	A	1		1.208	5.500	
Selenium, Se....mcg	8.1		2	A	1		2.4	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.147		2	A	1		0.043	0.194	
Riboflavin....mg	0.100		2	A	1		0.029	0.132	
Niacin....mg	1.355		2	A	1		0.393	1.789	
Pantothenic acid....mg	0.168		2	A	1		0.049	0.222	
Vitamin B-6....mg	0.027		2	A	1		0.008	0.036	
Folate, total....mcg	28		2	A	1		8	37	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	28		2	A	1		8	37	
Folate, DFE....mcg_DFE	28		0	NC	4		8	37	
Choline, total....mg	45.7		1	A	1		13.2	60.3	
Betaine....mg	2.6		1	A	1		0.7	3.4	
Vitamin B-12....mcg	0.00		1		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		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	38		0	NR	4		11	51	
Vitamin E (alpha-tocopherol)....mg	0.40		1	A	1		0.12	0.53	
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	5.83		1	A	1		1.69	7.70	
Tocopherol, delta....mg	0.00		1	A	1		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	9.7		2	A	1		2.8	12.8	
Lipids:									
Fatty acids, total saturated....g	32.351		0	NR	4		9.382	42.703	

NDB No. 19078
Baking chocolate, unsweetened, squares

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.000	0.000	3	A	1		0.000	0.000	
6:0 g	0.000	0.000	3	A	1		0.000	0.000	
8:0 g	0.000	0.000	3	A	1		0.000	0.000	
10:0 g	0.000	0.000	3	A	1		0.000	0.000	
12:0 g	0.000	0.000	3	A	1		0.000	0.000	
13:0 g	0.000	0.000	3	A	1		0.000	0.000	
14:0 g	0.033	0.033	3	A	1		0.010	0.043	
15:0 g	0.000	0.000	3	A	1		0.000	0.000	
16:0 g	13.330	0.010	3	A	1		3.866	17.595	
17:0 g	0.100	0.001	3	A	1		0.029	0.132	
18:0 g	18.260	0.348	3	A	1		5.295	24.104	
20:0 g	0.554	0.026	3	A	1		0.161	0.731	
22:0 g	0.050	0.029	3	A	1		0.015	0.067	
24:0 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	16.105		0	NR	4		4.670	21.259	
14:1 g	0.000	0.000	3	A	1		0.000	0.000	
15:1 g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated g	0.100	0.001	3	A	1		0.029	0.132	
17:1 g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated g	16.031		1	A	1		4.649	21.161	
18:1 c g	15.994	0.039	3	A	1		4.638	21.112	
18:1-11c (18:1c n-7) g									
18:1 t g	0.000	0.000	3	A	1		0.000	0.000	
18:1-11t (18:1t n-7) g									
20:1 g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	1.555		0	NR	4		0.451	2.053	
18:2 undifferentiated g	1.437	0.008	3	A	1		0.417	1.896	
18:3 undifferentiated g	0.117		1	A	1		0.034	0.155	
18:3 n-3 c,c,c (ALA) g	0.117	0.016	3	A	1		0.034	0.154	
18:3 n-6 c,c,c g	0.000	0.000	3	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	3	A	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		4		0	0	
Phytosterols mg									
Stigmasterol mg	38		2	A	1		11	50	
Campesterol mg	13		2	A	1		4	18	
Beta-sitosterol mg	85		2	A	1		25	112	
Amino Acids:									
Tryptophan g	0.130		2	A	1		0.038	0.172	
Threonine g	0.370		2	A	1		0.107	0.488	
Isoleucine g	0.410		2	A	1		0.119	0.541	
Leucine g	0.695		2	A	1		0.202	0.917	
Lysine g	0.470		2	A	1		0.136	0.620	
Methionine g	0.140		2	A	1		0.041	0.185	
Cystine g	0.225		2	A	1		0.065	0.297	
Phenylalanine g	0.525		2	A	1		0.152	0.693	
Tyrosine g	0.425		2	A	1		0.123	0.561	
Valine g	0.655		2	A	1		0.190	0.865	

NDB No. 19078
Baking chocolate, unsweetened, squares

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine....g	0.815		2	A	1		0.236	1.076	
Histidine....g	0.215		2	A	1		0.062	0.284	
Alanine....g	0.475		2	A	1		0.138	0.627	
Aspartic acid....g	1.270		2	A	1		0.368	1.676	
Glutamic acid....g	1.870		2	A	1		0.542	2.468	
Glycine....g	0.505		2	A	1		0.146	0.667	
Proline....g	0.880		2	A	1		0.255	1.162	
Serine....g	0.530		2	A	1		0.154	0.700	
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	80	0.000	3	A	1		23	106	
Theobromine....mg	1297	34.801	3	A	1		376	1712	

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

Common Measures:

Measure 1 = 29g: 1 square

Measure 2 = 132g: 1 cup, grated

Calories Factors: Protein 1.83 **Fat** 8.37 **Carbohydrate** 1.33

Food Group: 19 Sweets

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

NDB No. 19098
Candies, 5TH AVENUE Candy Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.30		1	MC	9		1.29	0.37	
Energy....kcal	482		1	MC	9		270	77	
Energy....kJ	2017		0	MC	9		1130	323	
Protein....g	8.78		1	MC	9		4.92	1.40	
Total lipid (fat)....g	23.98		1	MC	9		13.43	3.84	
Ash....g	1.91		1	MC	9		1.07	0.31	
Carbohydrate, by difference....g	62.68		1	MC	9		35.10	10.03	
Fiber, total dietary....g	3.1		1	MC	9		1.7	0.5	
Sugars, total....g	47.19		1	MC	9		26.43	7.55	
Starch....g									
Minerals:									
Calcium, Ca....mg	73		1	MC	9		41	12	
Iron, Fe....mg	1.20		1	MC	9		0.67	0.19	
Magnesium, Mg....mg	62		1	MC	9		35	10	
Phosphorus, P....mg	141		1	MC	9		79	23	
Potassium, K....mg	347		1	MC	9		195	56	
Sodium, Na....mg	225		1	MC	9		126	36	
Zinc, Zn....mg	1.12		1	MC	9		0.63	0.18	
Copper, Cu....mg	0.210		1	MC	9		0.118	0.034	
Manganese, Mn....mg	0.050		1	MC	9		0.028	0.008	
Selenium, Se....mcg	0.6		1	MC	9		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	MC	9		0.2	0.1	
Thiamin....mg	0.140		1	MC	9		0.078	0.022	
Riboflavin....mg	0.090		1	MC	9		0.050	0.014	
Niacin....mg	3.900		1	MC	9		2.184	0.624	
Pantothenic acid....mg	0.540		1	MC	9		0.302	0.086	
Vitamin B-6....mg	0.110		1	MC	9		0.062	0.018	
Folate, total....mcg	36		0	FLM	4		20	6	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	36		0	FLM	4		20	6	
Folate, DFE....mcg_DFE	36		0	NC	4		20	6	
Choline, total....mg	14.9		0	O	4		8.3	2.4	
Betaine....mg									
Vitamin B-12....mcg	0.18		0	FLM	4		0.10	0.03	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	14		0	FLM	4		8	2	
Retinol....mcg	14		0	FLM	4		8	2	
Carotene, beta....mcg	1		0	FLM	4		0	0	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	51		0	FLM	4		28	8	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)....mg	2.70		0	FLM	4		1.51	0.43	
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	FLM	4		1.5	0.4	
Lipids:									
Fatty acids, total saturated....g	6.650		1	MC	9		3.724	1.064	

NDB No. 19098
Candies, 5TH AVENUE Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g	0.128		0	FLM	4		0.072	0.020	
6:0....g	0.045		0	FLM	4		0.025	0.007	
8:0....g	0.028		0	FLM	4		0.015	0.004	
10:0....g	0.053		0	FLM	4		0.030	0.009	
12:0....g	0.058		0	FLM	4		0.033	0.009	
13:0....g	0.000		0	FLM	4		0.000	0.000	
14:0....g	0.213		0	FLM	4		0.119	0.034	
15:0....g	0.016		0	FLM	4		0.009	0.003	
16:0....g	3.532		0	FLM	4		1.978	0.565	
17:0....g	0.015		0	FLM	4		0.008	0.002	
18:0....g	1.974		0	FLM	4		1.106	0.316	
20:0....g	0.040		0	FLM	4		0.022	0.006	
22:0....g	0.004		0	FLM	4		0.002	0.001	
24:0....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated....g	10.600		1	MC	9		5.936	1.696	
14:1....g	0.014		0	FLM	4		0.008	0.002	
15:1....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated....g	0.054		0	FLM	4		0.030	0.009	
17:1....g	0.004		0	FLM	4		0.002	0.001	
18:1 undifferentiated....g	8.355		0	FLM	4		4.679	1.337	
20:1....g	0.145		0	FLM	4		0.081	0.023	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	3.390		0	FLM	4		1.898	0.542	
18:2 undifferentiated....g	3.305		0	FLM	4		1.851	0.529	
18:3 undifferentiated....g	0.084		0	FLM	4		0.047	0.014	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6		1	MC	9		3	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	
Caffeine....mg	5		0	FLM	4		3	1	
Theobromine....mg	79		0	FLM	4		44	13	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar 2 oz

Measure 2 = 16g: 1 bar snack size

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

Food Group: 19 Sweets

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

NDB No. 19248
Candies, ALMOND JOY BITES
Hershey Food Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.26		1	MC	9		0.50		
Energy	kcal	563		0	NC	4		225		
Energy	kJ	2356		0	NC	4		942		
Protein (N x 6.25)	g	5.58		1	MC	9		2.23		
Total lipid (fat)	g	34.50		1	MC	9		13.80		
Ash	g	1.12		1	MC	9		0.45		
Carbohydrate, by difference	g	57.54		0	NC	4		23.02		
Fiber, total dietary	g	4.3		1	MC	9		1.7		
Sugars, total	g	51.71		1	MC	9		20.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	109		1	MC	9		44		
Iron, Fe	mg	1.33		1	MC	9		0.53		
Magnesium, Mg	mg	38		1	MC	9		15		
Phosphorus, P	mg	129		1	MC	9		52		
Potassium, K	mg	306		1	MC	9		123		
Sodium, Na	mg	39		1	MC	9		16		
Zinc, Zn	mg	0.79		1	MC	9		0.32		
Copper, Cu	mg	0.180		1	MC	9		0.072		
Manganese, Mn	mg	0.000		1	MC	9		0.000		
Selenium, Se	mcg	0.0		1	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		1	MC	9		0.4		
Thiamin	mg	0.040		1	MC	9		0.016		
Riboflavin	mg	0.160		1	MC	9		0.064		
Niacin	mg	0.330		1	MC	9		0.132		
Pantothenic acid	mg	0.250		1	MC	9		0.100		
Vitamin B-6	mg	0.060		1	MC	9		0.024		
Folate, total	mcg	8		1	MC	9		3		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
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	117		1	MC	9		47		
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	20.600		1	MC	9		8.240		
Fatty acids, total monounsaturated	g	8.850		1	MC	9		3.540		
Fatty acids, total polyunsaturated	g	1.460		1	MC	9		0.584		
Fatty acids, total trans	g									

NDB No. 19248
Candies, ALMOND JOY BITES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	11		1	MC	9		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		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 = 40g: 18 pieces

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

Food Group: 19 Sweets

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

NDB No. 19065

Candies, ALMOND JOY Candy Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.20		1	MC	9		4.02	1.56	
Energy....kcal	479		1	MC	9		235	91	
Energy....kJ	2003		0	MC	9		981	380	
Protein....g	4.13		1	MC	9		2.02	0.78	
Total lipid (fat)....g	26.93		1	MC	9		13.20	5.12	
Ash....g	1.23		1	MC	9		0.60	0.23	
Carbohydrate, by difference....g	59.51		0	NC	4		29.16	11.31	
Fiber, total dietary....g	5.0		1	MC	9		2.5	1.0	
Sugars, total....g	48.34		1	MC	9		23.69	9.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	64		1	MC	9		31	12	
Iron, Fe....mg	1.27		1	MC	9		0.62	0.24	
Magnesium, Mg....mg									
Phosphorus, P....mg	112		1	MC	9		55	21	
Potassium, K....mg	254		1	MC	9		124	48	
Sodium, Na....mg	142		1	MC	9		70	27	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.3	0.1	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	42		1	MC	9		21	8	
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	17.590		1	MC	9		8.619	3.342	
Fatty acids, total monounsaturated....g	5.260		1	MC	9		2.577	0.999	
Fatty acids, total polyunsaturated....g	1.180		1	MC	9		0.578	0.224	
Fatty acids, total trans....g									
Cholesterol....mg	4		1	MC	9		2	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. 19065

Candies, ALMOND JOY Candy Bar

Measure 1 = 49g: 1 package 1.76 oz

Measure 2 = 19g: 1 bar snack size

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

Food Group: 19 Sweets

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

NDB No. 19075
Candies, CARAMELLO Candy Bar
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.79		1	MC	9		2.38	3.06	2.92
Energy....kcal	462		1	MC	9		162	208	199
Energy....kJ	1932		0	MC	9		676	869	831
Protein....g	6.19		1	MC	9		2.17	2.79	2.66
Total lipid (fat)....g	21.19		1	MC	9		7.42	9.54	9.11
Ash....g	1.46		1	MC	9		0.51	0.66	0.63
Carbohydrate, by difference....g	63.81		1	MC	9		22.33	28.71	27.44
Fiber, total dietary....g	1.2		1	MC	9		0.4	0.5	0.5
Sugars, total....g	56.92		1	MC	9		19.92	25.61	24.48
Starch....g									
Minerals:									
Calcium, Ca....mg	213		1	MC	9		74	96	92
Iron, Fe....mg	1.09		1	MC	9		0.38	0.49	0.47
Magnesium, Mg....mg									
Phosphorus, P....mg	150		1	MC	9		53	68	65
Potassium, K....mg	341		1	MC	9		119	154	147
Sodium, Na....mg	122		1	MC	9		43	55	52
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		1	MC	9		0.6	0.8	0.7
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									
Vitamin A, IU....IU	303		1	MC	9		106	136	130
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	12.720		1	MC	9		4.452	5.724	5.470
Fatty acids, total monounsaturated....g	5.290		1	MC	9		1.852	2.381	2.275
Fatty acids, total polyunsaturated....g	0.630		1	MC	9		0.221	0.284	0.271
Fatty acids, total trans....g									
Cholesterol....mg	27		1	MC	9		9	12	11
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. 19075
Candies, CARAMELLO Candy Bar

Measure 1 = 35g: 1 bar 1.25 oz
Measure 2 = 45g: 1 bar 1.6 oz
Measure 3 = 43g: 6 blocks

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

Food Group: 19 Sweets

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

NDB No. 19243
Candies, HEATH BITES
Hershey Food Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.86		1	MC	9		0.34		
Energy	kcal	530		1	MC	9		207		
Energy	kJ	2217		0	MC	9		864		
Protein (N x 6.25)	g	3.94		1	MC	9		1.54		
Total lipid (fat)	g	30.38		1	MC	9		11.85		
Ash	g	1.16		1	MC	9		0.45		
Carbohydrate, by difference	g	63.39		1	MC	9		24.72		
Fiber, total dietary	g	2.0		1	MC	9		0.8		
Sugars, total	g	60.02		1	MC	9		23.41		
Starch	g									
Minerals:										
Calcium, Ca	mg	86		1	MC	9		34		
Iron, Fe	mg	0.78		1	MC	9		0.30		
Magnesium, Mg	mg	6		1	MC	9		2		
Phosphorus, P	mg	71		1	MC	9		28		
Potassium, K	mg	210		1	MC	9		82		
Sodium, Na	mg	245		1	MC	9		96		
Zinc, Zn	mg	0.11		1	MC	9		0.04		
Copper, Cu	mg	0.030		1	MC	9		0.012		
Manganese, Mn	mg	0.000		1	MC	9		0.000		
Selenium, Se	mcg	0.0		1	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1	MC	9		0.3		
Thiamin	mg	0.020		1	MC	9		0.008		
Riboflavin	mg	0.110		1	MC	9		0.043		
Niacin	mg	0.090		1	MC	9		0.035		
Pantothenic acid	mg	0.010		1	MC	9		0.004		
Vitamin B-6	mg	0.000		1	MC	9		0.000		
Folate, total	mcg	1		1	MC	9		1		
Folic acid	mcg									
Folate, food	mcg									
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	232		1	MC	9		91		
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	15.620		1	MC	9		6.092		
Fatty acids, total monounsaturated	g	8.800		1	MC	9		3.432		
Fatty acids, total polyunsaturated	g	2.550		1	MC	9		0.995		
Fatty acids, total trans	g									

NDB No. 19243
Candies, HEATH BITES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	19		1	MC	9		7		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0		
Caffeine....mg	0		1	MC	9		0		
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 = 39g: 15 pieces

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

Food Group: 19 Sweets

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

NDB No. 19084

Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES

Hershey Food Corp.

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									
Energy....kcal	570		0	NC	4		234		
Energy....kJ	2384		0	NC	4		977		
Protein (N x 6.25)....g	11.97		1	MC	9		4.91		
Total lipid (fat)....g	37.13		1	MC	9		15.22		
Ash....g									
Carbohydrate, by difference....g	46.91		1	MC	9		19.23		
Fiber, total dietary....g	4.4		1	MC	9		1.8		
Sugars, total....g	37.13		1	MC	9		15.22		
Starch....g									
Minerals:									
Calcium, Ca....mg	203		1	MC	9		83		
Iron, Fe....mg	2.50		1	MC	9		1.03		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	52		1	MC	9		21		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		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	15.230		1	MC	9		6.244		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	13		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:

NDB No. 19084
Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES

Measure 1 = 41g: 13 pieces

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19236

Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES

Hershey Food Corp.

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	1.19		1	MC	9		0.46		
Energy....kcal	550		1	MC	9		214		
Energy....kJ	2300		0	MC	9		897		
Protein (N x 6.25)....g	9.76		1	MC	9		3.81		
Total lipid (fat)....g	35.73		1	MC	9		13.93		
Ash....g	1.59		1	MC	9		0.62		
Carbohydrate, by difference....g	51.00		1	MC	9		19.89		
Fiber, total dietary....g	3.6		1	MC	9		1.4		
Sugars, total....g	44.59		1	MC	9		17.39		
Starch....g									
Minerals:									
Calcium, Ca....mg	220		1	MC	9		86		
Iron, Fe....mg	1.50		1	MC	9		0.59		
Magnesium, Mg....mg	59		1	MC	9		23		
Phosphorus, P....mg	227		1	MC	9		88		
Potassium, K....mg	471		1	MC	9		184		
Sodium, Na....mg	74		1	MC	9		29		
Zinc, Zn....mg	1.34		1	MC	9		0.52		
Copper, Cu....mg	0.200		1	MC	9		0.078		
Manganese, Mn....mg	0.010		1	MC	9		0.004		
Selenium, Se....mcg	3.4		1	MC	9		1.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		1	MC	9		0.7		
Thiamin....mg	0.070		1	MC	9		0.027		
Riboflavin....mg	0.380		1	MC	9		0.148		
Niacin....mg	0.620		1	MC	9		0.242		
Pantothenic acid....mg	0.470		1	MC	9		0.183		
Vitamin B-6....mg	0.070		1	MC	9		0.027		
Folate, total....mcg	16		1	MC	9		6		
Folic acid....mcg									
Folate, food....mcg									
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	177		1	MC	9		69		
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	17.390		1	MC	9		6.782		
Fatty acids, total monounsaturated....g	14.380		1	MC	9		5.608		
Fatty acids, total polyunsaturated....g	2.420		1	MC	9		0.944		
Fatty acids, total trans....g	0.150		1	MC	9		0.059		

NDB No. 19236
Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	19		1	MC	9		7		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		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 = 39g: 17 pieces

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

Food Group: 19 Sweets

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

NDB No. 19130

Candies, HERSHEY'S POT OF GOLD Almond Bar

Hershey Food Corp.

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									
Energy....kcal	577		1	MC	9		450		
Energy....kJ	2414		0	MC	9		1883		
Protein....g	12.82		1	MC	9		10.00		
Total lipid (fat)....g	38.46		1	MC	9		30.00		
Ash....g									
Carbohydrate, by difference....g	46.15		1	MC	9		36.00		
Fiber, total dietary....g	3.8		1	MC	9		3.0		
Sugars, total....g	38.46		1	MC	9		30.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	192		1	MC	9		150		
Iron, Fe....mg	1.85		1	MC	9		1.44		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	64		1	MC	9		50		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
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	16.667		1	MC	9		13.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	13		1	MC	9		10		
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. 19130

Candies, HERSHEY'S POT OF GOLD Almond Bar

Measure 1 = 78g: 1 bar 2.8 oz

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19250

Candies, HERSHEY, KIT KAT BIG KAT Bar

Hershey Food Corp.

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	1.10		1	MC	9		0.61	0.87	
Energy....kcal	520		1	MC	9		286	411	
Energy....kJ	2175		0	MC	9		1196	1718	
Protein (N x 6.25)....g	6.24		1	MC	9		3.43	4.93	
Total lipid (fat)....g	27.84		1	MC	9		15.31	21.99	
Ash....g	0.96		1	MC	9		0.53	0.76	
Carbohydrate, by difference....g	63.64		1	MC	9		35.00	50.28	
Fiber, total dietary....g	1.9		1	MC	9		1.0	1.5	
Sugars, total....g	53.96		1	MC	9		29.68	42.63	
Starch....g									
Minerals:									
Calcium, Ca....mg	138		1	MC	9		76	109	
Iron, Fe....mg	0.84		1	MC	9		0.46	0.66	
Magnesium, Mg....mg	2		1	MC	9		1	2	
Phosphorus, P....mg	112		1	MC	9		62	89	
Potassium, K....mg	294		1	MC	9		162	233	
Sodium, Na....mg	64		1	MC	9		35	51	
Zinc, Zn....mg	0.07		1	MC	9		0.04	0.06	
Copper, Cu....mg	0.010		1	MC	9		0.006	0.008	
Manganese, Mn....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se....mcg	0.0		1	MC	9		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		1	MC	9		0.7	1.1	
Thiamin....mg	0.050		1	MC	9		0.028	0.040	
Riboflavin....mg	0.170		1	MC	9		0.094	0.134	
Niacin....mg	0.180		1	MC	9		0.099	0.142	
Pantothenic acid....mg	0.040		1	MC	9		0.022	0.032	
Vitamin B-6....mg	0.000		1	MC	9		0.000	0.000	
Folate, total....mcg	3		1	MC	9		2	2	
Folic acid....mcg									
Folate, food....mcg	3		1	MC	9		2	2	
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	92		1	MC	9		50	72	
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	17.990		1	MC	9		9.895	14.212	
Fatty acids, total monounsaturated....g	4.910		1	MC	9		2.701	3.879	
Fatty acids, total polyunsaturated....g	0.510		1	MC	9		0.281	0.403	
Fatty acids, total trans....g	0.000		1	MC	9		0.000	0.000	

NDB No. 19250
Candies, HERSHEY, KIT KAT BIG KAT Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	9		1	MC	9		5	7	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	
Caffeine....mg	0		1	MC	9		0	0	
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 = 55g: 1 bar 1.94 oz

Measure 2 = 79g: 1 bar king size 2.8 oz

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

Food Group: 19 Sweets

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

NDB No. 19249

Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate

Hershey Food Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.60		1	MC	9		0.67		
Energy	kcal	521		1	MC	9		219		
Energy	kJ	2181		0	MC	9		916		
Protein (N x 6.25)	g	9.53		1	MC	9		4.00		
Total lipid (fat)	g	31.34		1	MC	9		13.16		
Ash	g	2.00		1	MC	9		0.84		
Carbohydrate, by difference	g	55.38		1	MC	9		23.26		
Fiber, total dietary	g	3.3		1	MC	9		1.4		
Sugars, total	g	40.33		1	MC	9		16.94		
Starch	g									
Minerals:										
Calcium, Ca	mg	70		1	MC	9		30		
Iron, Fe	mg	1.30		1	MC	9		0.55		
Magnesium, Mg	mg	49		1	MC	9		21		
Phosphorus, P	mg	144		1	MC	9		60		
Potassium, K	mg	295		1	MC	9		124		
Sodium, Na	mg	264		1	MC	9		111		
Zinc, Zn	mg	0.99		1	MC	9		0.42		
Copper, Cu	mg	0.200		1	MC	9		0.084		
Manganese, Mn	mg	0.000		1	MC	9		0.000		
Selenium, Se	mcg	0.7		1	MC	9		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		1	MC	9		0.2		
Thiamin	mg	0.130		1	MC	9		0.055		
Riboflavin	mg	0.100		1	MC	9		0.042		
Niacin	mg	3.640		1	MC	9		1.529		
Pantothenic acid	mg	0.440		1	MC	9		0.185		
Vitamin B-6	mg	0.080		1	MC	9		0.034		
Folate, total	mcg	40		1	MC	9		17		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	40		1	MC	9		17		
Folate, DFE	mcg_DFE	40		0	NC	4		17		
Choline, total	mg	28.2		0	O	4		11.8		
Betaine	mg									
Vitamin B-12	mcg	0.15		0	FLC	4		0.06		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	14		0	NC	4		6		
Retinol	mcg	14		0	O	4		6		
Carotene, beta	mcg	4		0	NR	4		2		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	58		1	MC	9		24		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	45		0	FLC	4		19		
Vitamin E (alpha-tocopherol)	mg	2.77		0	FLC	4		1.16		
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									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	5.9		0	FLC	4		2.5		
Lipids:										
Fatty acids, total saturated	g	13.210		1	MC	9		5.548		
4:0	g	0.119		0	FLC	4		0.050		

NDB No. 19249

Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.044		0	FLC	4		0.018		
8:0 g	0.040		0	FLC	4		0.017		
10:0 g	0.060		0	FLC	4		0.025		
12:0 g	0.222		0	FLC	4		0.093		
13:0 g	0.000		0	FLC	4		0.000		
14:0 g	0.236		0	FLC	4		0.099		
15:0 g	0.016		0	FLC	4		0.007		
16:0 g	6.006		0	FLC	4		2.523		
17:0 g	0.015		0	FLC	4		0.006		
18:0 g	6.155		0	FLC	4		2.585		
20:0 g	0.040		0	FLC	4		0.017		
22:0 g	0.004		0	FLC	4		0.002		
24:0 g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated g	10.820		1	MC	9		4.544		
14:1 g	0.013		0	FLC	4		0.005		
15:1 g	0.000		0	FLC	4		0.000		
16:1 undifferentiated g	0.053		0	FLC	4		0.022		
17:1 g	0.004		0	FLC	4		0.002		
18:1 undifferentiated g	9.323		0	FLC	4		3.915		
20:1 g	0.113		0	FLC	4		0.048		
22:1 undifferentiated g	0.000		0	FLC	4		0.000		
24:1 c g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated g	4.680		1	MC	9		1.966		
18:2 undifferentiated g	4.593		0	FLC	4		1.929		
18:3 undifferentiated g	0.049		0	FLC	4		0.020		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g	0.000		0	FLC	4		0.000		
20:3 undifferentiated g	0.000		0	FLC	4		0.000		
20:4 undifferentiated g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	6		1	MC	9		2		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		1	MC	9		0.0		
Caffeine mg	0		1	MC	9		0		
Theobromine mg	48		0	FLC	4		20		

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

Common Measures:

Measure 1 = 42g: 1 serving 1.5 oz

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

Food Group: 19 Sweets

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

NDB No. 19109
Candies, KIT KAT Wafer Bar
Hershey Food Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.63		1	A	1		0.68	0.16	0.75
Energy	kcal	518		0	NC	4		218	52	238
Energy	kJ	2169		0	NC	4		911	217	998
Protein (N x 6.25)	g	6.51		1	A	1		2.73	0.65	2.99
Total lipid (fat)	g	25.99		1	A	1		10.92	2.60	11.96
Ash	g	1.28		1	A	1		0.54	0.13	0.59
Carbohydrate, by difference	g	64.59		0	NC	4		27.13	6.46	29.71
Fiber, total dietary	g	1.0		1	A	1		0.4	0.1	0.5
Sugars, total	g	48.68		1	A	1		20.45	4.87	22.39
Sucrose	g	40.04		1	A	1		16.82	4.00	18.42
Glucose (dextrose)	g	0.16		1	A	1		0.07	0.02	0.07
Fructose	g	0.20		1	A	1		0.08	0.02	0.09
Lactose	g	8.21		1	A	1		3.45	0.82	3.78
Maltose	g	0.07		1	A	1		0.03	0.01	0.03
Galactose	g	0.00		1	A	1		0.00	0.00	0.00
Starch	g	10.60		1	A	1		4.45	1.06	4.88
Minerals:										
Calcium, Ca	mg	125		1	A	1		53	13	58
Iron, Fe	mg	1.00		1	A	1		0.42	0.10	0.46
Magnesium, Mg	mg	37		1	A	1		16	4	17
Phosphorus, P	mg	135		1	A	1		57	14	62
Potassium, K	mg	231		1	A	1		97	23	106
Sodium, Na	mg	54		1	A	1		23	5	25
Zinc, Zn	mg	0.09		1	MC	9		0.04	0.01	0.04
Copper, Cu	mg	0.220		1	A	1		0.092	0.022	0.101
Manganese, Mn	mg	0.100		1	A	1		0.042	0.010	0.046
Selenium, Se	mcg	5.0		1	A	1		2.1	0.5	2.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin	mg	0.117		1	A	1		0.049	0.012	0.054
Riboflavin	mg	0.210		1	A	1		0.088	0.021	0.097
Niacin	mg	0.500		1	A	1		0.210	0.050	0.230
Pantothenic acid	mg	0.640		1	A	1		0.269	0.064	0.294
Vitamin B-6	mg	0.020		1	A	1		0.008	0.002	0.009
Folate, total	mcg	14		1	A	1		6	1	6
Folic acid	mcg	6		1	A	1		3	1	3
Folate, food	mcg	8		1	AS	1		3	1	4
Folate, DFE	mcg_DFE	18		0	NC	4		8	2	8
Choline, total	mg	31.0		0	AS	1		13.0	3.1	14.2
Betaine	mg	6.1		1	A	1		2.6	0.6	2.8
Vitamin B-12	mcg	0.56		1	A	1		0.24	0.06	0.26
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	24		0	AS	1		10	2	11
Retinol	mcg	24		1	A	1		10	2	11
Carotene, beta	mcg	0		1	A	1		0	0	0
Carotene, alpha	mcg	0		1	A	1		0	0	0
Cryptoxanthin, beta	mcg	0		1	A	1		0	0	0
Vitamin A, IU	IU	81		0	AS	1		34	8	37
Lycopene	mcg	0		1	A	1		0	0	0
Lutein + zeaxanthin	mcg	23		0	NR	4		10	2	11
Vitamin E (alpha-tocopherol)	mg	0.34		1	A	1		0.14	0.03	0.16
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	4.13		1	A	1		1.73	0.41	1.90
Tocopherol, delta	mg	0.22		1	A	1		0.09	0.02	0.10
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19109
Candies, KIT KAT Wafer Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	5.2		1	A	1		2.2	0.5	2.4
Lipids:									
Fatty acids, total saturated.....g	17.953		0	NC	4		7.540	1.795	8.258
4:0.....g	0.136		1	A	1		0.057	0.014	0.063
6:0.....g	0.117		1	A	1		0.049	0.012	0.054
8:0.....g	0.502		1	A	1		0.211	0.050	0.231
10:0.....g	0.508		1	A	1		0.213	0.051	0.234
12:0.....g	4.913		1	A	1		2.064	0.491	2.260
13:0.....g	0.000		1	A	1		0.000	0.000	0.000
14:0.....g	1.748		1	A	1		0.734	0.175	0.804
15:0.....g	0.049		1	A	1		0.021	0.005	0.023
16:0.....g	4.978		1	A	1		2.091	0.498	2.290
17:0.....g	0.050		1	A	1		0.021	0.005	0.023
18:0.....g	4.802		1	A	1		2.017	0.480	2.209
20:0.....g	0.150		1	A	1		0.063	0.015	0.069
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	5.844		0	NC	4		2.455	0.584	2.688
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.149		1	A	1		0.062	0.015	0.068
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	5.696		0	AS	1		2.392	0.570	2.620
18:1 c.....g	5.596		1	A	1		2.350	0.560	2.574
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.099		1	A	1		0.042	0.010	0.046
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.895		0	NC	4		0.376	0.090	0.412
18:2 undifferentiated.....g	0.821		1	A	1		0.345	0.082	0.377
18:3 undifferentiated.....g	0.075		0	AS	1		0.031	0.007	0.034
18:3 n-3 c,c,c (ALA).....g	0.075		1	A	1		0.031	0.007	0.034
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	O	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	O	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.099		0	NC	4		0.042	0.010	0.046
Fatty acids, total trans-monoenoic.....g	0.099		0	NC	4		0.042	0.010	0.046
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	11		1	A	1		4	1	5
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.090		1	A	1		0.038	0.009	0.041
Threonine.....g	0.190		1	A	1		0.080	0.019	0.087
Isoleucine.....g	0.280		1	A	1		0.118	0.028	0.129
Leucine.....g	0.520		1	A	1		0.218	0.052	0.239
Lysine.....g	0.280		1	A	1		0.118	0.028	0.129
Methionine.....g	0.160		1	A	1		0.067	0.016	0.074

NDB No. 19109
Candies, KIT KAT Wafer Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.120		1	A	1		0.050	0.012	0.055
Phenylalanine....g	0.270		1	A	1		0.113	0.027	0.124
Tyrosine....g	0.150		1	A	1		0.063	0.015	0.069
Valine....g	0.360		1	A	1		0.151	0.036	0.166
Arginine....g	0.200		1	A	1		0.084	0.020	0.092
Histidine....g	0.110		1	A	1		0.046	0.011	0.051
Alanine....g	0.200		1	A	1		0.084	0.020	0.092
Aspartic acid....g	0.470		1	A	1		0.197	0.047	0.216
Glutamic acid....g	1.520		1	A	1		0.638	0.152	0.699
Glycine....g	0.160		1	A	1		0.067	0.016	0.074
Proline....g	0.650		1	A	1		0.273	0.065	0.299
Serine....g	0.320		1	A	1		0.134	0.032	0.147
Hydroxyproline....g	0.000		1	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	14		1	A	1		6	1	6
Theobromine....mg	116		1	A	1		49	12	53

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

Common Measures:

Measure 1 = 42g: 1 bar (1.5 oz)

Measure 2 = 10.0g: 1 bar, miniature (.35 oz)

Measure 3 = 46g: 1 bar (1.625 oz)

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

Food Group: 19 Sweets

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

NDB No. 19110

Candies, KRACKEL Chocolate Bar

Hershey Food Corp.

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	1.17		1	MC	9		0.48	0.66	0.43
Energy....kcal	512		1	MC	9		210	287	189
Energy....kJ	2143		0	MC	9		878	1200	793
Protein....g	6.62		1	MC	9		2.71	3.71	2.45
Total lipid (fat)....g	26.58		1	MC	9		10.90	14.88	9.83
Ash....g	1.29		1	MC	9		0.53	0.72	0.48
Carbohydrate, by difference....g	63.96		1	MC	9		26.22	35.82	23.67
Fiber, total dietary....g	2.2		1	MC	9		0.9	1.3	0.8
Sugars, total....g	52.53		1	MC	9		21.54	29.42	19.44
Starch....g									
Minerals:									
Calcium, Ca....mg	158		1	MC	9		65	88	58
Iron, Fe....mg	1.06		1	MC	9		0.43	0.59	0.39
Magnesium, Mg....mg	13		1	MC	9		5	7	5
Phosphorus, P....mg	123		1	MC	9		51	69	46
Potassium, K....mg	325		1	MC	9		133	182	120
Sodium, Na....mg	196		1	MC	9		80	110	72
Zinc, Zn....mg	0.49		1	MC	9		0.20	0.27	0.18
Copper, Cu....mg	0.020		1	MC	9		0.008	0.011	0.007
Manganese, Mn....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se....mcg	3.5		1	MC	9		1.4	1.9	1.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	MC	9		0.3	0.4	0.3
Thiamin....mg	0.050		1	MC	9		0.021	0.028	0.019
Riboflavin....mg	0.190		1	MC	9		0.078	0.106	0.070
Niacin....mg	0.260		1	MC	9		0.107	0.146	0.096
Pantothenic acid....mg	0.420		1	MC	9		0.172	0.235	0.155
Vitamin B-6....mg	0.040		1	MC	9		0.016	0.022	0.015
Folate, total....mcg	6		1	MC	9		2	3	2
Folic acid....mcg									
Folate, food....mcg									
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	102		1	MC	9		42	57	38
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	15.920		1	MC	9		6.527	8.915	5.890
Fatty acids, total monounsaturated....g	6.250		1	MC	9		2.563	3.500	2.313
Fatty acids, total polyunsaturated....g	0.570		1	MC	9		0.234	0.319	0.211
Fatty acids, total trans....g									

NDB No. 19110
Candies, KRACKEL Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	11		1	MC	9		4	6	4
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		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 = 41g: 1 bar 1.45 oz

Measure 2 = 56g: 1 bar 2 oz

Measure 3 = 37g: 3 blocks

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

Food Group: 19 Sweets

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

NDB No. 19159

Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar

Masterfoods 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	5.80	0.171	7		1		3.48	1.62	
Energy ... kcal	436		0	NC	4		262	122	
Energy ... kJ	1825		0	NC	4		1095	511	
Protein ... g	2.60		1	MC	9		1.56	0.73	
Total lipid (fat) ... g	12.75		1	MC	9		7.65	3.57	
Ash ... g	1.07		0	FLC	4		0.64	0.30	
Carbohydrate, by difference ... g	77.77		0	NC	4		46.66	21.78	
Fiber, total dietary ... g	1.5		1	MC	9		0.9	0.4	
Sugars, total ... g	66.89		1	MC	9		40.14	18.73	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	54		1	MC	9		33	15	
Iron, Fe ... mg	0.67		1	MC	9		0.40	0.19	
Magnesium, Mg ... mg	29		2		1		17	8	
Phosphorus, P ... mg	69		0	FLC	4		42	19	
Potassium, K ... mg	133	51.928	3		1		80	37	
Sodium, Na ... mg	194		1	MC	9		117	54	
Zinc, Zn ... mg	0.55		2		1		0.33	0.15	
Copper, Cu ... mg	0.155		2		1		0.093	0.043	
Manganese, Mn ... mg	0.160		1		1		0.096	0.045	
Selenium, Se ... mcg	1.9		0	FLC	4		1.2	0.5	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.2		1	MC	9		0.1	0.1	
Thiamin ... mg	0.034	0.002	3		1		0.020	0.010	
Riboflavin ... mg	0.056		1	LC	8		0.034	0.016	
Niacin ... mg	0.230	0.035	3		1		0.138	0.064	
Pantothenic acid ... mg	0.231		1		1		0.139	0.065	
Vitamin B-6 ... mg	0.015		1		1		0.009	0.004	
Folate, total ... mcg	4		0	FLC	4		2	1	
Folic acid ... mcg	0		0	FLC	4		0	0	
Folate, food ... mcg	4		0	FLC	4		2	1	
Folate, DFE ... mcg_DFE	4		0	NC	4		2	1	
Choline, total ... mg	12.2		0	O	4		7.3	3.4	
Betaine ... mg									
Vitamin B-12 ... mcg	0.16		0	FLC	4		0.10	0.05	
Vitamin B-12, added ... mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	20		0	NC	4		12	6	
Retinol ... mcg	20		0	O	4		12	6	
Carotene, beta ... mcg	0		0	FLC	4		0	0	
Carotene, alpha ... mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta ... mcg	0		0	FLC	4		0	0	
Vitamin A, IU ... IU	67		0	NC	4		40	19	
Lycopene ... mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin ... mcg	1		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.98		0	FLC	4		0.59	0.27	
Vitamin E, added ... mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) ... mcg	2.9		0	FLC	4		1.8	0.8	
Lipids:									
Fatty acids, total saturated ... g	8.646		1	MC	9		5.188	2.421	
4:0 ... g	0.216		0	FLC	4		0.130	0.061	

NDB No. 19159
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.078		0	FLC	4		0.047	0.022	
8:0 ... g	0.045		0	FLC	4		0.027	0.013	
10:0 ... g	0.085		0	FLC	4		0.051	0.024	
12:0 ... g	0.093		0	FLC	4		0.056	0.026	
13:0 ... g	0.000		0	FLC	4		0.000	0.000	
14:0 ... g	0.295		0	FLC	4		0.177	0.083	
15:0 ... g	0.033		0	FLC	4		0.020	0.009	
16:0 ... g	3.699		0	FLC	4		2.219	1.036	
17:0 ... g	0.039		0	FLC	4		0.024	0.011	
18:0 ... g	3.911		0	FLC	4		2.347	1.095	
20:0 ... g	0.106		0	FLC	4		0.064	0.030	
22:0 ... g	0.041		0	FLC	4		0.025	0.012	
24:0 ... g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated ... g	2.373		0	FLC	4		1.424	0.664	
14:1 ... g	0.008		0	FLC	4		0.005	0.002	
15:1 ... g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated ... g	0.017		0	FLC	4		0.010	0.005	
17:1 ... g	0.002		0	FLC	4		0.001	0.001	
18:1 undifferentiated ... g	2.346		0	FLC	4		1.407	0.657	
20:1 ... g	0.001		0	FLC	4		0.001	0.000	
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
24:1 c ... g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated ... g	0.316		0	FLC	4		0.190	0.088	
18:2 undifferentiated ... g	0.306		0	FLC	4		0.184	0.086	
18:3 undifferentiated ... g	0.010		0	FLC	4		0.006	0.003	
18:4 ... g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c ... g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans ... g	0.129		1	MC	9		0.077	0.036	
Cholesterol ... mg	5		1	MC	9		3	1	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0	0.0	
Caffeine ... mg	7		0	FLC	4		4	2	
Theobromine ... mg	106		0	FLC	4		64	30	

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

Common Measures:

Measure 1 = 60g: 1 serving 2.13 oz bar

Measure 2 = 28g: 1 serving 2 fun size bars

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

Food Group: 19 Sweets

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

NDB No. 19327

Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar

Masterfoods 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	2.90		0	BFZN	4		0.64		
Energy....kcal	525		0	NC	4		116		
Energy....kJ	2197		0	NC	4		483		
Protein....g	6.35		1	MC	9		1.40		
Total lipid (fat)....g	28.68		1	MC	9		6.31		
Ash....g	1.70		0	BFZN	4		0.37		
Carbohydrate, by difference....g	60.37		0	NC	4		13.28		
Fiber, total dietary....g	9.1		1	MC	9		2.0		
Sugars, total....g	38.99		1	MC	9		8.58		
Starch....g									
Minerals:									
Calcium, Ca....mg	985		1	MC	9		217		
Iron, Fe....mg	3.18		1	MC	9		0.70		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	8		1	MC	9		2		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	34.2		1	MC	9		7.5		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg	1.364		1	LC	8		0.300		
Folate, total....mcg	182		1	LC	8		40		
Folic acid....mcg									
Folate, food....mcg	182		1	LC	8		40		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.73		1	LC	8		0.60		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	25		1	MC	9		5		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	9.20		1	LC	8		2.02		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	13.070		1	MC	9		2.875		
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				

NDB No. 19327

Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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			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 = 22g: 1 serving 0.78 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19326

Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar

Masterfoods 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	0.70		0	BFZN	4		0.15		
Energy....kcal	539		0	NC	4		119		
Energy....kJ	2255		0	NC	4		496		
Protein....g	5.81		1	MC	9		1.28		
Total lipid (fat)....g	29.30		1	MC	9		6.45		
Ash....g	1.20		0	BFZN	4		0.26		
Carbohydrate, by difference....g	62.99		0	NC	4		13.86		
Fiber, total dietary....g	8.7		1	MC	9		1.9		
Sugars, total....g	39.19		1	MC	9		8.62		
Starch....g									
Minerals:									
Calcium, Ca....mg	1164		1	MC	9		256		
Iron, Fe....mg	3.47		1	MC	9		0.76		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	7		1	MC	9		2		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	42.6		1	MC	9		9.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg	1.364		1	LC	8		0.300		
Folate, total....mcg	273		1	LC	8		60		
Folic acid....mcg									
Folate, food....mcg	273		1	LC	8		60		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	4.09		1	LC	8		0.90		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	31		1	MC	9		7		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	12.27		1	LC	8		2.70		
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	15.703		1	MC	9		3.455		
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				

NDB No. 19326
Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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			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 = 22g: 1 serving 0.78 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19897
Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds

Masterfoods 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	1.50		0	BFZN	4		0.42		
Energy....kcal	573		0	NC	4		160		
Energy....kJ	2395		0	NC	4		671		
Protein....g	9.51		1	MC	9		2.66		
Total lipid (fat)....g	37.07		1	MC	9		10.38		
Ash....g	1.70		0	BFZN	4		0.48		
Carbohydrate, by difference....g	50.22		0	NC	4		14.06		
Fiber, total dietary....g	10.4		1	MC	9		2.9		
Sugars, total....g	26.92		1	MC	9		7.54		
Starch....g									
Minerals:									
Calcium, Ca....mg	840		1	MC	9		235		
Iron, Fe....mg	3.56		1	MC	9		1.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	9		1	MC	9		2		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	27.3		1	MC	9		7.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg	0.714		1	LC	8		0.200		
Folate, total....mcg	143		1	LC	8		40		
Folic acid....mcg									
Folate, food....mcg	143		1	LC	8		40		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.14		1	LC	8		0.60		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	20		1	MC	9		5		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	4.82		1	LC	8		1.35		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.745		1	MC	9		3.289		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									

NDB No. 19897
Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		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:

Measure 1 = 28g: 1 serving 1oz pack

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

Food Group: 19 Sweets

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

NDB No. 19328

Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar

Masterfoods 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	1.90		0	BFZN	4		0.38		
Energy....kcal	517		0	NC	4		103		
Energy....kJ	2164		0	NC	4		433		
Protein....g	8.21		1	MC	9		1.64		
Total lipid (fat)....g	26.23		1	MC	9		5.25		
Ash....g	1.60		0	BFZN	4		0.32		
Carbohydrate, by difference....g	62.06		0	NC	4		12.41		
Fiber, total dietary....g	7.8		1	MC	9		1.6		
Sugars, total....g	34.96		1	MC	9		6.99		
Starch....g									
Minerals:									
Calcium, Ca....mg	1070		1	MC	9		214		
Iron, Fe....mg	3.45		1	MC	9		0.69		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	40		1	MC	9		8		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	37.9		1	MC	9		7.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg	1.500		1	LC	8		0.300		
Folate, total....mcg	200		1	LC	8		40		
Folic acid....mcg									
Folate, food....mcg	200		1	LC	8		40		
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.00		1	LC	8		0.60		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	27		1	MC	9		5		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	10.13		1	LC	8		2.03		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	14.007		1	MC	9		2.801		
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				

NDB No. 19328
Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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			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 = 20g: 1 serving 0.7 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19255

Candies, MARS SNACKFOOD US, DOVE Dark Chocolate

Masterfoods 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	1.66		0	O	4		0.61	0.70	
Energy....kcal	520		1	MC	9		192	218	
Energy....kJ	2176		0	MC	9		805	914	
Protein....g	5.19		1	MC	9		1.92	2.18	
Total lipid (fat)....g	32.45		1	MC	9		12.01	13.63	
Ash....g	1.30		0	BFFN	4		0.48	0.55	
Carbohydrate, by difference....g	59.40		1	MC	9		21.98	24.95	
Fiber, total dietary....g	7.6		1	MC	9		2.8	3.2	
Sugars, total....g	46.27		1	MC	9		17.12	19.43	
Starch....g									
Minerals:									
Calcium, Ca....mg	37		1	MC	9		14	16	
Iron, Fe....mg	3.18		1	MC	9		1.18	1.34	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	4		1	MC	9		1	2	
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	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		0	NC	4		0	0	
Vitamin A, IU....IU	134		1	MC	9		49	56	
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	19.209		1	MC	9		7.107	8.068	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.093		1	MC	9		0.034	0.039	
Cholesterol....mg	7		1	MC	9		2	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. 19255

Candies, MARS SNACKFOOD US, DOVE Dark Chocolate

Measure 1 = 37g: 1 serving 1.3 oz bar

Measure 2 = 42g: 1 serving 7 pieces

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

Food Group: 19 Sweets

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

NDB No. 19254

Candies, MARS SNACKFOOD US, DOVE Milk Chocolate

Masterfoods 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	1.61		0	BFFN	4		0.59	0.64	
Energy....kcal	546		1	MC	9		202	218	
Energy....kJ	2282		0	MC	9		844	913	
Protein....g	5.94		1	MC	9		2.20	2.38	
Total lipid (fat)....g	31.72		1	MC	9		11.74	12.69	
Ash....g	0.95		0	O	4		0.35	0.38	
Carbohydrate, by difference....g	59.78		1	MC	9		22.12	23.91	
Fiber, total dietary....g	2.4		1	MC	9		0.9	1.0	
Sugars, total....g	55.45		1	MC	9		20.52	22.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	160		1	MC	9		59	64	
Iron, Fe....mg	1.11		1	MC	9		0.41	0.44	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	63		1	MC	9		23	25	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	MC	9		0.3	0.3	
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		0	NC	4		0	0	
Vitamin A, IU....IU	292		1	MC	9		108	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 D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	19.240		1	MC	9		7.119	7.696	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.246		1	MC	9		0.091	0.098	
Cholesterol....mg	18		1	MC	9		7	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.

Common Measures:

NDB No. 19254

Candies, MARS SNACKFOOD US, DOVE Milk Chocolate

Measure 1 = 37g: 1 serving 1.30 oz bar

Measure 2 = 40g: 1 serving 5 pieces

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

Food Group: 19 Sweets

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

NDB No. 42227

Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies

Masterfoods 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	2.52		0	FLC	4		0.93	1.06	4.91
Energy ... kcal	522		0	NC	4		193	219	1018
Energy ... kJ	2184		0	NC	4		808	917	4258
Protein ... g	7.53		1	MC	9		2.79	3.16	14.69
Total lipid (fat) ... g	27.76		1	MC	9		10.27	11.66	54.12
Ash ... g	1.69		0	FLC	4		0.63	0.71	3.30
Carbohydrate, by difference ... g	60.50		0	NC	4		22.39	25.41	117.98
Fiber, total dietary ... g	5.6		1	MC	9		2.1	2.4	11.0
Sugars, total ... g	49.22		1	MC	9		18.21	20.67	95.99
Starch ... g									
Minerals:									
Calcium, Ca ... mg	155		1	MC	9		57	65	302
Iron, Fe ... mg	1.73		1	MC	9		0.64	0.73	3.37
Magnesium, Mg ... mg	116		0	FLC	4		43	49	226
Phosphorus, P ... mg	203		0	FLC	4		75	85	396
Potassium, K ... mg	381		0	FLC	4		141	160	742
Sodium, Na ... mg	45		1	MC	9		17	19	88
Zinc, Zn ... mg	1.86		0	FLC	4		0.69	0.78	3.62
Copper, Cu ... mg	0.552		0	FLC	4		0.204	0.232	1.077
Manganese, Mn ... mg	1.030		0	FLC	4		0.381	0.433	2.008
Selenium, Se ... mcg	2.7		0	FLC	4		1.0	1.1	5.3
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.6		1	MC	9		0.2	0.3	1.2
Thiamin ... mg	0.110		0	FLC	4		0.041	0.046	0.214
Riboflavin ... mg	0.324		1	LC	8		0.120	0.136	0.631
Niacin ... mg	0.952		1	LC	8		0.352	0.400	1.857
Pantothenic acid ... mg	0.286		0	FLC	4		0.106	0.120	0.558
Vitamin B-6 ... mg	0.055		0	FLC	4		0.020	0.023	0.107
Folate, total ... mcg	12		0	FLC	4		4	5	23
Folic acid ... mcg	0		0	FLC	4		0	0	0
Folate, food ... mcg	12		0	FLC	4		4	5	23
Folate, DFE ... mcg_DFE	12		0	NC	4		4	5	23
Choline, total ... mg	37.7		0	O	4		14.0	15.9	73.6
Betaine ... mg									
Vitamin B-12 ... mcg	0.22		0	FLC	4		0.08	0.09	0.43
Vitamin B-12, added ... mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	24		0	NC	4		9	10	46
Retinol ... mcg	24		0	O	4		9	10	46
Carotene, beta ... mcg	1		0	FLC	4		0	0	1
Carotene, alpha ... mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta ... mcg	0		0	FLC	4		0	0	0
Vitamin A, IU ... IU	80		0	NC	4		30	34	157
Lycopene ... mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin ... mcg	0		0	FLC	4		0	0	1
Vitamin E (alpha-tocopherol) ... mg	9.52		0	FLC	4		3.52	4.00	18.56
Vitamin E, added ... mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... mcg	2.0		0	FLC	4		0.8	0.9	4.0
Lipids:									
Fatty acids, total saturated ... g	9.435		1	MC	9		3.491	3.963	18.398
4:0 ... g	0.264		0	FLC	4		0.098	0.111	0.515

NDB No. 42227
Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.095		0	FLC	4		0.035	0.040	0.186
8:0 g	0.055		0	FLC	4		0.020	0.023	0.106
10:0 g	0.104		0	FLC	4		0.038	0.043	0.202
12:0 g	0.114		0	FLC	4		0.042	0.048	0.222
13:0 g	0.000		0	FLC	4		0.000	0.000	0.000
14:0 g	0.348		0	FLC	4		0.129	0.146	0.679
15:0 g	0.036		0	FLC	4		0.013	0.015	0.070
16:0 g	4.736		0	FLC	4		1.752	1.989	9.236
17:0 g	0.034		0	FLC	4		0.013	0.014	0.067
18:0 g	3.549		0	FLC	4		1.313	1.491	6.921
20:0 g	0.090		0	FLC	4		0.033	0.038	0.175
22:0 g	0.010		0	FLC	4		0.004	0.004	0.019
24:0 g									
Fatty acids, total monounsaturated g	11.290		0	FLC	4		4.177	4.742	22.015
14:1 g	0.020		0	FLC	4		0.007	0.008	0.038
15:1 g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated g	0.105		0	FLC	4		0.039	0.044	0.204
17:1 g	0.006		0	FLC	4		0.002	0.002	0.011
18:1 undifferentiated g	11.160		0	FLC	4		4.129	4.687	21.762
20:1 g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.753		0	FLC	4		1.389	1.576	7.319
18:2 undifferentiated g	3.741		0	FLC	4		1.384	1.571	7.295
18:3 undifferentiated g	0.012		0	FLC	4		0.005	0.005	0.024
18:4 g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		0	FLC	4		0.000	0.000	0.000
20:3 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
20:4 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans g	0.072		1	MC	9		0.027	0.030	0.140
Cholesterol mg	8		1	MC	9		3	3	16
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine mg	7		0	FLC	4		3	3	14
Theobromine mg	73		0	FLC	4		27	31	142

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

Common Measures:

Measure 1 = 37g: 1 serving 1.31 oz bag

Measure 2 = 42g: 1 serving about 1/4 cup

Measure 3 = 195g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19292

Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies

Masterfoods 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	1.70		0	BFZN	4		0.80		
Energy....kcal	475		1	MC	9		223		
Energy....kJ	1987		0	MC	9		934		
Protein....g	4.28		1	MC	9		2.01		
Total lipid (fat)....g	19.32		1	MC	9		9.08		
Ash....g	1.63		0	BFZN	4		0.77		
Carbohydrate, by difference....g	72.40		1	MC	9		34.03		
Fiber, total dietary....g	2.0		1	MC	9		0.9		
Sugars, total....g	58.94		1	MC	9		27.70		
Starch....g									
Minerals:									
Calcium, Ca....mg	90		1	MC	9		42		
Iron, Fe....mg	0.86		1	MC	9		0.40		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	136		1	MC	9		64		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.2		
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	0		0	NC	4		0		
Vitamin A, IU....IU	167		1	MC	9		79		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.651		1	MC	9		5.476		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.131		1	MC	9		0.062		
Cholesterol....mg	12		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:

NDB No. 19292

Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies

Measure 1 = 47g: 1 serving 1.6 oz bag

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

Food Group: 19 Sweets

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

NDB No. 19157

Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies

Masterfoods 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	1.19		0	FLM	4		0.36	0.18	0.65
Energy....kcal	502		1	MC	9		151	75	276
Energy....kJ	2102		0	MC	9		631	315	1156
Protein....g	4.78		1	MC	9		1.43	0.72	2.63
Total lipid (fat)....g	23.36		1	MC	9		7.01	3.50	12.85
Ash....g	1.40		0	FLM	4		0.42	0.21	0.77
Carbohydrate, by difference....g	68.40		1	MC	9		20.52	10.26	37.62
Fiber, total dietary....g	2.7		1	MC	9		0.8	0.4	1.5
Sugars, total....g	62.54		1	MC	9		18.76	9.38	34.40
Starch....g									
Minerals:									
Calcium, Ca....mg	116		1	MC	9		35	17	64
Iron, Fe....mg	1.23		1	MC	9		0.37	0.18	0.68
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	68		1	MC	9		20	10	37
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	MC	9		0.2	0.1	0.3
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	MC	9		0	0	0
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	224		1	MC	9		67	34	123
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	14.466		1	MC	9		4.340	2.170	7.956
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.184		1	MC	9		0.055	0.028	0.101
Cholesterol....mg	15		1	MC	9		4	2	8

NDB No. 19157
Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Others:									
Alcohol, ethyl.....g									
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 = 30g: 1 serving 1.0 oz tube

Measure 2 = 15.0g: 1 serving 0.50 oz box

Measure 3 = 55g: 1 serving 1 1.94 oz tube

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

Food Group: 19 Sweets

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

NDB No. 19141

Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies

Masterfoods 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	1.70		0	MC	9		3.54	0.71	0.82
Energy....kcal	492		1	MC	9		1023	207	236
Energy....kJ	2057		0	MC	9		4279	864	987
Protein....g	4.33		1	MC	9		9.01	1.82	2.08
Total lipid (fat)....g	21.13		1	MC	9		43.94	8.87	10.14
Ash....g	1.63		0	MC	9		3.39	0.68	0.78
Carbohydrate, by difference....g	71.19		1	MC	9		148.06	29.90	34.17
Fiber, total dietary....g	2.8		1	MC	9		5.8	1.2	1.3
Sugars, total....g	63.68		1	MC	9		132.44	26.74	30.56
Starch....g									
Minerals:									
Calcium, Ca....mg	105		1	MC	9		218	44	50
Iron, Fe....mg	1.11		1	MC	9		2.31	0.47	0.53
Magnesium, Mg....mg	44		0	FLM	4		91	18	21
Phosphorus, P....mg	146		0	FLM	4		303	61	70
Potassium, K....mg	261		0	FLM	4		543	110	125
Sodium, Na....mg	61		1	MC	9		128	26	30
Zinc, Zn....mg	1.61		0	FLM	4		3.35	0.68	0.77
Copper, Cu....mg	0.344		0	FLM	4		0.715	0.144	0.165
Manganese, Mn....mg	0.329		0	FLM	4		0.685	0.138	0.158
Selenium, Se....mcg	3.3		0	FLM	4		6.9	1.4	1.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		1.0	0.2	0.2
Thiamin....mg	0.079		0	FLM	4		0.164	0.033	0.038
Riboflavin....mg	0.213		0	FLM	4		0.444	0.090	0.102
Niacin....mg	0.270		0	FLM	4		0.561	0.113	0.129
Pantothenic acid....mg	0.330		0	FLM	4		0.687	0.139	0.158
Vitamin B-6....mg	0.025		0	FLM	4		0.052	0.010	0.012
Folate, total....mcg	8		0	FLM	4		17	3	4
Folic acid....mcg	0		0	FLM	4		0	0	0
Folate, food....mcg	8		0	FLM	4		16	3	4
Folate, DFE....mcg_DFE	8		0	NC	4		16	3	4
Choline, total....mg	21.7		2	A	1		45.2	9.1	10.4
Betaine....mg	0.8		2	A	1		1.7	0.4	0.4
Vitamin B-12....mcg	0.53		0	FLM	4		1.10	0.22	0.25
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	56		0	NC	4		116	24	27
Retinol....mcg	56		0	O	4		116	24	27
Carotene, beta....mcg	0		0	FLM	4		0	0	0
Carotene, alpha....mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	187		0	NC	4		388	78	90
Lycopene....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.36		0	FLM	4		0.74	0.15	0.17
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, gamma....mg	0.64		0	FLM	4		1.34	0.27	0.31
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	4.0		0	FLM	4		8.3	1.7	1.9
Lipids:									
Fatty acids, total saturated....g	13.080		0	NC	4		27.206	5.494	6.278
4:0....g	0.462		0	FLM	4		0.960	0.194	0.222

NDB No. 19141
Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.167		0	FLM	4		0.347	0.070	0.080
8:0 g	0.095		0	FLM	4		0.199	0.040	0.046
10:0 g	0.181		0	FLM	4		0.377	0.076	0.087
12:0 g	0.199		0	FLM	4		0.413	0.083	0.095
13:0 g	0.000		0	FLM	4		0.000	0.000	0.000
14:0 g	0.609		0	FLM	4		1.267	0.256	0.292
15:0 g	0.063		0	FLM	4		0.131	0.026	0.030
16:0 g	5.465		0	FLM	4		11.368	2.295	2.623
17:0 g	0.060		0	FLM	4		0.125	0.025	0.029
18:0 g	5.605		0	FLM	4		11.658	2.354	2.690
20:0 g	0.157		0	FLM	4		0.327	0.066	0.076
22:0 g	0.017		0	FLM	4		0.035	0.007	0.008
24:0 g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	5.183		0	NC	4		10.782	2.177	2.488
14:1 g	0.077		0	FLM	4		0.161	0.032	0.037
15:1 g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated g	0.147		0	FLM	4		0.306	0.062	0.071
17:1 g	0.022		0	FLM	4		0.045	0.009	0.010
18:1 undifferentiated g	4.937		0	FLM	4		10.270	2.074	2.370
20:1 g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.921		0	NC	4		1.917	0.387	0.442
18:2 undifferentiated g	0.864		0	FLM	4		1.797	0.363	0.415
18:3 undifferentiated g	0.057		0	FLM	4		0.119	0.024	0.028
18:4 g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans g	0.167		1	MC	9		0.347	0.070	0.080
Cholesterol mg	14		1	MC	9		28	6	7
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine mg	14		0	FLM	4		29	6	7
Theobromine mg	143		0	FLM	4		298	60	69

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

Measure 2 = 42g: 1 box (1.48 oz)

Measure 3 = 48g: 1 package (1.69 oz)

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

Food Group: 19 Sweets

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

NDB No. 42148

Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies

Masterfoods 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	2.00		1		4		0.92	4.06	0.04
Energy ... kcal	529		1	MC	9		243	1074	12
Energy ... kJ	2214		0	MC	9		1019	4495	49
Protein ... g	10.16		1	MC	9		4.67	20.62	0.22
Total lipid (fat) ... g	29.32		1	MC	9		13.49	59.52	0.65
Ash ... g	1.75		0	FLC	4		0.80	3.55	0.04
Carbohydrate, by difference ... g	56.89		1	MC	9		26.17	115.49	1.25
Fiber, total dietary ... g	4.0		1	MC	9		1.8	8.1	0.1
Sugars, total ... g	47.15		1	MC	9		21.69	95.71	1.04
Starch ... g									
Minerals:									
Calcium, Ca ... mg	88		1	MC	9		41	179	2
Iron, Fe ... mg	1.06		1	MC	9		0.49	2.16	0.02
Magnesium, Mg ... mg	81		0	FLC	4		37	165	2
Phosphorus, P ... mg	191		0	FLC	4		88	388	4
Potassium, K ... mg	330		0	FLC	4		152	671	7
Sodium, Na ... mg	213		1	MC	9		98	431	5
Zinc, Zn ... mg	1.49		0	FLC	4		0.69	3.02	0.03
Copper, Cu ... mg	0.452		0	FLC	4		0.208	0.918	0.010
Manganese, Mn ... mg	0.963		0	FLC	4		0.443	1.956	0.021
Selenium, Se ... mcg	2.8		0	FLC	4		1.3	5.7	0.1
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.5		1	MC	9		0.2	1.0	0.0
Thiamin ... mg	0.152		0	FLC	4		0.070	0.309	0.003
Riboflavin ... mg	0.074		1	LC	8		0.034	0.149	0.002
Niacin ... mg	4.329		1	LC	8		1.991	8.788	0.095
Pantothenic acid ... mg	0.603		0	FLC	4		0.277	1.224	0.013
Vitamin B-6 ... mg	0.095		0	FLC	4		0.044	0.193	0.002
Folate, total ... mcg	45		0	FLC	4		21	91	1
Folic acid ... mcg	0		0	FLC	4		0	0	0
Folate, food ... mcg	45		0	FLC	4		21	91	1
Folate, DFE ... mcg_DFE	45		0	NC	4		21	91	1
Choline, total ... mg	37.5		0	O	4		17.2	76.1	0.8
Betaine ... mg									
Vitamin B-12 ... mcg	0.19		0	FLC	4		0.09	0.39	0.00
Vitamin B-12, added ... mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	28		0	NC	4		13	56	1
Retinol ... mcg	28		0	O	4		13	56	1
Carotene, beta ... mcg	0		0	FLC	4		0	0	0
Carotene, alpha ... mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta ... mcg	0		0	FLC	4		0	0	0
Vitamin A, IU ... IU	92		0	NC	4		42	187	2
Lycopene ... mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin ... mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol) ... mg	1.26		0	FLC	4		0.58	2.56	0.03
Vitamin E, added ... mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... mcg	5.9		0	FLC	4		2.7	11.9	0.1
Lipids:									
Fatty acids, total saturated ... g	18.485		1	MC	9		8.503	37.525	0.407
4:0 ... g	0.153		0	FLC	4		0.070	0.311	0.003

NDB No. 42148

Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.101		0	FLC	4		0.046	0.205	0.002
8:0 g	0.626		0	FLC	4		0.288	1.271	0.014
10:0 g	0.537		0	FLC	4		0.247	1.091	0.012
12:0 g	6.611		0	FLC	4		3.041	13.421	0.145
13:0 g	0.000		0	FLC	4		0.000	0.000	0.000
14:0 g	2.465		0	FLC	4		1.134	5.005	0.054
15:0 g	0.019		0	FLC	4		0.009	0.039	0.000
16:0 g	2.954		0	FLC	4		1.359	5.997	0.065
17:0 g	0.019		0	FLC	4		0.009	0.038	0.000
18:0 g	4.904		0	FLC	4		2.256	9.954	0.108
20:0 g	0.088		0	FLC	4		0.041	0.179	0.002
22:0 g	0.005		0	FLC	4		0.002	0.011	0.000
24:0 g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	4.448		0	FLC	4		2.046	9.029	0.098
14:1 g	0.042		0	FLC	4		0.019	0.084	0.001
15:1 g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated g	0.079		0	FLC	4		0.036	0.160	0.002
17:1 g	0.012		0	FLC	4		0.005	0.024	0.000
18:1 undifferentiated g	4.314		0	FLC	4		1.984	8.757	0.095
20:1 g	0.002		0	FLC	4		0.001	0.004	0.000
22:1 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.542		0	FLC	4		0.249	1.099	0.012
18:2 undifferentiated g	0.515		0	FLC	4		0.237	1.046	0.011
18:3 undifferentiated g	0.026		0	FLC	4		0.012	0.053	0.001
18:4 g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		0	FLC	4		0.000	0.000	0.000
20:3 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
20:4 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans g	0.210		1	MC	9		0.097	0.426	0.005
Cholesterol mg	7		1	MC	9		3	14	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine mg	6		0	FLC	4		3	12	0
Theobromine mg	63		0	FLC	4		29	128	1

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

Common Measures:

Measure 1 = 46g: 1 serving 1.63 oz singles bag

Measure 2 = 203g: 1 cup

Measure 3 = 2.2g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19140

Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies

Masterfoods 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	2.48		0	FLM	4		1.34	0.45	0.50
Energy....kcal	515		1	MC	9		278	93	103
Energy....kJ	2156		0	MC	9		1164	388	431
Protein....g	9.57		1	MC	9		5.17	1.72	1.91
Total lipid (fat)....g	26.13		1	MC	9		14.11	4.70	5.23
Ash....g	1.44		0	FLM	4		0.78	0.26	0.29
Carbohydrate, by difference....g	60.48		1	MC	9		32.66	10.89	12.10
Fiber, total dietary....g	3.7		1	MC	9		2.0	0.7	0.7
Sugars, total....g	50.75		1	MC	9		27.40	9.13	10.15
Starch....g									
Minerals:									
Calcium, Ca....mg	102		1	MC	9		55	18	20
Iron, Fe....mg	1.16		1	MC	9		0.63	0.21	0.23
Magnesium, Mg....mg	69		0	FLM	4		37	12	14
Phosphorus, P....mg	190		0	FLM	4		103	34	38
Potassium, K....mg	347		0	FLM	4		188	63	69
Sodium, Na....mg	50		1	MC	9		27	9	10
Zinc, Zn....mg	1.76		0	FLM	4		0.95	0.32	0.35
Copper, Cu....mg	0.505		0	FLM	4		0.273	0.091	0.101
Manganese, Mn....mg	0.664		0	FLM	4		0.359	0.120	0.133
Selenium, Se....mcg	4.1		0	FLM	4		2.2	0.7	0.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin....mg	0.063		2	LC	8		0.034	0.011	0.013
Riboflavin....mg	0.106		2	LC	8		0.057	0.019	0.021
Niacin....mg	3.362		2	LC	8		1.815	0.605	0.672
Pantothenic acid....mg	0.627		0	FLM	4		0.339	0.113	0.125
Vitamin B-6....mg	0.090		0	FLM	4		0.048	0.016	0.018
Folate, total....mcg	55		0	FLM	4		30	10	11
Folic acid....mcg	0		0	FLM	4		0	0	0
Folate, food....mcg	55		0	FLM	4		30	10	11
Folate, DFE....mcg_DFE	55		0	NC	4		30	10	11
Choline, total....mg	37.3		0	O	4		20.1	6.7	7.5
Betaine....mg									
Vitamin B-12....mcg	0.32		0	FLM	4		0.18	0.06	0.06
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	22		0	NC	4		12	4	4
Retinol....mcg	22		0	O	4		12	4	4
Carotene, beta....mcg	0		0	FLM	4		0	0	0
Carotene, alpha....mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	74		0	NC	4		40	13	15
Lycopene....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	2.85		0	FLM	4		1.54	0.51	0.57
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		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	3.0		0	FLM	4		1.6	0.5	0.6
Lipids:									
Fatty acids, total saturated....g	10.169		1	MC	9		5.491	1.830	2.034
4:0....g	0.300		0	FLM	4		0.162	0.054	0.060

NDB No. 19140
Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.108		0	FLM	4		0.059	0.020	0.022
8:0 g	0.062		0	FLM	4		0.033	0.011	0.012
10:0 g	0.118		0	FLM	4		0.064	0.021	0.024
12:0 g	0.129		0	FLM	4		0.070	0.023	0.026
13:0 g	0.000		0	FLM	4		0.000	0.000	0.000
14:0 g	0.402		0	FLM	4		0.217	0.072	0.080
15:0 g	0.041		0	FLM	4		0.022	0.007	0.008
16:0 g	4.811		0	FLM	4		2.598	0.866	0.962
17:0 g	0.039		0	FLM	4		0.021	0.007	0.008
18:0 g	3.910		0	FLM	4		2.111	0.704	0.782
20:0 g	0.102		0	FLM	4		0.055	0.018	0.020
22:0 g	0.011		0	FLM	4		0.006	0.002	0.002
24:0 g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	8.086		0	FLM	4		4.367	1.456	1.617
14:1 g									
15:1 g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated g	0.062		0	FLM	4		0.033	0.011	0.012
17:1 g	0.009		0	FLM	4		0.005	0.002	0.002
18:1 undifferentiated g	7.853		0	FLM	4		4.241	1.414	1.571
20:1 g	0.131		0	FLM	4		0.071	0.024	0.026
22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	3.456		0	FLM	4		1.866	0.622	0.691
18:2 undifferentiated g	3.436		0	FLM	4		1.855	0.618	0.687
18:3 undifferentiated g	0.021		0	FLM	4		0.011	0.004	0.004
18:4 g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans g	0.328		0	MC	9		0.177	0.059	0.066
Cholesterol mg	8		1	MC	9		4	1	2
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine mg	10		0	FLM	4		6	2	2
Theobromine mg	108		0	FLM	4		58	19	22

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

Common Measures:

Measure 1 = 54g: 1 serving 1 singles bag

Measure 2 = 18g: 1 package fun size

Measure 3 = 20g: 10 pieces

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

Food Group: 19 Sweets

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

NDB No. 19115

Candies, MARS SNACKFOOD US, MARS Almond Bar

Masterfoods 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	4.50		2		1		2.25		
Energy	kcal	467		0	NC	4		234		
Energy	kJ	1954		0		4		977		
Protein	g	8.10		2		1		4.05		
Total lipid (fat)	g	23.00		2		1		11.50		
Ash	g	1.60		2		1		0.80		
Carbohydrate, by difference	g	62.70		0	NC	4		31.35		
Fiber, total dietary	g	2.0		0	FLA	4		1.0		
Sugars, total	g	52.10		1	LC	8		26.05		
Starch	g									
Minerals:										
Calcium, Ca	mg	168		2		1		84		
Iron, Fe	mg	1.10		2		1		0.55		
Magnesium, Mg	mg	72		1		1		36		
Phosphorus, P	mg	234		0	FLA	4		117		
Potassium, K	mg	325		2		1		163		
Sodium, Na	mg	170		1		1		85		
Zinc, Zn	mg	1.11		1		1		0.56		
Copper, Cu	mg	0.250		1		1		0.125		
Manganese, Mn	mg	0.367		0	FLA	4		0.184		
Selenium, Se	mcg	1.6		0	FLA	4		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	FLA	4		0.4		
Thiamin	mg	0.041		2		1		0.021		
Riboflavin	mg	0.312		2		1		0.156		
Niacin	mg	0.945		2		1		0.473		
Pantothenic acid	mg	0.404		0	FLA	4		0.202		
Vitamin B-6	mg	0.060		0	FLA	4		0.030		
Folate, total	mcg	9		0	FLC	4		5		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	9		0	FLC	4		5		
Folate, DFE	mcg_DFE	9		0	NC	4		5		
Choline, total	mg	37.1		0	O	4		18.6		
Betaine	mg									
Vitamin B-12	mcg	0.36		0	FLA	4		0.18		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	15		0	NC	4		7		
Retinol	mcg	15		0	FLC	4		7		
Carotene, beta	mcg	1		0	FLC	4		1		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	51		0	NC	4		26		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	7.75		0	FLC	4		3.88		
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	10.9		0	FLC	4		5.4		
Lipids:										
Fatty acids, total saturated	g	7.268		0	FLA	4		3.634		
4:0	g	0.165		0	FLA	4		0.083		

NDB No. 19115
Candies, MARS SNACKFOOD US, MARS Almond Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.081		0	FLA	4		0.041		
8:0 ... g	0.054		0	FLA	4		0.027		
10:0 ... g	0.164		0	FLA	4		0.082		
12:0 ... g	0.294		0	FLA	4		0.147		
13:0 ... g									
14:0 ... g	0.637		0	FLA	4		0.319		
15:0 ... g									
16:0 ... g	3.516		0	FLA	4		1.758		
17:0 ... g									
18:0 ... g	2.192		0	FLA	4		1.096		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.693		0	FLA	4		5.347		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.215		0	FLA	4		0.108		
17:1 ... g									
18:1 undifferentiated ... g	10.315		0	FLA	4		5.158		
20:1 ... g	0.009		0	FLA	4		0.005		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.980		0	FLA	4		1.990		
18:2 undifferentiated ... g	3.700		0	FLA	4		1.850		
18:3 undifferentiated ... g	0.261		0	FLA	4		0.131		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	17		0	FLA	4		9		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	4		0	FLA	4		2		
Theobromine ... mg	29		0	FLA	4		15		

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

Common Measures:

Measure 1 = 50g: 1 bar (1.76 oz)

Calories Factors: Protein 3.7 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19135

Candies, MARS SNACKFOOD US, MILKY WAY Bar

Masterfoods 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	6.30	0.113	5	A	1		3.65	1.07	0.52
Energy....kcal	456		0	NC	4		264	77	37
Energy....kJ	1907		0	NC	4		1106	324	156
Protein....g	4.01		0	MC	9		2.32	0.68	0.33
Total lipid (fat)....g	17.23		1	MC	9		9.99	2.93	1.41
Ash....g	1.30	0.028	4	A	1		0.75	0.22	0.11
Carbohydrate, by difference....g	71.17		0	NC	4		41.28	12.10	5.84
Fiber, total dietary....g	1.0		1	MC	9		0.6	0.2	0.1
Sugars, total....g	59.69		1	MC	9		34.62	10.15	4.89
Starch....g									
Minerals:									
Calcium, Ca....mg	115		1	MC	9		67	20	9
Iron, Fe....mg	0.49		1	MC	9		0.28	0.08	0.04
Magnesium, Mg....mg	20		0	FLA	4		12	3	2
Phosphorus, P....mg	67		0	FLA	4		39	11	6
Potassium, K....mg	124		0	FLA	4		72	21	10
Sodium, Na....mg	167		1	MC	9		97	28	14
Zinc, Zn....mg	0.69		0	FLA	4		0.40	0.12	0.06
Copper, Cu....mg	0.147		0	FLA	4		0.085	0.025	0.012
Manganese, Mn....mg	0.147		0	FLA	4		0.085	0.025	0.012
Selenium, Se....mcg	2.0		0	FLA	4		1.2	0.3	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.4	0.1	0.1
Thiamin....mg	0.046		0	FLA	4		0.027	0.008	0.004
Riboflavin....mg	0.103		0	FLA	4		0.060	0.018	0.008
Niacin....mg	0.154		0	FLA	4		0.089	0.026	0.013
Pantothenic acid....mg	0.155		0	FLA	4		0.090	0.026	0.013
Vitamin B-6....mg	0.014		0	FLA	4		0.008	0.002	0.001
Folate, total....mcg	4		0	FLA	4		2	1	0
Folic acid....mcg	0		0	FLA	4		0	0	0
Folate, food....mcg	4		0	FLA	4		2	1	0
Folate, DFE....mcg_DFE	4		0	NC	4		2	1	0
Choline, total....mg	16.5		0	O	4		9.6	2.8	1.4
Betaine....mg									
Vitamin B-12....mcg	0.18		0	FLA	4		0.11	0.03	0.01
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	31		0	NC	4		18	5	3
Retinol....mcg	31		0	FLA	4		18	5	3
Carotene, beta....mcg	4		0	FLA	4		2	1	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	110		0	NC	4		64	19	9
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	1		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.89		0	FLA	4		0.52	0.15	0.07
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	NR	4		0.2	0.1	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	16		0	FLA	4		9	3	1
Vitamin K (phylloquinone)....mcg	3.6		0	FLA	4		2.1	0.6	0.3
Lipids:									
Fatty acids, total saturated....g	12.016		1	MC	9		6.969	2.043	0.985
4:0....g	0.182		0	FLA	4		0.106	0.031	0.015

NDB No. 19135
Candies, MARS SNACKFOOD US, MILKY WAY Bar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.093		0	FLA	4		0.054	0.016	0.008
8:0 g	0.301		0	FLA	4		0.175	0.051	0.025
10:0 g	0.335		0	FLA	4		0.195	0.057	0.028
12:0 g	3.951		0	FLA	4		2.292	0.672	0.324
13:0 g	0.000		0	FLA	4		0.000	0.000	0.000
14:0 g	1.593		0	FLA	4		0.924	0.271	0.131
15:0 g	0.018		0	FLA	4		0.011	0.003	0.002
16:0 g	2.558		0	FLA	4		1.484	0.435	0.210
17:0 g	0.018		0	FLA	4		0.010	0.003	0.001
18:0 g	2.884		0	FLA	4		1.673	0.490	0.236
20:0 g	0.049		0	FLA	4		0.029	0.008	0.004
22:0 g	0.005		0	FLA	4		0.003	0.001	0.000
24:0 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	2.230		0	FLA	4		1.294	0.379	0.183
14:1 g	0.017		0	FLA	4		0.010	0.003	0.001
15:1 g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated g	0.060		0	FLA	4		0.035	0.010	0.005
17:1 g	0.005		0	FLA	4		0.003	0.001	0.000
18:1 undifferentiated g	2.148		0	FLA	4		1.246	0.365	0.176
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.260		0	FLA	4		0.151	0.044	0.021
18:2 undifferentiated g	0.231		0	FLA	4		0.134	0.039	0.019
18:3 undifferentiated g	0.029		0	FLA	4		0.017	0.005	0.002
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g	0.206		1	MC	9		0.119	0.035	0.017
Cholesterol mg	9		1	MC	9		5	2	1
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine mg	6		0	FLA	4		3	1	0
Theobromine mg	64		0	FLA	4		37	11	5

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

Common Measures:

Measure 1 = 58g: 1 serving 2.05 oz bar

Measure 2 = 17g: 1 bar fun size

Measure 3 = 8.2g: 1 piece miniature 5 pieces = serving

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

Food Group: 19 Sweets

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

NDB No. 19256

Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered

Masterfoods 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	6.99		0	O	4		3.08		
Energy....kcal	463		1	MC	9		204		
Energy....kJ	1938		0	MC	9		853		
Protein....g	4.28		1	MC	9		1.88		
Total lipid (fat)....g	19.17		1	MC	9		8.44		
Ash....g	1.08		0	FLA	4		0.47		
Carbohydrate, by difference....g	68.49		1	MC	9		30.13		
Fiber, total dietary....g	0.7		1	MC	9		0.3		
Sugars, total....g	58.65		1	MC	9		25.80		
Starch....g									
Minerals:									
Calcium, Ca....mg	141		1	MC	9		62		
Iron, Fe....mg	0.34		1	MC	9		0.15		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	273		1	MC	9		120		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.3		
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		0	NC	4		0		
Vitamin A, IU....IU	262		1	MC	9		115		
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	13.157		1	MC	9		5.789		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.293		1	MC	9		0.129		
Cholesterol....mg	20		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. 19256

Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered

Measure 1 = 44g: 1 serving 5 pieces

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19258

Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered

Masterfoods 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	6.99		0	BFZN	4		3.08		
Energy....kcal	458		1	MC	9		201		
Energy....kJ	1915		0	MC	9		843		
Protein....g	3.82		1	MC	9		1.68		
Total lipid (fat)....g	20.42		1	MC	9		8.99		
Ash....g	1.08		0	BFZN	4		0.47		
Carbohydrate, by difference....g	67.56		1	MC	9		29.73		
Fiber, total dietary....g	2.8		1	MC	9		1.2		
Sugars, total....g	54.08		1	MC	9		23.79		
Starch....g									
Minerals:									
Calcium, Ca....mg	83		1	MC	9		36		
Iron, Fe....mg	1.20		1	MC	9		0.53		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	246		1	MC	9		108		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		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	0		0	NC	4		0		
Vitamin A, IU....IU	246		1	MC	9		108		
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	13.814		1	MC	9		6.078		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.274		1	MC	9		0.121		
Cholesterol....mg	17		1	MC	9		8		
Phytosterols....mg									

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

Common Measures:

NDB No. 19258

Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered

Measure 1 = 44g: 1 serving 5 pieces

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

Food Group: 19 Sweets

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

NDB No. 42196

Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar

Masterfoods 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	7.20		1		4		3.60	1.37	2.95
Energy....kcal	443		1	MC	9		222	84	182
Energy....kJ	1855		0	MC	9		928	352	761
Protein....g	3.20		1	MC	9		1.60	0.61	1.31
Total lipid (fat)....g	17.50		1	MC	9		8.75	3.32	7.17
Ash....g	1.02		0	FLC	4		0.51	0.19	0.42
Carbohydrate, by difference....g	71.22		1	MC	9		35.61	13.53	29.20
Fiber, total dietary....g	2.9		1	MC	9		1.5	0.6	1.2
Sugars, total....g	57.81		1	MC	9		28.90	10.98	23.70
Starch....g									
Minerals:									
Calcium, Ca....mg	53		1	MC	9		26	10	22
Iron, Fe....mg	1.20		1	MC	9		0.60	0.23	0.49
Magnesium, Mg....mg	58		0	FLA	4		29	11	24
Phosphorus, P....mg	75		0	FLA	4		37	14	31
Potassium, K....mg	196		0	FLA	4		98	37	80
Sodium, Na....mg	168		1	MC	9		84	32	69
Zinc, Zn....mg	0.89		0	FLA	4		0.44	0.17	0.36
Copper, Cu....mg	0.344		0	FLA	4		0.172	0.065	0.141
Manganese, Mn....mg	0.393		0	FLA	4		0.196	0.075	0.161
Selenium, Se....mcg	2.5		0	FLA	4		1.3	0.5	1.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		1	MC	9		0.1	0.0	0.1
Thiamin....mg	0.037		0	FLA	4		0.019	0.007	0.015
Riboflavin....mg	0.063		0	FLA	4		0.031	0.012	0.026
Niacin....mg	0.218		0	FLA	4		0.109	0.041	0.090
Pantothenic acid....mg	0.084		0	FLA	4		0.042	0.016	0.035
Vitamin B-6....mg	0.020		0	FLA	4		0.010	0.004	0.008
Folate, total....mcg	7		0	FLA	4		4	1	3
Folic acid....mcg	0		0	FLA	4		0	0	0
Folate, food....mcg	7		0	FLA	4		4	1	3
Folate, DFE....mcg_DFE	7		0	NC	4		4	1	3
Choline, total....mg	16.8		0	O	4		8.4	3.2	6.9
Betaine....mg									
Vitamin B-12....mcg	0.04		0	NR	4		0.02	0.01	0.02
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	42		0	FLA	4		21	8	17
Retinol....mcg	42		0	FLA	4		21	8	17
Carotene, beta....mcg	10		0	FLA	4		5	2	4
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	155		1	MC	9		77	29	63
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	6		0	FLA	4		3	1	2
Vitamin E (alpha-tocopherol)....mg	0.39		0	FLA	4		0.20	0.07	0.16
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	3.5		0	FLA	4		1.8	0.7	1.5
Lipids:									
Fatty acids, total saturated....g	11.474		1	MC	9		5.737	2.180	4.704
4:0....g	0.130		0	FLA	4		0.065	0.025	0.053

NDB No. 42196
Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.078		0	FLA	4		0.039	0.015	0.032
8:0 g	0.046		0	FLA	4		0.023	0.009	0.019
10:0 g	0.101		0	FLA	4		0.050	0.019	0.041
12:0 g	0.108		0	FLA	4		0.054	0.020	0.044
13:0 g	0.000		0	FLA	4		0.000	0.000	0.000
14:0 g	0.362		0	FLA	4		0.181	0.069	0.148
15:0 g	0.001		0	FLA	4		0.000	0.000	0.000
16:0 g	4.788		0	FLA	4		2.394	0.910	1.963
17:0 g	0.037		0	FLA	4		0.019	0.007	0.015
18:0 g	5.601		0	FLA	4		2.801	1.064	2.296
20:0 g	0.141		0	FLA	4		0.070	0.027	0.058
22:0 g	0.019		0	FLA	4		0.010	0.004	0.008
24:0 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	4.639		0	FLA	4		2.320	0.881	1.902
14:1 g	0.000		0	FLA	4		0.000	0.000	0.000
15:1 g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated g	0.063		0	FLA	4		0.032	0.012	0.026
17:1 g	0.000		0	FLA	4		0.000	0.000	0.000
18:1 undifferentiated g	4.574		0	FLA	4		2.287	0.869	1.875
20:1 g	0.002		0	FLA	4		0.001	0.000	0.001
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.514		0	FLA	4		0.257	0.098	0.211
18:2 undifferentiated g	0.467		0	FLA	4		0.233	0.089	0.191
18:3 undifferentiated g	0.048		0	FLA	4		0.024	0.009	0.020
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g	0.176		0	MC	9		0.088	0.033	0.072
Cholesterol mg	10		1	MC	9		5	2	4
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine mg	30		0	FLA	4		15	6	12
Theobromine mg	238		0	FLA	4		119	45	98

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

Common Measures:

Measure 1 = 50g: 1 serving 1.76 oz bar

Measure 2 = 19g: 1 bar fun size

Measure 3 = 41g: 1 serving 5 miniatures

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

Food Group: 19 Sweets

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

NDB No. 19308
Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies

Masterfoods 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	5.30		0	O	4		2.17		
Energy....kcal	443		1	MC	9		182		
Energy....kJ	1852		0	MC	9		759		
Protein....g	2.59		1	MC	9		1.06		
Total lipid (fat)....g	15.17		1	MC	9		6.22		
Ash....g	1.00		0	FLA	4		0.41		
Carbohydrate, by difference....g	75.94		1	MC	9		31.14		
Fiber, total dietary....g	1.3		1	MC	9		0.5		
Sugars, total....g	67.00		1	MC	9		27.47		
Starch....g									
Minerals:									
Calcium, Ca....mg	60		1	MC	9		24		
Iron, Fe....mg	0.58		1	MC	9		0.24		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	172		1	MC	9		71		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		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	0		0	NC	4		0		
Vitamin A, IU....IU	99		1	MC	9		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									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.921		1	MC	9		4.068		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.113		1	MC	9		0.046		
Cholesterol....mg	7		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.

NDB No. 19308
Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies

Common Measures:
Measure 1 = 41g: 1 serving 15 pieces

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

Food Group: 19 Sweets

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

NDB No. 19307

Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies

Masterfoods 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	5.78		0	FLA	4		2.26		
Energy....kcal	463		0	NC	4		180		
Energy....kJ	1935		0	NC	4		755		
Protein....g	3.30		1	MC	9		1.29		
Total lipid (fat)....g	18.00		1	MC	9		7.02		
Ash....g	1.07		0	FLA	4		0.42		
Carbohydrate, by difference....g	71.85		0	NC	4		28.02		
Fiber, total dietary....g	1.0		1	MC	9		0.4		
Sugars, total....g	61.08		1	MC	9		23.82		
Starch....g									
Minerals:									
Calcium, Ca....mg	91		1	MC	9		35		
Iron, Fe....mg	0.50		1	MC	9		0.20		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	146		1	MC	9		57		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		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	0		0	NC	4		0		
Vitamin A, IU....IU	137		1	MC	9		53		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.889		1	MC	9		3.467		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.201		1	MC	9		0.078		
Cholesterol....mg	11		1	MC	9		4		
Phytosterols....mg									

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

Common Measures:

NDB No. 19307

Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies

Measure 1 = 39g: 1 serving 13 pieces

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19306

Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies

Masterfoods 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	5.78		0	FLA	4		2.25		
Energy....kcal	480		1	MC	9		187		
Energy....kJ	2007		0	MC	9		783		
Protein....g	7.15		1	MC	9		2.79		
Total lipid (fat)....g	24.32		1	MC	9		9.49		
Ash....g	1.61		0	FLA	4		0.63		
Carbohydrate, by difference....g	61.07		1	MC	9		23.82		
Fiber, total dietary....g	2.3		1	MC	9		0.9		
Sugars, total....g	51.69		1	MC	9		20.16		
Starch....g									
Minerals:									
Calcium, Ca....mg	96		1	MC	9		37		
Iron, Fe....mg	0.72		1	MC	9		0.28		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	224		1	MC	9		87		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.2		
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	0		0	NC	4		0		
Vitamin A, IU....IU	174		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 D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.891		1	MC	9		3.857		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.405		0	MC	9		0.158		
Cholesterol....mg	13		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:

NDB No. 19306

Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies

Measure 1 = 39g: 1 serving 13 pieces

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19370

Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies

Masterfoods 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	3.83		0	MC	9		2.37	7.85	0.41
Energy ... kcal	405		1	MC	9		251	830	43
Energy ... kJ	1695		0	MC	9		1051	3475	181
Protein ... g	0.19		1	MC	9		0.12	0.40	0.02
Total lipid (fat) ... g	4.37		1	MC	9		2.71	8.96	0.47
Ash ... g	0.97		0	MC	9		0.60	1.99	0.10
Carbohydrate, by difference ... g	90.78		1	MC	9		56.28	186.09	9.71
Fiber, total dietary ... g	0.0		1	MC	9		0.0	0.0	0.0
Sugars, total ... g	75.84		1	MC	9		47.02	155.46	8.11
Starch ... g									
Minerals:									
Calcium, Ca ... mg	0		1	MC	9		0	0	0
Iron, Fe ... mg	0.00		1	MC	9		0.00	0.01	0.00
Magnesium, Mg ... mg	1		0	FLA	4		0	1	0
Phosphorus, P ... mg	1		0	FLA	4		1	2	0
Potassium, K ... mg	12		0	FLA	4		7	25	1
Sodium, Na ... mg	15		1	MC	9		9	30	2
Zinc, Zn ... mg	0.02		0	FLA	4		0.01	0.04	0.00
Copper, Cu ... mg	0.036		0	FLA	4		0.022	0.073	0.004
Manganese, Mn ... mg	0.063		0	FLA	4		0.039	0.129	0.007
Selenium, Se ... mcg	1.0		0	FLA	4		0.6	2.0	0.1
Vitamins:									
Vitamin C, total ascorbic acid ... mg	66.8		1	MC	9		41.4	136.9	7.1
Thiamin ... mg	0.000		0	FLA	4		0.000	0.001	0.000
Riboflavin ... mg	0.023		0	FLA	4		0.014	0.047	0.002
Niacin ... mg	0.007		0	FLA	4		0.004	0.013	0.001
Pantothenic acid ... mg	0.014		0	FLA	4		0.009	0.028	0.001
Vitamin B-6 ... mg	0.003		0	FLA	4		0.002	0.006	0.000
Folate, total ... mcg	0		0	FLA	4		0	1	0
Folic acid ... mcg	0		0	FLA	4		0	0	0
Folate, food ... mcg	0		0	FLA	4		0	1	0
Folate, DFE ... mcg_DFE	0		0	NC	4		0	1	0
Choline, total ... mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added ... mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	0
Retinol ... mcg	0		0	FLA	4		0	0	0
Carotene, beta ... mcg	0		0	FLA	4		0	0	0
Carotene, alpha ... mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta ... mcg	0		0	FLA	4		0	0	0
Vitamin A, IU ... IU	0		1	MC	9		0	0	0
Lycopene ... mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin ... mcg	1		0	FLA	4		1	2	0
Vitamin E (alpha-tocopherol) ... mg	0.17		0	FLA	4		0.10	0.34	0.02
Vitamin E, added ... mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... mcg	1.1		0	FLA	4		0.7	2.2	0.1
Lipids:									
Fatty acids, total saturated ... g	4.115		1	MC	9		2.551	8.436	0.440
4:0 ... g	0.003		0	FLA	4		0.002	0.007	0.000

NDB No. 19370

Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.011		0	FLA	4		0.007	0.024	0.001
8:0....g	0.145		0	FLA	4		0.090	0.297	0.015
10:0....g	0.140		0	FLA	4		0.087	0.287	0.015
12:0....g	2.151		0	FLA	4		1.334	4.410	0.230
13:0....g									
14:0....g	0.720		0	FLA	4		0.446	1.475	0.077
15:0....g									
16:0....g	0.344		0	FLA	4		0.213	0.705	0.037
17:0....g									
18:0....g	0.599		0	FLA	4		0.371	1.228	0.064
20:0....g	0.002		0	FLA	4		0.001	0.003	0.000
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4....g	0.000		0	FLA	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	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.074		1	MC	9		0.046	0.152	0.008
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 62g: 1 serving 2.17 oz pack

Measure 2 = 205g: 1 cup

Measure 3 = 10.7g: 10 pieces

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

Food Group: 19 Sweets

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

NDB No. 19369

Candies, MARS SNACKFOOD US, SKITTLES Sours Original

Masterfoods 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	3.83		0	BFZN	4		1.95		
Energy....kcal	401		0	NC	4		204		
Energy....kJ	1677		0	NC	4		855		
Protein....g	0.18		1	MC	9		0.09		
Total lipid (fat)....g	4.00		1	MC	9		2.04		
Ash....g	0.97		0	BFZN	4		0.49		
Carbohydrate, by difference....g	91.02		0	NC	4		46.42		
Fiber, total dietary....g	0.0		1	MC	9		0.0		
Sugars, total....g	73.16		1	MC	9		37.31		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0		
Iron, Fe....mg	0.01		1	MC	9		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	14		1	MC	9		7		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	61.1		1	MC	9		31.2		
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	0		0	NC	4		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	3.765		1	MC	9		1.920		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.068		1	MC	9		0.035		
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. 19369

Candies, MARS SNACKFOOD US, SKITTLES Sours Original

Measure 1 = 51g: 1 serving 1.80 oz bag

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

Food Group: 19 Sweets

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

NDB No. 19368

Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies

Masterfoods 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	3.83		0	BFZN	4		2.37	0.77	
Energy....kcal	405		1	MC	9		251	81	
Energy....kJ	1693		0	MC	9		1050	339	
Protein....g	0.19		1	MC	9		0.12	0.04	
Total lipid (fat)....g	4.34		1	MC	9		2.69	0.87	
Ash....g	0.97		0	BFZN	4		0.60	0.19	
Carbohydrate, by difference....g	90.77		1	MC	9		56.28	18.15	
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	
Sugars, total....g	75.76		1	MC	9		46.97	15.15	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0	0	
Iron, Fe....mg	0.00		1	MC	9		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	15		1	MC	9		9	3	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	67.1		1	MC	9		41.6	13.4	
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	0		0	NC	4		0	0	
Vitamin A, IU....IU	0		1	MC	9		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									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.074		1	MC	9		0.046	0.015	
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:

NDB No. 19368

Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies

Measure 1 = 62g: 1 serving 2.1 oz bag

Measure 2 = 20g: 1 serving fun size bag

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

Food Group: 19 Sweets

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

NDB No. 19363

Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies

Masterfoods 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	3.83		0	BFZN	4		2.37	0.77	
Energy....kcal	402		0	NC	4		249	80	
Energy....kJ	1682		0	NC	4		1043	336	
Protein....g	0.19		1	MC	9		0.12	0.04	
Total lipid (fat)....g	4.25		1	MC	9		2.64	0.85	
Ash....g	0.97		0	BFZN	4		0.60	0.19	
Carbohydrate, by difference....g	90.76		0	NC	4		56.27	18.15	
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	
Sugars, total....g	75.92		1	MC	9		47.07	15.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0	0	
Iron, Fe....mg	0.00		1	MC	9		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	15		1	MC	9		9	3	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	67.1		1	MC	9		41.6	13.4	
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	0		0	NC	4		0	0	
Vitamin A, IU....IU	0		1	MC	9		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	4.115		1	MC	9		2.551	0.823	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.074		1	MC	9		0.046	0.015	
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:

NDB No. 19363

Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies

Measure 1 = 62g: 1 serving 2.1 oz bag

Measure 2 = 20g: 1 serving fun size bag

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

Food Group: 19 Sweets

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

NDB No. 19302

Candies, MARS SNACKFOOD US, SNICKERS Almond bar

Masterfoods 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	5.45		0	FLA	4		2.73		
Energy....kcal	472		1	MC	9		236		
Energy....kJ	1974		0	MC	9		987		
Protein....g	5.40		1	MC	9		2.70		
Total lipid (fat)....g	22.40		1	MC	9		11.20		
Ash....g	1.50		0	FLA	4		0.75		
Carbohydrate, by difference....g	64.67		1	MC	9		32.33		
Fiber, total dietary....g	2.6		1	MC	9		1.3		
Sugars, total....g	53.93		1	MC	9		26.96		
Starch....g									
Minerals:									
Calcium, Ca....mg	132		1	MC	9		66		
Iron, Fe....mg	0.85		1	MC	9		0.42		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	156		1	MC	9		78		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Vitamin A, IU....IU	166		1	MC	9		83		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.534		1	MC	9		4.267		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.210		1	MC	9		0.105		
Cholesterol....mg	13		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.

Common Measures:

NDB No. 19302

Candies, MARS SNACKFOOD US, SNICKERS Almond bar

Measure 1 = 50g: 1 serving 1.76 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19155
Candies, MARS SNACKFOOD US, SNICKERS Bar
Masterfoods 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	5.55		1	A	1		3.16	0.83	6.27
Energy....kcal	491		0	NC	4		280	74	555
Energy....kJ	2053		0	NC	4		1170	308	2320
Protein....g	7.53		1	MC	9		4.29	1.13	8.50
Total lipid (fat)....g	23.85		1	MC	9		13.59	3.58	26.95
Ash....g	1.57		1	A	1		0.89	0.24	1.77
Carbohydrate, by difference....g	61.51		0	NC	4		35.06	9.23	69.50
Fiber, total dietary....g	2.3		1	MC	9		1.3	0.4	2.7
Sugars, total....g	50.47		1	MC	9		28.77	7.57	57.03
Starch....g									
Minerals:									
Calcium, Ca....mg	93		1	MC	9		53	14	105
Iron, Fe....mg	0.72		1	MC	9		0.41	0.11	0.81
Magnesium, Mg....mg	72		1	A	1		41	11	81
Phosphorus, P....mg	190		1	A	1		108	29	215
Potassium, K....mg	323		1	A	1		184	48	365
Sodium, Na....mg	246		1	MC	9		140	37	278
Zinc, Zn....mg	2.50		1	A	1		1.43	0.38	2.83
Copper, Cu....mg	0.270		1	A	1		0.154	0.041	0.305
Manganese, Mn....mg	0.350		1	A	1		0.199	0.052	0.395
Selenium, Se....mcg	7.8		1	A	1		4.4	1.2	8.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.3	0.1	0.5
Thiamin....mg	0.060		1	A	1		0.034	0.009	0.068
Riboflavin....mg	0.130		1	A	1		0.074	0.019	0.147
Niacin....mg	3.600		1	A	1		2.052	0.540	4.068
Pantothenic acid....mg	0.590		1	A	1		0.336	0.088	0.667
Vitamin B-6....mg	0.090		1	A	1		0.051	0.014	0.102
Folate, total....mcg	27		1	A	1		15	4	31
Folic acid....mcg	6		1	A	1		3	1	7
Folate, food....mcg	21		1	AS	1		12	3	24
Folate, DFE....mcg_DFE	31		0	NC	4		18	5	35
Choline, total....mg	38.5		1	A	1		21.9	5.8	43.5
Betaine....mg	0.9		1	A	1		0.5	0.1	1.1
Vitamin B-12....mcg	0.16		1	A	1		0.09	0.02	0.18
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	46		0	NC	4		26	7	52
Retinol....mcg	45		0	FLA	4		26	7	51
Carotene, beta....mcg	6		0	FLA	4		3	1	7
Carotene, alpha....mcg	0		1	A	1		0	0	0
Cryptoxanthin, beta....mcg	0		1	A	1		0	0	0
Vitamin A, IU....IU	161		0	NC	4		92	24	182
Lycopene....mcg	0		1	A	1		0	0	0
Lutein + zeaxanthin....mcg	16		0	NR	4		9	2	18
Vitamin E (alpha-tocopherol)....mg	1.50		1	A	1		0.86	0.23	1.70
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.03		1	A	1		0.02	0.00	0.03
Tocopherol, gamma....mg	3.95		1	A	1		2.25	0.59	4.46
Tocopherol, delta....mg	0.42		1	A	1		0.24	0.06	0.47
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	1.9		1	A	1		1.1	0.3	2.1
Lipids:									
Fatty acids, total saturated....g	9.069		1	MC	9		5.169	1.360	10.248
4:0....g	0.318		0	FLA	4		0.181	0.048	0.359

NDB No. 19155
Candies, MARS SNACKFOOD US, SNICKERS Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.142		0	FLA	4		0.081	0.021	0.160
8:0 g	0.082		0	FLA	4		0.047	0.012	0.093
10:0 g	0.167		0	FLA	4		0.095	0.025	0.189
12:0 g	0.181		0	FLA	4		0.103	0.027	0.204
13:0 g	0.000		0	FLA	4		0.000	0.000	0.000
14:0 g	0.575		0	FLA	4		0.328	0.086	0.650
15:0 g	0.028		0	FLA	4		0.016	0.004	0.032
16:0 g	4.181		0	FLA	4		2.383	0.627	4.725
17:0 g	0.037		0	FLA	4		0.021	0.006	0.042
18:0 g	3.145		0	FLA	4		1.793	0.472	3.554
20:0 g	0.075		0	FLA	4		0.043	0.011	0.085
22:0 g	0.010		0	FLA	4		0.005	0.001	0.011
24:0 g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	7.875		0	FLA	4		4.489	1.181	8.899
14:1 g	0.027		0	FLA	4		0.015	0.004	0.030
15:1 g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.107		0	FLA	4		0.061	0.016	0.120
17:1 g	0.008		0	FLA	4		0.004	0.001	0.009
18:1 undifferentiated g	7.625		0	FLA	4		4.346	1.144	8.616
20:1 g	0.110		0	FLA	4		0.063	0.016	0.124
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	3.014		0	FLA	4		1.718	0.452	3.406
18:2 undifferentiated g	2.966		0	FLA	4		1.691	0.445	3.352
18:3 undifferentiated g	0.048		0	FLA	4		0.027	0.007	0.054
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.000		1	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.436		1	MC	9		0.249	0.065	0.493
Cholesterol mg	13		1	MC	9		7	2	14
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine mg	8		0	FLA	4		5	1	9
Theobromine mg	85		0	FLA	4		48	13	96

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

Common Measures:

Measure 1 = 57g: 1 bar (2 oz)

Measure 2 = 15.0g: 1 bar, fun size

Measure 3 = 113g: 1 bar, king size (4 oz)

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

NDB No. 19155
Candies, MARS SNACKFOOD US, SNICKERS Bar

Food Group: 19 Sweets

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

NDB No. 19359

Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER

Masterfoods 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	4.47		0	O	4		2.10	0.67	1.97
Energy....kcal	488		1	MC	9		229	73	215
Energy....kJ	2041		0	MC	9		959	306	898
Protein....g	6.86		1	MC	9		3.22	1.03	3.02
Total lipid (fat)....g	24.38		1	MC	9		11.46	3.66	10.73
Ash....g	1.43		0	FLA	4		0.67	0.21	0.63
Carbohydrate, by difference....g	62.85		1	MC	9		29.54	9.43	27.66
Fiber, total dietary....g	1.9		1	MC	9		0.9	0.3	0.8
Sugars, total....g	46.54		1	MC	9		21.87	6.98	20.48
Starch....g									
Minerals:									
Calcium, Ca....mg	90		1	MC	9		42	13	39
Iron, Fe....mg	0.68		1	MC	9		0.32	0.10	0.30
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	189		1	MC	9		89	28	83
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.2	0.1	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	0		0	NC	4		0	0	0
Vitamin A, IU....IU	120		1	MC	9		56	18	53
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	12.703		1	MC	9		5.970	1.905	5.589
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.394		1	MC	9		0.185	0.059	0.173
Cholesterol....mg	9		1	MC	9		4	1	4
Phytosterols....mg									

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

Common Measures:

NDB No. 19359

Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER

Measure 1 = 47g: 1 serving 1.66 oz bar

Measure 2 = 15.0g: 1 bar fun size

Measure 3 = 44g: 1 serving 1.56 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19295

Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar

Masterfoods 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	2.99		0	O	4		1.20		
Energy....kcal	536		1	MC	9		215		
Energy....kJ	2244		0	MC	9		898		
Protein....g	15.25		1	MC	9		6.10		
Total lipid (fat)....g	36.22		1	MC	9		14.49		
Ash....g	1.90		0	BFZN	4		0.76		
Carbohydrate, by difference....g	43.64		1	MC	9		17.46		
Fiber, total dietary....g	4.7		1	MC	9		1.9		
Sugars, total....g	30.87		1	MC	9		12.35		
Starch....g									
Minerals:									
Calcium, Ca....mg	54		1	MC	9		22		
Iron, Fe....mg	1.02		1	MC	9		0.41		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	358		1	MC	9		143		
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		0	NC	4		0		
Vitamin A, IU....IU	314		1	MC	9		125		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.819		1	MC	9		3.528		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.272		1	MC	9		0.109		
Cholesterol....mg	24		1	MC	9		10		
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. 19295

Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar

Measure 1 = 40g: 1 serving 1.42 oz bar

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19309

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme

Masterfoods 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	8.70		0	O	4		3.48		
Energy....kcal	408		1	MC	9		163		
Energy....kJ	1707		0	MC	9		683		
Protein....g	0.41		1	MC	9		0.16		
Total lipid (fat)....g	8.36		1	MC	9		3.34		
Ash....g	0.10		0	BFZN	4		0.04		
Carbohydrate, by difference....g	82.43		1	MC	9		32.97		
Fiber, total dietary....g	0.0		1	MC	9		0.0		
Sugars, total....g	57.98		1	MC	9		23.19		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0		
Iron, Fe....mg	0.01		1	MC	9		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	2		1	MC	9		1		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	58.3		1	MC	9		23.3		
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		0	NC	4		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	7.931		1	MC	9		3.172		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.141		1	MC	9		0.056		
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. 19309

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme

Measure 1 = 40g: 1 serving fun size (8 chews)

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

Food Group: 19 Sweets

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

NDB No. 19156

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits

Masterfoods 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	8.51		0	O	4		3.40	5.02	0.43
Energy ... kcal	408		1	MC	9		163	241	20
Energy ... kJ	1706		0	MC	9		682	1006	85
Protein ... g	0.41		1	MC	9		0.16	0.24	0.02
Total lipid (fat) ... g	8.21		1	MC	9		3.28	4.85	0.41
Ash ... g	0.30		0	FLC	4		0.12	0.18	0.02
Carbohydrate, by difference ... g	82.57		1	MC	9		33.03	48.72	4.13
Fiber, total dietary ... g	0.0		1	MC	9		0.0	0.0	0.0
Sugars, total ... g	58.12		1	MC	9		23.25	34.29	2.91
Starch ... g									
Minerals:									
Calcium, Ca ... mg	0		1	MC	9		0	0	0
Iron, Fe ... mg	0.01		1	MC	9		0.00	0.01	0.00
Magnesium, Mg ... mg	1		2		1		0	1	0
Phosphorus, P ... mg	5		0	FLC	4		2	3	0
Potassium, K ... mg	2		2		1		1	1	0
Sodium, Na ... mg	2		1	MC	9		1	1	0
Zinc, Zn ... mg	0.00		2		1		0.00	0.00	0.00
Copper, Cu ... mg	0.012		2		1		0.005	0.007	0.001
Manganese, Mn ... mg	0.015		1		1		0.006	0.009	0.001
Selenium, Se ... mcg	0.8		0	FLA	4		0.3	0.5	0.0
Vitamins:									
Vitamin C, total ascorbic acid ... mg	58.7		1	MC	9		23.5	34.6	2.9
Thiamin ... mg	0.001		2		1		0.000	0.001	0.000
Riboflavin ... mg	0.002		1		1		0.001	0.001	0.000
Niacin ... mg	0.005		2		1		0.002	0.003	0.000
Pantothenic acid ... mg	0.035		1		1		0.014	0.021	0.002
Vitamin B-6 ... mg	0.000		1		1		0.000	0.000	0.000
Folate, total ... mcg	1		0	FLC	4		0	0	0
Folic acid ... mcg	0		0	FLC	4		0	0	0
Folate, food ... mcg	1		0	FLC	4		0	0	0
Folate, DFE ... mcg_DFE	1		0	NC	4		0	0	0
Choline, total ... mg	0.0		0	O	4		0.0	0.0	0.0
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added ... mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	0
Retinol ... mcg	0		0	FLC	4		0	0	0
Carotene, beta ... mcg	0		0	FLC	4		0	0	0
Carotene, alpha ... mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta ... mcg	0		0	FLC	4		0	0	0
Vitamin A, IU ... IU	1		1	MC	9		0	1	0
Lycopene ... mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin ... mcg	6		0	FLC	4		2	4	0
Vitamin E (alpha-tocopherol) ... mg	0.33		0	FLC	4		0.13	0.19	0.02
Vitamin E, added ... mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... mcg	2.1		0	FLC	4		0.8	1.2	0.1
Lipids:									
Fatty acids, total saturated ... g	7.778		1	MC	9		3.111	4.589	0.389
4:0 ... g	0.006		0	FLC	4		0.002	0.003	0.000

NDB No. 19156

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.027		0	FLC	4		0.011	0.016	0.001
8:0....g	0.321		0	FLC	4		0.128	0.189	0.016
10:0....g	0.259		0	FLC	4		0.104	0.153	0.013
12:0....g	3.524		0	FLC	4		1.410	2.079	0.176
13:0....g									
14:0....g	1.226		0	FLC	4		0.490	0.723	0.061
15:0....g									
16:0....g	0.686		0	FLC	4		0.275	0.405	0.034
17:0....g									
18:0....g	1.708		0	FLC	4		0.683	1.008	0.085
20:0....g	0.021		0	FLC	4		0.009	0.013	0.001
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
20:1....g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
18:4....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.141		1	MC	9		0.056	0.083	0.007
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0
Theobromine....mg	0		0	FLC	4		0	0	0

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

Common Measures:

Measure 1 = 40g: 1 serving fun size (8 chews)

Measure 2 = 59g: 1 serving 2.07 oz pack

Measure 3 = 5.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19313

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits

Masterfoods 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	8.51		0	BFZN	4		3.40	5.02	0.43
Energy....kcal	409		1	MC	9		163	241	20
Energy....kJ	1710		0	MC	9		684	1009	85
Protein....g	0.41		1	MC	9		0.16	0.24	0.02
Total lipid (fat)....g	8.31		1	MC	9		3.33	4.91	0.42
Ash....g	0.30		0	BFZN	4		0.12	0.18	0.02
Carbohydrate, by difference....g	82.76		1	MC	9		33.11	48.83	4.14
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	0.0
Sugars, total....g	58.18		1	MC	9		23.27	34.32	2.91
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0	0	0
Iron, Fe....mg	0.01		1	MC	9		0.00	0.00	0.00
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	2		1	MC	9		1	1	0
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	59.4		1	MC	9		23.8	35.0	3.0
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		0	NC	4		0	0	0
Vitamin A, IU....IU	0		1	MC	9		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 D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.048		1	MC	9		3.219	4.748	0.402
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.143		1	MC	9		0.057	0.084	0.007
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									

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

Common Measures:

NDB No. 19313

Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits

Measure 1 = 40g: 1 serving fun size (8 chews)

Measure 2 = 59g: 1 serving 2.07 oz pack

Measure 3 = 5.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19315

Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews

Masterfoods 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	10.89		0	O	4		6.43		
Energy....kcal	400		1	MC	9		236		
Energy....kJ	1674		0	MC	9		988		
Protein....g	0.39		1	MC	9		0.23		
Total lipid (fat)....g	7.78		1	MC	9		4.59		
Ash....g	0.30		0	BFZN	4		0.18		
Carbohydrate, by difference....g	79.73		1	MC	9		47.04		
Fiber, total dietary....g	0.0		1	MC	9		0.0		
Sugars, total....g	56.10		1	MC	9		33.10		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0		
Iron, Fe....mg	0.01		1	MC	9		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	89		1	MC	9		53		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	56.6		1	MC	9		33.4		
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	0		0	NC	4		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	7.520		1	MC	9		4.437		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.136		1	MC	9		0.080		
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. 19315

Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews

Measure 1 = 59g: 1 serving 2.07 oz pack

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19160

Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars

Masterfoods 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	4.23		0	MC	9		2.41	2.45	4.02
Energy....kcal	502		0	NC	4		286	291	477
Energy....kJ	2102		0	NC	4		1198	1219	1997
Protein....g	4.91		1	MC	9		2.80	2.85	4.66
Total lipid (fat)....g	24.85		1	MC	9		14.17	14.41	23.61
Ash....g	1.21		0	MC	9		0.69	0.70	1.15
Carbohydrate, by difference....g	64.80		0	NC	4		36.94	37.59	61.56
Fiber, total dietary....g	1.1		1	MC	9		0.7	0.7	1.1
Sugars, total....g	48.25		1	MC	9		27.50	27.99	45.84
Starch....g									
Minerals:									
Calcium, Ca....mg	106		1	MC	9		61	62	101
Iron, Fe....mg	0.81		1	MC	9		0.46	0.47	0.77
Magnesium, Mg....mg	27		0	FLA	4		15	16	26
Phosphorus, P....mg	105		0	FLA	4		60	61	100
Potassium, K....mg	186		0	FLA	4		106	108	177
Sodium, Na....mg	198		1	MC	9		113	115	188
Zinc, Zn....mg	1.06		0	FLA	4		0.61	0.62	1.01
Copper, Cu....mg	0.197		0	FLA	4		0.112	0.114	0.187
Manganese, Mn....mg	0.273		0	FLA	4		0.155	0.158	0.259
Selenium, Se....mcg	4.3		0	FLA	4		2.5	2.5	4.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	MC	9		0.3	0.3	0.5
Thiamin....mg	0.155		0	FLA	4		0.088	0.090	0.147
Riboflavin....mg	0.208		0	FLA	4		0.119	0.121	0.198
Niacin....mg	1.109		0	FLA	4		0.632	0.643	1.054
Pantothenic acid....mg	0.265		0	FLA	4		0.151	0.154	0.252
Vitamin B-6....mg	0.025		0	FLA	4		0.014	0.014	0.024
Folate, total....mcg	26		0	FLA	4		15	15	25
Folic acid....mcg	18		0	FLA	4		10	10	17
Folate, food....mcg	9		0	FLA	4		5	5	8
Folate, DFE....mcg_DFE	39		0	NC	4		22	22	37
Choline, total....mg	20.9		0	O	4		11.9	12.1	19.9
Betaine....mg									
Vitamin B-12....mcg	0.33		0	FLA	4		0.19	0.19	0.32
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	20		0	NC	4		11	12	19
Retinol....mcg	20		0	FLA	4		11	12	19
Carotene, beta....mcg	0		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	67		0	NC	4		38	39	63
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	5		0	FLA	4		3	3	5
Vitamin E (alpha-tocopherol)....mg	0.74		0	FLA	4		0.42	0.43	0.70
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	5.6		0	FLA	4		3.2	3.2	5.3
Lipids:									
Fatty acids, total saturated....g	18.960		0	NC	4		10.807	10.997	18.012
4:0....g	0.240		0	FLA	4		0.137	0.139	0.228

NDB No. 19160
Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.118		0	FLA	4		0.067	0.068	0.112
8:0 g	0.484		0	FLA	4		0.276	0.281	0.460
10:0 g	0.513		0	FLA	4		0.292	0.298	0.487
12:0 g	6.587		0	FLA	4		3.755	3.821	6.258
13:0 g	0.000		0	FLA	4		0.000	0.000	0.000
14:0 g	2.474		0	FLA	4		1.410	1.435	2.350
15:0 g	0.031		0	FLA	4		0.018	0.018	0.030
16:0 g	3.803		0	FLA	4		2.168	2.206	3.613
17:0 g	0.030		0	FLA	4		0.017	0.017	0.028
18:0 g	4.588		0	FLA	4		2.615	2.661	4.359
20:0 g	0.083		0	FLA	4		0.047	0.048	0.079
22:0 g	0.008		0	FLA	4		0.005	0.005	0.008
24:0 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	2.988		0	NC	4		1.703	1.733	2.839
14:1 g	0.041		0	FLA	4		0.023	0.024	0.039
15:1 g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated g	0.078		0	FLA	4		0.044	0.045	0.074
17:1 g	0.011		0	FLA	4		0.007	0.007	0.011
18:1 undifferentiated g	2.858		0	FLA	4		1.629	1.658	2.715
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.628		0	NC	4		0.358	0.364	0.597
18:2 undifferentiated g	0.594		0	FLA	4		0.338	0.344	0.564
18:3 undifferentiated g	0.034		0	FLA	4		0.020	0.020	0.033
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g	0.342		1	MC	9		0.195	0.198	0.325
Cholesterol mg	7		1	MC	9		4	4	6
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine mg	7		0	FLA	4		4	4	6
Theobromine mg	70		0	FLA	4		40	40	66

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

Common Measures:

Measure 1 = 57g: 1 package (2 oz)

Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 95g: 1 package, king size (3.35 oz, 4 bars)

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

Food Group: 19 Sweets

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

NDB No. 19161

Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars

Masterfoods 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	1.82		0	MC	9		0.98	1.06	0.91
Energy ... kcal	536		1	MC	9		290	311	268
Energy ... kJ	2244		0	MC	9		1212	1301	1122
Protein ... g	9.18		1	MC	9		4.96	5.33	4.59
Total lipid (fat) ... g	32.67		1	MC	9		17.64	18.95	16.34
Ash ... g	2.18		0	O	4		1.18	1.26	1.09
Carbohydrate, by difference ... g	54.15		1	MC	9		29.24	31.40	27.07
Fiber, total dietary ... g	3.1		1	MC	9		1.7	1.8	1.5
Sugars, total ... g	36.13		1	MC	9		19.51	20.96	18.07
Starch ... g									
Minerals:									
Calcium, Ca ... mg	75		1	MC	9		41	44	38
Iron, Fe ... mg	1.32		1	MC	9		0.71	0.76	0.66
Magnesium, Mg ... mg	61		0	FLC	4		33	36	31
Phosphorus, P ... mg	173		0	FLC	4		93	100	86
Potassium, K ... mg	264		0	FLC	4		143	153	132
Sodium, Na ... mg	226		1	MC	9		122	131	113
Zinc, Zn ... mg	1.61		0	FLC	4		0.87	0.93	0.80
Copper, Cu ... mg	0.290		0	FLC	4		0.157	0.168	0.145
Manganese, Mn ... mg	0.942		0	FLC	4		0.509	0.546	0.471
Selenium, Se ... mcg	12.9		0	FLC	4		7.0	7.5	6.5
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.3		1	MC	9		0.2	0.2	0.1
Thiamin ... mg	0.098		0	FLC	4		0.053	0.057	0.049
Riboflavin ... mg	0.145		0	FLC	4		0.078	0.084	0.073
Niacin ... mg	2.379		0	FLC	4		1.285	1.380	1.190
Pantothenic acid ... mg	0.468		0	FLC	4		0.253	0.271	0.234
Vitamin B-6 ... mg	0.114		0	FLC	4		0.062	0.066	0.057
Folate, total ... mcg	15		0	FLC	4		8	9	8
Folic acid ... mcg	0		0	FLC	4		0	0	0
Folate, food ... mcg	15		0	FLC	4		8	9	7
Folate, DFE ... mcg_DFE	15		0	NC	4		8	9	7
Choline, total ... mg	29.4		0	FLC	4		15.9	17.0	14.7
Betaine ... mg									
Vitamin B-12 ... mcg	0.26		0	FLC	4		0.14	0.15	0.13
Vitamin B-12, added ... mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	20		0	NC	4		11	12	10
Retinol ... mcg	20		0	FLC	4		11	12	10
Carotene, beta ... mcg	1		0	FLC	4		0	0	0
Carotene, alpha ... mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta ... mcg	0		0	FLC	4		0	0	0
Vitamin A, IU ... IU	68		0	NC	4		36	39	34
Lycopene ... mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin ... mcg	31		0	FLC	4		17	18	16
Vitamin E (alpha-tocopherol) ... mg	3.42		0	FLC	4		1.85	1.99	1.71
Vitamin E, added ... mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... mcg	6.0		0	FLC	4		3.2	3.5	3.0
Lipids:									
Fatty acids, total saturated ... g	15.758		0	NC	4		8.509	9.140	7.879
4:0 ... g	0.315		0	FLC	4		0.170	0.183	0.157

NDB No. 19161
Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.114		0	FLC	4		0.061	0.066	0.057
8:0 g	0.068		0	FLC	4		0.037	0.040	0.034
10:0 g	0.123		0	FLC	4		0.067	0.072	0.062
12:0 g	0.166		0	FLC	4		0.090	0.097	0.083
13:0 g	0.000		0	FLC	4		0.000	0.000	0.000
14:0 g	0.487		0	FLC	4		0.263	0.283	0.244
15:0 g	0.050		0	FLC	4		0.027	0.029	0.025
16:0 g	7.301		0	FLC	4		3.942	4.234	3.650
17:0 g	0.066		0	FLC	4		0.036	0.038	0.033
18:0 g	6.358		0	FLC	4		3.434	3.688	3.179
20:0 g	0.289		0	FLC	4		0.156	0.168	0.145
22:0 g	0.337		0	FLC	4		0.182	0.196	0.169
24:0 g	0.083		0	FLC	4		0.045	0.048	0.041
Fatty acids, total monounsaturated g	12.317		0	NC	4		6.651	7.144	6.159
14:1 g	0.027		0	FLC	4		0.015	0.016	0.014
15:1 g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated g	0.063		0	FLC	4		0.034	0.037	0.032
17:1 g	0.008		0	FLC	4		0.004	0.004	0.004
18:1 undifferentiated g	12.143		0	FLC	4		6.557	7.043	6.071
20:1 g	0.076		0	FLC	4		0.041	0.044	0.038
22:1 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	3.407		0	NC	4		1.840	1.976	1.703
18:2 undifferentiated g	3.351		0	FLC	4		1.810	1.944	1.676
18:3 undifferentiated g	0.055		0	FLC	4		0.030	0.032	0.028
18:4 g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		0	FLC	4		0.000	0.000	0.000
20:3 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
20:4 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans g	0.505		1	MC	9		0.273	0.293	0.253
Cholesterol mg	6		1	MC	9		3	4	3
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine mg	7		0	FLC	4		4	4	3
Theobromine mg	70		0	FLC	4		38	40	35

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

Common Measures:

Measure 1 = 54g: 1 package (1.89 oz, 2 bars)

Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 50g: 1 package (1.77 oz)

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

Food Group: 19 Sweets

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

NDB No. 42183

Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars

Masterfoods 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	2.20		0		4				
Energy ... kcal	550		0		4				
Energy ... kJ	2301		0		4				
Protein ... g	7.30		0		4				
Total lipid (fat) ... g	33.30		0		4				
Ash ... g	1.20		0	NR	4				
Carbohydrate, by difference ... g	56.00		0		4				
Fiber, total dietary ... g	3.0		0		4				
Sugars, total ... g	53.00		0	NR	4				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	130		0		4				
Iron, Fe ... mg	1.31		0		4				
Magnesium, Mg ... mg	46		0		4				
Phosphorus, P ... mg	147		0		4				
Potassium, K ... mg	309		0		4				
Sodium, Na ... mg	266		0		4				
Zinc, Zn ... mg	0.92		0		4				
Copper, Cu ... mg	0.293		0		4				
Manganese, Mn ... mg									
Selenium, Se ... mcg	7.0		0	FLM	4				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		0		4				
Thiamin ... mg	0.140		0		4				
Riboflavin ... mg	0.200		0		4				
Niacin ... mg	1.110		0		4				
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.040		0		4				
Folate, total ... mcg	9		0		4				
Folic acid ... mcg	0		0	NR	4				
Folate, food ... mcg	9		0		4				
Folate, DFE ... mcg_DFE	9		0	NC	4				
Choline, total ... mg	20.9		0	O	4				
Betaine ... mg									
Vitamin B-12 ... mcg	0.33		0		4				
Vitamin B-12, added ... mcg	0.00		0	Z	7				
Vitamin A, RAE ... mcg_RAE	9		0	NC	4				
Retinol ... mcg	9		0	FLC	4				
Carotene, beta ... mcg	0		0	FLC	4				
Carotene, alpha ... mcg	0		0	FLC	4				
Cryptoxanthin, beta ... mcg	0		0	FLC	4				
Vitamin A, IU ... IU	32		0	NC	4				
Lycopene ... mcg	0		0	FLC	4				
Lutein + zeaxanthin ... mcg	4		0	FLC	4				
Vitamin E (alpha-tocopherol) ... mg	2.71		0	FLC	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	18.6		0	FLC	4				
Lipids:									
Fatty acids, total saturated ... g	4.962		0		4				
4:0 ... g	0.000		0		4				

NDB No. 42183
Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.033		0		4				
15:0....g									
16:0....g	3.263		0		4				
17:0....g									
18:0....g	1.665		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.319		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.133		0		4				
17:1....g									
18:1 undifferentiated....g	14.152		0		4				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	12.521		0		4				
18:2 undifferentiated....g	11.622		0		4				
18:3 undifferentiated....g	0.866		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	6		0		4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	10		0	FLM	4				
Theobromine....mg	212		0	FLM	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: 19 Sweets

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

NDB No. 19142
Candies, MOUNDS Candy Bar
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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		1	MC	9		1.72	4.80	
Energy....kcal	486		1	MC	9		92	258	
Energy....kJ	2034		0	MC	9		386	1078	
Protein....g	4.60		1	MC	9		0.87	2.44	
Total lipid (fat)....g	26.60		1	MC	9		5.05	14.10	
Ash....g	0.87		1	MC	9		0.17	0.46	
Carbohydrate, by difference....g	58.59		1	MC	9		11.13	31.05	
Fiber, total dietary....g	3.7		1	MC	9		0.7	1.9	
Sugars, total....g	46.19		1	MC	9		8.78	24.48	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		1	MC	9		4	11	
Iron, Fe....mg	2.09		1	MC	9		0.40	1.11	
Magnesium, Mg....mg	55		0	FLM	4		10	29	
Phosphorus, P....mg	91		0	FLM	4		17	48	
Potassium, K....mg	321		1	MC	9		61	170	
Sodium, Na....mg	145		1	MC	9		28	77	
Zinc, Zn....mg	1.10		0	FLM	4		0.21	0.58	
Copper, Cu....mg	0.400		0	FLM	4		0.076	0.212	
Manganese, Mn....mg	0.948		0	FLM	4		0.180	0.503	
Selenium, Se....mcg	6.6		0	FLM	4		1.2	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	FLM	4		0.1	0.2	
Thiamin....mg	0.049		0	FLM	4		0.009	0.026	
Riboflavin....mg	0.058		0	FLM	4		0.011	0.031	
Niacin....mg	0.277		0	FLM	4		0.053	0.147	
Pantothenic acid....mg	0.245		0	FLM	4		0.047	0.130	
Vitamin B-6....mg	0.090		0	FLM	4		0.017	0.048	
Folate, total....mcg	6		0	FLM	4		1	3	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	6		0	FLM	4		1	3	
Folate, DFE....mcg_DFE	6		0	NC	4		1	3	
Choline, total....mg	11.8		0	FLM	4		2.2	6.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLM	4		0	0	
Retinol....mcg	0		0	FLM	4		0	0	
Carotene, beta....mcg	0		0	FLM	4		0	0	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	0		0	FLM	4		0	0	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	5		0	FLM	4		1	3	
Vitamin E (alpha-tocopherol)....mg	0.19		0	FLM	4		0.04	0.10	
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	1.6		0	FLM	4		0.3	0.8	
Lipids:									
Fatty acids, total saturated....g	20.580		1	MC	9		3.910	10.907	
4:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 19142
Candies, MOUNDS Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.118		0	FLM	4		0.022	0.062	
8:0....g	1.356		1	AI	13		0.258	0.719	
10:0....g	1.081		1	AI	13		0.205	0.573	
12:0....g	7.920		1	AI	13		1.505	4.197	
13:0....g	0.000		0	FLM	4		0.000	0.000	
14:0....g	2.940		1	AI	13		0.559	1.558	
15:0....g	0.012		1	AI	13		0.002	0.006	
16:0....g	3.583		1	AI	13		0.681	1.899	
17:0....g	0.012		1	AI	13		0.002	0.006	
18:0....g	3.443		1	AI	13		0.654	1.825	
20:0....g	0.105		1	AI	13		0.020	0.056	
22:0....g	0.012		1	AI	13		0.002	0.006	
24:0....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.390		1	MC	9		0.074	0.207	
14:1....g	0.009		1	AI	13		0.002	0.005	
15:1....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated....g	0.026		1	AI	13		0.005	0.014	
17:1....g	0.009		1	AI	13		0.002	0.005	
18:1 undifferentiated....g	0.338		0	FLM	4		0.064	0.179	
20:1....g	0.009		1	AI	13		0.002	0.005	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.140		1	MC	9		0.027	0.074	
18:2 undifferentiated....g	0.118		0	FLM	4		0.022	0.062	
18:3 undifferentiated....g	0.005		0	FLM	4		0.001	0.003	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated....g	0.009		1	AI	13		0.002	0.005	
20:4 undifferentiated....g	0.009		1	AI	13		0.002	0.005	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		1	MC	9		0	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	
Caffeine....mg	17		0	FLM	4		3	9	
Theobromine....mg	130		0	FLM	4		25	69	

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

Common Measures:

Measure 1 = 19g: 1 bar snack size

Measure 2 = 53g: 1 package 1.9 oz

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

Food Group: 19 Sweets

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

NDB No. 19143
Candies, MR. GOODBAR Chocolate Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.45		1	MC	9		0.22	0.33	
Energy....kcal	538		1	MC	9		264	393	
Energy....kJ	2252		0	MC	9		1103	1644	
Protein....g	10.22		1	MC	9		5.01	7.46	
Total lipid (fat)....g	33.21		1	MC	9		16.27	24.24	
Ash....g	1.53		1	MC	9		0.75	1.12	
Carbohydrate, by difference....g	54.34		1	MC	9		26.63	39.67	
Fiber, total dietary....g	3.8		1	MC	9		1.9	2.8	
Sugars, total....g	47.22		1	MC	9		23.14	34.47	
Starch....g									
Minerals:									
Calcium, Ca....mg	110		1	MC	9		54	80	
Iron, Fe....mg	1.39		1	MC	9		0.68	1.01	
Magnesium, Mg....mg	47		1	MC	9		23	34	
Phosphorus, P....mg	163		1	MC	9		80	119	
Potassium, K....mg	394		1	MC	9		193	287	
Sodium, Na....mg	41		1	MC	9		20	30	
Zinc, Zn....mg	0.93		1	MC	9		0.46	0.68	
Copper, Cu....mg	0.170		1	MC	9		0.083	0.124	
Manganese, Mn....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se....mcg	0.0		1	MC	9		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.4	0.7	
Thiamin....mg	0.140		1	MC	9		0.069	0.102	
Riboflavin....mg	0.140		1	MC	9		0.069	0.102	
Niacin....mg	3.440		1	MC	9		1.686	2.511	
Pantothenic acid....mg	0.420		1	MC	9		0.206	0.307	
Vitamin B-6....mg	0.070		1	MC	9		0.034	0.051	
Folate, total....mcg	38		1	MC	9		18	27	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	38		1	MC	9		18	27	
Folate, DFE....mcg_DFE	38		0	NC	4		18	27	
Choline, total....mg	47.4		0	O	4		23.2	34.6	
Betaine....mg									
Vitamin B-12....mcg	0.33		0	FLM	4		0.16	0.24	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	35		0	FLC	4		17	26	
Retinol....mcg	35		0	FLC	4		17	25	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	125		1	MC	9		61	91	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	5		0	FLC	4		3	4	
Vitamin E (alpha-tocopherol)....mg	3.17		0	FLM	4		1.55	2.31	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	3.6		0	FLM	4		1.8	2.6	
Lipids:									
Fatty acids, total saturated....g	14.130		1	MC	9		6.924	10.315	

NDB No. 19143
Candies, MR. GOODBAR Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
4:0....g	0.339		0	FLM	4		0.166	0.247	
6:0....g	0.123		0	FLM	4		0.060	0.089	
8:0....g	0.070		0	FLM	4		0.034	0.051	
10:0....g	0.133		0	FLM	4		0.065	0.097	
12:0....g	0.146		0	FLM	4		0.071	0.106	
13:0....g	0.000		0	FLM	4		0.000	0.000	
14:0....g	0.461		0	FLM	4		0.226	0.337	
15:0....g	0.046		0	FLM	4		0.023	0.034	
16:0....g	6.730		0	FLM	4		3.298	4.913	
17:0....g	0.044		0	FLM	4		0.022	0.032	
18:0....g	5.700		0	FLM	4		2.793	4.161	
20:0....g	0.115		0	FLM	4		0.057	0.084	
22:0....g	0.012		0	FLM	4		0.006	0.009	
24:0....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated....g	8.203		0	FLM	4		4.020	5.988	
14:1....g	0.026		0	FLM	4		0.013	0.019	
15:1....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated....g	0.052		0	FLM	4		0.025	0.038	
17:1....g	0.007		0	FLM	4		0.004	0.005	
18:1 undifferentiated....g	7.991		0	FLM	4		3.915	5.833	
20:1....g	0.127		0	FLM	4		0.062	0.093	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	4.366		0	FLM	4		2.139	3.187	
18:2 undifferentiated....g	4.365		0	FLM	4		2.139	3.186	
18:3 undifferentiated....g	0.001		0	FLM	4		0.000	0.001	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	10		1	MC	9		5	7	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	
Caffeine....mg	18		0	FLM	4		9	13	
Theobromine....mg	198		0	FLM	4		97	145	

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

Common Measures:

Measure 1 = 49g: 1 bar (1.75 oz)

Measure 2 = 73g: 1 bar (2.6 oz)

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

Food Group: 19 Sweets

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

NDB No. 19144
Candies, NESTLE, 100 GRAND Bar
Nestle USA, 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	6.10		1	MC	9		2.62	1.28	2.62
Energy....kcal	468		0	NC	4		201	98	201
Energy....kJ	1957		0	NC	4		842	411	842
Protein....g	2.50		1	MC	9		1.08	0.53	1.08
Total lipid (fat)....g	19.33		0	T	4		8.31	4.06	8.31
Ash....g	1.10		3	A	1		0.47	0.23	0.47
Carbohydrate, by difference....g	70.97		0	NC	4		30.52	14.90	30.52
Fiber, total dietary....g	1.0		1	MC	9		0.4	0.2	0.4
Sugars, total....g	51.90		1	MC	9		22.32	10.90	22.32
Starch....g									
Minerals:									
Calcium, Ca....mg	76		1	MC	9		33	16	33
Iron, Fe....mg	0.34		1	MC	9		0.15	0.07	0.15
Magnesium, Mg....mg	25		0	FLA	4		11	5	11
Phosphorus, P....mg	86		0	FLA	4		37	18	37
Potassium, K....mg	163		1	MC	9		70	34	70
Sodium, Na....mg	203		1	MC	9		87	43	87
Zinc, Zn....mg	0.99		0	FLA	4		0.42	0.21	0.42
Copper, Cu....mg	0.185		0	FLA	4		0.079	0.039	0.079
Manganese, Mn....mg	0.172		0	FLA	4		0.074	0.036	0.074
Selenium, Se....mcg	2.5		0	FLA	4		1.1	0.5	1.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.3	0.1	0.3
Thiamin....mg	0.058		0	FLA	4		0.025	0.012	0.025
Riboflavin....mg	0.119		0	FLA	4		0.051	0.025	0.051
Niacin....mg	0.198		0	FLA	4		0.085	0.042	0.085
Pantothenic acid....mg	0.182		0	FLA	4		0.078	0.038	0.078
Vitamin B-6....mg	0.016		0	FLA	4		0.007	0.003	0.007
Folate, total....mcg	5		0	FLA	4		2	1	2
Folic acid....mcg	0		0	FLA	4		0	0	0
Folate, food....mcg	5		0	FLA	4		2	1	2
Folate, DFE....mcg_DFE	5		0	NC	4		2	1	2
Choline, total....mg	24.6		0	O	4		10.6	5.2	10.6
Betaine....mg									
Vitamin B-12....mcg	0.29		0	FLA	4		0.12	0.06	0.12
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	38		0	NC	4		16	8	16
Retinol....mcg	37		0	FLA	4		16	8	16
Carotene, beta....mcg	3		0	FLA	4		1	1	1
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	127		1	MC	9		55	27	55
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	2		0	FLA	4		1	0	1
Vitamin E (alpha-tocopherol)....mg	0.42		0	FLA	4		0.18	0.09	0.18
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	6.2		0	FLA	4		2.7	1.3	2.7
Lipids:									
Fatty acids, total saturated....g	11.900		0	NC	4		5.117	2.499	5.117
4:0....g	0.356		0	FLA	4		0.153	0.075	0.153

NDB No. 19144
Candies, NESTLE, 100 GRAND Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.169		0	FLA	4		0.073	0.035	0.073
8:0 ... g	0.322		0	FLA	4		0.138	0.068	0.138
10:0 ... g	0.329		0	FLA	4		0.142	0.069	0.142
12:0 ... g	1.439		0	FLA	4		0.619	0.302	0.619
13:0 ... g	0.000		0	FLA	4		0.000	0.000	0.000
14:0 ... g	1.026		0	FLA	4		0.441	0.215	0.441
15:0 ... g	0.038		0	FLA	4		0.016	0.008	0.016
16:0 ... g	4.314		0	FLA	4		1.855	0.906	1.855
17:0 ... g	0.049		0	FLA	4		0.021	0.010	0.021
18:0 ... g	3.751		0	FLA	4		1.613	0.788	1.613
20:0 ... g	0.098		0	FLA	4		0.042	0.021	0.042
22:0 ... g	0.010		0	FLA	4		0.004	0.002	0.004
24:0 ... g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated ... g	6.039		0	NC	4		2.597	1.268	2.597
14:1 ... g	0.064		0	FLA	4		0.028	0.014	0.028
15:1 ... g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated ... g	0.183		0	FLA	4		0.079	0.038	0.079
17:1 ... g	0.019		0	FLA	4		0.008	0.004	0.008
18:1 undifferentiated ... g	5.769		0	FLA	4		2.481	1.212	2.481
20:1 ... g	0.004		0	FLA	4		0.002	0.001	0.002
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c ... g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated ... g	1.388		0	NC	4		0.597	0.292	0.597
18:2 undifferentiated ... g	1.259		0	FLA	4		0.541	0.264	0.541
18:3 undifferentiated ... g	0.129		0	FLA	4		0.055	0.027	0.055
18:4 ... g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c ... g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans ... g	0.000		0	FLA	4		0.000	0.000	0.000
Cholesterol ... mg	12		1	LC	8		5	2	5
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine ... mg	8		1	MC	9		3	2	3
Theobromine ... mg	55		1	MC	9		24	12	24

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar (1.5 oz)

Measure 2 = 21g: 1 bar, miniature

Measure 3 = 43g: 1 serving 1.5 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19153

Candies, NESTLE, AFTER EIGHT Mints

Nestle USA, 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	6.30		1		1		2.65	0.53	
Energy....kcal	432		0	NC	4		181	36	
Energy....kJ	1807		0	NC	4		759	152	
Protein....g	1.67		1	MC	9		0.70	0.14	
Total lipid (fat)....g	11.90		1	MC	9		5.00	1.00	
Ash....g	0.60		1		1		0.25	0.05	
Carbohydrate, by difference....g	79.53		0	NC	4		33.40	6.68	
Fiber, total dietary....g	2.4		1	MC	9		1.0	0.2	
Sugars, total....g	66.60		1	MC	9		27.97	5.59	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1	MC	9		5	1	
Iron, Fe....mg	0.57		1	MC	9		0.24	0.05	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	1		1	MC	9		0	0	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
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		1	MC	9		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	8.330		1	MC	9		3.499	0.700	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	MC	9		0.000	0.000	
Cholesterol....mg	0		1	MC	9		0	0	

NDB No. 19153
Candies, NESTLE, AFTER EIGHT Mints

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 42g: 1 serving 5 mints

Measure 2 = 8.4g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19111
Candies, NESTLE, BABY RUTH Bar
Nestle USA, 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	6.99		0	O	4		4.19	1.26	
Energy....kcal	459		1	MC	9		275	83	
Energy....kJ	1920		0	MC	9		1152	346	
Protein....g	5.40		1	MC	9		3.24	0.97	
Total lipid (fat)....g	21.60		1	MC	9		12.96	3.89	
Ash....g	1.21		3	A	1		0.73	0.22	
Carbohydrate, by difference....g	64.80		1	MC	9		38.88	11.66	
Fiber, total dietary....g	2.0		1	MC	9		1.2	0.4	
Sugars, total....g	54.00		1	MC	9		32.40	9.72	
Starch....g									
Minerals:									
Calcium, Ca....mg	47		1	MC	9		28	8	
Iron, Fe....mg	0.63		1	MC	9		0.38	0.11	
Magnesium, Mg....mg	43		0	FLC	4		26	8	
Phosphorus, P....mg	94		0	FLC	4		57	17	
Potassium, K....mg	249		0	FLC	4		149	45	
Sodium, Na....mg	230		1	MC	9		138	41	
Zinc, Zn....mg	0.72		0	FLC	4		0.43	0.13	
Copper, Cu....mg	0.225		0	FLC	4		0.135	0.040	
Manganese, Mn....mg	0.351		0	FLC	4		0.211	0.063	
Selenium, Se....mcg	2.5		0	FLC	4		1.5	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	
Thiamin....mg	0.058		0	FLC	4		0.035	0.010	
Riboflavin....mg	0.121		0	FLC	4		0.073	0.022	
Niacin....mg	1.251		0	FLC	4		0.751	0.225	
Pantothenic acid....mg	0.333		0	FLC	4		0.200	0.060	
Vitamin B-6....mg	0.042		0	FLC	4		0.025	0.008	
Folate, total....mcg	12		0	FLC	4		7	2	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	12		0	FLC	4		7	2	
Folate, DFE....mcg_DFE	12		0	NC	4		7	2	
Choline, total....mg	34.9		0	O	4		20.9	6.3	
Betaine....mg									
Vitamin B-12....mcg	0.06		0	FLC	4		0.03	0.01	
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	NR	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		1	MC	9		0	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.93		0	FLC	4		0.56	0.17	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	2.3		0	FLC	4		1.4	0.4	
Lipids:									
Fatty acids, total saturated....g	12.100		1	MC	9		7.260	2.178	
4:0....g	0.013		0	FLC	4		0.008	0.002	

NDB No. 19111
Candies, NESTLE, BABY RUTH Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.061		0	FLC	4		0.036	0.011	
8:0....g	0.676		0	FLC	4		0.406	0.122	
10:0....g	0.569		0	FLC	4		0.341	0.102	
12:0....g	6.372		0	FLC	4		3.823	1.147	
13:0....g									
14:0....g	2.327		0	FLC	4		1.396	0.419	
15:0....g									
16:0....g	1.505		0	FLC	4		0.903	0.271	
17:0....g									
18:0....g	0.530		0	FLC	4		0.318	0.095	
20:0....g	0.005		0	FLC	4		0.003	0.001	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.557		0	FLC	4		3.334	1.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0	FLC	4		0.004	0.001	
17:1....g									
18:1 undifferentiated....g	5.450		0	FLC	4		3.270	0.981	
20:1....g	0.096		0	FLC	4		0.058	0.017	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.638		0	FLC	4		1.583	0.475	
18:2 undifferentiated....g	2.634		0	FLC	4		1.581	0.474	
18:3 undifferentiated....g	0.003		0	FLC	4		0.002	0.001	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g	0.050		1	MC	9		0.030	0.009	
Cholesterol....mg	0		1	MC	9		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	4		0	FLC	4		2	1	
Theobromine....mg	119		0	FLC	4		71	21	

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

Common Measures:

Measure 1 = 60g: 1 serving 2.1 oz bar

Measure 2 = 18g: 1 serving fun size bar 0.65 oz

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

Food Group: 19 Sweets

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

NDB No. 19068

Candies, NESTLE, BIT-O'-HONEY Candy Chews

Nestle USA, 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	8.30		0	O	4		3.32		
Energy....kcal	375		1	MC	9		150		
Energy....kJ	1569		0	MC	9		628		
Protein....g	2.00		1	MC	9		0.80		
Total lipid (fat)....g	7.50		1	MC	9		3.00		
Ash....g	1.31		0	FLC	4		0.52		
Carbohydrate, by difference....g	80.00		1	MC	9		32.00		
Fiber, total dietary....g	0.2		1	MC	9		0.1		
Sugars, total....g	48.00		1	MC	9		19.20		
Starch....g									
Minerals:									
Calcium, Ca....mg	35		1	MC	9		14		
Iron, Fe....mg	0.20		1	MC	9		0.08		
Magnesium, Mg....mg	7		0	FLA	4		3		
Phosphorus, P....mg	28		0	FLA	4		11		
Potassium, K....mg	44		0	FLA	4		18		
Sodium, Na....mg	295		1	MC	9		118		
Zinc, Zn....mg	0.49		0	FLA	4		0.20		
Copper, Cu....mg	0.026		0	FLA	4		0.010		
Manganese, Mn....mg	0.038		0	FLA	4		0.015		
Selenium, Se....mcg	1.3		0	FLA	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	MC	9		0.3		
Thiamin....mg	0.060		0	FLA	4		0.024		
Riboflavin....mg	0.044		0	FLA	4		0.018		
Niacin....mg	0.069		0	FLA	4		0.028		
Pantothenic acid....mg	0.082		0	FLA	4		0.033		
Vitamin B-6....mg	0.009		0	FLA	4		0.004		
Folate, total....mcg	2		0	FLA	4		1		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	2		0	FLA	4		1		
Folate, DFE....mcg_DFE	2		0	NC	4		1		
Choline, total....mg	2.5		0	O	4		1.0		
Betaine....mg									
Vitamin B-12....mcg	0.06		0	FLA	4		0.02		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	NR	4		0		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	0		1	MC	9		0		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol)....mg	0.30		0	FLA	4		0.12		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		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	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated....g	5.500		1	MC	9		2.200		
4:0....g	0.005		0	FLA	4		0.002		

NDB No. 19068
Candies, NESTLE, BIT-O'-HONEY Candy Chews

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.047		0	FLA	4		0.019		
8:0 ... g	0.496		0	FLA	4		0.199		
10:0 ... g	0.352		0	FLA	4		0.141		
12:0 ... g	2.798		0	FLA	4		1.119		
13:0 ... g	0.000		0	FLA	4		0.000		
14:0 ... g	1.050		0	FLA	4		0.420		
15:0 ... g	0.000		0	FLA	4		0.000		
16:0 ... g	0.560		0	FLA	4		0.224		
17:0 ... g	0.000		0	FLA	4		0.000		
18:0 ... g	0.189		0	FLA	4		0.075		
20:0 ... g	0.002		0	FLA	4		0.001		
22:0 ... g	0.000		0	FLA	4		0.000		
24:0 ... g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated ... g	1.030		0	FLA	4		0.412		
14:1 ... g	0.000		0	FLA	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.005		0	FLA	4		0.002		
17:1 ... g									
18:1 undifferentiated ... g	1.025		0	FLA	4		0.410		
20:1 ... g	0.000		0	FLA	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated ... g	0.338		0	FLA	4		0.135		
18:2 undifferentiated ... g	0.336		0	FLA	4		0.134		
18:3 undifferentiated ... g	0.002		0	FLA	4		0.001		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLA	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
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	FLA	4		0.0		
Caffeine ... mg	0		0	FLA	4		0		
Theobromine ... mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 40g: 1 serving 6 pieces

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

Food Group: 19 Sweets

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

NDB No. 19069

Candies, NESTLE, BUTTERFINGER Bar

Nestle USA, 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	1.23		0	O	4		0.74	0.22	0.26
Energy ... kcal	459		1	MC	9		275	83	96
Energy ... kJ	1920		0	MC	9		1152	346	403
Protein ... g	5.40		1	MC	9		3.24	0.97	1.13
Total lipid (fat) ... g	18.90		1	MC	9		11.34	3.40	3.97
Ash ... g	1.57		0	FLA	4		0.94	0.28	0.33
Carbohydrate, by difference ... g	72.90		1	MC	9		43.74	13.12	15.31
Fiber, total dietary ... g	2.0		1	MC	9		1.2	0.4	0.4
Sugars, total ... g	45.90		1	MC	9		27.54	8.26	9.64
Starch ... g									
Minerals:									
Calcium, Ca ... mg	36		1	MC	9		22	6	8
Iron, Fe ... mg	0.79		1	MC	9		0.47	0.14	0.17
Magnesium, Mg ... mg	48		0	FLA	4		29	9	10
Phosphorus, P ... mg	97		0	FLA	4		58	18	20
Potassium, K ... mg	220		0	FLA	4		132	40	46
Sodium, Na ... mg	230		1	MC	9		138	41	48
Zinc, Zn ... mg	1.00		0	FLA	4		0.60	0.18	0.21
Copper, Cu ... mg	0.193		0	FLA	4		0.116	0.035	0.040
Manganese, Mn ... mg	0.490		0	FLA	4		0.294	0.088	0.103
Selenium, Se ... mcg	2.9		0	FLA	4		1.7	0.5	0.6
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin ... mg	0.121		0	FLA	4		0.072	0.022	0.025
Riboflavin ... mg	0.062		0	FLA	4		0.037	0.011	0.013
Niacin ... mg	2.649		0	FLA	4		1.590	0.477	0.556
Pantothenic acid ... mg	0.370		0	FLA	4		0.222	0.067	0.078
Vitamin B-6 ... mg	0.069		0	FLA	4		0.041	0.012	0.014
Folate, total ... mcg	28		0	FLA	4		17	5	6
Folic acid ... mcg	0		0	FLA	4		0	0	0
Folate, food ... mcg	28		0	FLA	4		17	5	6
Folate, DFE ... mcg_DFE	28		0	NC	4		17	5	6
Choline, total ... mg	15.0		0	O	4		9.0	2.7	3.2
Betaine ... mg									
Vitamin B-12 ... mcg	0.04		0	FLA	4		0.03	0.01	0.01
Vitamin B-12, added ... mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	0		0	Z	7		0	0	0
Retinol ... mcg	0		0	NR	4		0	0	0
Carotene, beta ... mcg	0		0	NR	4		0	0	0
Carotene, alpha ... mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta ... mcg	0		0	FLA	4		0	0	0
Vitamin A, IU ... IU	0		1	MC	9		0	0	0
Lycopene ... mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin ... mcg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol) ... mg	1.72		0	FLA	4		1.03	0.31	0.36
Vitamin E, added ... mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) ... mcg	2.2		0	FLA	4		1.3	0.4	0.5
Lipids:									
Fatty acids, total saturated ... g	9.500		1	MC	9		5.700	1.710	1.995
4:0 ... g	0.007		0	FLA	4		0.004	0.001	0.002

NDB No. 19069
Candies, NESTLE, BUTTERFINGER Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.022		0	FLA	4		0.013	0.004	0.005
8:0 ... g	0.282		0	FLA	4		0.169	0.051	0.059
10:0 ... g	0.273		0	FLA	4		0.164	0.049	0.057
12:0 ... g	4.183		0	FLA	4		2.510	0.753	0.878
13:0 ... g									
14:0 ... g	1.406		0	FLA	4		0.844	0.253	0.295
15:0 ... g	0.000		0	FLA	4		0.000	0.000	0.000
16:0 ... g	1.763		0	FLA	4		1.058	0.317	0.370
17:0 ... g	0.000		0	FLA	4		0.000	0.000	0.000
18:0 ... g	1.445		0	FLA	4		0.867	0.260	0.304
20:0 ... g	0.003		0	FLA	4		0.002	0.001	0.001
22:0 ... g	0.000		0	FLA	4		0.000	0.000	0.000
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.119		0	FLA	4		3.072	0.922	1.075
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	FLA	4		0.001	0.000	0.000
17:1 ... g									
18:1 undifferentiated ... g	4.983		0	FLA	4		2.990	0.897	1.046
20:1 ... g	0.134		0	FLA	4		0.080	0.024	0.028
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.164		0	FLA	4		1.899	0.570	0.665
18:2 undifferentiated ... g	3.163		0	FLA	4		1.898	0.569	0.664
18:3 undifferentiated ... g	0.002		0	FLA	4		0.001	0.000	0.000
18:4 ... g	0.000		0	FLA	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	Z	7		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans ... g	0.040		1	MC	9		0.024	0.007	0.008
Cholesterol ... mg	0		1	MC	9		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine ... mg	1		0	FLA	4		1	0	0
Theobromine ... mg	36		0	FLA	4		22	7	8

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

Common Measures:

Measure 1 = 60g: 1 serving 2.1 oz bar

Measure 2 = 18g: 1 serving 1 fun size bar 0.65 oz

Measure 3 = 21g: 1 serving 0.75 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19119
Candies, NESTLE, CHUNKY Bar
Nestle USA, 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	2.90		2		1		1.16		
Energy ... kcal	475		1	MC	9		190		
Energy ... kJ	1987		0	MC	9		795		
Protein ... g	7.50		1	MC	9		3.00		
Total lipid (fat) ... g	27.50		1	MC	9		11.00		
Ash ... g	1.70		2		1		0.68		
Carbohydrate, by difference ... g	60.00		1	MC	9		24.00		
Fiber, total dietary ... g	2.5		1	MC	9		1.0		
Sugars, total ... g	52.50		1	MC	9		21.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	100		1	MC	9		40		
Iron, Fe ... mg	0.90		1	MC	9		0.36		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	38		1	MC	9		15		
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									
Folic acid ... mcg									
Folate, food ... mcg									
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	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	12.500		1	MC	9		5.000		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	0.160		1	MC	9		0.064		
Cholesterol ... mg	10		1	MC	9		4		

NDB No. 19119
Candies, NESTLE, CHUNKY Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 40g: 1 serving 1.4 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19145

Candies, NESTLE, CRUNCH Bar and Dessert Topping

Nestle USA, 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	0.65		1	MC	9		0.29	0.09	0.27
Energy....kcal	500		1	MC	9		220	71	205
Energy....kJ	2092		0	MC	9		920	297	858
Protein....g	5.00		1	MC	9		2.20	0.71	2.05
Total lipid (fat)....g	26.00		1	MC	9		11.44	3.69	10.66
Ash....g	1.35		3	A	1		0.59	0.19	0.55
Carbohydrate, by difference....g	67.00		1	MC	9		29.48	9.51	27.47
Fiber, total dietary....g	1.9		1	MC	9		0.8	0.3	0.8
Sugars, total....g	55.00		1	MC	9		24.20	7.81	22.55
Starch....g									
Minerals:									
Calcium, Ca....mg	100		1	MC	9		44	14	41
Iron, Fe....mg	0.70		1	MC	9		0.31	0.10	0.29
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	305		1	MC	9		134	43	125
Sodium, Na....mg	150		1	MC	9		66	21	62
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.2	0.1	0.2
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	107		1	MC	9		47	15	44
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	16.000		1	MC	9		7.040	2.272	6.560
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.137		1	MC	9		0.060	0.019	0.056
Cholesterol....mg	13		1	MC	9		6	2	5
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	30		1	MC	9		13	4	12
Theobromine....mg	168		1	MC	9		74	24	69

Blanks in the 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. 19145
Candies, NESTLE, CRUNCH Bar and Dessert Topping

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 44g: 1 bar 1.55 oz

Measure 2 = 14.2g: 1 bar 0.5 oz

Measure 3 = 41g: 1 serving 4 fun size bars

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

Food Group: 19 Sweets

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

NDB No. 19105

Candies, NESTLE, GOOBERS Chocolate Covered Peanuts

Nestle USA, 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	1.90	0.100	3		1		0.74	0.78	0.91
Energy ... kcal	512		1	MC	9		200	210	246
Energy ... kJ	2142		0	MC	9		835	878	1028
Protein ... g	9.70		1	MC	9		3.78	3.98	4.66
Total lipid (fat) ... g	34.00		1	MC	9		13.26	13.94	16.32
Ash ... g	1.80	0.076	3		1		0.70	0.74	0.86
Carbohydrate, by difference ... g	53.00		1	MC	9		20.67	21.73	25.44
Fiber, total dietary ... g	9.7		1	MC	9		3.8	4.0	4.7
Sugars, total ... g	43.00		1	MC	9		16.77	17.63	20.64
Starch ... g									
Minerals:									
Calcium, Ca ... mg	89		1	MC	9		35	36	43
Iron, Fe ... mg	1.10		1	MC	9		0.43	0.45	0.53
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	502	10.786	3		1		196	206	241
Sodium, Na ... mg	36		1	MC	9		14	15	17
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.3		1	MC	9		0.1	0.1	0.1
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... mcg									
Folic acid ... mcg									
Folate, food ... mcg									
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	68		1	MC	9		27	28	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	12.100		1	MC	9		4.719	4.961	5.808
4:0 ... g									
6:0 ... g									
8:0 ... g									
10:0 ... g									

NDB No. 19105
Candies, NESTLE, GOOBERS Chocolate Covered Peanuts

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g									
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g									
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g									
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	0.070		1	MC	9		0.027	0.029	0.034
Cholesterol....mg	12		1	MC	9		5	5	6
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
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 = 39g: 1 package 1.375 oz

Measure 2 = 41g: 1 serving 0.25 cup

Measure 3 = 48g: 1 serving fun size

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

Food Group: 19 Sweets

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

NDB No. 19118
Candies, NESTLE, OH HENRY! Bar
Nestle USA, 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	2.30		0	O	4		1.31	0.60	
Energy....kcal	462		1	MC	9		263	120	
Energy....kJ	1933		0	MC	9		1102	503	
Protein....g	7.70		1	MC	9		4.39	2.00	
Total lipid (fat)....g	23.00		1	MC	9		13.11	5.98	
Ash....g	1.50		0	FLC	4		0.86	0.39	
Carbohydrate, by difference....g	65.50		1	MC	9		37.34	17.03	
Fiber, total dietary....g	1.9		1	MC	9		1.1	0.5	
Sugars, total....g	46.20		1	MC	9		26.33	12.01	
Starch....g									
Minerals:									
Calcium, Ca....mg	69		1	MC	9		39	18	
Iron, Fe....mg	0.50		1	MC	9		0.29	0.13	
Magnesium, Mg....mg	51		0	FLC	4		29	13	
Phosphorus, P....mg	140		0	FLC	4		80	36	
Potassium, K....mg	259		0	FLC	4		148	67	
Sodium, Na....mg	193		1	MC	9		110	50	
Zinc, Zn....mg	1.19		0	FLC	4		0.68	0.31	
Copper, Cu....mg	0.353		0	FLC	4		0.201	0.092	
Manganese, Mn....mg	0.535		0	FLC	4		0.305	0.139	
Selenium, Se....mcg	3.2		0	FLC	4		1.8	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	
Thiamin....mg	0.149		0	FLC	4		0.085	0.039	
Riboflavin....mg	0.121		0	FLC	4		0.069	0.032	
Niacin....mg	2.545		0	FLC	4		1.451	0.662	
Pantothenic acid....mg	0.539		0	FLC	4		0.307	0.140	
Vitamin B-6....mg	0.086		0	FLC	4		0.049	0.022	
Folate, total....mcg	44		0	FLC	4		25	11	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	44		0	FLC	4		25	11	
Folate, DFE....mcg_DFE	44		0	NC	4		25	11	
Choline, total....mg	37.1		0	O	4		21.2	9.6	
Betaine....mg									
Vitamin B-12....mcg	0.20		0	FLC	4		0.11	0.05	
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	NR	4		0	0	
Carotene, beta....mcg	0		0	NR	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		1	MC	9		0	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	2.21		0	FLC	4		1.26	0.57	
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	1.2		0	FLC	4		0.7	0.3	
Lipids:									
Fatty acids, total saturated....g	9.600		1	MC	9		5.472	2.496	
4:0....g	0.124		0	FLC	4		0.070	0.032	

NDB No. 19118
Candies, NESTLE, OH HENRY! Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.055		0	FLC	4		0.032	0.014	
8:0 g	0.160		0	FLC	4		0.091	0.042	
10:0 g	0.156		0	FLC	4		0.089	0.041	
12:0 g	0.853		0	FLC	4		0.486	0.222	
13:0 g	0.000		0	FLC	4		0.000	0.000	
14:0 g	0.471		0	FLC	4		0.269	0.123	
15:0 g	0.017		0	FLC	4		0.010	0.004	
16:0 g	2.869		0	FLC	4		1.636	0.746	
17:0 g	0.016		0	FLC	4		0.009	0.004	
18:0 g	1.815		0	FLC	4		1.035	0.472	
20:0 g	0.042		0	FLC	4		0.024	0.011	
22:0 g	0.004		0	FLC	4		0.003	0.001	
24:0 g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated g	5.530		0	FLC	4		3.152	1.438	
14:1 g	0.011		0	FLC	4		0.007	0.003	
15:1 g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated g	0.024		0	FLC	4		0.013	0.006	
17:1 g	0.003		0	FLC	4		0.002	0.001	
18:1 undifferentiated g	5.376		0	FLC	4		3.064	1.398	
20:1 g	0.116		0	FLC	4		0.066	0.030	
22:1 undifferentiated g	0.000		0	FLC	4		0.000	0.000	
24:1 c g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated g	2.706		0	FLC	4		1.542	0.704	
18:2 undifferentiated g	2.705		0	FLC	4		1.542	0.703	
18:3 undifferentiated g	0.001		0	FLC	4		0.000	0.000	
18:4 g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans g	0.050		1	MC	9		0.029	0.013	
Cholesterol mg	7		1	MC	9		4	2	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0	0.0	
Caffeine mg	4		0	FLC	4		2	1	
Theobromine mg	44		0	FLC	4		25	11	

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

Common Measures:

Measure 1 = 57g: 1 bar 2 oz

Measure 2 = 26g: 1 serving fun size bar

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

Food Group: 19 Sweets

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

NDB No. 19149

Candies, NESTLE, RAISINETS Chocolate Covered Raisins

Nestle USA, 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	6.40	0.784	3		1		2.88	3.07	2.88
Energy....kcal	422		1	MC	9		190	203	190
Energy....kJ	1766		0	MC	9		795	848	795
Protein....g	4.40		1	MC	9		1.98	2.11	1.98
Total lipid (fat)....g	17.00		1	MC	9		7.65	8.16	7.65
Ash....g	1.50	0.185	3		1		0.68	0.72	0.68
Carbohydrate, by difference....g	71.00		1	MC	9		31.95	34.08	31.95
Fiber, total dietary....g	2.2		1	MC	9		1.0	1.1	1.0
Sugars, total....g	59.00		1	MC	9		26.55	28.32	26.55
Starch....g									
Minerals:									
Calcium, Ca....mg	85		1	MC	9		38	41	38
Iron, Fe....mg	1.20		1	MC	9		0.54	0.58	0.54
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	33		1	MC	9		15	16	15
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6		1	MC	9		0.7	0.8	0.7
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folic acid....mcg									
Folate, food....mcg									
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	77		1	MC	9		35	37	35
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.000		1	MC	9		4.950	5.280	4.950
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.080		1	MC	9		0.036	0.038	0.036
Cholesterol....mg	11		1	MC	9		5	5	5

NDB No. 19149
Candies, NESTLE, RAISINETS Chocolate Covered Raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 45g: 1 serving 1.58 oz bag

Measure 2 = 48g: 1 serving fun size

Measure 3 = 45g: 1 serving 0.25 cup

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

Food Group: 19 Sweets

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

NDB No. 19238
Candies, REESE'S BITES
Hershey Food Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.65		1	MC	9		0.64		
Energy	kcal	521		1	MC	9		203		
Energy	kJ	2181		0	MC	9		851		
Protein (N x 6.25)	g	11.34		1	MC	9		4.42		
Total lipid (fat)	g	29.85		1	MC	9		11.64		
Ash	g	1.62		1	MC	9		0.63		
Carbohydrate, by difference	g	55.18		1	MC	9		21.52		
Fiber, total dietary	g	3.1		1	MC	9		1.2		
Sugars, total	g	48.03		1	MC	9		18.73		
Starch	g									
Minerals:										
Calcium, Ca	mg	112		1	MC	9		44		
Iron, Fe	mg	0.85		1	MC	9		0.33		
Magnesium, Mg	mg	63		1	MC	9		25		
Phosphorus, P	mg	194		1	MC	9		76		
Potassium, K	mg	382		1	MC	9		149		
Sodium, Na	mg	179		1	MC	9		70		
Zinc, Zn	mg	1.06		1	MC	9		0.41		
Copper, Cu	mg	0.300		1	MC	9		0.117		
Manganese, Mn	mg	0.650		1	MC	9		0.254		
Selenium, Se	mcg	1.6		1	MC	9		0.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1	MC	9		0.3		
Thiamin	mg	0.150		1	MC	9		0.059		
Riboflavin	mg	0.210		1	MC	9		0.082		
Niacin	mg	4.330		1	MC	9		1.689		
Pantothenic acid	mg	0.570		1	MC	9		0.222		
Vitamin B-6	mg	0.100		1	MC	9		0.039		
Folate, total	mcg	42		1	MC	9		17		
Folic acid	mcg									
Folate, food	mcg									
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	60		1	MC	9		23		
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	18.000		1	MC	9		7.020		
Fatty acids, total monounsaturated	g	7.060		1	MC	9		2.753		
Fatty acids, total polyunsaturated	g	1.820		1	MC	9		0.710		
Fatty acids, total trans	g	0.050		1	MC	9		0.020		

NDB No. 19238
Candies, REESE'S BITES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		3		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
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 = 39g: 16 pieces

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

Food Group: 19 Sweets

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

NDB No. 19239

Candies, REESE'S NUTRAGEOUS Candy Bar

Hershey Food Corp.

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	1.50		1	MC	9		0.81	0.51	
Energy....kcal	517		1	MC	9		279	176	
Energy....kJ	2165		0	MC	9		1169	736	
Protein....g	11.28		1	MC	9		6.09	3.84	
Total lipid (fat)....g	32.09		1	MC	9		17.33	10.91	
Ash....g	2.18		1	MC	9		1.18	0.74	
Carbohydrate, by difference....g	52.80		1	MC	9		28.51	17.95	
Fiber, total dietary....g	3.9		1	MC	9		2.1	1.3	
Sugars, total....g	40.22		1	MC	9		21.72	13.67	
Starch....g									
Minerals:									
Calcium, Ca....mg	68		1	MC	9		37	23	
Iron, Fe....mg	1.23		1	MC	9		0.66	0.42	
Magnesium, Mg....mg	68		1	MC	9		37	23	
Phosphorus, P....mg	175		1	MC	9		94	59	
Potassium, K....mg	364		1	MC	9		197	124	
Sodium, Na....mg	141		1	MC	9		76	48	
Zinc, Zn....mg	1.29		1	MC	9		0.70	0.44	
Copper, Cu....mg	0.270		1	MC	9		0.146	0.092	
Manganese, Mn....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se....mcg	0.2		1	MC	9		0.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.2	0.2	
Thiamin....mg	0.180		1	MC	9		0.097	0.061	
Riboflavin....mg	0.100		1	MC	9		0.054	0.034	
Niacin....mg	5.250		1	MC	9		2.835	1.785	
Pantothenic acid....mg	0.540		1	MC	9		0.292	0.184	
Vitamin B-6....mg	0.100		1	MC	9		0.054	0.034	
Folate, total....mcg	56		1	MC	9		30	19	
Folic acid....mcg									
Folate, food....mcg									
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	36		1	MC	9		19	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 D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.860		1	MC	9		4.784	3.012	
Fatty acids, total monounsaturated....g	12.630		1	MC	9		6.820	4.294	
Fatty acids, total polyunsaturated....g	8.090		1	MC	9		4.369	2.751	
Fatty acids, total trans....g									

NDB No. 19239
Candies, REESE'S NUTRAGEOUS Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	3		1	MC	9		2	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		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 = 54g: 1 bar 1.92 oz

Measure 2 = 34g: 2 bars

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

Food Group: 19 Sweets

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

NDB No. 19151
Candies, REESE'S PIECES Candy

Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00		1	MC	9		0.47	0.08	0.46
Energy....kcal	497		1	MC	9		234	40	229
Energy....kJ	2080		0	MC	9		978	166	957
Protein....g	12.46		1	MC	9		5.86	1.00	5.73
Total lipid (fat)....g	24.77		1	MC	9		11.64	1.98	11.39
Ash....g	1.81		1	MC	9		0.85	0.14	0.83
Carbohydrate, by difference....g	59.86		1	MC	9		28.13	4.79	27.54
Fiber, total dietary....g	3.0		1	MC	9		1.4	0.2	1.4
Sugars, total....g	53.25		1	MC	9		25.03	4.26	24.50
Starch....g									
Minerals:									
Calcium, Ca....mg	69		1	MC	9		32	6	32
Iron, Fe....mg	0.49		1	MC	9		0.23	0.04	0.23
Magnesium, Mg....mg	88		1	MC	9		42	7	41
Phosphorus, P....mg	207		1	MC	9		97	17	95
Potassium, K....mg	359		1	MC	9		169	29	165
Sodium, Na....mg	194		1	MC	9		91	16	89
Zinc, Zn....mg	1.15		1	MC	9		0.54	0.09	0.53
Copper, Cu....mg	0.410		1	MC	9		0.193	0.033	0.189
Manganese, Mn....mg	1.100		1	MC	9		0.517	0.088	0.506
Selenium, Se....mcg	0.8		1	MC	9		0.4	0.1	0.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin....mg	0.180		1	MC	9		0.085	0.014	0.083
Riboflavin....mg	0.220		1	MC	9		0.103	0.018	0.101
Niacin....mg	6.060		1	MC	9		2.848	0.485	2.788
Pantothenic acid....mg	0.610		1	MC	9		0.287	0.049	0.281
Vitamin B-6....mg	0.110		1	MC	9		0.052	0.009	0.051
Folate, total....mcg	55		1	MC	9		26	4	25
Folic acid....mcg	0		0	FLM	4		0	0	0
Folate, food....mcg	55		1	MC	9		26	4	25
Folate, DFE....mcg_DFE	55		0	NC	4		26	4	25
Choline, total....mg	28.7		0	BFFN	4		13.5	2.3	13.2
Betaine....mg									
Vitamin B-12....mcg	0.11		0	FLM	4		0.05	0.01	0.05
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	FLM	4		0	0	0
Carotene, beta....mcg	0		0	FLM	4		0	0	0
Carotene, alpha....mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	0		1	MC	9		0	0	0
Lycopene....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.99		0	NR	4		0.47	0.08	0.46
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	5.9		0	FLM	4		2.8	0.5	2.7

Lipids:

NDB No. 19151
Candies, REESE'S PIECES Candy

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	16.420		1	MC	9		7.717	1.314	7.553
4:0....g	0.002		0	FLM	4		0.001	0.000	0.001
6:0....g	0.039		0	FLM	4		0.018	0.003	0.018
8:0....g	0.639		0	FLM	4		0.300	0.051	0.294
10:0....g	0.717		0	FLM	4		0.337	0.057	0.330
12:0....g	9.099		0	FLM	4		4.277	0.728	4.186
13:0....g									
14:0....g	3.182		0	FLM	4		1.496	0.255	1.464
15:0....g									
16:0....g	1.989		0	FLM	4		0.935	0.159	0.915
17:0....g									
18:0....g	0.750		0	FLM	4		0.353	0.060	0.345
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.460		1	MC	9		2.096	0.357	2.052
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.019		0	FLM	4		0.009	0.002	0.009
17:1....g									
18:1 undifferentiated....g	4.434		0	FLM	4		2.084	0.355	2.040
20:1....g	0.002		0	FLM	4		0.001	0.000	0.001
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.880		1	MC	9		0.884	0.150	0.865
18:2 undifferentiated....g	1.768		0	FLM	4		0.831	0.141	0.813
18:3 undifferentiated....g	0.108		0	FLM	4		0.051	0.009	0.049
18:4....g	0.000		0	FLM	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	FLM	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		1	MC	9		0.000	0.000	0.000
Cholesterol....mg	0		1	MC	9		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine....mg	0		1	MC	9		0	0	0
Theobromine....mg	0		0	FLM	4		0	0	0

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

Common Measures:

Measure 1 = 47g: .25 cup

Measure 2 = 8.0g: 10 pieces

Measure 3 = 46g: 1 package 1.63 oz

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

Food Group: 19 Sweets

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

NDB No. 19150

Candies, REESE'S Peanut Butter Cups

Hershey Food Corp.

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	1.44		1	MC	9		0.24	0.65	0.10
Energy....kcal	515		1	MC	9		87	232	36
Energy....kJ	2153		0	MC	9		366	969	151
Protein....g	10.24		1	MC	9		1.74	4.61	0.72
Total lipid (fat)....g	30.53		1	MC	9		5.19	13.74	2.14
Ash....g	2.28		1	MC	9		0.39	1.03	0.16
Carbohydrate, by difference....g	55.36		1	MC	9		9.41	24.91	3.88
Fiber, total dietary....g	3.6		1	MC	9		0.6	1.6	0.3
Sugars, total....g	47.17		1	MC	9		8.02	21.23	3.30
Starch....g									
Minerals:									
Calcium, Ca....mg	78		1	MC	9		13	35	5
Iron, Fe....mg	1.21		1	MC	9		0.21	0.54	0.08
Magnesium, Mg....mg	62		1	MC	9		11	28	4
Phosphorus, P....mg	161		1	MC	9		27	73	11
Potassium, K....mg	343		1	MC	9		58	155	24
Sodium, Na....mg	314		1	MC	9		53	141	22
Zinc, Zn....mg	1.28		1	MC	9		0.22	0.58	0.09
Copper, Cu....mg	0.240		1	MC	9		0.041	0.108	0.017
Manganese, Mn....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se....mcg	1.4		1	MC	9		0.2	0.6	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		1	MC	9		0.1	0.1	0.0
Thiamin....mg	0.160		1	MC	9		0.027	0.072	0.011
Riboflavin....mg	0.110		1	MC	9		0.019	0.050	0.008
Niacin....mg	4.490		1	MC	9		0.763	2.021	0.314
Pantothenic acid....mg	0.620		1	MC	9		0.105	0.279	0.043
Vitamin B-6....mg	0.100		1	MC	9		0.017	0.045	0.007
Folate, total....mcg	50		1	MC	9		8	22	3
Folic acid....mcg	0		0	FLM	4		0	0	0
Folate, food....mcg	50		1	MC	9		8	22	3
Folate, DFE....mcg_DFE	50		0	NC	4		8	22	3
Choline, total....mg	35.4		0	FLM	4		6.0	15.9	2.5
Betaine....mg									
Vitamin B-12....mcg	0.26		0	FLM	4		0.04	0.12	0.02
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	17		0	NC	4		3	8	1
Retinol....mcg	17		0	NR	4		3	8	1
Carotene, beta....mcg	0		0	FLM	4		0	0	0
Carotene, alpha....mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	56		1	MC	9		10	25	4
Lycopene....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....mcg	2		0	FLM	4		0	1	0
Vitamin E (alpha-tocopherol)....mg	0.15		0	NR	4		0.03	0.07	0.01
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		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	FLM	4		0.3	0.9	0.1
Lipids:									
Fatty acids, total saturated....g	10.730		1	MC	9		1.824	4.829	0.751
4:0....g	0.282		0	FLM	4		0.048	0.127	0.020

NDB No. 19150
Candies, REESE'S Peanut Butter Cups

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.102		0	FLM	4		0.017	0.046	0.007
8:0 g	0.058		0	FLM	4		0.010	0.026	0.004
10:0 g	0.110		0	FLM	4		0.019	0.050	0.008
12:0 g	0.121		0	FLM	4		0.021	0.055	0.008
13:0 g	0.000		0	FLM	4		0.000	0.000	0.000
14:0 g	0.382		0	FLM	4		0.065	0.172	0.027
15:0 g	0.038		0	FLM	4		0.007	0.017	0.003
16:0 g	5.408		0	FLM	4		0.919	2.434	0.379
17:0 g	0.037		0	FLM	4		0.006	0.016	0.003
18:0 g	3.862		0	FLM	4		0.657	1.738	0.270
20:0 g	0.096		0	FLM	4		0.016	0.043	0.007
22:0 g	0.010		0	FLM	4		0.002	0.005	0.001
24:0 g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	13.100		1	MA	12		2.227	5.895	0.917
14:1 g	0.027		0	FLM	4		0.005	0.012	0.002
15:1 g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated g	0.053		0	FLM	4		0.009	0.024	0.004
17:1 g	0.008		0	FLM	4		0.001	0.003	0.001
18:1 undifferentiated g	8.678		0	FLM	4		1.475	3.905	0.607
20:1 g	0.194		0	FLM	4		0.033	0.087	0.014
22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	5.500		1	MC	9		0.935	2.475	0.385
18:2 undifferentiated g	5.438		0	FLM	4		0.924	2.447	0.381
18:3 undifferentiated g	0.023		0	FLM	4		0.004	0.010	0.002
18:4 g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans g	0.000		1	MC	9		0.000	0.000	0.000
Cholesterol mg	6		1	MC	9		1	3	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine mg	7		0	FLM	4		1	3	0
Theobromine mg	72		0	FLM	4		12	32	5

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package 0.6 oz 1 cup

Measure 2 = 45g: 1 package 1.6 oz 2 cups

Measure 3 = 7.0g: 1 miniature

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

Food Group: 19 Sweets

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

NDB No. 19252

Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats

Hershey Food Corp.

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	4.10		1	MC	9		2.30		
Energy ... kcal	474		1	MC	9		266		
Energy ... kJ	1985		0	MC	9		1112		
Protein (N x 6.25) ... g	8.66		1	MC	9		4.85		
Total lipid (fat) ... g	23.42		1	MC	9		13.12		
Ash ... g	2.01		1	MC	9		1.13		
Carbohydrate, by difference ... g	61.60		1	MC	9		34.50		
Fiber, total dietary ... g	2.9		1	MC	9		1.6		
Sugars, total ... g	53.08		1	MC	9		29.72		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	61		1	MC	9		34		
Iron, Fe ... mg	0.96		1	MC	9		0.54		
Magnesium, Mg ... mg	48		1	MC	9		27		
Phosphorus, P ... mg	130		1	MC	9		73		
Potassium, K ... mg	284		1	MC	9		159		
Sodium, Na ... mg	330		1	MC	9		185		
Zinc, Zn ... mg	0.94		1	MC	9		0.53		
Copper, Cu ... mg	0.180		1	MC	9		0.101		
Manganese, Mn ... mg	0.000		1	MC	9		0.000		
Selenium, Se ... mcg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.4		1	MC	9		0.2		
Thiamin ... mg	0.130		1	MC	9		0.073		
Riboflavin ... mg	0.100		1	MC	9		0.056		
Niacin ... mg	3.570		1	MC	9		1.999		
Pantothenic acid ... mg	0.420		1	MC	9		0.235		
Vitamin B-6 ... mg	0.070		1	MC	9		0.039		
Folate, total ... mcg	39		1	MC	9		22		
Folic acid ... mcg									
Folate, food ... mcg	39		1	MC	9		22		
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	40		1	MC	9		23		
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	8.230		1	MC	9		4.609		
Fatty acids, total monounsaturated ... g	8.940		1	MC	9		5.006		
Fatty acids, total polyunsaturated ... g	4.330		1	MC	9		2.425		
Fatty acids, total trans ... g	0.000		1	MC	9		0.000		

NDB No. 19252

Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	4		1	MC	9		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
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 = 56g: 2 oz bar

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

Food Group: 19 Sweets

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

NDB No. 19896

Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar

Hershey Food Corp.

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	1.66		0	FLC	4		0.93		
Energy....kcal	495		0	NC	4		277		
Energy....kJ	2070		0	NC	4		1159		
Protein (N x 6.25)....g	8.93		1	LC	8		5.00		
Total lipid (fat)....g	23.21		1	LC	8		13.00		
Ash....g	2.30		0	FLC	4		1.29		
Carbohydrate, by difference....g	63.90		0	NC	4		35.79		
Fiber, total dietary....g	3.6		1	LC	8		2.0		
Sugars, total....g	53.57		1	LC	8		30.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	36		1	LC	8		20		
Iron, Fe....mg	0.64		1	LC	8		0.36		
Magnesium, Mg....mg	60		0	FLC	4		34		
Phosphorus, P....mg	156		0	FLC	4		87		
Potassium, K....mg	257		0	FLC	4		144		
Sodium, Na....mg	321		1	LC	8		180		
Zinc, Zn....mg	1.45		0	FLC	4		0.81		
Copper, Cu....mg	0.322		0	FLC	4		0.180		
Manganese, Mn....mg	0.727		0	FLC	4		0.407		
Selenium, Se....mcg	3.7		0	FLC	4		2.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0		
Thiamin....mg	0.117		0	FLC	4		0.065		
Riboflavin....mg	0.113		0	FLC	4		0.063		
Niacin....mg	2.789		0	FLC	4		1.562		
Pantothenic acid....mg	0.529		0	FLC	4		0.296		
Vitamin B-6....mg	0.061		0	FLC	4		0.034		
Folate, total....mcg	28		0	FLC	4		16		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	28		0	FLC	4		16		
Folate, DFE....mcg_DFE	28		0	NC	4		16		
Choline, total....mg	20.9		0	O	4		11.7		
Betaine....mg									
Vitamin B-12....mcg	0.18		0	FLC	4		0.10		
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	14		0	FLC	4		8		
Retinol....mcg	14		0	FLC	4		8		
Carotene, beta....mcg	0		0	FLC	4		0		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	49		0	FLC	4		28		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	2.56		0	FLC	4		1.43		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	1.8		0	FLC	4		1.0		
Lipids:									
Fatty acids, total saturated....g	8.036		1	LC	8		4.500		
4:0....g	0.173		0	FLC	4		0.097		

NDB No. 19896

Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.064		0	FLC	4		0.036		
8:0 g	0.058		0	FLC	4		0.033		
10:0 g	0.096		0	FLC	4		0.054		
12:0 g	0.560		0	FLC	4		0.314		
13:0 g	0.000		0	FLC	4		0.000		
14:0 g	0.408		0	FLC	4		0.228		
15:0 g	0.023		0	FLC	4		0.013		
16:0 g	3.886		0	FLC	4		2.176		
17:0 g	0.022		0	FLC	4		0.013		
18:0 g	2.488		0	FLC	4		1.393		
20:0 g	0.059		0	FLC	4		0.033		
22:0 g	0.006		0	FLC	4		0.004		
24:0 g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated g	8.104		0	FLC	4		4.538		
14:1 g	0.017		0	FLC	4		0.009		
15:1 g	0.000		0	FLC	4		0.000		
16:1 undifferentiated g	0.034		0	FLC	4		0.019		
17:1 g	0.005		0	FLC	4		0.003		
18:1 undifferentiated g	7.877		0	FLC	4		4.411		
20:1 g	0.172		0	FLC	4		0.096		
22:1 undifferentiated g	0.000		0	FLC	4		0.000		
24:1 c g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated g	4.241		0	FLC	4		2.375		
18:2 undifferentiated g	4.230		0	FLC	4		2.369		
18:3 undifferentiated g	0.011		0	FLC	4		0.006		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g	0.000		0	FLC	4		0.000		
20:3 undifferentiated g	0.000		0	FLC	4		0.000		
20:4 undifferentiated g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g	0.000		0	FLC	4		0.000		
Cholesterol mg	9		1	LC	8		5		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0		
Caffeine mg	6		0	FLC	4		3		
Theobromine mg	60		0	FLC	4		33		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1 bar

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

Food Group: 19 Sweets

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

NDB No. 19152

Candies, ROLO Caramels in Milk Chocolate

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.60		1	MC	9		2.21	1.93	
Energy....kcal	474		1	MC	9		228	199	
Energy....kJ	1984		0	MC	9		952	833	
Protein....g	5.08		1	MC	9		2.44	2.13	
Total lipid (fat)....g	20.93		1	MC	9		10.05	8.79	
Ash....g	1.27		1	MC	9		0.61	0.53	
Carbohydrate, by difference....g	67.95		1	MC	9		32.62	28.54	
Fiber, total dietary....g	0.9		1	MC	9		0.4	0.4	
Sugars, total....g	63.93		1	MC	9		30.69	26.85	
Starch....g									
Minerals:									
Calcium, Ca....mg	145		1	MC	9		70	61	
Iron, Fe....mg	0.42		1	MC	9		0.20	0.18	
Magnesium, Mg....mg	0		1	MC	9		0	0	
Phosphorus, P....mg	71		1	MC	9		34	30	
Potassium, K....mg	188		1	MC	9		90	79	
Sodium, Na....mg	188		1	MC	9		90	79	
Zinc, Zn....mg	0.00		1	MC	9		0.00	0.00	
Copper, Cu....mg	0.000		1	MC	9		0.000	0.000	
Manganese, Mn....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se....mcg	0.0		1	MC	9		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.4	0.4	
Thiamin....mg	0.020		1	MC	9		0.010	0.008	
Riboflavin....mg	0.120		1	MC	9		0.058	0.050	
Niacin....mg	0.040		1	MC	9		0.019	0.017	
Pantothenic acid....mg	0.000		1	MC	9		0.000	0.000	
Vitamin B-6....mg	0.000		1	MC	9		0.000	0.000	
Folate, total....mcg	0		1	MC	9		0	0	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	0		0	NR	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	20.1		0	O	4		9.6	8.4	
Betaine....mg									
Vitamin B-12....mcg	0.33		0	FLC	4		0.16	0.14	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	34		0	FLM	4		16	14	
Retinol....mcg	33		0	FLM	4		16	14	
Carotene, beta....mcg	0		0	FLM	4		0	0	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	121		1	MC	9		58	51	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)....mg	1.10		0	FLC	4		0.53	0.46	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	3.2		0	FLC	4		1.6	1.4	
Lipids:									
Fatty acids, total saturated....g	14.542		0	NC	4		6.980	6.108	
4:0....g	0.448		0	FLC	4		0.215	0.188	

NDB No. 19152
Candies, ROLO Caramels in Milk Chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.229		0	FLC	4		0.110	0.096	
8:0 ... g	0.167		0	FLC	4		0.080	0.070	
10:0 ... g	0.250		0	FLC	4		0.120	0.105	
12:0 ... g	0.275		0	FLC	4		0.132	0.115	
13:0 ... g	0.000		0	FLC	4		0.000	0.000	
14:0 ... g	0.947		0	FLC	4		0.454	0.398	
15:0 ... g	0.045		0	FLC	4		0.022	0.019	
16:0 ... g	6.535		0	FLC	4		3.137	2.745	
17:0 ... g	0.049		0	FLC	4		0.024	0.021	
18:0 ... g	5.423		0	FLC	4		2.603	2.277	
20:0 ... g	0.137		0	FLC	4		0.066	0.058	
22:0 ... g	0.038		0	FLC	4		0.018	0.016	
24:0 ... g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated ... g	2.104		0	NC	4		1.010	0.884	
14:1 ... g	0.007		0	FLC	4		0.004	0.003	
15:1 ... g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated ... g	0.024		0	FLC	4		0.011	0.010	
17:1 ... g	0.002		0	FLC	4		0.001	0.001	
18:1 undifferentiated ... g	2.068		0	FLC	4		0.993	0.869	
20:1 ... g	0.002		0	FLC	4		0.001	0.001	
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
24:1 c ... g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated ... g	0.265		0	NC	4		0.127	0.111	
18:2 undifferentiated ... g	0.235		0	FLC	4		0.113	0.099	
18:3 undifferentiated ... g	0.030		0	FLC	4		0.014	0.013	
18:4 ... g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c ... g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans ... g	0.000		1	MC	9		0.000	0.000	
Cholesterol ... mg	12		1	MC	9		6	5	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		1	MC	9		0.0	0.0	
Caffeine ... mg	6		1	LC	8		3	3	
Theobromine ... mg	52		1	LC	8		25	22	

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

Common Measures:

Measure 1 = 48g: 1 package 1 package

Measure 2 = 42g: 7 pieces

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

Food Group: 19 Sweets

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

NDB No. 19136
Candies, SKOR Toffee Bar
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.57		1	MC	9		0.61		
Energy....kcal	535		1	MC	9		209		
Energy....kJ	2240		0	MC	9		874		
Protein....g	3.13		1	MC	9		1.22		
Total lipid (fat)....g	32.18		1	MC	9		12.55		
Ash....g	1.20		1	MC	9		0.47		
Carbohydrate, by difference....g	61.72		1	MC	9		24.07		
Fiber, total dietary....g	1.3		1	MC	9		0.5		
Sugars, total....g	59.89		1	MC	9		23.36		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.57		1	MC	9		0.22		
Magnesium, Mg....mg	10		1	MC	9		4		
Phosphorus, P....mg	61		1	MC	9		24		
Potassium, K....mg	153		1	MC	9		60		
Sodium, Na....mg	317		1	MC	9		124		
Zinc, Zn....mg	0.17		1	MC	9		0.07		
Copper, Cu....mg	0.040		1	MC	9		0.016		
Manganese, Mn....mg	0.000		1	MC	9		0.000		
Selenium, Se....mcg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	MC	9		0.2		
Thiamin....mg	0.020		1	MC	9		0.008		
Riboflavin....mg	0.100		1	MC	9		0.039		
Niacin....mg	0.130		1	MC	9		0.051		
Pantothenic acid....mg	0.040		1	MC	9		0.016		
Vitamin B-6....mg									
Folate, total....mcg	3		1	MC	9		1		
Folic acid....mcg									
Folate, food....mcg									
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	718		1	MC	9		280		
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	18.780		1	MC	9		7.324		
Fatty acids, total monounsaturated....g	9.290		1	MC	9		3.623		
Fatty acids, total polyunsaturated....g	1.280		1	MC	9		0.499		
Fatty acids, total trans....g									

NDB No. 19136
Candies, SKOR Toffee Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	53		1	MC	9		21		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		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 = 39g: 1 bar 1.4 oz

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

Food Group: 19 Sweets

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

NDB No. 19164
Candies, SPECIAL DARK Chocolate Bar

Hershey Food Corp.

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	0.90		1	MC	9		0.37	0.66	0.38
Energy....kcal	556		0	NC	4		228	406	233
Energy....kJ	2325		0	NC	4		953	1697	977
Protein....g	5.54		1	MC	9		2.27	4.04	2.33
Total lipid (fat)....g	32.40		1	MC	9		13.28	23.65	13.61
Ash....g	0.67		1	MC	9		0.27	0.49	0.28
Carbohydrate, by difference....g	60.49		0	NC	4		24.80	44.16	25.41
Fiber, total dietary....g	6.5		1	MC	9		2.7	4.8	2.7
Sugars, total....g	47.56		1	MC	9		19.50	34.72	19.98
Starch....g									
Minerals:									
Calcium, Ca....mg	30		1	MC	9		12	22	13
Iron, Fe....mg	2.13		1	MC	9		0.87	1.55	0.89
Magnesium, Mg....mg	31		1	MC	9		13	23	13
Phosphorus, P....mg	51		1	MC	9		21	37	22
Potassium, K....mg	502		1	MC	9		206	366	211
Sodium, Na....mg	6		1	MC	9		2	4	2
Zinc, Zn....mg	0.01		1	MC	9		0.00	0.01	0.00
Copper, Cu....mg	0.020		1	MC	9		0.008	0.015	0.008
Manganese, Mn....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se....mcg	0.3		1	MC	9		0.1	0.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin....mg	0.000		1	MC	9		0.000	0.000	0.000
Riboflavin....mg	0.010		1	MC	9		0.004	0.007	0.004
Niacin....mg	0.000		1	MC	9		0.000	0.000	0.000
Pantothenic acid....mg	0.000		1	MC	9		0.000	0.000	0.000
Vitamin B-6....mg	0.000		1	MC	9		0.000	0.000	0.000
Folate, total....mcg	0		1	MC	9		0	0	0
Folic acid....mcg									
Folate, food....mcg	0		1	MC	9		0	0	0
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									
Fatty acids, total monounsaturated....g	5.140		1	MC	9		2.107	3.752	2.159

NDB No. 19164
Candies, SPECIAL DARK Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 polyunsaturated.....g	0.440		1	MC	9		0.180	0.321	0.185
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	MC	9		2	4	2
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		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 = 41g: 1 bar 1.45 oz

Measure 2 = 73g: 1 bar 2.6 oz

Measure 3 = 42g: 3 blocks

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

Food Group: 19 Sweets

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

NDB No. 19093

Candies, SYMPHONY Milk Chocolate Bar

Hershey Food Corp.

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	0.94		1	MC	9		0.39	0.64	
Energy....kcal	531		1	MC	9		223	361	
Energy....kJ	2222		0	MC	9		933	1511	
Protein....g	8.51		1	MC	9		3.57	5.79	
Total lipid (fat)....g	30.57		1	MC	9		12.84	20.79	
Ash....g	1.61		1	MC	9		0.68	1.09	
Carbohydrate, by difference....g	58.01		1	MC	9		24.36	39.45	
Fiber, total dietary....g	1.7		1	MC	9		0.7	1.2	
Sugars, total....g	53.96		1	MC	9		22.66	36.69	
Starch....g									
Minerals:									
Calcium, Ca....mg	251		1	MC	9		105	170	
Iron, Fe....mg	0.91		1	MC	9		0.38	0.62	
Magnesium, Mg....mg									
Phosphorus, P....mg	206		1	MC	9		87	140	
Potassium, K....mg	438		1	MC	9		184	298	
Sodium, Na....mg	101		1	MC	9		42	68	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.2		1	MC	9		0.9	1.5	
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									
Vitamin A, IU....IU	229		1	MC	9		96	155	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	18.340		1	MC	9		7.703	12.471	
Fatty acids, total monounsaturated....g	7.910		1	MC	9		3.322	5.379	
Fatty acids, total polyunsaturated....g	0.690		1	MC	9		0.290	0.469	
Fatty acids, total trans....g									
Cholesterol....mg	24		1	MC	9		10	16	
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. 19093

Candies, SYMPHONY Milk Chocolate Bar

Measure 1 = 42g: 1 bar 1.5 oz

Measure 2 = 68g: 1 bar 2.4 oz

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

Food Group: 19 Sweets

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

NDB No. 19064
Candies, TOOTSIE ROLL, chocolate-flavor roll

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.69		1	A	1	D	2.68	0.44	
Energy	kcal	387		0	NC	4		155	26	
Energy	kJ	1619		0	NC	4		648	107	
Protein (N x 6.25)	g	1.59		1	A	1	D	0.64	0.10	
Total lipid (fat)	g	3.31		1	A	1	D	1.32	0.22	
Ash	g	0.68		1	A	1	D	0.27	0.04	
Carbohydrate, by difference	g	87.73		0	NC	4		35.09	5.79	
Fiber, total dietary	g	0.1		1	A	1	D	0.0	0.0	
Sugars, total	g	56.32		1	A	1	D	22.53	3.72	
Sucrose	g	39.35		1	A	1	D	15.74	2.60	
Glucose (dextrose)	g	7.85		1	A	1	D	3.14	0.52	
Fructose	g	0.40		1	A	1	D	0.16	0.03	
Lactose	g	2.18		1	A	1	D	0.87	0.14	
Maltose	g	6.54		1	A	1	D	2.62	0.43	
Galactose	g	0.00		1	A	1	D	0.00	0.00	
Starch	g	15.30		1	A	1	D	6.12	1.01	
Minerals:										
Calcium, Ca	mg	36		1	A	1	D	14	2	
Iron, Fe	mg	0.80		1	A	1	D	0.32	0.05	
Magnesium, Mg	mg	22		1	A	1	D	9	1	
Phosphorus, P	mg	57		1	A	1	D	23	4	
Potassium, K	mg	116		1	A	1	D	46	8	
Sodium, Na	mg	44		1	A	1	D	18	3	
Zinc, Zn	mg	0.40		1	A	1	D	0.16	0.03	
Copper, Cu	mg	0.130		1	A	1	D	0.052	0.009	
Manganese, Mn	mg	0.047		1	A	1	D	0.019	0.003	
Selenium, Se	mcg	2.2		1	A	1	D	0.9	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1	D	0.0	0.0	
Thiamin	mg	0.056		1	A	1	D	0.022	0.004	
Riboflavin	mg	0.070		1	A	1	D	0.028	0.005	
Niacin	mg	0.210		1	A	1	D	0.084	0.014	
Pantothenic acid	mg	0.290		1	A	1	D	0.116	0.019	
Vitamin B-6	mg	0.010		1	A	1	D	0.004	0.001	
Folate, total	mcg	9		1	A	1	D	4	1	
Folic acid	mcg	3		1	A	1	D	1	0	
Folate, food	mcg	6		1	AS	1		2	0	
Folate, DFE	mcg_DFE	11		0	NC	4		4	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1	A	1	D	0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg									
Carotene, beta	mcg	0		1	A	1	D	0	0	
Carotene, alpha	mcg	0		1	A	1	D	0	0	
Cryptoxanthin, beta	mcg	0		1	A	1	D	0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		1	A	1	D	0	0	
Lutein + zeaxanthin	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.65		1	A	1	D	0.26	0.04	
Tocopherol, beta	mg	0.06		1	A	1	D	0.02	0.00	
Tocopherol, gamma	mg	7.42		1	A	1	D	2.97	0.49	
Tocopherol, delta	mg	3.18		1	A	1	D	1.27	0.21	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	9.6		1	A	1	D	3.9	0.6	

NDB No. 19064
Candies, TOOTSIE ROLL, chocolate-flavor roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.967		0	NC	4		0.387	0.064	
4:0....g	0.000		1	A	1	D	0.000	0.000	
6:0....g	0.000		1	A	1	D	0.000	0.000	
8:0....g	0.067		1	A	1	D	0.027	0.004	
10:0....g	0.025		1	A	1	D	0.010	0.002	
12:0....g	0.000		1	A	1	D	0.000	0.000	
13:0....g	0.000		1	A	1	D	0.000	0.000	
14:0....g	0.000		1	A	1	D	0.000	0.000	
15:0....g	0.000		1	A	1	D	0.000	0.000	
16:0....g	0.467		1	A	1	D	0.187	0.031	
17:0....g	0.000		1	A	1	D	0.000	0.000	
18:0....g	0.396		1	A	1	D	0.158	0.026	
20:0....g	0.013		1	A	1	D	0.005	0.001	
22:0....g	0.000		1	A	1	D	0.000	0.000	
24:0....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total monounsaturated....g	1.929		0	NC	4		0.772	0.127	
14:1....g	0.000		1	A	1	D	0.000	0.000	
15:1....g	0.000		1	A	1	D	0.000	0.000	
16:1 undifferentiated....g	0.000		1	A	1	D	0.000	0.000	
17:1....g	0.000		1	A	1	D	0.000	0.000	
18:1 undifferentiated....g	1.907		0	A	1		0.763	0.126	
18:1 c....g	1.188		1	A	1	D	0.475	0.078	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.719		1	A	1	D	0.288	0.047	
18:1-11t (18:1t n-7)....g									
20:1....g	0.000		1	A	1	D	0.000	0.000	
22:1 undifferentiated....g	0.022		1	A	1	D	0.009	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.266		0	NC	4		0.106	0.018	
18:2 undifferentiated....g	0.250		1	A	1	D	0.100	0.017	
18:3 undifferentiated....g	0.000		0	A	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.016		1	A	1	D	0.006	0.001	
18:3 n-6 c,c,c....g	0.000		1	A	1	D	0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1	D	0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1	D	0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1	D	0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1	D	0.000	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	D	0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		1	A	1	D	1	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0	A	1		0.076	0.013	
Threonine....g	0.040		0	A	1		0.016	0.003	
Isoleucine....g	0.060		0	A	1		0.024	0.004	
Leucine....g	0.110		0	A	1		0.044	0.007	
Lysine....g	0.090		0	A	1		0.036	0.006	
Methionine....g	0.010		0	A	1		0.004	0.001	
Cystine....g	0.000		0	A	1		0.000	0.000	
Phenylalanine....g	0.050		0	A	1		0.020	0.003	
Tyrosine....g	0.020		0	A	1		0.008	0.001	
Valine....g	0.080		0	A	1		0.032	0.005	
Arginine....g	0.060		0	A	1		0.024	0.004	

NDB No. 19064
Candies, TOOTSIE ROLL, chocolate-flavor roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.030		0	A	1		0.012	0.002	
Alanine....g	0.060		0	A	1		0.024	0.004	
Aspartic acid....g	0.200		0	A	1		0.080	0.013	
Glutamic acid....g	0.280		0	A	1		0.112	0.018	
Glycine....g	0.050		0	A	1		0.020	0.003	
Proline....g	0.030		0	A	1		0.012	0.002	
Serine....g	0.080		0	A	1		0.032	0.005	
Hydroxyproline....g	0.000		1	A	1	D	0.000	0.000	
Others:									
Alcohol, ethyl....g									
Caffeine....mg	7		1	A	1	D	3	0	
Theobromine....mg	75		1	A	1	D	30	5	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 6 pieces

Measure 2 = 6.6g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19067

Candies, TWIZZLERS CHERRY BITES

Hershey Food Corp.

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	15.00		1	MC	9		6.00		
Energy....kcal	338		1	MC	9		135		
Energy....kJ	1413		0	MC	9		565		
Protein (N x 6.25)....g	2.97		1	MC	9		1.19		
Total lipid (fat)....g	1.70		1	MC	9		0.68		
Ash....g	0.79		1	MC	9		0.32		
Carbohydrate, by difference....g	79.38		1	MC	9		31.75		
Fiber, total dietary....g	0.1		1	MC	9		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		1	MC	9		5		
Iron, Fe....mg	0.55		1	MC	9		0.22		
Magnesium, Mg....mg									
Phosphorus, P....mg	47		1	MC	9		19		
Potassium, K....mg	14		1	MC	9		6		
Sodium, Na....mg	261		1	MC	9		104		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		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	0.250		1	MC	9		0.100		
Fatty acids, total monounsaturated....g	0.490		1	MC	9		0.196		
Fatty acids, total polyunsaturated....g	0.040		1	MC	9		0.016		
Fatty acids, total trans....g	0.540		1	MC	9		0.216		
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. 19067
Candies, TWIZZLERS CHERRY BITES

Measure 1 = 40g: 18 pieces

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19092

Candies, TWIZZLERS NIBS CHERRY BITS

Hershey Food Corp.

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	15.00		1	MC	9		6.00		
Energy....kcal	347		1	MC	9		139		
Energy....kJ	1453		0	MC	9		581		
Protein (N x 6.25)....g	2.30		1	MC	9		0.92		
Total lipid (fat)....g	2.64		1	MC	9		1.06		
Ash....g	0.57		1	MC	9		0.23		
Carbohydrate, by difference....g	79.37		1	MC	9		31.75		
Fiber, total dietary....g	0.6		1	MC	9		0.3		
Sugars, total....g	51.35		1	MC	9		20.54		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	MC	9		3		
Iron, Fe....mg	0.28		1	MC	9		0.11		
Magnesium, Mg....mg									
Phosphorus, P....mg	24		1	MC	9		10		
Potassium, K....mg	37		1	MC	9		15		
Sodium, Na....mg	195		1	MC	9		78		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		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	0.540		1	MC	9		0.216		
Fatty acids, total monounsaturated....g	1.880		1	MC	9		0.752		
Fatty acids, total polyunsaturated....g	0.140		1	MC	9		0.056		
Fatty acids, total trans....g									
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. 19092
Candies, TWIZZLERS NIBS CHERRY BITS

Measure 1 = 40g: 27 pieces

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19112

Candies, TWIZZLERS Strawberry Twists Candy

Hershey Food Corp.

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									
Energy....kcal	350	4.034	3	LC	8		248	133	157
Energy....kJ	1464		0	LC	8		1039	556	659
Protein....g	2.56	0.176	3	LC	8		1.82	0.97	1.15
Total lipid (fat)....g	2.32	0.158	3	LC	8		1.65	0.88	1.04
Ash....g									
Carbohydrate, by difference....g	79.74	0.406	3	LC	8		56.62	30.30	35.88
Fiber, total dietary....g	0.0	0.000	3	LC	8		0.0	0.0	0.0
Sugars, total....g	39.64	0.182	3	LC	8		28.14	15.06	17.84
Starch....g									
Minerals:									
Calcium, Ca....mg	0	0.000	3	LC	8		0	0	0
Iron, Fe....mg	0.51			LC	8		0.36	0.19	0.23
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	287	2.503	3	LC	8		204	109	129
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	LC	8		0.0	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	0.000	3	LC	8		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 D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000	0.000	3	LC	8		0.000	0.000	0.000
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0	0.000	3	LC	8		0	0	0
Phytosterols....mg									

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

Common Measures:

NDB No. 19112

Candies, TWIZZLERS Strawberry Twists Candy

Measure 1 = 71g: 2.5 oz 2.5 oz

Measure 2 = 38g: 4 pieces from 5 oz package

Measure 3 = 45g: 4 pieces from 8 oz package

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

Food Group: 19 Sweets

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

NDB No. 19162

Candies, WHATCHAMACALLIT Candy Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.04		1	MC	9		1.46		
Energy....kcal	494		1	MC	9		237		
Energy....kJ	2067		0	MC	9		992		
Protein....g	8.04		1	MC	9		3.86		
Total lipid (fat)....g	23.68		1	MC	9		11.37		
Ash....g	1.66		1	MC	9		0.80		
Carbohydrate, by difference....g	63.23		1	MC	9		30.35		
Fiber, total dietary....g	1.9		1	MC	9		0.9		
Sugars, total....g	48.86		1	MC	9		23.45		
Starch....g									
Minerals:									
Calcium, Ca....mg	118		1	MC	9		57		
Iron, Fe....mg	1.13		1	MC	9		0.54		
Magnesium, Mg....mg	28		1	MC	9		14		
Phosphorus, P....mg	138		1	MC	9		66		
Potassium, K....mg	303		1	MC	9		146		
Sodium, Na....mg	299		1	MC	9		144		
Zinc, Zn....mg	0.43		1	MC	9		0.21		
Copper, Cu....mg	0.120		1	MC	9		0.058		
Manganese, Mn....mg	0.330		1	MC	9		0.158		
Selenium, Se....mcg	0.7		1	MC	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.4		
Thiamin....mg	0.110		1	MC	9		0.053		
Riboflavin....mg	0.210		1	MC	9		0.101		
Niacin....mg	2.470		1	MC	9		1.186		
Pantothenic acid....mg	0.260		1	MC	9		0.125		
Vitamin B-6....mg	0.040		1	MC	9		0.019		
Folate, total....mcg	18		1	MC	9		9		
Folic acid....mcg	0		0	O	4		0		
Folate, food....mcg	18		0	FLM	4		8		
Folate, DFE....mcg_DFE	18		0	NC	4		8		
Choline, total....mg	25.0		0	O	4		12.0		
Betaine....mg									
Vitamin B-12....mcg	0.37		0	FLM	4		0.18		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	38		0	FLM	4		18		
Retinol....mcg	37		0	FLM	4		18		
Carotene, beta....mcg	1		0	FLM	4		1		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
Vitamin A, IU....IU	134		1	MC	9		64		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)....mg	1.27		0	FLM	4		0.61		
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	4.3		0	FLM	4		2.1		
Lipids:									
Fatty acids, total saturated....g	17.040		1	MC	9		8.179		
4:0....g	0.403		0	FLM	4		0.193		

NDB No. 19162
Candies, WHATCHAMACALLIT Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.169		0	FLM	4		0.081		
8:0 ... g	0.334		0	FLM	4		0.160		
10:0 ... g	0.449		0	FLM	4		0.216		
12:0 ... g	3.660		0	FLM	4		1.757		
13:0 ... g	0.000		0	FLM	4		0.000		
14:0 ... g	1.801		0	FLM	4		0.865		
15:0 ... g	0.048		0	FLM	4		0.023		
16:0 ... g	5.260		0	FLM	4		2.525		
17:0 ... g	0.053		0	FLM	4		0.025		
18:0 ... g	4.715		0	FLM	4		2.263		
20:0 ... g	0.122		0	FLM	4		0.059		
22:0 ... g	0.013		0	FLM	4		0.006		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	3.780		1	MC	9		1.814		
14:1 ... g	0.016		0	FLM	4		0.008		
15:1 ... g	0.000		0	FLM	4		0.000		
16:1 undifferentiated ... g	0.040		0	FLM	4		0.019		
17:1 ... g	0.004		0	FLM	4		0.002		
18:1 undifferentiated ... g	2.146		0	FLM	4		1.030		
20:1 ... g	0.001		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated ... g	0.830		1	MC	9		0.398		
18:2 undifferentiated ... g	0.761		0	FLM	4		0.366		
18:3 undifferentiated ... g	0.027		0	FLM	4		0.013		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLM	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g	0.120		1	MC	9		0.058		
Cholesterol ... mg	12		1	MC	9		6		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		1	MC	9		0.0		
Caffeine ... mg	10		0	FLM	4		5		
Theobromine ... mg	100		0	FLM	4		48		

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

Common Measures:

Measure 1 = 48g: 1 bar 1.7 oz

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

Food Group: 19 Sweets

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

NDB No. 19181
Candies, YORK BITES
Hershey Food Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.09		1	MC	9		3.55		
Energy	kcal	394		1	MC	9		153		
Energy	kJ	1647		0	MC	9		642		
Protein (N x 6.25)	g	1.78		1	MC	9		0.69		
Total lipid (fat)	g	7.32		1	MC	9		2.85		
Ash	g	0.17		0	T	4		0.07		
Carbohydrate, by difference	g	81.64		1	MC	9		31.84		
Fiber, total dietary	g	2.0		1	MC	9		0.8		
Sugars, total	g	75.00		1	MC	9		29.25		
Starch	g									
Minerals:										
Calcium, Ca	mg	10		1	MC	9		4		
Iron, Fe	mg	0.94		1	MC	9		0.37		
Magnesium, Mg	mg	1		1	MC	9		1		
Phosphorus, P	mg	3		1	MC	9		1		
Potassium, K	mg	108		1	MC	9		42		
Sodium, Na	mg	46		1	MC	9		18		
Zinc, Zn	mg	0.01		1	MC	9		0.00		
Copper, Cu	mg	0.000		1	MC	9		0.000		
Manganese, Mn	mg	0.000		1	MC	9		0.000		
Selenium, Se	mcg	0.0		1	MC	9		0.0		
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	0.000		1	MC	9		0.000		
Pantothenic acid	mg	0.000		1	MC	9		0.000		
Vitamin B-6	mg	0.000		1	MC	9		0.000		
Folate, total	mcg	0		1	MC	9		0		
Folic acid	mcg									
Folate, food	mcg									
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	7		1	MC	9		3		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.430		1	MC	9		1.728		
Fatty acids, total monounsaturated	g	0.480		1	MC	9		0.187		
Fatty acids, total polyunsaturated	g	0.100		1	MC	9		0.039		
Fatty acids, total trans	g									

NDB No. 19181
Candies, YORK BITES

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		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 = 39g: 15 pieces

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

Food Group: 19 Sweets

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

NDB No. 19091

Candies, YORK Peppermint Pattie

Hershey Food Corp.

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	9.03		1	MC	9		3.88		
Energy....kcal	384		1	MC	9		165		
Energy....kJ	1606		0	MC	9		691		
Protein....g	2.19		1	MC	9		0.94		
Total lipid (fat)....g	7.17		1	MC	9		3.08		
Ash....g	0.14		1	MC	9		0.06		
Carbohydrate, by difference....g	80.99		1	MC	9		34.83		
Fiber, total dietary....g	2.0		1	MC	9		0.9		
Sugars, total....g	63.78		1	MC	9		27.43		
Starch....g									
Minerals:									
Calcium, Ca....mg	11		1	MC	9		5		
Iron, Fe....mg	0.92		1	MC	9		0.40		
Magnesium, Mg....mg									
Phosphorus, P....mg	0		1	MC	9		0		
Potassium, K....mg	111		1	MC	9		48		
Sodium, Na....mg	28		1	MC	9		12		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	7		1	MC	9		3		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.340		1	MC	9		1.866		
Fatty acids, total monounsaturated....g	0.410		1	MC	9		0.176		
Fatty acids, total polyunsaturated....g	0.110		1	MC	9		0.047		
Fatty acids, total trans....g									
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:

NDB No. 19091
Candies, YORK Peppermint Pattie

Measure 1 = 43g: 1 patty 1.5 oz

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

Food Group: 19 Sweets

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

NDB No. 19070
Candies, butterscotch

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	5.25		0	FLC	4		1.49	0.84	
Energy....kcal	391		0	NC	4		111	63	
Energy....kJ	1638		0	NC	4		464	262	
Protein (N x 6.25)....g	0.03		0	FLC	4		0.01	0.01	
Total lipid (fat)....g	3.30		0	FLC	4		0.94	0.53	
Ash....g	1.01		0	FLC	4		0.29	0.16	
Carbohydrate, by difference....g	90.40		0	NC	4		25.63	14.46	
Fiber, total dietary....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total....g	80.46		0	FLC	4		22.81	12.87	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	FLC	4		1	1	
Iron, Fe....mg	0.01		0	FLC	4		0.00	0.00	
Magnesium, Mg....mg	0		0	FLC	4		0	0	
Phosphorus, P....mg	1		0	FLC	4		0	0	
Potassium, K....mg	3		0	FLC	4		1	0	
Sodium, Na....mg	391		0	FLC	4		111	63	
Zinc, Zn....mg	0.09		0	FLC	4		0.03	0.01	
Copper, Cu....mg	0.001		0	FLC	4		0.000	0.000	
Manganese, Mn....mg	0.001		0	FLC	4		0.000	0.000	
Selenium, Se....mcg	0.6		0	FLC	4		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.012		0	FLC	4		0.003	0.002	
Riboflavin....mg	0.016		0	FLC	4		0.004	0.003	
Niacin....mg	0.002		0	FLC	4		0.000	0.000	
Pantothenic acid....mg	0.004		0	FLC	4		0.001	0.001	
Vitamin B-6....mg	0.000		0	FLC	4		0.000	0.000	
Folate, total....mcg	0		0	FLC	4		0	0	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	0		0	FLC	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.8		0	O	4		0.2	0.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	28		0	NC	4		8	4	
Retinol....mcg	27		0	FLC	4		8	4	
Carotene, beta....mcg	6		0	FLC	4		2	1	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	100		0	FLC	4		28	16	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.09		0	FLC	4		0.03	0.01	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.3		0	FLC	4		0.1	0.0	
Lipids:									
Fatty acids, total saturated....g	2.065		0	FLC	4		0.585	0.330	
4:0....g	0.130		0	FLC	4		0.037	0.021	

NDB No. 19070
Candies, butterscotch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.081		0	FLC	4		0.023	0.013	
8:0....g	0.048		0	FLC	4		0.014	0.008	
10:0....g	0.102		0	FLC	4		0.029	0.016	
12:0....g	0.104		0	FLC	4		0.029	0.017	
13:0....g									
14:0....g	0.299		0	FLC	4		0.085	0.048	
15:0....g									
16:0....g	0.872		0	FLC	4		0.247	0.140	
17:0....g	0.022		0	FLC	4		0.006	0.004	
18:0....g	0.402		0	FLC	4		0.114	0.064	
20:0....g	0.006		0	FLC	4		0.002	0.001	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.845		0	FLC	4		0.240	0.135	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.039		0	FLC	4		0.011	0.006	
17:1....g									
18:1 undifferentiated....g	0.802		0	FLC	4		0.227	0.128	
20:1....g	0.004		0	FLC	4		0.001	0.001	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.122		0	FLC	4		0.035	0.020	
18:2 undifferentiated....g	0.110		0	FLC	4		0.031	0.018	
18:3 undifferentiated....g	0.013		0	FLC	4		0.004	0.002	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	9		0	FLC	4		2	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 16g: 3 pieces

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

Food Group: 19 Sweets

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

NDB No. 19074
Candies, caramels

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	8.50	0.343	5		1		6.04	0.86	
Energy....kcal	382		0	NC	4		271	39	
Energy....kJ	1598		0	NC	4		1135	161	
Protein (N x 6.4)....g	4.60	0.126	3		1		3.27	0.46	
Total lipid (fat)....g	8.10		1		1		5.75	0.82	
Ash....g	1.80	0.049	3		1		1.28	0.18	
Carbohydrate, by difference....g	77.00		0	NC	4		54.67	7.78	
Fiber, total dietary....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total....g	65.50		0	LC	8		46.51	6.62	
Starch....g									
Minerals:									
Calcium, Ca....mg	138	7.131	41		1		98	14	
Iron, Fe....mg	0.14	0.048	41		1		0.10	0.01	
Magnesium, Mg....mg	17	0.874	41		1		12	2	
Phosphorus, P....mg	114	5.475	40		1		81	12	
Potassium, K....mg	214	12.300	42		1		152	22	
Sodium, Na....mg	245	13.433	42		1		174	25	
Zinc, Zn....mg	0.44	0.029	42		1		0.31	0.04	
Copper, Cu....mg	0.018	0.002	41		1		0.013	0.002	
Manganese, Mn....mg	0.011	0.002	41		1		0.008	0.001	
Selenium, Se....mcg	1.8	0.367	12	A	1		1.3	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	FLC	4		0.3	0.0	
Thiamin....mg	0.103		0	FLC	4		0.073	0.010	
Riboflavin....mg	0.256		0	FLC	4		0.181	0.026	
Niacin....mg	0.148		0	FLC	4		0.105	0.015	
Pantothenic acid....mg	0.620		0	FLC	4		0.440	0.063	
Vitamin B-6....mg	0.056		0	FLC	4		0.039	0.006	
Folate, total....mcg	4		0	FLC	4		2	0	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	4		0	FLC	4		2	0	
Folate, DFE....mcg_DFE	4		0	NC	4		2	0	
Choline, total....mg	8.0		0	O	4		5.7	0.8	
Betaine....mg									
Vitamin B-12....mcg	0.30		0	FLC	4		0.21	0.03	
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	FLC	4		8	1	
Retinol....mcg	11		0	FLC	4		8	1	
Carotene, beta....mcg	2		0	FLC	4		2	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	42		0	FLC	4		30	4	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.46		0	NR	4		0.33	0.05	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	1.8		0	FLC	4		1.2	0.2	
Lipids:									
Fatty acids, total saturated....g	2.476		0	FLC	4		1.758	0.250	
4:0....g	0.047		0	FLC	4		0.033	0.005	

NDB No. 19074
Candies, caramels

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.012		0	FLC	4		0.009	0.001	
8:0 g	0.013		0	FLC	4		0.009	0.001	
10:0 g	0.026		0	FLC	4		0.019	0.003	
12:0 g	0.016		0	FLC	4		0.011	0.002	
13:0 g									
14:0 g	0.190		0	FLC	4		0.135	0.019	
15:0 g									
16:0 g	1.880		0	FLC	4		1.335	0.190	
17:0 g									
18:0 g	0.293		0	FLC	4		0.208	0.030	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.542		0	FLC	4		1.095	0.156	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.095		0	FLC	4		0.067	0.010	
17:1 g									
18:1 undifferentiated g	1.447		0	FLC	4		1.027	0.146	
20:1 g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLC	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.478		0	FLC	4		2.469	0.351	
18:2 undifferentiated g	3.447		0	FLC	4		2.447	0.348	
18:3 undifferentiated g	0.025		0	FLC	4		0.018	0.002	
18:4 g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.007		0	FLC	4		0.005	0.001	
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	7	0.333	3		1		5	1	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.060		0		1		0.043	0.006	
Threonine g	0.192		0		1		0.136	0.019	
Isoleucine g	0.258		0		1		0.183	0.026	
Leucine g	0.417		0		1		0.296	0.042	
Lysine g	0.338		0		1		0.240	0.034	
Methionine g	0.107		0		1		0.076	0.011	
Cystine g	0.039		0		1		0.028	0.004	
Phenylalanine g	0.205		0		1		0.146	0.021	
Tyrosine g	0.205		0		1		0.146	0.021	
Valine g	0.285		0		1		0.202	0.029	
Arginine g	0.155		0		1		0.110	0.016	
Histidine g	0.115		0		1		0.082	0.012	
Alanine g	0.147		0		1		0.104	0.015	
Aspartic acid g	0.323		0		1		0.229	0.033	
Glutamic acid g	0.892		0		1		0.633	0.090	
Glycine g	0.091		0		1		0.065	0.009	
Proline g	0.412		0		1		0.293	0.042	
Serine g	0.232		0		1		0.165	0.023	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

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

NDB No. 19074
Candies, caramels

Common Measures:

Measure 1 = 71g: 1 package (2.5 oz)

Measure 2 = 10.1g: 1 piece

Calories Factors: Protein 4.3 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19076
Candies, caramels, chocolate-flavor roll

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.69		1	A	1	D	2.68	0.44	4.28
Energy	kcal	396		0	NC	4		158	26	253
Energy	kJ	1656		0	NC	4		663	109	1060
Protein (N x 6.25)	g	1.59		1	A	1	D	0.64	0.10	1.02
Total lipid (fat)	g	5.07		0	NR	4	D	2.03	0.33	3.24
Ash	g	0.68		1	A	1	D	0.27	0.04	0.44
Carbohydrate, by difference	g	85.97		0	NC	4		34.39	5.67	55.02
Fiber, total dietary	g	0.1		1	A	1	D	0.0	0.0	0.0
Sugars, total	g	56.32		1	A	1	D	22.53	3.72	36.04
Starch	g									
Minerals:										
Calcium, Ca	mg	36		1	A	1	D	14	2	23
Iron, Fe	mg	0.80		1	A	1	D	0.32	0.05	0.51
Magnesium, Mg	mg	22		1	A	1	D	9	1	14
Phosphorus, P	mg	57		1	A	1	D	23	4	36
Potassium, K	mg	116		1	A	1	D	46	8	74
Sodium, Na	mg	44		1	A	1	D	18	3	28
Zinc, Zn	mg	0.40		1	A	1	D	0.16	0.03	0.26
Copper, Cu	mg	0.130		1	A	1	D	0.052	0.009	0.083
Manganese, Mn	mg	0.047		1	A	1	D	0.019	0.003	0.030
Selenium, Se	mcg	2.2		1	A	1	D	0.9	0.1	1.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1	D	0.0	0.0	0.0
Thiamin	mg	0.056		1	A	1	D	0.022	0.004	0.036
Riboflavin	mg	0.070		1	A	1	D	0.028	0.005	0.045
Niacin	mg	0.210		1	A	1	D	0.084	0.014	0.134
Pantothenic acid	mg	0.290		1	A	1	D	0.116	0.019	0.186
Vitamin B-6	mg	0.010		1	A	1	D	0.004	0.001	0.006
Folate, total	mcg	9		1	A	1	D	4	1	6
Folic acid	mcg	3		1	A	1	D	1	0	2
Folate, food	mcg	6		1	AS	1		2	0	4
Folate, DFE	mcg_DFE	11		0	NC	4		4	1	7
Choline, total	mg	18.7		0	AS	1		7.5	1.2	12.0
Betaine	mg									
Vitamin B-12	mcg	0.00		1	A	1	D	0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	FLC	4		0	0	0
Carotene, beta	mcg	0		1	A	1	D	0	0	0
Carotene, alpha	mcg	0		1	A	1	D	0	0	0
Cryptoxanthin, beta	mcg	0		1	A	1	D	0	0	0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Lycopene	mcg	0		1	A	1	D	0	0	0
Lutein + zeaxanthin	mcg	1		0	FLC	4		0	0	1
Vitamin E (alpha-tocopherol)	mg	0.65		1	A	1	D	0.26	0.04	0.42
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta	mg	0.06		1	A	1	D	0.02	0.00	0.04
Tocopherol, gamma	mg	7.42		1	A	1	D	2.97	0.49	4.75
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	9.6		1	A	1	D	3.9	0.6	6.2
Lipids:										
Fatty acids, total saturated	g	0.963		0	NC	4		0.385	0.064	0.616
4:0	g	0.001		0	FLC	4		0.000	0.000	0.000

NDB No. 19076
Candies, caramels, chocolate-flavor roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	FLC	4		0.000	0.000	0.000
8:0 g	0.000		0	FLC	4		0.000	0.000	0.000
10:0 g	0.000		0	FLC	4		0.000	0.000	0.000
12:0 g	0.000		0	FLC	4		0.000	0.000	0.000
13:0 g	0.000		1	A	1	D	0.000	0.000	0.000
14:0 g	0.005		0	FLC	4		0.002	0.000	0.003
15:0 g	0.001		0	FLC	4		0.000	0.000	0.001
16:0 g	0.438		0	FLC	4		0.175	0.029	0.280
17:0 g	0.004		0	FLC	4		0.001	0.000	0.002
18:0 g	0.492		0	FLC	4		0.197	0.032	0.315
20:0 g	0.010		0	FLC	4		0.004	0.001	0.007
22:0 g	0.011		0	FLC	4		0.004	0.001	0.007
24:0 g	0.000		1	A	1	D	0.000	0.000	0.000
Fatty acids, total monounsaturated g	3.836		0	NC	4		1.534	0.253	2.455
14:1 g	0.000		1	A	1	D	0.000	0.000	0.000
15:1 g	0.000		1	A	1	D	0.000	0.000	0.000
16:1 undifferentiated g	0.006		0	FLC	4		0.002	0.000	0.004
17:1 g	0.000		1	A	1	D	0.000	0.000	0.000
18:1 undifferentiated g	3.828		0	FLC	4		1.531	0.253	2.450
18:1 c g	1.199		1	A	1	D	0.480	0.079	0.767
18:1-11c (18:1c n-7) g									
18:1 t g	0.726		1	A	1	D	0.290	0.048	0.465
18:1-11t (18:1t n-7) g									
20:1 g	0.002		0	FLC	4		0.001	0.000	0.001
22:1 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.268		0	NC	4		0.107	0.018	0.172
18:2 undifferentiated g	0.262		0	FLC	4		0.105	0.017	0.168
18:3 undifferentiated g	0.006		0	FLC	4		0.003	0.000	0.004
18:3 n-3 c,c,c (ALA) g	0.006		1	A	1	D	0.002	0.000	0.004
18:3 n-6 c,c,c g	0.000		1	A	1	D	0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		1	A	1	D	0.000	0.000	0.000
20:3 undifferentiated g	0.000		1	A	1	D	0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans g	0.963		0	FLC	4		0.385	0.064	0.616
Cholesterol mg	2		1	A	1	D	1	0	1
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g									
Isoleucine g									
Leucine g									
Lysine g									
Methionine g									
Cystine g									
Phenylalanine g									
Tyrosine g									
Valine g									
Arginine g									
Histidine g									
Alanine g									
Aspartic acid g									
Glutamic acid g									

NDB No. 19076
Candies, caramels, chocolate-flavor roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g	0.000		1	A	1	D	0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	7		1	A	1	D	3	0	4
Theobromine.....mg	75		1	A	1	D	30	5	48

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 6 pieces

Measure 2 = 6.6g: 1 piece

Measure 3 = 64g: 1 bar 2.25 oz

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

Food Group: 19 Sweets

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

NDB No. 19071
Candies, carob, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.54		5	A	1		0.44	1.34	
Energy....kcal	540		0	NC	4		153	470	
Energy....kJ	2259		0	NC	4		641	1966	
Protein (N x 6.25)....g	8.15		3	A	1		2.31	7.09	
Total lipid (fat)....g	31.36		5	A	1		8.89	27.28	
Ash....g	2.66		3	A	1		0.75	2.31	
Carbohydrate, by difference....g	56.29		0	NC	4		15.96	48.97	
Fiber, total dietary....g	3.8		2	A	1		1.1	3.3	
Sugars, total....g	34.11		0	FLA	4		9.67	29.68	
Starch....g									
Minerals:									
Calcium, Ca....mg	303		3	A	1		86	264	
Iron, Fe....mg	1.29		2	A	1		0.37	1.12	
Magnesium, Mg....mg	36		3	A	1		10	31	
Phosphorus, P....mg	126		2	A	1		36	110	
Potassium, K....mg	633		3	A	1		179	551	
Sodium, Na....mg	107		2	A	1		30	93	
Zinc, Zn....mg	3.53		3	A	1		1.00	3.07	
Copper, Cu....mg	0.183		2	A	1		0.052	0.159	
Manganese, Mn....mg	0.140		1	A	1		0.040	0.122	
Selenium, Se....mcg	5.2		0	FLA	4		1.5	4.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		2	A	1		0.1	0.4	
Thiamin....mg	0.100		3	A	1		0.028	0.087	
Riboflavin....mg	0.178		2	A	1		0.050	0.155	
Niacin....mg	1.040		3	A	1		0.295	0.905	
Pantothenic acid....mg	0.750		3	A	1		0.213	0.653	
Vitamin B-6....mg	0.130		3	A	1		0.037	0.113	
Folate, total....mcg	21		0	FLA	4		6	19	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	21		0	FLA	4		6	19	
Folate, DFE....mcg_DFE	21		0	NC	4		6	19	
Choline, total....mg	19.0		0	FLA	4		5.4	16.6	
Betaine....mg									
Vitamin B-12....mcg	0.28		0	FLA	4		0.08	0.24	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	FLA	4		0	1	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	5		0	FLA	4		2	5	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	10		0	NC	4		3	9	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	1.57		0	FLA	4		0.44	1.37	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	7.7		0	FLA	4		2.2	6.7	
Lipids:									
Fatty acids, total saturated....g	29.018		2	A	1		8.227	25.246	
4:0....g	0.027		0	FLA	4		0.008	0.023	

NDB No. 19071
Candies, carob, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.052		0	FLA	4		0.015	0.045	
8:0 g	0.824		0	FLA	4		0.234	0.717	
10:0 g	1.028		0	FLA	4		0.292	0.895	
12:0 g	17.649		0	FLA	4		5.003	15.355	
13:0 g									
14:0 g	6.257		0	FLA	4		1.774	5.443	
15:0 g									
16:0 g	2.533		0	FLA	4		0.718	2.204	
17:0 g									
18:0 g	0.632		0	FLA	4		0.179	0.550	
20:0 g	0.012		0	FLA	4		0.003	0.011	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.483		0	FLA	4		0.137	0.420	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0	FLA	4		0.000	0.001	
17:1 g									
18:1 undifferentiated g	0.482		0	FLA	4		0.137	0.419	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.295		0	FLA	4		0.084	0.257	
18:2 undifferentiated g	0.264		0	FLA	4		0.075	0.230	
18:3 undifferentiated g	0.031		2	A	1		0.009	0.027	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g	0.000		0	FLA	4		0.000	0.000	
Cholesterol mg	1		0	FLA	4		0	1	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 87g: 1 bar (3 oz)

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

Food Group: 19 Sweets

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

NDB No. 43031
Candies, chocolate covered, caramel with 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	6.10		0		4		0.85		
Energy	kcal	470		0	NC	4		66		
Energy	kJ	1965		0	NC	4		275		
Protein	g	9.50		1		1		1.33		
Total lipid (fat)	g	21.00		1		1		2.94		
Ash	g	2.73		0	BFZN	4		0.38		
Carbohydrate, by difference	g	60.67		0	NC	4		8.49		
Fiber, total dietary	g	4.3		0		4		0.6		
Sugars, total	g	41.35		0	O	4		5.79		
Starch	g									
Minerals:										
Calcium, Ca	mg	78		0		4		11		
Iron, Fe	mg	1.70		1		1		0.24		
Magnesium, Mg	mg	81		0		4		11		
Phosphorus, P	mg	166		0		4		23		
Potassium, K	mg	445		0		4		62		
Sodium, Na	mg	24		0		4		3		
Zinc, Zn	mg	1.87		0		4		0.26		
Copper, Cu	mg	0.580		0		4		0.081		
Manganese, Mn	mg									
Selenium, Se	mcg	2.8		0	BFFN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		1		1		0.2		
Thiamin	mg	0.040		1		1		0.006		
Riboflavin	mg	0.160		1		1		0.022		
Niacin	mg	4.760		1		1		0.666		
Pantothenic acid	mg									
Vitamin B-6	mg	0.160		0		4		0.022		
Folate, total	mcg	92		0		4		13		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	92		0		4		13		
Folate, DFE	mcg_DFE	92		0	NC	4		13		
Choline, total	mg	33.9		0	O	4		4.7		
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	42		0	NC	4		6		
Retinol	mcg	41		0	BFZN	4		6		
Carotene, beta	mcg	7		0	BFZN	4		1		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	149		0	NC	4		21		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	1.10		0	BFZN	4		0.15		
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	3.2		0	BFZN	4		0.4		
Lipids:										
Fatty acids, total saturated	g	4.657		0		4		0.652		
4:0	g	0.000		0		4		0.000		

NDB No. 43031
Candies, chocolate covered, caramel with nuts

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.005		0		4		0.001		
8:0 ... g	0.080		0		4		0.011		
10:0 ... g	0.090		0		4		0.013		
12:0 ... g	1.140		0		4		0.160		
13:0 ... g									
14:0 ... g	0.407		0		4		0.057		
15:0 ... g									
16:0 ... g	2.178		0		4		0.305		
17:0 ... g									
18:0 ... g	0.551		0		4		0.077		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.444		0		4		1.322		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.003		0		4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	9.194		0		4		1.287		
20:1 ... g	0.246		0		4		0.034		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.834		0		4		0.817		
18:2 undifferentiated ... g	5.833		0		4		0.817		
18:3 undifferentiated ... g	0.001		0		4		0.000		
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		4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	19		0	BFFN	4		3		
Theobromine ... mg	113		0	BFFN	4		16		

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

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

Food Group: 19 Sweets

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

NDB No. 43059

Candies, chocolate covered, dietetic or low calorie

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.23		0	FLC	4				
Energy	kcal	593		0	FLC	4				
Energy	kJ	2480		0	FLC	4				
Protein	g	12.26		0	FLC	4				
Total lipid (fat)	g	43.27		0	FLC	4				
Ash	g	2.69		0	FLC	4				
Carbohydrate, by difference	g	38.55		0	FLC	4				
Fiber, total dietary	g	3.6		0	FLC	4				
Sugars, total	g	14.57		0	FLC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	285		0	FLC	4				
Iron, Fe	mg	2.86		0	FLC	4				
Magnesium, Mg	mg	100		0	FLC	4				
Phosphorus, P	mg	327		0	FLC	4				
Potassium, K	mg	606		0	FLC	4				
Sodium, Na	mg	112		0	FLC	4				
Zinc, Zn	mg	2.70		0	FLC	4				
Copper, Cu	mg	0.629		0	FLC	4				
Manganese, Mn	mg	0.930		0	FLC	4				
Selenium, Se	mcg	7.3		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		0	FLC	4				
Thiamin	mg	0.169		0	FLC	4				
Riboflavin	mg	0.386		0	FLC	4				
Niacin	mg	1.400		0	FLC	4				
Pantothenic acid	mg	0.870		0	FLC	4				
Vitamin B-6	mg	0.126		0	FLC	4				
Folate, total	mcg	26		0	FLC	4				
Folic acid	mcg	0		0	FLC	4				
Folate, food	mcg	26		0	FLC	4				
Folate, DFE	mcg_DFE	26		0	NC	4				
Choline, total	mg	50.9		0	O	4				
Betaine	mg									
Vitamin B-12	mcg	0.85		0	FLC	4				
Vitamin B-12, added	mcg	0.00		0	FLC	4				
Vitamin A, RAE	mcg_RAE	55		0	FLC	4				
Retinol	mcg	54		0	FLC	4				
Carotene, beta	mcg	12		0	FLC	4				
Carotene, alpha	mcg	0		0	FLC	4				
Cryptoxanthin, beta	mcg	0		0	FLC	4				
Vitamin A, IU	IU	200		0	FLC	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	6		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	2.93		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
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	7.2		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	21.910		0	FLC	4				
4:0	g	0.218		0	FLC	4				

NDB No. 43059

Candies, chocolate covered, dietetic or low calorie

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 g	0.143		0	FLC	4				
8:0 g	0.660		0	FLC	4				
10:0 g	0.687		0	FLC	4				
12:0 g	5.118		0	FLC	4				
13:0 g	0.000		0	FLC	4				
14:0 g	2.425		0	FLC	4				
15:0 g	0.000		0	FLC	4				
16:0 g	6.976		0	FLC	4				
17:0 g	0.032		0	FLC	4				
18:0 g	5.357		0	FLC	4				
20:0 g	0.071		0	FLC	4				
22:0 g	0.006		0	FLC	4				
24:0 g	0.000		0	FLC	4				
Fatty acids, total monounsaturated g	10.942		0	FLC	4				
14:1 g	0.000		0	FLC	4				
15:1 g	0.000		0	FLC	4				
16:1 undifferentiated g	0.193		0	FLC	4				
17:1 g	0.000		0	FLC	4				
18:1 undifferentiated g	10.651		0	FLC	4				
20:1 g	0.043		0	FLC	4				
22:1 undifferentiated g	0.000		0	FLC	4				
24:1 c g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated g	4.354		0	FLC	4				
18:2 undifferentiated g	4.165		0	FLC	4				
18:3 undifferentiated g	0.184		0	FLC	4				
18:4 g	0.000		0	FLC	4				
20:2 n-6 c,c g	0.000		0	FLC	4				
20:3 undifferentiated g	0.000		0	FLC	4				
20:4 undifferentiated g	0.000		0	FLC	4				
20:5 n-3 (EPA) g	0.000		0	FLC	4				
22:5 n-3 (DPA) g	0.000		0	FLC	4				
22:6 n-3 (DHA) g	0.000		0	FLC	4				
Fatty acids, total trans g									
Cholesterol mg	21		0	FLC	4				
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4				
Caffeine mg	9		0	FLC	4				
Theobromine mg	150		0	FLC	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 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19905

Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.00	0.031	13	A	1				
Energy	kcal	550		0	NC	4				
Energy	kJ	2301		0	NC	4				
Protein	g	5.09	0.011	13	A	1				
Total lipid (fat)	g	32.20	0.452	21	A	1				
Ash	g	1.74	0.010	13	A	1				
Carbohydrate, by difference	g	59.97		0	NC	4				
Fiber, total dietary	g	7.2	0.071	13	A	1				
Sugars, total	g	46.14	0.145	13	A	1				
Sucrose	g	44.65	0.131	13	A	1				
Glucose (dextrose)	g	0.00	0.000	13	A	1				
Fructose	g	0.00	0.000	13	A	1				
Lactose	g	1.50	0.014	13	A	1				
Maltose	g	0.00	0.000	13	A	1				
Galactose	g	0.00	0.000	13	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg	57	0.453	13	A	1				
Iron, Fe	mg	8.13	0.055	13	A	1				
Magnesium, Mg	mg	152	1.814	13	A	1				
Phosphorus, P	mg	214	1.815	13	A	1				
Potassium, K	mg	568	7.693	13	A	1				
Sodium, Na	mg	23	0.410	13	A	1				
Zinc, Zn	mg	2.11	0.021	13	A	1				
Copper, Cu	mg	1.076	0.011	13	A	1				
Manganese, Mn	mg	1.440	0.024	13	A	1				
Selenium, Se	mcg	3.5		8	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.026	0.002	13	A	1				
Riboflavin	mg	0.051	0.000	13	A	1				
Niacin	mg	0.747	0.007	13	A	1				
Pantothenic acid	mg	0.304		8	A	1				
Vitamin B-6	mg	0.041	0.006	13	A	1				
Folate, total	mcg	0		0	Z	7				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	0		0	Z	7				
Folate, DFE	mcg_DFE	0		0	NC	4				
Choline, total	mg	27.6		0	O	4				
Betaine	mg									
Vitamin B-12	mcg	0.23		8	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	2		0	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	25		8	A	1				
Carotene, alpha	mcg	7		8	A	1				
Cryptoxanthin, beta	mcg	1		8	A	1				
Vitamin A, IU	IU	49		0	AS	1				
Lycopene	mcg	0		8	A	1				
Lutein + zeaxanthin	mcg	31		8	A	1				
Vitamin E (alpha-tocopherol)	mg	0.55		8	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		8	A	1				
Tocopherol, gamma	mg	6.62		8	A	1				
Tocopherol, delta	mg	0.34		8	A	1				
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19905

Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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				
Vitamin K (phylloquinone).....mcg	8.0		8	A	1				
Lipids:									
Fatty acids, total saturated.....g	18.993		0	NC	4				
4:0.....g	0.054	0.002	13	A	1				
6:0.....g	0.042	0.001	13	A	1				
8:0.....g	0.027	0.001	13	A	1				
10:0.....g	0.082	0.001	13	A	1				
12:0.....g	0.074	0.000	13	A	1				
13:0.....g									
14:0.....g	0.247	0.000	13	A	1				
15:0.....g	0.032	0.000	13	A	1				
16:0.....g	7.825	0.084	13	A	1				
17:0.....g	0.075	0.001	13	A	1				
18:0.....g	10.132	0.177	13	A	1				
20:0.....g	0.315	0.008	13	A	1				
22:0.....g	0.055	0.002	13	A	1				
24:0.....g	0.031	0.001	13	A	1				
Fatty acids, total monounsaturated.....g	9.801		0	NC	4				
14:1.....g	0.018	0.000	13	A	1				
15:1.....g	0.000	0.000	13	A	1				
16:1 undifferentiated.....g	0.113	0.001	13	AS	1				
16:1 c.....g	0.103	0.001	13	A	1				
16:1 t.....g	0.010	0.000	13	A	1				
17:1.....g	0.000	0.000	13	A	1				
18:1 undifferentiated.....g	9.653	0.132	13	AS	1				
18:1 c.....g	9.579	0.132	13	A	1				
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.074	0.000	13	A	1				
18:1-11t (18:1t n-7).....g									
20:1.....g	0.018	0.000	13	A	1				
22:1 undifferentiated.....g	0.000	0.000	13	AS	1				
22:1 c.....g	0.000	0.000	13	A	1				
22:1 t.....g	0.000	0.000	13	A	1				
24:1 c.....g	0.000	0.000	13	A	1				
Fatty acids, total polyunsaturated.....g	1.107		0	NC	4				
18:2 undifferentiated.....g	1.015	0.024	13	AS	1				
18:2 n-6 c,c.....g	0.967	0.024	13	A	1				
18:2 CLAs.....g	0.025	0.000	13	A	1				
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	0.023	0.001	13	A	1				
18:3 undifferentiated.....g	0.083	0.002	13	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.083	0.002	13	A	1				
18:3 n-6 c,c,c.....g	0.000	0.000	13	A	1				
18:3i.....g									
18:4.....g	0.000	0.000	13	A	1				
20:2 n-6 c,c.....g	0.001	0.000	13	A	1				
20:3 undifferentiated.....g	0.000	0.000	13	AS	1				
20:3 n-3.....g	0.000	0.000	13	A	1				
20:3 n-6.....g	0.000	0.000	13	A	1				
20:4 undifferentiated.....g	0.002	0.000	13	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	13	A	1				
21:5.....g									
22:4.....g	0.003	0.000	13	A	1				
22:5 n-3 (DPA).....g	0.000	0.000	13	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	13	A	1				
Fatty acids, total trans.....g	0.106		0	NC	4				

NDB No. 19905

Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.084		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.023		0	NC	4				
Cholesterol.....mg	7		8	A	1				
Phytosterols.....mg									
Stigmasterol.....mg	26		8	A	1				
Campesterol.....mg	11		8	A	1				
Beta-sitosterol.....mg	67		8	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	47		8	A	1				
Theobromine.....mg	515		8	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

NDB No. 19085
Candies, confectioner's coating, butterscotch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.75		2	A	1		1.28	0.21	
Energy....kcal	539		0	NC	4		916	153	
Energy....kJ	2254		0	NC	4		3831	639	
Protein (N x 6.38)....g	2.20		2	A	1		3.74	0.62	
Total lipid (fat)....g	29.05		2	A	1		49.39	8.24	
Ash....g	0.90		2	A	1		1.53	0.26	
Carbohydrate, by difference....g	67.10		0	NC	4		114.07	19.02	
Fiber, total dietary....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total....g	67.10		0	O	4		114.07	19.02	
Starch....g									
Minerals:									
Calcium, Ca....mg	34		1		1		58	10	
Iron, Fe....mg	0.08		1		4		0.14	0.02	
Magnesium, Mg....mg	5		0	FLC	4		8	1	
Phosphorus, P....mg	31		0	FLC	4		52	9	
Potassium, K....mg	64		0	FLC	4		109	18	
Sodium, Na....mg	89		2	A	1		151	25	
Zinc, Zn....mg	0.11		0	FLC	4		0.19	0.03	
Copper, Cu....mg	0.003		0	FLC	4		0.005	0.001	
Manganese, Mn....mg	0.002		0	FLC	4		0.003	0.000	
Selenium, Se....mcg	1.3		0	FLC	4		2.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	FLC	4		0.2	0.0	
Thiamin....mg	0.015		0	FLC	4		0.026	0.004	
Riboflavin....mg	0.075		0	FLC	4		0.128	0.021	
Niacin....mg	0.049		0	FLC	4		0.083	0.014	
Pantothenic acid....mg	0.148		0	FLC	4		0.251	0.042	
Vitamin B-6....mg	0.016		0	FLC	4		0.027	0.005	
Folate, total....mcg	1		0	FLC	4		2	0	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	1		0	FLC	4		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg	10.9		0	O	4		18.5	3.1	
Betaine....mg									
Vitamin B-12....mcg	0.10		0	FLC	4		0.17	0.03	
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLC	4		0	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	1		0	FLC	4		1	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.68		0	FLC	4		1.15	0.19	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, gamma....mg	0.03		0	FLC	4		0.05	0.01	
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	6.5		0	FLC	4		11.1	1.9	
Lipids:									
Fatty acids, total saturated....g	24.100		1	A	1		40.970	6.832	
4:0....g	0.000		1		1		0.000	0.000	

NDB No. 19085
Candies, confectioner's coating, butterscotch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.060		1		1		0.102	0.017	
8:0 g	1.092		2	A	1		1.856	0.310	
10:0 g	1.076		2	A	1		1.829	0.305	
12:0 g	13.790		1		1		23.443	3.909	
13:0 g									
14:0 g	4.674		2	A	1		7.946	1.325	
15:0 g									
16:0 g	2.344		2	A	1		3.985	0.665	
17:0 g									
18:0 g	1.722		2	A	1		2.927	0.488	
20:0 g	0.010		0	FLC	4		0.017	0.003	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.271		0		4		3.861	0.644	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.007		2	A	1		0.012	0.002	
17:1 g									
18:1 undifferentiated g	2.250		2	A	1		3.825	0.638	
20:1 g	0.014		1	A	1		0.024	0.004	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.041		0	FLC	4		1.770	0.295	
18:2 undifferentiated g	0.407		2	A	1		0.692	0.115	
18:3 undifferentiated g	0.014		2	A	1		0.024	0.004	
18:4 g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.014		1	A	1		0.024	0.004	
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans g	0.000		0	FLC	4		0.000	0.000	
Cholesterol mg	0		0	FLC	4		1	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 170g: 1 cup chips

Measure 2 = 28.35g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 19086
Candies, confectioner's coating, peanut butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.67		0	FLC	4		4.48	0.76	
Energy....kcal	529		0	NC	4		889	150	
Energy....kJ	2213		0	NC	4		3718	627	
Protein (N x 6.25)....g	18.30		1		1		30.74	5.19	
Total lipid (fat)....g	29.80		1		1		50.06	8.45	
Ash....g	2.35		0	FLC	4		3.95	0.67	
Carbohydrate, by difference....g	46.88		0	NC	4		78.76	13.29	
Fiber, total dietary....g	5.0		0	FLC	4		8.4	1.4	
Sugars, total....g	38.30		0	FLC	4		64.35	10.86	
Starch....g									
Minerals:									
Calcium, Ca....mg	110		1		1		185	31	
Iron, Fe....mg	1.70		1		1		2.86	0.48	
Magnesium, Mg....mg	110		1		1		185	31	
Phosphorus, P....mg	310		1		1		521	88	
Potassium, K....mg	505		1		1		848	143	
Sodium, Na....mg	250		1		1		420	71	
Zinc, Zn....mg	2.00		1		1		3.36	0.57	
Copper, Cu....mg	0.400		1		1		0.672	0.113	
Manganese, Mn....mg	1.400		1		1		2.352	0.397	
Selenium, Se....mcg	3.9		0	FLC	4		6.5	1.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLC	4		0.6	0.1	
Thiamin....mg	0.232		0	FLC	4		0.389	0.066	
Riboflavin....mg	0.200		1		1		0.336	0.057	
Niacin....mg	8.200		1		1		13.776	2.325	
Pantothenic acid....mg	1.056		0	FLC	4		1.774	0.299	
Vitamin B-6....mg	0.170		0	FLC	4		0.285	0.048	
Folate, total....mcg	77		0	FLC	4		130	22	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	77		0	FLC	4		130	22	
Folate, DFE....mcg_DFE	77		0	NC	4		130	22	
Choline, total....mg	30.0		0	O	4		50.4	8.5	
Betaine....mg									
Vitamin B-12....mcg	0.20		0	FLC	4		0.33	0.06	
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLC	4		1	0	
Retinol....mcg	0		0	FLC	4		1	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	1		0	FLC	4		2	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	1.36		0	FLC	4		2.29	0.39	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	FLC	4		0.00	0.00	
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	7.3		0	FLC	4		12.3	2.1	
Lipids:									
Fatty acids, total saturated....g	13.120		0		1		22.042	3.720	
4:0....g	0.011		0	FLC	4		0.019	0.003	

NDB No. 19086
Candies, confectioner's coating, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.022		0	FLC	4		0.037	0.006	
8:0 ... g	0.352		0	FLC	4		0.591	0.100	
10:0 ... g	0.439		0	FLC	4		0.738	0.125	
12:0 ... g	7.540		0	FLC	4		12.667	2.138	
13:0 ... g									
14:0 ... g	2.676		0	FLC	4		4.495	0.759	
15:0 ... g	0.001		0	FLC	4		0.002	0.000	
16:0 ... g	1.404		0	FLC	4		2.358	0.398	
17:0 ... g	0.004		0	FLC	4		0.006	0.001	
18:0 ... g	0.643		0	FLC	4		1.080	0.182	
20:0 ... g	0.016		0	FLC	4		0.027	0.004	
22:0 ... g	0.011		0	FLC	4		0.018	0.003	
24:0 ... g									
Fatty acids, total monounsaturated ... g	12.829		0	FLC	4		21.553	3.637	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.016		0	FLC	4		0.026	0.004	
17:1 ... g									
18:1 undifferentiated ... g	12.801		0	FLC	4		21.506	3.629	
20:1 ... g	0.011		0	FLC	4		0.018	0.003	
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.053		0	FLC	4		3.449	0.582	
18:2 undifferentiated ... g	1.949		0	FLC	4		3.275	0.553	
18:3 undifferentiated ... g	0.032		0	FLC	4		0.054	0.009	
18:4 ... g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans ... g	1.763		0	FLC	4		2.962	0.500	
Cholesterol ... mg	1		0	FLC	4		2	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0	0.0	
Caffeine ... mg	0		0	FLC	4		0	0	
Theobromine ... mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 168g: 1 cup chips

Measure 2 = 28.35g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 19079
Candies, confectioner's coating, 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	1.91		2	A	1		3.25		
Energy	kcal	522		0	NC	4		888		
Energy	kJ	2185		0	NC	4		3714		
Protein (N x 6.25)	g	5.87		0	FLA	4		9.98		
Total lipid (fat)	g	27.00		2	A	1		45.90		
Ash	g	1.28		0	FLA	4		2.18		
Carbohydrate, by difference	g	63.94		0	NC	4		108.69		
Fiber, total dietary	g	0.0		0	FLA	4		0.0		
Sugars, total	g	62.36		0	FLA	4		106.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	205		0	FLA	4		348		
Iron, Fe	mg	0.14		0	FLA	4		0.23		
Magnesium, Mg	mg	18		0	FLA	4		31		
Phosphorus, P	mg	157		0	FLA	4		268		
Potassium, K	mg	290		0	FLA	4		493		
Sodium, Na	mg	88		0	FLA	4		149		
Zinc, Zn	mg	0.70		0	FLA	4		1.20		
Copper, Cu	mg	0.008		0	FLA	4		0.013		
Manganese, Mn	mg	0.003		0	FLA	4		0.006		
Selenium, Se	mcg	4.7		0	FLA	4		8.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0	BFZN	4		0.9		
Thiamin	mg	0.064		0	FLA	4		0.108		
Riboflavin	mg	0.261		0	FLA	4		0.444		
Niacin	mg	0.154		0	FLA	4		0.261		
Pantothenic acid	mg	0.587		0	FLA	4		0.998		
Vitamin B-6	mg	0.056		0	FLA	4		0.095		
Folate, total	mcg	8		0	FLA	4		14		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	8		0	FLA	4		14		
Folate, DFE	mcg_DFE	8		0	NC	4		14		
Choline, total	mg	24.8		0	O	4		42.2		
Betaine	mg									
Vitamin B-12	mcg	0.65		0	NR	4		1.11		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		2		
Retinol	mcg	1		0	FLA	4		2		
Carotene, beta	mcg	0		0	FLA	4		0		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	4		0	FLA	4		7		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	1.11		0	FLA	4		1.88		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		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	9.4		0	FLA	4		15.9		
Lipids:										
Fatty acids, total saturated	g	24.104		0	FLA	4		40.976		
4:0	g	0.025		0	FLA	4		0.043		

NDB No. 19079
Candies, confectioner's coating, yogurt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.044		0	FLA	4		0.074		
8:0 ... g	0.678		0	FLA	4		1.153		
10:0 ... g	0.847		0	FLA	4		1.440		
12:0 ... g	14.505		0	FLA	4		24.658		
13:0 ... g									
14:0 ... g	5.153		0	FLA	4		8.759		
15:0 ... g									
16:0 ... g	2.271		0	FLA	4		3.861		
17:0 ... g									
18:0 ... g	0.571		0	FLA	4		0.970		
20:0 ... g	0.010		0	FLA	4		0.017		
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.526		0	FLA	4		0.894		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.003		0	FLA	4		0.006		
17:1 ... g									
18:1 undifferentiated ... g	0.523		0	FLA	4		0.888		
20:1 ... g	0.000		0	FLA	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.524		0	FLA	4		0.891		
18:2 undifferentiated ... g	0.478		0	FLA	4		0.812		
18:3 undifferentiated ... g	0.046		0	FLA	4		0.079		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g	0.000		0	FLA	4		0.000		
Cholesterol ... mg	1		2	A	1		2		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0		
Caffeine ... mg	0		0	FLA	4		0		
Theobromine ... mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 170g: 1 cup chips

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

Food Group: 19 Sweets

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

NDB No. 19910
Candies, crispy bar with peanut butter filling

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.60		1	MC	9				
Energy....kcal	542		0	NC	4				
Energy....kJ	2269		0	NC	4				
Protein (N x 6.25)....g	9.53		1	MC	9				
Total lipid (fat)....g	31.34		1	MC	9				
Ash....g	2.00		1	MC	9				
Carbohydrate, by difference....g	55.53		0	NC	4				
Fiber, total dietary....g	3.3		1	MC	9				
Sugars, total....g	40.33		1	MC	9				
Starch....g									
Minerals:									
Calcium, Ca....mg	70		1	MC	9				
Iron, Fe....mg	1.30		1	MC	9				
Magnesium, Mg....mg	49		1	MC	9				
Phosphorus, P....mg	144		1	MC	9				
Potassium, K....mg	295		1	MC	9				
Sodium, Na....mg	264		1	MC	9				
Zinc, Zn....mg	0.99		1	MC	9				
Copper, Cu....mg	0.200		1	MC	9				
Manganese, Mn....mg	0.000		1	MC	9				
Selenium, Se....mcg	0.7		1	MC	9				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	MC	9				
Thiamin....mg	0.130		1	MC	9				
Riboflavin....mg	0.100		1	MC	9				
Niacin....mg	3.640		1	MC	9				
Pantothenic acid....mg	0.440		1	MC	9				
Vitamin B-6....mg	0.080		1	MC	9				
Folate, total....mcg	40		1	MC	9				
Folic acid....mcg	40		1	MC	9				
Folate, food....mcg	0		1	AS	1				
Folate, DFE....mcg_DFE	68		0	NC	4				
Choline, total....mg	28.2		0	O	4				
Betaine....mg									
Vitamin B-12....mcg	0.15		0	FLC	4				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	15		0	NC	4				
Retinol....mcg	15		0	NR	4				
Carotene, beta....mcg	4		0	NR	4				
Carotene, alpha....mcg	0		0	FLC	4				
Cryptoxanthin, beta....mcg	0		0	FLC	4				
Vitamin A, IU....IU	58		1	MC	9				
Lycopene....mcg	0		0	FLC	4				
Lutein + zeaxanthin....mcg	45		0	FLC	4				
Vitamin E (alpha-tocopherol)....mg	2.77		0	FLC	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	5.9		0	FLC	4				
Lipids:									
Fatty acids, total saturated....g	12.959		0	FLC	4				
4:0....g	0.119		0	FLC	4				

NDB No. 19910
Candies, crispy bar with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.044		0	FLC	4				
8:0 ... g	0.040		0	FLC	4				
10:0 ... g	0.060		0	FLC	4				
12:0 ... g	0.222		0	FLC	4				
13:0 ... g	0.000		0	FLC	4				
14:0 ... g	0.236		0	FLC	4				
15:0 ... g	0.016		0	FLC	4				
16:0 ... g	6.006		0	FLC	4				
17:0 ... g	0.015		0	FLC	4				
18:0 ... g	6.155		0	FLC	4				
20:0 ... g	0.040		0	FLC	4				
22:0 ... g	0.004		0	FLC	4				
24:0 ... g	0.000		0	FLC	4				
Fatty acids, total monounsaturated ... g	10.820		1	MC	9				
14:1 ... g	0.013		0	FLC	4				
15:1 ... g	0.000		0	FLC	4				
16:1 undifferentiated ... g	0.053		0	FLC	4				
17:1 ... g	0.004		0	FLC	4				
18:1 undifferentiated ... g	9.323		0	FLC	4				
20:1 ... g	0.113		0	FLC	4				
22:1 undifferentiated ... g	0.000		0	FLC	4				
24:1 c ... g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated ... g	4.680		1	MC	9				
18:2 undifferentiated ... g	4.593		0	FLC	4				
18:3 undifferentiated ... g	0.049		0	FLC	4				
18:4 ... g	0.000		0	FLC	4				
20:2 n-6 c,c ... g	0.000		0	FLC	4				
20:3 undifferentiated ... g	0.000		0	FLC	4				
20:4 undifferentiated ... g	0.000		0	FLC	4				
20:5 n-3 (EPA) ... g	0.000		0	FLC	4				
22:5 n-3 (DPA) ... g	0.000		0	FLC	4				
22:6 n-3 (DHA) ... g	0.000		0	FLC	4				
Fatty acids, total trans ... g	0.020		1	MC	9				
Cholesterol ... mg	5		0	FLC	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		1	MC	9				
Caffeine ... mg	0		1	MC	9				
Theobromine ... mg	48		0	FLC	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: 19 Sweets

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

NDB No. 19268
Candies, dark chocolate coated coffee 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	1.47		0	FLC	4		0.59		
Energy	kcal	540		0	NC	4		216		
Energy	kJ	2259		0	NC	4		903		
Protein (N x 6.25)	g	7.50		1	LC	8		3.00		
Total lipid (fat)	g	30.00		1	LC	8		12.00		
Ash	g	1.08		0	FLC	4		0.43		
Carbohydrate, by difference	g	59.95		0	NC	4		23.98		
Fiber, total dietary	g	7.5		1	LC	8		3.0		
Sugars, total	g	42.50		1	LC	8		17.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	100		1	LC	8		40		
Iron, Fe	mg	2.70		1	LC	8		1.08		
Magnesium, Mg	mg	107		0	FLC	4		43		
Phosphorus, P	mg	135		0	FLC	4		54		
Potassium, K	mg	342		0	FLC	4		137		
Sodium, Na	mg	25		1	LC	8		10		
Zinc, Zn	mg	1.32		0	FLC	4		0.53		
Copper, Cu	mg	0.563		0	FLC	4		0.225		
Manganese, Mn	mg	0.558		0	FLC	4		0.223		
Selenium, Se	mcg	2.8		0	FLC	4		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg	0.018		0	FLC	4		0.007		
Riboflavin	mg	0.266		0	FLC	4		0.106		
Niacin	mg	0.578		0	FLC	4		0.231		
Pantothenic acid	mg	0.108		0	FLC	4		0.043		
Vitamin B-6	mg	0.038		0	FLC	4		0.015		
Folate, total	mcg	3		0	FLC	4		1		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	3		0	FLC	4		1		
Folate, DFE	mcg_DFE	3		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Carotene, beta	mcg	0		0	FLC	4		0		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	0		1	LC	8		0		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	16		0	FLC	4		6		
Vitamin E (alpha-tocopherol)	mg	0.23		0	FLC	4		0.09		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.9		0	FLC	4		2.4		
Lipids:										
Fatty acids, total saturated	g	15.000		1	LC	8		6.000		
4:0	g	0.000		0	FLC	4		0.000		
6:0	g	0.000		0	FLC	4		0.000		
8:0	g	0.000		0	FLC	4		0.000		

NDB No. 19268
Candies, dark chocolate coated coffee 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
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.000		0	FLC	4		0.000		
13:0 ... g									
14:0 ... g	0.022		0	FLC	4		0.009		
15:0 ... g	0.000		0	FLC	4		0.000		
16:0 ... g	6.552		0	FLC	4		2.621		
17:0 ... g	0.000		0	FLC	4		0.000		
18:0 ... g	8.407		0	FLC	4		3.363		
20:0 ... g	0.012		0	FLC	4		0.005		
22:0 ... g	0.000		0	FLC	4		0.000		
24:0 ... g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated ... g	0.000		1	LC	8		0.000		
14:1 ... g	0.000		0	FLC	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:1 ... g	0.000		0	FLC	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		1	LC	8		0.000		
18:2 undifferentiated ... g	0.000		0	FLC	4		0.000		
18:3 undifferentiated ... g	0.000		0	FLC	4		0.000		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	13		1	LC	8		5		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	839		0	FLC	4		336		
Theobromine ... mg	368		0	FLC	4		147		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 28 pieces

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

Food Group: 19 Sweets

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

NDB No. 19384
Candies, divinity, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.16		0	RC	4		1.01		
Energy	kcal	364		0	RC	4		40		
Energy	kJ	1523		0	RC	4		167		
Protein (N x 0)	g	1.32		0	RC	4		0.15		
Total lipid (fat)	g	0.06		0	RC	4		0.01		
Ash	g	0.14		0	RC	4		0.02		
Carbohydrate, by difference	g	89.05		0	RC	4		9.80		
Fiber, total dietary	g	0.0		0	RC	4		0.0		
Sugars, total	g	78.96		0	RC	4		8.69		
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0	RC	4		1		
Iron, Fe	mg	0.02		0	RC	4		0.00		
Magnesium, Mg	mg	2		0	RC	4		0		
Phosphorus, P	mg	2		0	RC	4		0		
Potassium, K	mg	23		0	RC	4		3		
Sodium, Na	mg	34		0	RC	4		4		
Zinc, Zn	mg	0.09		0	RC	4		0.01		
Copper, Cu	mg	0.005		0	RC	4		0.001		
Manganese, Mn	mg	0.003		0	RC	4		0.000		
Selenium, Se	mcg	3.0		0	RC	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.012		0	RC	4		0.001		
Riboflavin	mg	0.065		0	RC	4		0.007		
Niacin	mg	0.015		0	RC	4		0.002		
Pantothenic acid	mg	0.023		0	RC	4		0.003		
Vitamin B-6	mg	0.001		0	RC	4		0.000		
Folate, total	mcg	0		0	RC	4		0		
Folic acid	mcg	0		0	RC	4		0		
Folate, food	mcg	0		0	RC	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.01		0	RC	4		0.00		
Vitamin B-12, added	mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	RC	4		0		
Retinol	mcg	0		0	RC	4		0		
Carotene, beta	mcg	0		0	RC	4		0		
Carotene, alpha	mcg	0		0	RC	4		0		
Cryptoxanthin, beta	mcg	0		0	RC	4		0		
Vitamin A, IU	IU	0		0	RC	4		0		
Lycopene	mcg	0		0	RC	4		0		
Lutein + zeaxanthin	mcg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	RC	4		0.00		
Vitamin E, added	mg	0.00		0	RC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	RC	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0	RC	4		0.000		
4:0	g	0.000		0	RC	4		0.000		

NDB No. 19384
Candies, divinity, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	RC	4		0.000		
8:0 g	0.000		0	RC	4		0.000		
10:0 g	0.000		0	RC	4		0.000		
12:0 g	0.000		0	RC	4		0.000		
13:0 g									
14:0 g	0.000		0	RC	4		0.000		
15:0 g									
16:0 g	0.000		0	RC	4		0.000		
17:0 g									
18:0 g	0.000		0	RC	4		0.000		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0	RC	4		0.000		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	RC	4		0.000		
17:1 g									
18:1 undifferentiated g	0.000		0	RC	4		0.000		
20:1 g	0.000		0	RC	4		0.000		
22:1 undifferentiated g	0.000		0	RC	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0	RC	4		0.000		
18:2 undifferentiated g	0.000		0	RC	4		0.000		
18:3 undifferentiated g	0.000		0	RC	4		0.000		
18:4 g	0.000		0	RC	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	RC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	RC	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	RC	4		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g									
Caffeine mg	0		0	RC	4		0		
Theobromine mg	0		0	RC	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 = 11.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19099
Candies, fondant, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.74		0	RKI	6				
Energy	kcal	373		0	NC	4				
Energy	kJ	1560		0	NC	4				
Protein	g	0.00		0	RKI	6				
Total lipid (fat)	g	0.02		0	RKI	6				
Ash	g	0.06		0	RKI	6				
Carbohydrate, by difference	g	93.18		0	RKI	6				
Fiber, total dietary	g	0.0		0	RKI	6				
Sugars, total	g	88.90		0	RKI	6				
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RKA	1				
Iron, Fe	mg	0.01		0	RKA	1				
Magnesium, Mg	mg	0		0	RKA	1				
Phosphorus, P	mg	0		0	RKA	1				
Potassium, K	mg	4		0	RKA	1				
Sodium, Na	mg	11		0	RKA	1				
Zinc, Zn	mg	0.04		0	RKA	1				
Copper, Cu	mg	0.003		0	RKA	1				
Manganese, Mn	mg	0.000		0	RKA	1				
Selenium, Se	mcg	0.6		0	RKI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RKI	6				
Thiamin	mg	0.005		0	RKI	6				
Riboflavin	mg	0.016		0	RKI	6				
Niacin	mg	0.000		0	RKI	6				
Pantothenic acid	mg	0.000		0	RKI	6				
Vitamin B-6	mg	0.000		0	RKI	6				
Folate, total	mcg	0		0	RKI	6				
Folic acid	mcg	0		0	RKI	6				
Folate, food	mcg	0		0	RKI	6				
Folate, DFE	mcg_DFE	0		0	NC	4				
Choline, total	mg	0.0		0	RKI	6				
Betaine	mg	0.0		0	RKI	6				
Vitamin B-12	mcg	0.00		0	RKI	6				
Vitamin B-12, added	mcg	0.00		0	RKI	6				
Vitamin A, RAE	mcg_RAE	0		0	RKI	6				
Retinol	mcg	0		0	RKI	6				
Carotene, beta	mcg	0		0	RKI	6				
Carotene, alpha	mcg	0		0	RKI	6				
Cryptoxanthin, beta	mcg	0		0	RKI	6				
Vitamin A, IU	IU	0		0	RKI	6				
Lycopene	mcg	0		0	RKI	6				
Lutein + zeaxanthin	mcg	0		0	RKI	6				
Vitamin E (alpha-tocopherol)	mg	0.00		0	RKI	6				
Vitamin E, added	mg	0.00		0	RKI	6				
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	0.0		0	RKI	6				
Lipids:										
Fatty acids, total saturated	g	0.000		0	RKI	6				
4:0	g	0.000		0	RKI	6				

NDB No. 19099
Candies, fondant, prepared-from-recipe

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

NDB No. 19379
Candies, fudge, chocolate marshmallow, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.82		0	RC	4		1.56	96.05	
Energy	kcal	453		0	RC	4		91	5562	
Energy	kJ	1893		0	RC	4		379	23270	
Protein (N x 0)	g	2.26		0	RC	4		0.45	27.78	
Total lipid (fat)	g	17.48		0	RC	4		3.50	214.85	
Ash	g	0.76		0	RC	4		0.15	9.34	
Carbohydrate, by difference	g	71.34		0	RC	4		14.27	876.73	
Fiber, total dietary	g	1.7		0	RC	4		0.3	20.9	
Sugars, total	g	64.06		0	RC	4		12.81	787.31	
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0	RC	4		9	555	
Iron, Fe	mg	0.96		0	RC	4		0.19	11.77	
Magnesium, Mg	mg	36		0	RC	4		7	448	
Phosphorus, P	mg	67		0	RC	4		13	820	
Potassium, K	mg	147		0	RC	4		29	1807	
Sodium, Na	mg	85		0	RC	4		17	1040	
Zinc, Zn	mg	0.58		0	RC	4		0.12	7.07	
Copper, Cu	mg	0.217		0	RC	4		0.043	2.662	
Manganese, Mn	mg	0.232		0	RC	4		0.046	2.845	
Selenium, Se	mcg	2.1		0	RC	4		0.4	26.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RC	4		0.0	2.9	
Thiamin	mg	0.022		0	RC	4		0.004	0.273	
Riboflavin	mg	0.077		0	RC	4		0.015	0.946	
Niacin	mg	0.163		0	RC	4		0.033	2.008	
Pantothenic acid	mg	0.122		0	RC	4		0.024	1.498	
Vitamin B-6	mg	0.017		0	RC	4		0.003	0.208	
Folate, total	mcg	5		0	RC	4		1	64	
Folic acid	mcg	0		0	RC	4		0	0	
Folate, food	mcg	5		0	RC	4		1	64	
Folate, DFE	mcg_DFE	5		0	NC	4		1	64	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.03		0	RC	4		0.01	0.37	
Vitamin B-12, added	mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	75		0	NC	4		15	920	
Retinol	mcg	73		0	RC	4		15	903	
Carotene, beta	mcg	17		0	RC	4		3	207	
Carotene, alpha	mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta	mcg	0		0	RC	4		0	0	
Vitamin A, IU	IU	273		0	NC	4		55	3355	
Lycopene	mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin	mcg	5		0	RC	4		1	65	
Vitamin E (alpha-tocopherol)	mg	0.32		0	RC	4		0.06	3.90	
Vitamin E, added	mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.3		0	RC	4		0.5	28.8	
Lipids:										
Fatty acids, total saturated	g	10.669		0	RC	4		2.134	131.123	
4:0	g	0.339		0	RC	4		0.068	4.166	

NDB No. 19379
Candies, fudge, chocolate marshmallow, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.213		0	RC	4		0.043	2.612	
8:0 g	0.123		0	RC	4		0.025	1.509	
10:0 g	0.260		0	RC	4		0.052	3.199	
12:0 g	0.272		0	RC	4		0.054	3.348	
13:0 g	0.000		0	RC	4		0.000	0.000	
14:0 g	0.823		0	RC	4		0.165	10.112	
15:0 g	0.000		0	RC	4		0.000	0.000	
16:0 g	4.477		0	RC	4		0.895	55.023	
17:0 g	0.068		0	RC	4		0.014	0.840	
18:0 g	3.955		0	RC	4		0.791	48.602	
20:0 g	0.090		0	RC	4		0.018	1.103	
22:0 g	0.007		0	RC	4		0.001	0.086	
24:0 g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total monounsaturated g	5.205		0	RC	4		1.041	63.966	
14:1 g	0.000		0	RC	4		0.000	0.000	
15:1 g	0.000		0	RC	4		0.000	0.000	
16:1 undifferentiated g	0.132		0	RC	4		0.026	1.621	
16:1 c g	0.094		0	RC	4		0.019	1.151	
16:1 t g									
17:1 g	0.000		0	RC	4		0.000	0.000	
18:1 undifferentiated g	5.054		0	RC	4		1.011	62.110	
18:1 c g	1.655		0	RC	4		0.331	20.339	
18:1-11c (18:1c n-7) g									
18:1 t g	0.291		0	RC	4		0.058	3.573	
18:1-11t (18:1t n-7) g									
20:1 g	0.010		0	RC	4		0.002	0.120	
22:1 undifferentiated g	0.000		0	RC	4		0.000	0.000	
24:1 c g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total polyunsaturated g	0.611		0	RC	4		0.122	7.505	
18:2 undifferentiated g	0.550		0	RC	4		0.110	6.765	
18:2 n-6 c,c g	0.211		0	RC	4		0.042	2.594	
18:2 CLAs g	0.026		0	RC	4		0.005	0.320	
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.029		0	RC	4		0.006	0.355	
18:2 t not further defined g									
18:3 undifferentiated g	0.060		0	RC	4		0.012	0.738	
18:3 n-3 c,c,c (ALA) g	0.031		0	RC	4		0.006	0.377	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c g	0.000		0	RC	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	RC	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		0	RC	4		0.000	0.002	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	RC	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans g	0.320		0	RC	4		0.064	3.927	
Fatty acids, total trans-monoenoic g	0.291		0	RC	4		0.058	3.573	
Fatty acids, total trans-polyenoic g	0.029		0	RC	4		0.006	0.355	
Cholesterol mg	25		0	RC	4		5	303	
Phytosterols mg									
Others:									
Alcohol, ethyl g									
Caffeine mg	18		0	RC	4		4	218	
Theobromine mg	139		0	RC	4		28	1708	

NDB No. 19379

Candies, fudge, chocolate marshmallow, prepared-from-recipe

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

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

Common Measures:

Measure 1 = 20g: 1 piece

Measure 2 = 1229g: 1 recipe yield (60 pieces)

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

Food Group: 19 Sweets

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

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.12		0	RC	4				
Energy	kcal	474		0	NC	4				
Energy	kJ	1982		0	NC	4				
Protein	g	3.24		0	RC	4				
Total lipid (fat)	g	21.11		0	RC	4				
Ash	g	0.84		0	RC	4				
Carbohydrate, by difference	g	67.69		0	NC	4				
Fiber, total dietary	g	2.1		0	RC	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	49		0	RC	4				
Iron, Fe	mg	1.11		0	RC	4				
Magnesium, Mg	mg	46		0	RC	4				
Phosphorus, P	mg	88		0	RC	4				
Potassium, K	mg	170		0	RC	4				
Sodium, Na	mg	79		0	RC	4				
Zinc, Zn	mg	0.76		0	RC	4				
Copper, Cu	mg	0.319		0	RC	4				
Manganese, Mn	mg	0.470		0	RC	4				
Selenium, Se	mcg	2.3		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	RC	4				
Thiamin	mg	0.042		0	RC	4				
Riboflavin	mg	0.082		0	RC	4				
Niacin	mg	0.232		0	RC	4				
Pantothenic acid	mg	0.156		0	RC	4				
Vitamin B-6	mg	0.054		0	RC	4				
Folate, total	mcg	11		0	RC	4				
Folic acid	mcg	0		0	RC	4				
Folate, food	mcg	11		0	RC	4				
Folate, DFE	mcg_DFE	11		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.03		0	RC	4				
Vitamin B-12, added	mcg	0.00		0	RC	4				
Vitamin A, RAE	mcg_RAE	68		0	NC	4				
Retinol	mcg	68		0	RC	4				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg	0		0	RC	4				
Vitamin A, IU	IU	228		0	NC	4				
Lycopene	mcg	0		0	RC	4				
Lutein + zeaxanthin	mcg	6		0	RC	4				
Vitamin E (alpha-tocopherol)	mg	0.59		0	RC	4				
Vitamin E, added	mg	0.00		0	RC	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	RC	4				
Lipids:										
Fatty acids, total saturated	g	10.378		0	RC	4				
4:0	g	0.315		0	RC	4				

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.198		0	RC	4				
8:0 ... g	0.114		0	RC	4				
10:0 ... g	0.242		0	RC	4				
12:0 ... g	0.253		0	RC	4				
13:0 ... g	0.000		0	RC	4				
14:0 ... g	0.765		0	RC	4				
15:0 ... g	0.000		0	RC	4				
16:0 ... g	4.492		0	RC	4				
17:0 ... g	0.064		0	RC	4				
18:0 ... g	3.801		0	RC	4				
20:0 ... g	0.088		0	RC	4				
22:0 ... g	0.006		0	RC	4				
24:0 ... g	0.000		0	RC	4				
Fatty acids, total monounsaturated ... g	5.506		0	RC	4				
14:1 ... g	0.000		0	RC	4				
15:1 ... g	0.000		0	RC	4				
16:1 undifferentiated ... g	0.123		0	RC	4				
16:1 c ... g	0.087		0	RC	4				
16:1 t ... g									
17:1 ... g	0.000		0	RC	4				
18:1 undifferentiated ... g	5.355		0	RC	4				
18:1 c ... g	1.539		0	RC	4				
18:1-11c (18:1c n-7) ... g									
18:1 t ... g	0.270		0	RC	4				
18:1-11t (18:1t n-7) ... g									
20:1 ... g	0.019		0	RC	4				
22:1 undifferentiated ... g	0.000		0	RC	4				
24:1 c ... g	0.000		0	RC	4				
Fatty acids, total polyunsaturated ... g	4.081		0	RC	4				
18:2 undifferentiated ... g	3.349		0	RC	4				
18:2 n-6 c,c ... g	0.196		0	RC	4				
18:2 CLAs ... g	0.024		0	RC	4				
18:2 c,t ... g									
18:2 t,c ... g									
18:2 t,t ... g									
18:2 i ... g	0.027		0	RC	4				
18:2 t not further defined ... g									
18:3 undifferentiated ... g	0.732		0	RC	4				
18:3 n-3 c,c,c (ALA) ... g	0.029		0	RC	4				
18:3 n-6 c,c,c ... g									
18:3i ... g									
18:4 ... g	0.000		0	RC	4				
20:2 n-6 c,c ... g	0.000		0	RC	4				
20:3 undifferentiated ... g	0.000		0	RC	4				
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.000		0	RC	4				
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.000		0	RC	4				
21:5 ... g									
22:4 ... g									
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	0.297		0	RC	4				
Fatty acids, total trans-monoenoic ... g	0.270		0	RC	4				
Fatty acids, total trans-polyenoic ... g	0.027		0	RC	4				
Cholesterol ... mg	23		0	RC	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	16		0	RC	4				
Theobromine ... mg	129		0	RC	4				

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

NDB No. 19100
Candies, fudge, chocolate, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.81		0	RC	4		1.67		
Energy	kcal	411		0	RC	4		70		
Energy	kJ	1719		0	RC	4		292		
Protein (N x 0)	g	2.39		0	RC	4		0.41		
Total lipid (fat)	g	10.41		0	RC	4		1.77		
Ash	g	0.70		0	RC	4		0.12		
Carbohydrate, by difference	g	76.44		0	RC	4		13.00		
Fiber, total dietary	g	1.7		0	RC	4		0.3		
Sugars, total	g	73.12		0	RC	4		12.43		
Starch	g									
Minerals:										
Calcium, Ca	mg	49		0	RC	4		8		
Iron, Fe	mg	1.77		0	RC	4		0.30		
Magnesium, Mg	mg	36		0	RC	4		6		
Phosphorus, P	mg	71		0	RC	4		12		
Potassium, K	mg	134		0	RC	4		23		
Sodium, Na	mg	45		0	RC	4		8		
Zinc, Zn	mg	1.11		0	RC	4		0.19		
Copper, Cu	mg	0.329		0	RC	4		0.056		
Manganese, Mn	mg	0.422		0	RC	4		0.072		
Selenium, Se	mcg	2.5		0	RC	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.026		0	RC	4		0.004		
Riboflavin	mg	0.085		0	RC	4		0.014		
Niacin	mg	0.176		0	RC	4		0.030		
Pantothenic acid	mg	0.140		0	RC	4		0.024		
Vitamin B-6	mg	0.012		0	RC	4		0.002		
Folate, total	mcg	4		0	RC	4		1		
Folic acid	mcg	0		0	RC	4		0		
Folate, food	mcg	4		0	RC	4		1		
Folate, DFE	mcg_DFE	4		0	NC	4		1		
Choline, total	mg	10.0		0	O	4		1.7		
Betaine	mg									
Vitamin B-12	mcg	0.09		0	RC	4		0.01		
Vitamin B-12, added	mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE	mcg_RAE	44		0	NC	4		7		
Retinol	mcg	43		0	RC	4		7		
Carotene, beta	mcg	10		0	RC	4		2		
Carotene, alpha	mcg	0		0	RC	4		0		
Cryptoxanthin, beta	mcg	0		0	RC	4		0		
Vitamin A, IU	IU	159		0	RC	4		27		
Lycopene	mcg	0		0	RC	4		0		
Lutein + zeaxanthin	mcg	4		0	RC	4		1		
Vitamin E (alpha-tocopherol)	mg	0.18		0	RC	4		0.03		
Vitamin E, added	mg	0.00		0	RC	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	1.4		0	RC	4		0.2		
Lipids:										
Fatty acids, total saturated	g	6.448		0	RC	4		1.096		
4:0	g	0.187		0	RC	4		0.032		

NDB No. 19100
Candies, fudge, chocolate, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.125		0	RC	4		0.021		
8:0 g	0.084		0	RC	4		0.014		
10:0 g	0.152		0	RC	4		0.026		
12:0 g	0.155		0	RC	4		0.026		
13:0 g	0.000		0	RC	4		0.000		
14:0 g	0.474		0	RC	4		0.081		
15:0 g	0.000		0	RC	4		0.000		
16:0 g	2.703		0	RC	4		0.460		
17:0 g	0.038		0	RC	4		0.007		
18:0 g	2.459		0	RC	4		0.418		
20:0 g	0.063		0	RC	4		0.011		
22:0 g	0.005		0	RC	4		0.001		
24:0 g	0.000		0	RC	4		0.000		
Fatty acids, total monounsaturated g	2.943		0	RC	4		0.500		
14:1 g	0.000		0	RC	4		0.000		
15:1 g	0.000		0	RC	4		0.000		
16:1 undifferentiated g	0.058		0	RC	4		0.010		
17:1 g	0.000		0	RC	4		0.000		
18:1 undifferentiated g	2.882		0	RC	4		0.490		
20:1 g	0.005		0	RC	4		0.001		
22:1 undifferentiated g	0.000		0	RC	4		0.000		
24:1 c g	0.000		0	RC	4		0.000		
Fatty acids, total polyunsaturated g	0.373		0	RC	4		0.063		
18:2 undifferentiated g	0.321		0	RC	4		0.055		
18:3 undifferentiated g	0.052		0	RC	4		0.009		
18:4 g	0.000		0	RC	4		0.000		
20:2 n-6 c,c g	0.000		0	RC	4		0.000		
20:3 undifferentiated g	0.000		0	RC	4		0.000		
20:4 undifferentiated g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	RC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	RC	4		0.000		
Fatty acids, total trans g	0.165		0	RC	4		0.028		
Fatty acids, total trans-monoenoic g									
Fatty acids, total trans-polyenoic g									
Cholesterol mg	14		0	RC	4		2		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	8		0	RC	4		1		
Theobromine mg	130		0	RC	4		22		

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

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

Food Group: 19 Sweets

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

NDB No. 19101
Candies, fudge, chocolate, with nuts, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.66		0	RC	4				
Energy	kcal	461		0	RC	4				
Energy	kJ	1929		0	RC	4				
Protein	g	4.38		0	RC	4				
Total lipid (fat)	g	18.93		0	RC	4				
Ash	g	0.87		0	RC	4				
Carbohydrate, by difference	g	67.93		0	RC	4				
Fiber, total dietary	g	2.5		0	RC	4				
Sugars, total	g	63.37		0	RC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	57		0	RC	4				
Iron, Fe	mg	1.97		0	RC	4				
Magnesium, Mg	mg	55		0	RC	4				
Phosphorus, P	mg	114		0	RC	4				
Potassium, K	mg	183		0	RC	4				
Sodium, Na	mg	39		0	RC	4				
Zinc, Zn	mg	1.43		0	RC	4				
Copper, Cu	mg	0.526		0	RC	4				
Manganese, Mn	mg	0.885		0	RC	4				
Selenium, Se	mcg	2.9		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RC	4				
Thiamin	mg	0.067		0	RC	4				
Riboflavin	mg	0.095		0	RC	4				
Niacin	mg	0.315		0	RC	4				
Pantothenic acid	mg	0.208		0	RC	4				
Vitamin B-6	mg	0.088		0	RC	4				
Folate, total	mcg	16		0	RC	4				
Folic acid	mcg	0		0	RC	4				
Folate, food	mcg	16		0	RC	4				
Folate, DFE	mcg_DFE	16		0	NC	4				
Choline, total	mg	14.6		0	O	4				
Betaine	mg									
Vitamin B-12	mcg	0.07		0	RC	4				
Vitamin B-12, added	mcg	0.00		0	RC	4				
Vitamin A, RAE	mcg_RAE	38		0	NC	4				
Retinol	mcg	37		0	RC	4				
Carotene, beta	mcg	10		0	RC	4				
Carotene, alpha	mcg	0		0	RC	4				
Cryptoxanthin, beta	mcg	0		0	RC	4				
Vitamin A, IU	IU	140		0	RC	4				
Lycopene	mcg	0		0	RC	4				
Lutein + zeaxanthin	mcg	5		0	RC	4				
Vitamin E (alpha-tocopherol)	mg	0.26		0	RC	4				
Vitamin E, added	mg	0.00		0	RC	4				
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	1.6		0	RC	4				
Lipids:										
Fatty acids, total saturated	g	6.489		0	RC	4				
4:0	g	0.161		0	RC	4				

NDB No. 19101
Candies, fudge, chocolate, with nuts, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.108		0	RC	4				
8:0 ... g	0.072		0	RC	4				
10:0 ... g	0.131		0	RC	4				
12:0 ... g	0.134		0	RC	4				
13:0 ... g	0.000		0	RC	4				
14:0 ... g	0.409		0	RC	4				
15:0 ... g	0.000		0	RC	4				
16:0 ... g	3.001		0	RC	4				
17:0 ... g	0.033		0	RC	4				
18:0 ... g	2.371		0	RC	4				
20:0 ... g	0.064		0	RC	4				
22:0 ... g	0.004		0	RC	4				
24:0 ... g	0.000		0	RC	4				
Fatty acids, total monounsaturated ... g	3.900		0	RC	4				
14:1 ... g	0.000		0	RC	4				
15:1 ... g	0.000		0	RC	4				
16:1 undifferentiated ... g	0.050		0	RC	4				
17:1 ... g	0.000		0	RC	4				
18:1 undifferentiated ... g	3.827		0	RC	4				
20:1 ... g	0.025		0	RC	4				
22:1 undifferentiated ... g	0.000		0	RC	4				
24:1 c ... g	0.000		0	RC	4				
Fatty acids, total polyunsaturated ... g	7.529		0	RC	4				
18:2 undifferentiated ... g	6.097		0	RC	4				
18:3 undifferentiated ... g	1.432		0	RC	4				
18:4 ... g	0.000		0	RC	4				
20:2 n-6 c,c ... g	0.000		0	RC	4				
20:3 undifferentiated ... g	0.000		0	RC	4				
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	0.142		0	RC	4				
Cholesterol ... mg	12		0	RC	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg	7		0	RC	4				
Theobromine ... mg	112		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.

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19102
Candies, fudge, peanut butter, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.93		0	RC	4		1.75		
Energy	kcal	387		0	RC	4		62		
Energy	kJ	1620		0	RC	4		259		
Protein (N x 0)	g	3.78		0	RC	4		0.60		
Total lipid (fat)	g	6.59		0	RC	4		1.05		
Ash	g	0.71		0	RC	4		0.11		
Carbohydrate, by difference	g	77.75		0	RC	4		12.44		
Fiber, total dietary	g	0.7		0	RC	4		0.1		
Sugars, total	g	73.36		0	RC	4		11.74		
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0	RC	4		7		
Iron, Fe	mg	0.22		0	RC	4		0.04		
Magnesium, Mg	mg	20		0	RC	4		3		
Phosphorus, P	mg	68		0	RC	4		11		
Potassium, K	mg	119		0	RC	4		19		
Sodium, Na	mg	118		0	RC	4		19		
Zinc, Zn	mg	0.48		0	RC	4		0.08		
Copper, Cu	mg	0.056		0	RC	4		0.009		
Manganese, Mn	mg	0.164		0	RC	4		0.026		
Selenium, Se	mcg	2.2		0	RC	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.022		0	RC	4		0.004		
Riboflavin	mg	0.082		0	RC	4		0.013		
Niacin	mg	1.439		0	RC	4		0.230		
Pantothenic acid	mg	0.231		0	RC	4		0.037		
Vitamin B-6	mg	0.066		0	RC	4		0.010		
Folate, total	mcg	9		0	RC	4		1		
Folic acid	mcg	0		0	RC	4		0		
Folate, food	mcg	9		0	RC	4		1		
Folate, DFE	mcg_DFE	9		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.14		0	NR	4		0.02		
Vitamin B-12, added	mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE	mcg_RAE	9		0	RC	4		1		
Retinol	mcg	9		0	RC	4		1		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	32		0	RC	4		5		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	1.01		0	RC	4		0.16		
Vitamin E, added	mg	0.00		0	RC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	RC	4		0.0		
Lipids:										
Fatty acids, total saturated	g	1.721		0	RC	4		0.275		
4:0	g	0.023		0	RC	4		0.004		

NDB No. 19102
Candies, fudge, peanut butter, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.023		0	RC	4		0.004		
8:0 g	0.023		0	RC	4		0.004		
10:0 g	0.023		0	RC	4		0.004		
12:0 g	0.038		0	RC	4		0.006		
13:0 g	0.000		0	RC	4		0.000		
14:0 g	0.117		0	RC	4		0.019		
15:0 g	0.000		0	RC	4		0.000		
16:0 g	0.897		0	RC	4		0.143		
17:0 g	0.000		0	RC	4		0.000		
18:0 g	0.307		0	RC	4		0.049		
20:0 g	0.068		0	RC	4		0.011		
22:0 g	0.151		0	RC	4		0.024		
24:0 g	0.049		0	RC	4		0.008		
Fatty acids, total monounsaturated g	2.867		0	RC	4		0.459		
14:1 g	0.000		0	RC	4		0.000		
15:1 g									
16:1 undifferentiated g	0.000		0	RC	4		0.000		
17:1 g									
18:1 undifferentiated g	2.805		0	RC	4		0.449		
20:1 g	0.062		0	RC	4		0.010		
22:1 undifferentiated g	0.000		0	RC	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.588		0	RC	4		0.254		
18:2 undifferentiated g	1.556		0	RC	4		0.249		
18:3 undifferentiated g	0.032		0	RC	4		0.005		
18:4 g	0.000		0	RC	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	RC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	RC	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	3		0	RC	4		1		
Phytosterols mg									
Others:									
Alcohol, ethyl g									
Caffeine mg	0		0	RC	4		0		
Theobromine mg	0		0	RC	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 = 16g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19104
Candies, fudge, vanilla with 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	7.99		0	RC	4				
Energy	kcal	435		0	NC	4				
Energy	kJ	1819		0	NC	4				
Protein	g	3.00		0	RC	4				
Total lipid (fat)	g	13.69		0	RC	4				
Ash	g	0.54		0	RC	4				
Carbohydrate, by difference	g	74.61		0	RC	4				
Fiber, total dietary	g	0.9		0	RC	4				
Sugars, total	g	71.00		0	RC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	47		0	RC	4				
Iron, Fe	mg	0.41		0	RC	4				
Magnesium, Mg	mg	24		0	RC	4				
Phosphorus, P	mg	73		0	RC	4				
Potassium, K	mg	103		0	RC	4				
Sodium, Na	mg	42		0	RC	4				
Zinc, Zn	mg	0.56		0	RC	4				
Copper, Cu	mg	0.219		0	RC	4				
Manganese, Mn	mg	0.466		0	RC	4				
Selenium, Se	mcg	2.2		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RC	4				
Thiamin	mg	0.051		0	RC	4				
Riboflavin	mg	0.085		0	RC	4				
Niacin	mg	0.179		0	RC	4				
Pantothenic acid	mg	0.183		0	RC	4				
Vitamin B-6	mg	0.077		0	RC	4				
Folate, total	mcg	12		0	RC	4				
Folic acid	mcg	0		0	RC	4				
Folate, food	mcg	12		0	RC	4				
Folate, DFE	mcg_DFE	12		0	NC	4				
Choline, total	mg	10.0		0	O	4				
Betaine	mg									
Vitamin B-12	mcg	0.07		0	RC	4				
Vitamin B-12, added	mcg	0.00		0	RC	4				
Vitamin A, RAE	mcg_RAE	41		0	NC	4				
Retinol	mcg	40		0	RC	4				
Carotene, beta	mcg	11		0	RC	4				
Carotene, alpha	mcg	0		0	RC	4				
Cryptoxanthin, beta	mcg	0		0	RC	4				
Vitamin A, IU	IU	151		0	RC	4				
Lycopene	mcg	0		0	RC	4				
Lutein + zeaxanthin	mcg	1		0	RC	4				
Vitamin E (alpha-tocopherol)	mg	0.22		0	RC	4				
Vitamin E, added	mg	0.00		0	RC	4				
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	0.8		0	RC	4				
Lipids:										
Fatty acids, total saturated	g	3.828		0	RC	4				
4:0	g	0.176		0	RC	4				

NDB No. 19104
Candies, fudge, vanilla with nuts

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.117		0	RC	4				
8:0 g	0.078		0	RC	4				
10:0 g	0.143		0	RC	4				
12:0 g	0.146		0	RC	4				
13:0 g	0.000		0	RC	4				
14:0 g	0.441		0	RC	4				
15:0 g	0.000		0	RC	4				
16:0 g	1.875		0	RC	4				
17:0 g	0.027		0	RC	4				
18:0 g	0.809		0	RC	4				
20:0 g	0.015		0	RC	4				
22:0 g	0.000		0	RC	4				
24:0 g	0.000		0	RC	4				
Fatty acids, total monounsaturated g	2.454		0	RC	4				
14:1 g	0.000		0	RC	4				
15:1 g									
16:1 undifferentiated g	0.046		0	RC	4				
17:1 g									
18:1 undifferentiated g	2.384		0	RC	4				
20:1 g	0.023		0	RC	4				
22:1 undifferentiated g	0.000		0	RC	4				
24:1 c g	0.000		0	RC	4				
Fatty acids, total polyunsaturated g	6.614		0	RC	4				
18:2 undifferentiated g	5.344		0	RC	4				
18:3 undifferentiated g	1.270		0	RC	4				
18:4 g	0.000		0	RC	4				
20:2 n-6 c,c g	0.000		0	RC	4				
20:3 undifferentiated g	0.000		0	RC	4				
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	0.158		0	RC	4				
Cholesterol mg	13		0	RC	4				
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7				
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.

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19103
Candies, fudge, vanilla, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.85		0	RC	4				
Energy	kcal	383		0	NC	4				
Energy	kJ	1602		0	NC	4				
Protein	g	1.05		0	RC	4				
Total lipid (fat)	g	5.45		0	RC	4				
Ash	g	0.34		0	RC	4				
Carbohydrate, by difference	g	82.15		0	RC	4				
Fiber, total dietary	g	0.0		0	RC	4				
Sugars, total	g	79.77		0	RC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	38		0	RC	4				
Iron, Fe	mg	0.02		0	RC	4				
Magnesium, Mg	mg	3		0	RC	4				
Phosphorus, P	mg	30		0	RC	4				
Potassium, K	mg	49		0	RC	4				
Sodium, Na	mg	47		0	RC	4				
Zinc, Zn	mg	0.15		0	RC	4				
Copper, Cu	mg	0.004		0	RC	4				
Manganese, Mn	mg	0.002		0	RC	4				
Selenium, Se	mcg	1.7		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4				
Thiamin	mg	0.014		0	RC	4				
Riboflavin	mg	0.074		0	RC	4				
Niacin	mg	0.038		0	RC	4				
Pantothenic acid	mg	0.119		0	RC	4				
Vitamin B-6	mg	0.009		0	RC	4				
Folate, total	mcg	1		0	RC	4				
Folic acid	mcg	0		0	RC	4				
Folate, food	mcg	1		0	RC	4				
Folate, DFE	mcg_DFE	1		0	NC	4				
Choline, total	mg	5.3		0	O	4				
Betaine	mg									
Vitamin B-12	mcg	0.08		0	RC	4				
Vitamin B-12, added	mcg	0.00		0	RC	4				
Vitamin A, RAE	mcg_RAE	46		0	NC	4				
Retinol	mcg	45		0	RC	4				
Carotene, beta	mcg	10		0	RC	4				
Carotene, alpha	mcg	0		0	RC	4				
Cryptoxanthin, beta	mcg	0		0	RC	4				
Vitamin A, IU	IU	168		0	RC	4				
Lycopene	mcg	0		0	RC	4				
Lutein + zeaxanthin	mcg	0		0	RC	4				
Vitamin E (alpha-tocopherol)	mg	0.14		0	RC	4				
Vitamin E, added	mg	0.00		0	RC	4				
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	0.5		0	RC	4				
Lipids:										
Fatty acids, total saturated	g	3.382		0	RC	4				
4:0	g	0.199		0	RC	4				

NDB No. 19103
Candies, fudge, vanilla, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.133		0	RC	4				
8:0 ... g	0.088		0	RC	4				
10:0 ... g	0.161		0	RC	4				
12:0 ... g	0.165		0	RC	4				
13:0 ... g	0.000		0	RC	4				
14:0 ... g	0.498		0	RC	4				
15:0 ... g	0.000		0	RC	4				
16:0 ... g	1.441		0	RC	4				
17:0 ... g	0.031		0	RC	4				
18:0 ... g	0.659		0	RC	4				
20:0 ... g	0.007		0	RC	4				
22:0 ... g	0.000		0	RC	4				
24:0 ... g	0.000		0	RC	4				
Fatty acids, total monounsaturated ... g	1.399		0	RC	4				
14:1 ... g	0.000		0	RC	4				
15:1 ... g									
16:1 undifferentiated ... g	0.052		0	RC	4				
17:1 ... g									
18:1 undifferentiated ... g	1.341		0	RC	4				
20:1 ... g	0.005		0	RC	4				
22:1 undifferentiated ... g	0.000		0	RC	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.227		0	RC	4				
18:2 undifferentiated ... g	0.186		0	RC	4				
18:3 undifferentiated ... g	0.040		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	0.179		0	RC	4				
Fatty acids, total trans-monoenoic ... g									
Fatty acids, total trans-polyenoic ... g									
Cholesterol ... mg	15		0	RC	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
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.

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 43057
Candies, gum drops, dietetic or low calorie (sorbitol)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.70		0		4		21.29	0.59	
Energy....kcal	162		0		4		295	8	
Energy....kJ	678		0		4		1234	34	
Protein....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	0.20		1		1		0.36	0.01	
Ash....g	0.00		0	BFSN	4		0.00	0.00	
Carbohydrate, by difference....g	88.00		0		4		160.16	4.40	
Fiber, total dietary....g	18.0		0		4		32.8	0.9	
Sugars, total....g	70.00		0	NR	4		127.40	3.50	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0	0	
Iron, Fe....mg	0.00		1		1		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		7		0	0	
Sodium, Na....mg	7		1		1		13	0	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg									
Selenium, Se....mcg	0.5		0	BFSN	4		0.9	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.000		1		1		0.000	0.000	
Riboflavin....mg	0.000		1		1		0.000	0.000	
Niacin....mg	0.000		1		1		0.000	0.000	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	BFSN	4		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFSN	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		1		1		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	0.034		0		4		0.062	0.002	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 43057
Candies, gum drops, dietetic or low calorie (sorbitol)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.019		0		4		0.035	0.001	
17:0....g									
18:0....g	0.004		0		4		0.007	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.092		0		4		0.167	0.005	
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	0.090		0		4		0.164	0.005	
20:1....g	0.003		0		4		0.005	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.064		0		4		0.116	0.003	
18:2 undifferentiated....g	0.064		0		4		0.116	0.003	
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	BFSN	4		0	0	
Theobromine....mg	0		0	BFSN	4		0	0	

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

Common Measures:

Measure 1 = 182g: 1 cup

Measure 2 = 5.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19106
Candies, gumdrops, starch jelly pieces

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00	0.000	8		1		1.82	0.36	0.22
Energy....kcal	396		0	NC	4		720	142	87
Energy....kJ	1655		0	NC	4		3012	596	364
Protein (N x 6.25)....g	0.00		1		4		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	0.00
Ash....g	0.10		1		4		0.18	0.04	0.02
Carbohydrate, by difference....g	98.90		0	NC	4		180.00	35.60	21.76
Fiber, total dietary....g	0.1		0	FLC	4		0.1	0.0	0.0
Sugars, total....g	58.97		1	LC	8		107.33	21.23	12.97
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.936	9		1		5	1	1
Iron, Fe....mg	0.40	0.109	8		1		0.73	0.14	0.09
Magnesium, Mg....mg	1	0.774	9		1		2	0	0
Phosphorus, P....mg	1	0.453	8		1		2	0	0
Potassium, K....mg	5	3.943	9		1		9	2	1
Sodium, Na....mg	44	5.093	9		1		80	16	10
Zinc, Zn....mg	0.00	0.004	8		1		0.00	0.00	0.00
Copper, Cu....mg	0.012	0.008	8		1		0.022	0.004	0.003
Manganese, Mn....mg	0.010	0.017	8		1		0.018	0.004	0.002
Selenium, Se....mcg	0.8		0	FLC	4		1.5	0.3	0.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin....mg	0.006		0	FLC	4		0.010	0.002	0.001
Riboflavin....mg	0.013		0	FLC	4		0.023	0.005	0.003
Niacin....mg	0.010		0	FLC	4		0.019	0.004	0.002
Pantothenic acid....mg	0.012		0	FLC	4		0.022	0.004	0.003
Vitamin B-6....mg	0.005		0	FLC	4		0.008	0.002	0.001
Folate, total....mcg	0		0	FLC	4		0	0	0
Folic acid....mcg	0		0	FLC	4		0	0	0
Folate, food....mcg	0		0	FLC	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	FLC	4		0	0	0
Retinol....mcg	0		0	FLC	4		0	0	0
Carotene, beta....mcg	0		0	FLC	4		0	0	0
Carotene, alpha....mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	0		0	FLC	4		0	0	0
Lycopene....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	FLC	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	0.000
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 19106
Candies, gumdrops, starch jelly pieces

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

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

Common Measures:

Measure 1 = 182g: 1 cup gumdrops

Measure 2 = 36g: 10 gumdrops

Measure 3 = 22g: 10 gummy bears

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

Food Group: 19 Sweets

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

NDB No. 19117
Candies, halavah, plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.67		2	A	1				
Energy	kcal	469		0	NC	4				
Energy	kJ	1962				4				
Protein (N x 5.8)	g	12.49		2	A	1				
Total lipid (fat)	g	21.52		2	A	1				
Ash	g	1.83		2	A	1				
Carbohydrate, by difference	g	60.49		0	NC	4				
Fiber, total dietary	g	4.5		2	A	1				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	33		2	A	1				
Iron, Fe	mg	4.53		2	A	1				
Magnesium, Mg	mg	218		2	A	1				
Phosphorus, P	mg	607		2	A	1				
Potassium, K	mg	187		2	A	1				
Sodium, Na	mg	195		2	A	1				
Zinc, Zn	mg	4.32		2	A	1				
Copper, Cu	mg	1.202		2	A	1				
Manganese, Mn	mg	0.873		2	A	1				
Selenium, Se	mcg	11.5		0	FLA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		2	A	1				
Thiamin	mg	0.424		2	A	1				
Riboflavin	mg	0.088		2	A	1				
Niacin	mg	2.856		2	A	1				
Pantothenic acid	mg	0.174		2	A	1				
Vitamin B-6	mg	0.348		2	A	1				
Folate, total	mcg	65		2	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	65		2	A	1				
Folate, DFE	mcg_DFE	65		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.04		0	FLA	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	T	4				
Carotene, alpha	mcg	0		0	T	4				
Cryptoxanthin, beta	mcg	0		0	T	4				
Vitamin A, IU	IU	2		2	A	1				
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	4.127		2	A	1				
4:0	g	0.000		2	A	1				
6:0	g	0.000		2	A	1				
8:0	g	0.000		2	A	1				

NDB No. 19117
Candies, halavah, plain

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		2	A	1				
12:0 ... g	0.000		2	A	1				
13:0 ... g									
14:0 ... g	0.000		2	A	1				
15:0 ... g									
16:0 ... g	2.113		2	A	1				
17:0 ... g									
18:0 ... g	1.847		2	A	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.194		2	A	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.025		2	A	1				
17:1 ... g									
18:1 undifferentiated ... g	8.133		2	A	1				
20:1 ... g	0.036		2	A	1				
22:1 undifferentiated ... g	0.000		2	A	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	8.481		2	A	1				
18:2 undifferentiated ... g	8.421		2	A	1				
18:3 undifferentiated ... g	0.060		2	A	1				
18:4 ... g	0.000		2	A	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		2	A	1				
20:5 n-3 (EPA) ... g	0.000		2	A	1				
22:5 n-3 (DPA) ... g	0.000		2	A	1				
22:6 n-3 (DHA) ... g	0.000		2	A	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
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:

Calories Factors: Protein 4 **Fat** 8.5 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19107
Candies, hard

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	1.30	0.291	6		1		0.37	0.08	0.04
Energy....kcal	394		0	NC	4		112	24	12
Energy....kJ	1648		0		4		467	99	49
Protein (N x 6.25)....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)....g	0.20		1	A	1		0.06	0.01	0.01
Ash....g	0.50	0.407	9		1		0.14	0.03	0.02
Carbohydrate, by difference....g	98.00		0	NC	4		27.78	5.88	2.94
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	62.90		1	A	1		17.83	3.77	1.89
Starch....g									
Minerals:									
Calcium, Ca....mg	3	1.419	37		1		1	0	0
Iron, Fe....mg	0.30	0.050	42		1		0.09	0.02	0.01
Magnesium, Mg....mg	3	0.707	37		1		1	0	0
Phosphorus, P....mg	3	1.533	37		1		1	0	0
Potassium, K....mg	5	1.358	37		1		1	0	0
Sodium, Na....mg	38	7.185	33		1		11	2	1
Zinc, Zn....mg	0.01	0.005	42		1		0.00	0.00	0.00
Copper, Cu....mg	0.029	0.010	5		1		0.008	0.002	0.001
Manganese, Mn....mg	0.010	0.001	37		1		0.003	0.001	0.000
Selenium, Se....mcg	0.6		0	BFSN	4		0.2	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	0.0
Thiamin....mg	0.004		1		4		0.001	0.000	0.000
Riboflavin....mg	0.003		1		4		0.001	0.000	0.000
Niacin....mg	0.007		1		4		0.002	0.000	0.000
Pantothenic acid....mg	0.008		1		4		0.002	0.000	0.000
Vitamin B-6....mg	0.003		1		4		0.001	0.000	0.000
Folate, total....mcg	0		1		4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0		1		4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		1		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	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	0.000		0		7		0.000	0.000	0.000
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 19107
Candies, hard

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	0.000
15:0 g									
16:0 g	0.000		0		4		0.000	0.000	0.000
17:0 g									
18:0 g	0.000		0		4		0.000	0.000	0.000
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0		7		0.000	0.000	0.000
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		4		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 = 28.35g: 1 oz

Measure 2 = 6.0g: 1 piece

Measure 3 = 3.0g: 1 piece, small

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

Food Group: 19 Sweets

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

NDB No. 43058
Candies, hard, dietetic or low calorie (sorbitol)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.40		0		4		0.04		
Energy	kcal	394		0	NC	4		12		
Energy	kJ	1650		0	NC	4		50		
Protein	g	0.00		1		1		0.00		
Total lipid (fat)	g	0.00		0		4		0.00		
Ash	g	0.00		0	BFSN	4		0.00		
Carbohydrate, by difference	g	98.60		0	NC	4		2.96		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	93.00		0	NR	4		2.79		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1		1		0		
Iron, Fe	mg	0.00		1		1		0.00		
Magnesium, Mg	mg	0		0		4		0		
Phosphorus, P	mg	0		0		4		0		
Potassium, K	mg	0		0		4		0		
Sodium, Na	mg	0		0		4		0		
Zinc, Zn	mg	0.00		0		4		0.00		
Copper, Cu	mg	0.000		0		4		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg	0.6		0	BFSN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.000		1		1		0.000		
Riboflavin	mg	0.000		1		1		0.000		
Niacin	mg	0.000		1		1		0.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		4		0.000		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	BFSN	4		0		
Folate, food	mcg	0		0	BFSN	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	0.0		0	Z	7		0.0		
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	BFSN	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		1		1		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		
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	BFSN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0		7		0.000		
4:0	g	0.000		0		4		0.000		

NDB No. 43058
Candies, hard, dietetic or low calorie (sorbitol)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		4		0.000		
17:0 ... g									
18:0 ... g	0.000		0		4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0		7		0.000		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		4		0.000		
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	0.000		0		7		0.000		
18:2 undifferentiated ... g	0.000		0		4		0.000		
18:3 undifferentiated ... g	0.000		0		4		0.000		
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	BFSN	4		0		
Theobromine ... mg	0		0	BFSN	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 = 3.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19108
Candies, jellybeans

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.30		1		4		0.69	1.76	
Energy....kcal	375		0	NC	4		41	105	
Energy....kJ	1568		0	NC	4		172	439	
Protein (N x 6.25)....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.05		0	FLC	4		0.01	0.01	
Ash....g	0.10		0	FLC	4		0.01	0.03	
Carbohydrate, by difference....g	93.55		0	NC	4		10.29	26.19	
Fiber, total dietary....g	0.2		0	FLC	4		0.0	0.1	
Sugars, total....g	70.00		1	LC	8		7.70	19.60	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		1		1		0	1	
Iron, Fe....mg	0.13		0	FLC	4		0.01	0.04	
Magnesium, Mg....mg	2		1		1		0	1	
Phosphorus, P....mg	4		0	FLC	4		0	1	
Potassium, K....mg	37		1		1		4	10	
Sodium, Na....mg	50		1	LC	8		6	14	
Zinc, Zn....mg	0.05		1		1		0.01	0.01	
Copper, Cu....mg	0.028		1		1		0.003	0.008	
Manganese, Mn....mg	0.035		1		1		0.004	0.010	
Selenium, Se....mcg	1.1		0	FLC	4		0.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.004		0	FLC	4		0.000	0.001	
Riboflavin....mg	0.011		0	FLC	4		0.001	0.003	
Niacin....mg	0.008		0	FLC	4		0.001	0.002	
Pantothenic acid....mg	0.009		0	FLC	4		0.001	0.003	
Vitamin B-6....mg	0.004		0	FLC	4		0.000	0.001	
Folate, total....mcg	0		0	FLC	4		0	0	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	0		0	FLC	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	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	FLC	4		0	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0	FLC	4		0	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	FLC	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLC	4		0.000	0.000	
4:0....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 19108
Candies, jellybeans

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

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

Common Measures:

Measure 1 = 11.0g: 10 small

Measure 2 = 28g: 10 large (1 oz)

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

Food Group: 19 Sweets

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

NDB No. 19116
Candies, marshmallows

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.40	0.374	6		1		8.20	1.15	1.18
Energy....kcal	318		0	NC	4		159	22	23
Energy....kJ	1331		0		4		665	93	96
Protein (N x 5.6)....g	1.80	0.107	5		1		0.90	0.13	0.13
Total lipid (fat)....g	0.20	0.055	5		1		0.10	0.01	0.01
Ash....g	0.30	0.136	5		1		0.15	0.02	0.02
Carbohydrate, by difference....g	81.30		0	NC	4		40.65	5.69	5.85
Fiber, total dietary....g	0.1		0	FLA	4		0.1	0.0	0.0
Sugars, total....g	57.56	4.874	3	LC	8		28.78	4.03	4.14
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.356	10		1		2	0	0
Iron, Fe....mg	0.23	0.085	10		1		0.12	0.02	0.02
Magnesium, Mg....mg	2	0.503	10		1		1	0	0
Phosphorus, P....mg	8	1.376	6		1		4	1	1
Potassium, K....mg	5	1.162	10		1		3	0	0
Sodium, Na....mg	80	12.963	3	LC	8		40	6	6
Zinc, Zn....mg	0.04	0.015	10		1		0.02	0.00	0.00
Copper, Cu....mg	0.097		2		1		0.049	0.007	0.007
Manganese, Mn....mg	0.008	0.034	5		1		0.004	0.001	0.001
Selenium, Se....mcg	1.7		0	FLA	4		0.8	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	5		1		0.0	0.0	0.0
Thiamin....mg	0.001	0.000	5		1		0.001	0.000	0.000
Riboflavin....mg	0.001	0.000	4		1		0.001	0.000	0.000
Niacin....mg	0.078	0.015	5		1		0.039	0.005	0.006
Pantothenic acid....mg	0.005		1		1		0.003	0.000	0.000
Vitamin B-6....mg	0.003		0	FLA	4		0.002	0.000	0.000
Folate, total....mcg	1		0	FLA	4		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	1		0	FLA	4		0	0	0
Folate, DFE....mcg_DFE	1		0	NC	4		0	0	0
Choline, total....mg	0.1		0	O	4		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	0
Retinol....mcg	0		0	FLA	4		0	0	0
Carotene, beta....mcg	0		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0	FLA	4		0	0	0
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	FLA	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.056		0		4		0.028	0.004	0.004
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 19116
Candies, marshmallows

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.001		0		4		0.001	0.000	0.000
15:0....g									
16:0....g	0.040		0		4		0.020	0.003	0.003
17:0....g									
18:0....g	0.015		0		4		0.008	0.001	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.080		0		4		0.040	0.006	0.006
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		4		0.002	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.076		0		4		0.038	0.005	0.005
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.047		0		4		0.024	0.003	0.003
18:2 undifferentiated....g	0.045		0		4		0.023	0.003	0.003
18:3 undifferentiated....g	0.001		0		4		0.001	0.000	0.000
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		4		0.001	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	0.023	4		1		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	0.035		0		1		0.018	0.002	0.003
Isoleucine....g	0.028		0		1		0.014	0.002	0.002
Leucine....g	0.066		0		1		0.033	0.005	0.005
Lysine....g	0.077		0		1		0.039	0.005	0.006
Methionine....g	0.015		0		1		0.008	0.001	0.001
Cystine....g	0.002		0		1		0.001	0.000	0.000
Phenylalanine....g	0.042		0		1		0.021	0.003	0.003
Tyrosine....g	0.010		0		1		0.005	0.001	0.001
Valine....g	0.050		0		1		0.025	0.004	0.004
Arginine....g	0.147		0		1		0.074	0.010	0.011
Histidine....g	0.017		0		1		0.009	0.001	0.001
Alanine....g	0.180		0		1		0.090	0.013	0.013
Aspartic acid....g	0.121		0		1		0.061	0.008	0.009
Glutamic acid....g	0.208		0		1		0.104	0.015	0.015
Glycine....g	0.416		0		1		0.208	0.029	0.030
Proline....g	0.275		0		1		0.138	0.019	0.020
Serine....g	0.061		0		1		0.031	0.004	0.004
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

NDB No. 19116
Candies, marshmallows

Common Measures:

Measure 1 = 50g: 1 cup of miniature
Measure 2 = 7.0g: 10 miniatures
Measure 3 = 7.2g: 1 regular

Calories Factors: Protein 3.9 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19120
Candies, milk chocolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.50	0.054	9	A	1		2.53	0.11	0.66
Energy	kcal	535		0	NC	4		899	37	235
Energy	kJ	2239		0	NC	4		3762	157	985
Protein (N x 6.25)	g	7.65	0.281	9	A	1		12.86	0.54	3.37
Total lipid (fat)	g	29.66	0.230	9	A	1		49.83	2.08	13.05
Ash	g	1.78	0.036	9	A	1		2.99	0.12	0.78
Carbohydrate, by difference	g	59.40		0	NC	4		99.80	4.16	26.14
Fiber, total dietary	g	3.4	0.132	9	A	1		5.7	0.2	1.5
Sugars, total	g	51.50	0.495	9	A	1		86.52	3.60	22.66
Starch	g									
Minerals:										
Calcium, Ca	mg	189	0.333	27	A	1		317	13	83
Iron, Fe	mg	2.35	1.043	27	A	1		3.94	0.16	1.03
Magnesium, Mg	mg	63	3.153	27	A	1		105	4	28
Phosphorus, P	mg	208	6.583	27	A	1		350	15	92
Potassium, K	mg	372	30.222	27	A	1		626	26	164
Sodium, Na	mg	79	8.597	27	A	1		132	6	35
Zinc, Zn	mg	2.30		0	FLA	4		3.86	0.16	1.01
Copper, Cu	mg	0.491	0.083	27	A	1		0.825	0.034	0.216
Manganese, Mn	mg	0.471	0.131	27	A	1		0.791	0.033	0.207
Selenium, Se	mcg	4.5	0.173	22	A	1		7.5	0.3	2.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin	mg	0.112	0.007	5	A	1		0.188	0.008	0.049
Riboflavin	mg	0.298	0.034	5	A	1		0.501	0.021	0.131
Niacin	mg	0.386	0.018	5	A	1		0.648	0.027	0.170
Pantothenic acid	mg	0.472	0.041	5	A	1		0.794	0.033	0.208
Vitamin B-6	mg	0.036	0.001	5	A	1		0.060	0.002	0.016
Folate, total	mcg	12	0.802	5	A	1		20	1	5
Folic acid	mcg	0		0	FLA	4		0	0	0
Folate, food	mcg	11		0	FLC	4		19	1	5
Folate, DFE	mcg_DFE	11		0	NC	4		19	1	5
Choline, total	mg	46.1		1	A	1		77.5	3.2	20.3
Betaine	mg	2.6		1	A	1		4.4	0.2	1.2
Vitamin B-12	mcg	0.75		0	NR	4		1.27	0.05	0.33
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	59		0	NC	4		98	4	26
Retinol	mcg	59		0	FLA	4		98	4	26
Carotene, beta	mcg	0	0.000	4	A	1		0	0	0
Carotene, alpha	mcg	0	0.000	4	A	1		0	0	0
Cryptoxanthin, beta	mcg	0	0.000	4	A	1		0	0	0
Vitamin A, IU	IU	195		0	NC	4		328	14	86
Lycopene	mcg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin	mcg	6		0	FLA	4		10	0	3
Vitamin E (alpha-tocopherol)	mg	0.51		0	FLA	4		0.85	0.04	0.22
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, gamma	mg	0.92		0	FLA	4		1.55	0.06	0.41
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	5.7	0.585	4	A	1		9.6	0.4	2.5
Lipids:										
Fatty acids, total saturated	g	18.509		0	NR	4		31.094	1.296	8.144
4:0	g	0.358		0	NR	4		0.601	0.025	0.157

NDB No. 19120
Candies, milk chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.099		0	NR	4		0.166	0.007	0.044
8:0 g	0.111		0	NR	4		0.187	0.008	0.049
10:0 g	0.246		0	NR	4		0.413	0.017	0.108
12:0 g	0.254		0	NR	4		0.426	0.018	0.112
13:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0 g	1.184		0	NR	4		1.988	0.083	0.521
15:0 g	0.000		0	NR	4		0.000	0.000	0.000
16:0 g	8.332		0	NR	4		13.998	0.583	3.666
17:0 g	0.013		0	NR	4		0.022	0.001	0.006
18:0 g	7.836		0	NR	4		13.164	0.548	3.448
20:0 g	0.071		0	NR	4		0.119	0.005	0.031
22:0 g	0.007		0	NR	4		0.011	0.000	0.003
24:0 g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	7.186		0	NR	4		12.072	0.503	3.162
14:1 g	0.000		0	NR	4		0.000	0.000	0.000
15:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.407		0	NR	4		0.683	0.028	0.179
17:1 g	0.000		0	NR	4		0.000	0.000	0.000
18:1 undifferentiated g	6.076		0	NR	4		10.208	0.425	2.673
18:1 c g	6.076		0	NR	4		10.208	0.425	2.673
18:1-11c (18:1c n-7) g									
18:1 t g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7) g									
20:1 g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	1.376		0	NR	4		2.312	0.096	0.606
18:2 undifferentiated g	1.218		0	NR	4		2.046	0.085	0.536
18:3 undifferentiated g	0.122		0	NR	4		0.205	0.009	0.054
18:3 n-3 c,c,c (ALA) g	0.122		0	NR	4		0.205	0.009	0.054
18:3 n-6 c,c,c g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	23		1	A	1		38	2	10
Phytosterols mg									
Stigmasterol mg	16		1	A	1		27	1	7
Campesterol mg	6		1	A	1		10	0	3
Beta-sitosterol mg	37		1	A	1		62	3	16
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine mg	20	0.000	9	A	1		34	1	9
Theobromine mg	205	6.891	8	A	1		345	14	90

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

NDB No. 19120
Candies, milk chocolate

Measure 2 = 7.0g: 1 bar, miniature
Measure 3 = 44g: 1 bar (1.55 oz)

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

Food Group: 19 Sweets

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NDB No. 19279
Candies, milk chocolate coated coffee 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	2.42		0	RA	4				
Energy	kcal	549		0	NC	4				
Energy	kJ	2298		0	NC	4				
Protein	g	7.41		0	RA	4				
Total lipid (fat)	g	33.18		0	O	4				
Ash	g	1.75		0	RA	4				
Carbohydrate, by difference	g	55.25		0	NC	4				
Fiber, total dietary	g	5.7		0	RA	4				
Sugars, total	g	50.75		0	RA	4				
Sucrose	g	0.00		0	RA	4				
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	169		0	RA	4				
Iron, Fe	mg	2.29		0	RA	4				
Magnesium, Mg	mg	64		0	RA	4				
Phosphorus, P	mg	188		0	RA	4				
Potassium, K	mg	413		0	RA	4				
Sodium, Na	mg	70		0	RA	4				
Zinc, Zn	mg	2.02		0	RA	4				
Copper, Cu	mg	0.492		0	RA	4				
Manganese, Mn	mg	0.535		0	RA	4				
Selenium, Se	mcg	4.3		0	RA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.098		0	RA	4				
Riboflavin	mg	0.315		0	RA	4				
Niacin	mg	0.332		0	RA	4				
Pantothenic acid	mg	0.453		0	RA	4				
Vitamin B-6	mg	0.031		0	RA	4				
Folate, total	mcg	10		0	RA	4				
Folic acid	mcg	0		0	RA	4				
Folate, food	mcg	10		0	RA	4				
Folate, DFE	mcg_DFE	10		0	NC	4				
Choline, total	mg	40.5		0	RA	4				
Betaine	mg									
Vitamin B-12	mcg	0.65		0	RA	4				
Vitamin B-12, added	mcg	0.00		0	RA	4				
Vitamin A, RAE	mcg_RAE	51		0	NC	4				
Retinol	mcg	51		0	RA	4				
Carotene, beta	mcg	0		0	RA	4				
Carotene, alpha	mcg	0		0	RA	4				
Cryptoxanthin, beta	mcg	0		0	RA	4				
Vitamin A, IU	IU	159		0	RA	4				
Lycopene	mcg	0		0	RA	4				
Lutein + zeaxanthin	mcg	5		0	RA	4				
Vitamin E (alpha-tocopherol)	mg	0.44		0	RA	4				
Vitamin E, added	mg	0.00		0	RA	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19279
Candies, milk chocolate coated coffee 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
Vitamin D3 (cholecalciferol)....mcg	0.0		0	FLA	4				
Vitamin D....IU	0		0	FLA	4				
Vitamin K (phylloquinone)....mcg	5.4		0	RA	4				
Lipids:									
Fatty acids, total saturated....g	18.138		0	NC	4				
4:0....g	0.633		0	RA	4				
6:0....g	0.229		0	RA	4				
8:0....g	0.131		0	RA	4				
10:0....g	0.248		0	RA	4				
12:0....g	0.272		0	RA	4				
13:0....g	0.000		0	RA	4				
14:0....g	0.835		0	RA	4				
15:0....g	0.086		0	RA	4				
16:0....g	7.652		0	RA	4				
17:0....g	0.082		0	RA	4				
18:0....g	7.717		0	RA	4				
20:0....g	0.229		0	RA	4				
22:0....g	0.023		0	RA	4				
24:0....g	0.000		0	RA	4				
Fatty acids, total monounsaturated....g	13.735		0	NC	4				
14:1....g	0.203		0	RA	4				
15:1....g	0.000		0	RA	4				
16:1 undifferentiated....g	0.386		0	RA	4				
17:1....g	0.057		0	RA	4				
18:1 undifferentiated....g	13.089		0	RA	4				
20:1....g	0.000		0	RA	4				
22:1 undifferentiated....g	0.000		0	RA	4				
24:1 c....g	0.000		0	RA	4				
Fatty acids, total polyunsaturated....g	1.310		0	NC	4				
18:2 undifferentiated....g	1.236		0	RA	4				
18:3 undifferentiated....g	0.074		0	RA	4				
18:4....g	0.000		0	RA	4				
20:2 n-6 c,c....g	0.000		0	RA	4				
20:3 undifferentiated....g	0.000		0	RA	4				
20:4 undifferentiated....g	0.000		0	RA	4				
20:5 n-3 (EPA)....g	0.000		0	RA	4				
22:5 n-3 (DPA)....g	0.000		0	RA	4				
22:6 n-3 (DHA)....g	0.000		0	RA	4				
Fatty acids, total trans....g	0.000		0	RA	4				
Fatty acids, total trans-monoenoic....g	0.000		0	RA	4				
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	20		0	RA	4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4				
Caffeine....mg	800		0	RA	4				
Theobromine....mg	178		0	RA	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: 19 Sweets

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

NDB No. 19126
Candies, milk chocolate coated peanuts

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.90	0.100	3		1		2.83	0.76	
Energy	kcal	519		0	NC	4		774	208	
Energy	kJ	2172		0	NC	4		3236	869	
Protein (N x 5.8)	g	13.10	0.910	5		1		19.52	5.24	
Total lipid (fat)	g	33.50	0.626	5		1		49.92	13.40	
Ash	g	1.80	0.076	3		1		2.68	0.72	
Carbohydrate, by difference	g	49.70		0	NC	4		74.05	19.88	
Fiber, total dietary	g	4.7		0	FLM	4		7.1	1.9	
Sugars, total	g	37.59		0	FLM	4		56.00	15.03	
Starch	g									
Minerals:										
Calcium, Ca	mg	104	15.972	5		1		155	42	
Iron, Fe	mg	1.31	0.074	5		1		1.95	0.52	
Magnesium, Mg	mg	96		0	FLM	4		143	38	
Phosphorus, P	mg	212		2		1		316	85	
Potassium, K	mg	502	10.786	3		1		748	201	
Sodium, Na	mg	41	2.618	3		1		61	16	
Zinc, Zn	mg	2.60		0	FLM	4		3.87	1.04	
Copper, Cu	mg	0.544		0	FLM	4		0.811	0.218	
Manganese, Mn	mg	0.945		0	FLM	4		1.408	0.378	
Selenium, Se	mcg	5.4		0	FLM	4		8.0	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0	0.0	
Thiamin	mg	0.116	0.005	4		1		0.173	0.046	
Riboflavin	mg	0.174	0.025	5		1		0.259	0.070	
Niacin	mg	4.249	0.644	5		1		6.331	1.700	
Pantothenic acid	mg	0.744		0	FLM	4		1.108	0.297	
Vitamin B-6	mg	0.100		0	FLM	4		0.150	0.040	
Folate, total	mcg	51		0	FLM	4		76	20	
Folic acid	mcg	0		0	FLM	4		0	0	
Folate, food	mcg	51		0	FLM	4		75	20	
Folate, DFE	mcg_DFE	51		0	NC	4		75	20	
Choline, total	mg	47.8		0	O	4		71.2	19.1	
Betaine	mg									
Vitamin B-12	mcg	0.53		0	FLM	4		0.79	0.21	
Vitamin B-12, added	mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	41		0	NC	4		62	17	
Retinol	mcg	41		0	FLM	4		62	17	
Carotene, beta	mcg	0		0	FLM	4		0	0	
Carotene, alpha	mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLM	4		0	0	
Vitamin A, IU	IU	131		0	FLM	4		195	52	
Lycopene	mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin	mcg	4		0	FLM	4		6	2	
Vitamin E (alpha-tocopherol)	mg	2.40		0	FLM	4		3.57	0.96	
Vitamin E, added	mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	4.0		0	FLM	4		6.0	1.6	
Lipids:										
Fatty acids, total saturated	g	14.600		0	FLM	4		21.754	5.840	
4:0	g	0.453		0	FLM	4		0.675	0.181	

NDB No. 19126
Candies, milk chocolate coated peanuts

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.030		1		1		0.045	0.012	
8:0 g	0.040		1		1		0.060	0.016	
10:0 g	0.090		1		1		0.134	0.036	
12:0 g	0.090		1		1		0.134	0.036	
13:0 g	0.000		0	FLM	4		0.000	0.000	
14:0 g	0.604		0	FLM	4		0.900	0.242	
15:0 g	0.062		0	FLM	4		0.092	0.025	
16:0 g	6.696		0	FLM	4		9.977	2.678	
17:0 g	0.059		0	FLM	4		0.088	0.024	
18:0 g	5.782		0	FLM	4		8.615	2.313	
20:0 g	0.154		0	FLM	4		0.230	0.062	
22:0 g	0.017		0	FLM	4		0.025	0.007	
24:0 g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated g	12.920		0	FLM	4		19.251	5.168	
14:1 g	0.047		0	FLM	4		0.070	0.019	
15:1 g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated g	0.091		0	FLM	4		0.136	0.037	
17:1 g	0.013		0	FLM	4		0.020	0.005	
18:1 undifferentiated g	12.550		1		1		18.700	5.020	
20:1 g	0.137		0	FLM	4		0.205	0.055	
22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
24:1 c g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated g	4.330		0	FLM	4		6.452	1.732	
18:2 undifferentiated g	4.222		0	FLM	4		6.290	1.689	
18:3 undifferentiated g	0.040		0	FLM	4		0.060	0.016	
18:4 g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	9		2		1		13	4	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLM	4		0.0	0.0	
Caffeine mg	14		0	FLM	4		21	6	
Theobromine mg	145		0	FLM	4		216	58	

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

Common Measures:

Measure 1 = 149g: 1 cup

Measure 2 = 40g: 10 pieces

Calories Factors: Protein 3.6 **Fat** 8.6 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19127
Candies, milk chocolate coated raisins

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	11.20	2.282	7		1		20.16	1.12	
Energy....kcal	390		0	NC	4		702	39	
Energy....kJ	1631		0	NC	4		2935	163	
Protein (N x 6.2)....g	4.10	0.299	8		1		7.38	0.41	
Total lipid (fat)....g	14.80	1.152	7		1		26.64	1.48	
Ash....g	1.50	0.074	7		1		2.70	0.15	
Carbohydrate, by difference....g	68.40		0	NC	4		123.12	6.84	
Fiber, total dietary....g	3.1		0	FLC	4		5.6	0.3	
Sugars, total....g	62.22		0	LC	8		112.00	6.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	86	14.400	4		1		155	9	
Iron, Fe....mg	1.71	0.329	4		1		3.08	0.17	
Magnesium, Mg....mg	45		0	FLC	4		81	4	
Phosphorus, P....mg	143		2		1		257	14	
Potassium, K....mg	514		2		1		925	51	
Sodium, Na....mg	36		2		1		65	4	
Zinc, Zn....mg	1.25		0	FLC	4		2.25	0.12	
Copper, Cu....mg	0.373		0	FLC	4		0.671	0.037	
Manganese, Mn....mg	0.358		0	FLC	4		0.644	0.036	
Selenium, Se....mcg	2.6		0	FLC	4		4.7	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		2		1		0.4	0.0	
Thiamin....mg	0.084	0.005	4		1		0.151	0.008	
Riboflavin....mg	0.161	0.037	4		1		0.290	0.016	
Niacin....mg	0.400		2		1		0.720	0.040	
Pantothenic acid....mg	0.264		0	FLC	4		0.476	0.026	
Vitamin B-6....mg	0.074		0	FLC	4		0.134	0.007	
Folate, total....mcg	8		0	FLC	4		14	1	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	7		0	FLC	4		13	1	
Folate, DFE....mcg_DFE	7		0	NC	4		13	1	
Choline, total....mg	26.3		0	FLC	4		47.3	2.6	
Betaine....mg									
Vitamin B-12....mcg	0.37		0	FLC	4		0.67	0.04	
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	29		0	NC	4		52	3	
Retinol....mcg	29		0	FLC	4		52	3	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	91		0	FLC	4		163	9	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	3		0	FLC	4		6	0	
Vitamin E (alpha-tocopherol)....mg	0.29		0	FLC	4		0.52	0.03	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	3.9		0	FLC	4		7.1	0.4	
Lipids:									
Fatty acids, total saturated....g	10.272		0	NC	4		18.489	1.027	
4:0....g	0.360		0	FLC	4		0.648	0.036	

NDB No. 19127
Candies, milk chocolate coated raisins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.130		0	FLC	4		0.234	0.013	
8:0 ... g	0.074		0	FLC	4		0.134	0.007	
10:0 ... g	0.141		0	FLC	4		0.254	0.014	
12:0 ... g	0.155		0	FLC	4		0.279	0.015	
13:0 ... g	0.000		0	FLC	4		0.000	0.000	
14:0 ... g	0.475		0	FLC	4		0.855	0.047	
15:0 ... g	0.049		0	FLC	4		0.088	0.005	
16:0 ... g	4.301		0	FLC	4		7.742	0.430	
17:0 ... g	0.047		0	FLC	4		0.084	0.005	
18:0 ... g	4.403		0	FLC	4		7.926	0.440	
20:0 ... g	0.123		0	FLC	4		0.221	0.012	
22:0 ... g	0.014		0	FLC	4		0.025	0.001	
24:0 ... g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated ... g	3.134		0	NC	4		5.641	0.313	
14:1 ... g									
15:1 ... g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated ... g	0.101		0	FLC	4		0.182	0.010	
17:1 ... g	0.013		0	FLC	4		0.024	0.001	
18:1 undifferentiated ... g	3.019		0	FLC	4		5.435	0.302	
20:1 ... g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
24:1 c ... g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated ... g	0.571		0	NC	4		1.028	0.057	
18:2 undifferentiated ... g	0.534		0	FLC	4		0.961	0.053	
18:3 undifferentiated ... g	0.037		0	FLC	4		0.067	0.004	
18:4 ... g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c ... g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	3	1.638	3		1		5	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0	0.0	
Caffeine ... mg	10		0	FLC	4		19	1	
Theobromine ... mg	122		0	FLC	4		220	12	

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

Measure 2 = 10.0g: 10 pieces

Calories Factors: Protein 3.6 **Fat** 8.7 **Carbohydrate** 3.6

Food Group: 19 Sweets

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

NDB No. 19132
Candies, milk chocolate, with almonds

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	1.50	0.210	9		1		0.62	0.66	
Energy....kcal	526		0	NC	4		216	231	
Energy....kJ	2200		0	NC	4		902	968	
Protein (N x 5.9)....g	9.00	0.319	13		1		3.69	3.96	
Total lipid (fat)....g	34.40	0.790	14		1		14.10	15.14	
Ash....g	1.70	0.017	9		1		0.70	0.75	
Carbohydrate, by difference....g	53.40		0	NC	4		21.89	23.50	
Fiber, total dietary....g	6.2		1		1		2.5	2.7	
Sugars, total....g	43.90		0	LC	8		18.00	19.32	
Starch....g									
Minerals:									
Calcium, Ca....mg	224	13.194	12		1		92	99	
Iron, Fe....mg	1.63	0.225	12		1		0.67	0.72	
Magnesium, Mg....mg	90	5.285	6		1		37	40	
Phosphorus, P....mg	264	14.134	6		1		108	116	
Potassium, K....mg	444	6.652	8		1		182	195	
Sodium, Na....mg	74	8.195	11		1		30	33	
Zinc, Zn....mg	1.34	0.197	6		1		0.55	0.59	
Copper, Cu....mg	0.422	0.033	5		1		0.173	0.186	
Manganese, Mn....mg	0.624	0.056	5		1		0.256	0.275	
Selenium, Se....mcg	4.0		0	FLA	4		1.6	1.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		2		1		0.1	0.1	
Thiamin....mg	0.060	0.007	11		1		0.025	0.026	
Riboflavin....mg	0.435	0.027	12		1		0.178	0.191	
Niacin....mg	0.742	0.086	8		1		0.304	0.326	
Pantothenic acid....mg	0.455		0	FLM	4		0.186	0.200	
Vitamin B-6....mg	0.045		0	FLM	4		0.018	0.020	
Folate, total....mcg	14		0	FLM	4		6	6	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	13		0	FLM	4		5	6	
Folate, DFE....mcg_DFE	13		0	NC	4		5	6	
Choline, total....mg	46.8		0	FLM	4		19.2	20.6	
Betaine....mg									
Vitamin B-12....mcg	0.67		0	FLM	4		0.28	0.30	
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	52		0	NC	4		21	23	
Retinol....mcg	52		0	FLM	4		21	23	
Carotene, beta....mcg	0		0	FLM	4		0	0	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	175		0	NC	4		72	77	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	6		0	FLM	4		2	2	
Vitamin E (alpha-tocopherol)....mg	3.14		0	FLM	4		1.29	1.38	
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	5.1		0	FLM	4		2.1	2.2	
Lipids:									
Fatty acids, total saturated....g	17.701		0	NC	4		7.258	7.789	
4:0....g	0.611		0	FLM	4		0.250	0.269	

NDB No. 19132
Candies, milk chocolate, with almonds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.221		0	FLM	4		0.091	0.097	
8:0 g	0.126		0	FLM	4		0.052	0.056	
10:0 g	0.240		0	FLM	4		0.098	0.105	
12:0 g	0.263		0	FLM	4		0.108	0.116	
13:0 g	0.000		0	FLM	4		0.000	0.000	
14:0 g	0.806		0	FLM	4		0.330	0.355	
15:0 g	0.083		0	FLM	4		0.034	0.037	
16:0 g	7.562		0	FLM	4		3.100	3.327	
17:0 g	0.079		0	FLM	4		0.033	0.035	
18:0 g	7.480		0	FLM	4		3.067	3.291	
20:0 g	0.208		0	FLM	4		0.085	0.092	
22:0 g	0.022		0	FLM	4		0.009	0.010	
24:0 g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated g	11.960		0	NC	4		4.903	5.262	
14:1 g	0.110		0	FLM	4		0.045	0.048	
15:1 g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated g	0.244		0	FLM	4		0.100	0.107	
17:1 g	0.031		0	FLM	4		0.013	0.014	
18:1 undifferentiated g	11.575		0	FLM	4		4.746	5.093	
20:1 g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
24:1 c g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated g	3.019		0	NC	4		1.238	1.328	
18:2 undifferentiated g	2.937		0	FLM	4		1.204	1.292	
18:3 undifferentiated g	0.082		0	FLM	4		0.034	0.036	
18:4 g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	19	1.933	8		1		8	8	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	18		0	FLM	4		7	8	
Theobromine mg	183		0	FLM	4		75	80	

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

Common Measures:

Measure 1 = 41g: 1 bar (1.45 oz)

Measure 2 = 44g: 1 bar (1.55 oz)

Calories Factors: Protein 3.6 **Fat** 8.6 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19134
Candies, milk chocolate, with rice cereal

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.52		0	FLC	4		0.61	0.69	0.72
Energy	kcal	511		0	NC	4		204	230	240
Energy	kJ	2136		0	NC	4		855	961	1004
Protein (N x 6.2)	g	7.64		0	FLC	4		3.06	3.44	3.59
Total lipid (fat)	g	29.37		0	FLC	4		11.75	13.22	13.81
Ash	g	1.78		0	FLC	4		0.71	0.80	0.84
Carbohydrate, by difference	g	59.67		0	FLC	4		23.87	26.85	28.05
Fiber, total dietary	g	3.3		0	FLC	4		1.3	1.5	1.6
Sugars, total	g	51.06		0	FLC	4		20.42	22.98	24.00
Starch	g									
Minerals:										
Calcium, Ca	mg	187		0	FLC	4		75	84	88
Iron, Fe	mg	2.65		0	FLC	4		1.06	1.19	1.25
Magnesium, Mg	mg	62		0	FLC	4		25	28	29
Phosphorus, P	mg	207		0	FLC	4		83	93	97
Potassium, K	mg	370		0	FLC	4		148	166	174
Sodium, Na	mg	86		0	FLC	4		34	39	40
Zinc, Zn	mg	2.29		0	FLC	4		0.92	1.03	1.08
Copper, Cu	mg	0.488		0	FLC	4		0.195	0.219	0.229
Manganese, Mn	mg	0.477		0	FLC	4		0.191	0.215	0.224
Selenium, Se	mcg	4.6		0	FLC	4		1.8	2.1	2.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	FLC	4		0.3	0.3	0.3
Thiamin	mg	0.131		0	FLC	4		0.052	0.059	0.062
Riboflavin	mg	0.323		0	FLC	4		0.129	0.145	0.152
Niacin	mg	0.672		0	FLC	4		0.269	0.302	0.316
Pantothenic acid	mg	0.471		0	FLC	4		0.188	0.212	0.221
Vitamin B-6	mg	0.055		0	FLC	4		0.022	0.025	0.026
Folate, total	mcg	18		0	FLC	4		7	8	8
Folic acid	mcg	6		0	FLC	4		2	3	3
Folate, food	mcg	11		0	FLC	4		4	5	5
Folate, DFE	mcg_DFE	21		0	NC	4		8	10	10
Choline, total	mg	45.8		0	O	4		18.3	20.6	21.5
Betaine	mg									
Vitamin B-12	mcg	0.80		0	FLC	4		0.32	0.36	0.38
Vitamin B-12, added	mcg	0.05		0	FLC	4		0.02	0.02	0.03
Vitamin A, RAE	mcg_RAE	65		0	NC	4		26	29	31
Retinol	mcg	65		0	FLC	4		26	29	31
Carotene, beta	mcg	0		0	FLC	4		0	0	0
Carotene, alpha	mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	FLC	4		0	0	0
Vitamin A, IU	IU	217		0	NC	4		87	98	102
Lycopene	mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin	mcg	6		0	FLC	4		2	3	3
Vitamin E (alpha-tocopherol)	mg	0.50		0	FLC	4		0.20	0.23	0.24
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, gamma	mg	0.91		0	FLC	4		0.37	0.41	0.43
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	5.7		0	FLC	4		2.3	2.6	2.7
Lipids:										
Fatty acids, total saturated	g	15.890		0	FLC	4		6.356	7.151	7.468
4:0	g	0.561		0	FLC	4		0.224	0.252	0.264

NDB No. 19134
Candies, milk chocolate, with rice cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.203		0	FLC	4		0.081	0.091	0.095
8:0 g	0.116		0	FLC	4		0.046	0.052	0.054
10:0 g	0.220		0	FLC	4		0.088	0.099	0.103
12:0 g	0.241		0	FLC	4		0.097	0.109	0.113
13:0 g	0.000		0	FLC	4		0.000	0.000	0.000
14:0 g	0.740		0	FLC	4		0.296	0.333	0.348
15:0 g	0.076		0	FLC	4		0.031	0.034	0.036
16:0 g	6.640		0	FLC	4		2.656	2.988	3.121
17:0 g	0.073		0	FLC	4		0.029	0.033	0.034
18:0 g	6.808		0	FLC	4		2.723	3.064	3.200
20:0 g	0.191		0	FLC	4		0.076	0.086	0.090
22:0 g	0.020		0	FLC	4		0.008	0.009	0.010
24:0 g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	8.640		0	FLC	4		3.456	3.888	4.061
14:1 g	0.052		0	FLC	4		0.021	0.023	0.024
15:1 g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated g	0.098		0	FLC	4		0.039	0.044	0.046
17:1 g	0.015		0	FLC	4		0.006	0.007	0.007
18:1 undifferentiated g	3.309		0	FLC	4		1.324	1.489	1.555
20:1 g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.780		0	FLC	4		0.312	0.351	0.367
18:2 undifferentiated g	0.660		0	FLC	4		0.264	0.297	0.310
18:3 undifferentiated g	0.044		0	FLC	4		0.018	0.020	0.021
18:4 g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		0	FLC	4		0.000	0.000	0.000
20:3 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
20:4 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	23		0	FLC	4		9	10	11
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine mg	20		0	FLC	4		8	9	9
Theobromine mg	203		0	FLC	4		81	91	96

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar (1.4 oz)

Measure 2 = 45g: 1 bar (1.45 oz)

Measure 3 = 47g: 1 bar (1.65 oz)

Calories Factors: Protein 3.7 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 43046
Candies, nougat, with almonds

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.15		0	FLC	4		0.30		
Energy	kcal	398		0	NC	4		56		
Energy	kJ	1665		0	NC	4		233		
Protein	g	3.33		1	LC	8		0.47		
Total lipid (fat)	g	1.67		1	LC	8		0.23		
Ash	g	0.46		0	FLC	4		0.06		
Carbohydrate, by difference	g	92.39		0	NC	4		12.93		
Fiber, total dietary	g	3.3		1	LC	8		0.5		
Sugars, total	g	83.33		1	LC	8		11.67		
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0	FLC	4		4		
Iron, Fe	mg	0.59		0	FLC	4		0.08		
Magnesium, Mg	mg	32		0	FLC	4		4		
Phosphorus, P	mg	55		0	FLC	4		8		
Potassium, K	mg	105		0	FLC	4		15		
Sodium, Na	mg	33		1	LC	8		5		
Zinc, Zn	mg	0.42		0	FLC	4		0.06		
Copper, Cu	mg	0.134		0	FLC	4		0.019		
Manganese, Mn	mg	0.304		0	FLC	4		0.043		
Selenium, Se	mcg	2.6		0	FLC	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	FLC	4		0.0		
Thiamin	mg	0.013		0	FLC	4		0.002		
Riboflavin	mg	0.148		0	FLC	4		0.021		
Niacin	mg	0.478		0	FLC	4		0.067		
Pantothenic acid	mg	0.060		0	FLC	4		0.008		
Vitamin B-6	mg	0.020		0	FLC	4		0.003		
Folate, total	mcg	5		0	FLC	4		1		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	4		0	FLC	4		1		
Folate, DFE	mcg_DFE	5		0	NC	4		1		
Choline, total	mg	5.1		0	O	4		0.7		
Betaine	mg									
Vitamin B-12	mcg	0.01		0	FLC	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Carotene, beta	mcg	0		0	FLC	4		0		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	1		0	FLC	4		0		
Vitamin A, IU	IU	1		0	FLC	4		0		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	1		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	2.77		0	FLC	4		0.39		
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	FLC	4		0.0		
Lipids:										
Fatty acids, total saturated	g	1.667		1	LC	8		0.233		
4:0	g	0.000		0	FLC	4		0.000		

NDB No. 43046
Candies, nougat, with almonds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	FLC	4		0.000		
8:0 g	0.000		0	FLC	4		0.000		
10:0 g	0.000		0	FLC	4		0.000		
12:0 g	0.000		0	FLC	4		0.000		
13:0 g	0.000		0	FLC	4		0.000		
14:0 g	0.002		0	FLC	4		0.000		
15:0 g	0.000		0	FLC	4		0.000		
16:0 g	1.340		0	FLC	4		0.188		
17:0 g	0.000		0	FLC	4		0.000		
18:0 g	0.324		0	FLC	4		0.045		
20:0 g	0.000		0	FLC	4		0.000		
22:0 g	0.000		0	FLC	4		0.000		
24:0 g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated g	0.000		1	LC	8		0.000		
14:1 g	0.000		0	FLC	4		0.000		
15:1 g									
16:1 undifferentiated g	0.000		0	FLC	4		0.000		
17:1 g									
18:1 undifferentiated g	0.000		0	FLC	4		0.000		
20:1 g	0.000		0	FLC	4		0.000		
22:1 undifferentiated g	0.000		0	FLC	4		0.000		
24:1 c g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated g	0.000		1	LC	8		0.000		
18:2 undifferentiated g	0.000		0	FLC	4		0.000		
18:3 undifferentiated g	0.000		0	FLC	4		0.000		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g	0.000		0	FLC	4		0.000		
20:3 undifferentiated g	0.000		0	FLC	4		0.000		
20:4 undifferentiated g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		1	LC	8		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 14.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19147
Candies, peanut bar

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	1.60	0.150	4		1		0.45	0.64	0.72
Energy....kcal	522		0	NC	4		148	209	235
Energy....kJ	2184		0		4		619	874	983
Protein (N x 5.5)....g	15.50	1.151	4		1		4.39	6.20	6.98
Total lipid (fat)....g	33.70	0.229	4		1		9.55	13.48	15.17
Ash....g	1.90	0.089	3		1		0.54	0.76	0.86
Carbohydrate, by difference....g	47.40		0	NC	4		13.44	18.96	21.33
Fiber, total dietary....g	4.1		0	FLM	4		1.2	1.6	1.8
Sugars, total....g	42.22		0	LC	8		11.97	16.89	19.00
Starch....g									
Minerals:									
Calcium, Ca....mg	78		1		1		22	31	35
Iron, Fe....mg	0.97		1		1		0.27	0.39	0.44
Magnesium, Mg....mg	110		0	FLM	4		31	44	50
Phosphorus, P....mg	308		0	FLM	4		87	123	138
Potassium, K....mg	407		2		1		115	163	183
Sodium, Na....mg	156		0	LC	8		44	62	70
Zinc, Zn....mg	3.94		0	FLM	4		1.12	1.58	1.77
Copper, Cu....mg	0.774		0	FLM	4		0.220	0.310	0.348
Manganese, Mn....mg	1.243		0	FLM	4		0.352	0.497	0.559
Selenium, Se....mcg	4.7		0	FLM	4		1.3	1.9	2.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLM	4		0.0	0.0	0.0
Thiamin....mg	0.100		1		1		0.028	0.040	0.045
Riboflavin....mg	0.140		1		1		0.040	0.056	0.063
Niacin....mg	7.922	0.821	4		1		2.246	3.169	3.565
Pantothenic acid....mg	0.830		0	FLM	4		0.235	0.332	0.374
Vitamin B-6....mg	0.153		0	FLM	4		0.043	0.061	0.069
Folate, total....mcg	75		0	FLM	4		21	30	34
Folic acid....mcg	0		0	FLM	4		0	0	0
Folate, food....mcg	75		0	FLM	4		21	30	34
Folate, DFE....mcg_DFE	75		0	NC	4		21	30	34
Choline, total....mg	29.4		0	O	4		8.3	11.8	13.2
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	FLM	4		0	0	0
Retinol....mcg	0		0	FLM	4		0	0	0
Carotene, beta....mcg	0		0	FLM	4		0	0	0
Carotene, alpha....mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	0		0	FLM	4		0	0	0
Lycopene....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	4.10		0	FLM	4		1.16	1.64	1.85
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	0.0		0	FLM	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	4.678		0	FLA	4		1.326	1.871	2.105
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 19147
Candies, peanut bar

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.022		0	FLA	4		0.006	0.009	0.010
15:0....g									
16:0....g	3.528		0	FLA	4		1.000	1.411	1.588
17:0....g									
18:0....g	0.752		0	FLA	4		0.213	0.301	0.338
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	16.721		0	FLA	4		4.740	6.688	7.524
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0	FLA	4		0.003	0.004	0.005
17:1....g									
18:1 undifferentiated....g	16.260		0	FLA	4		4.610	6.504	7.317
20:1....g	0.495		0	FLA	4		0.140	0.198	0.223
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	10.650		0	FLA	4		3.019	4.260	4.793
18:2 undifferentiated....g	10.647		0	FLA	4		3.018	4.259	4.791
18:3 undifferentiated....g	0.002		0	FLA	4		0.001	0.001	0.001
18:4....g	0.000		0	FLA	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	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.149		0		1		0.042	0.060	0.067
Threonine....g	0.520		0		1		0.147	0.208	0.234
Isoleucine....g	0.534		0		1		0.151	0.214	0.240
Leucine....g	0.986		0		1		0.280	0.394	0.444
Lysine....g	0.545		0		1		0.155	0.218	0.245
Methionine....g	0.185		0		1		0.052	0.074	0.083
Cystine....g	0.194		0		1		0.055	0.078	0.087
Phenylalanine....g	0.787		0		1		0.223	0.315	0.354
Tyrosine....g	0.618		0		1		0.175	0.247	0.278
Valine....g	0.638		0		1		0.181	0.255	0.287
Arginine....g	1.818		0		1		0.515	0.727	0.818
Histidine....g	0.385		0		1		0.109	0.154	0.173
Alanine....g	0.604		0		1		0.171	0.242	0.272
Aspartic acid....g	1.855		0		1		0.526	0.742	0.835
Glutamic acid....g	3.178		0		1		0.901	1.271	1.430
Glycine....g	0.916		0		1		0.260	0.366	0.412
Proline....g	0.672		0		1		0.191	0.269	0.302
Serine....g	0.753		0		1		0.213	0.301	0.339
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLM	4		0	0	0
Theobromine....mg	0		0	FLM	4		0	0	0

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

NDB No. 19147
Candies, peanut bar

Common Measures:

Measure 1 = 28.35g: 1 oz
Measure 2 = 40g: 1 bar (1.4 oz)
Measure 3 = 45g: 1 bar (1.6 oz)

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19148
Candies, peanut brittle, prepared-from-recipe

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	0.70		0	RC	4				
Energy ... kcal	486		0	NC	4				
Energy ... kJ	2033		0	NC	4				
Protein (N x 6.25) ... g	7.57		0	RC	4				
Total lipid (fat) ... g	18.98		0	RC	4				
Ash ... g	1.51		0	RC	4				
Carbohydrate, by difference ... g	71.24		0	NC	4				
Fiber, total dietary ... g	2.5		0	RC	4				
Sugars, total ... g	51.33		0	RC	4				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	27		0	RC	4				
Iron, Fe ... mg	1.22		0	RC	4				
Magnesium, Mg ... mg	42		0	RC	4				
Phosphorus, P ... mg	106		0	RC	4				
Potassium, K ... mg	168		0	RC	4				
Sodium, Na ... mg	445		0	RC	4				
Zinc, Zn ... mg	0.87		0	RC	4				
Copper, Cu ... mg	0.254		0	RC	4				
Manganese, Mn ... mg	0.593		0	RC	4				
Selenium, Se ... mcg	2.6		0	RC	4				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RC	4				
Thiamin ... mg	0.134		0	RC	4				
Riboflavin ... mg	0.044		0	RC	4				
Niacin ... mg	2.646		0	RC	4				
Pantothenic acid ... mg	0.529		0	RC	4				
Vitamin B-6 ... mg	0.079		0	RC	4				
Folate, total ... mcg	46		0	RC	4				
Folic acid ... mcg	0		0	RC	4				
Folate, food ... mcg	46		0	RC	4				
Folate, DFE ... mcg_DFE	46		0	NC	4				
Choline, total ... mg	13.5		0	O	4				
Betaine ... mg									
Vitamin B-12 ... mcg	0.01		0	RC	4				
Vitamin B-12, added ... mcg	0.00		0	Z	7				
Vitamin A, RAE ... mcg_RAE	39		0	RC	4				
Retinol ... mcg	38		0	RC	4				
Carotene, beta ... mcg	9		0	RC	4				
Carotene, alpha ... mcg	0		0	RC	4				
Cryptoxanthin, beta ... mcg	0		0	RC	4				
Vitamin A, IU ... IU	142		0	RC	4				
Lycopene ... mcg	0		0	RC	4				
Lutein + zeaxanthin ... mcg	0		0	RC	4				
Vitamin E (alpha-tocopherol) ... mg	2.56		0	RC	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	0.4		0	RC	4				
Lipids:									
Fatty acids, total saturated ... g	4.144		0	RC	4				
4:0 ... g	0.145		0	RC	4				

NDB No. 19148
Candies, peanut brittle, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.090		0	RC	4				
8:0 ... g	0.054		0	RC	4				
10:0 ... g	0.114		0	RC	4				
12:0 ... g	0.117		0	RC	4				
13:0 ... g									
14:0 ... g	0.342		0	RC	4				
15:0 ... g									
16:0 ... g	2.479		0	RC	4				
17:0 ... g	0.025		0	RC	4				
18:0 ... g	0.771		0	RC	4				
20:0 ... g	0.006		0	RC	4				
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.064		0	RC	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.046		0	RC	4				
17:1 ... g									
18:1 undifferentiated ... g	7.821		0	RC	4				
20:1 ... g	0.197		0	RC	4				
22:1 undifferentiated ... g	0.000		0	RC	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.558		0	RC	4				
18:2 undifferentiated ... g	4.557		0	RC	4				
18:3 undifferentiated ... g	0.001		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	12		0	RC	4				
Phytosterols ... mg									
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.

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19216
Candies, praline, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.36		0	RC	4		4.04	93.99	
Energy	kcal	485		0	RC	4		189	4396	
Energy	kJ	2028		0	RC	4		791	18391	
Protein (N x 0)	g	3.30		0	RC	4		1.29	29.92	
Total lipid (fat)	g	25.90		0	RC	4		10.10	234.89	
Ash	g	0.85		0	RC	4		0.33	7.74	
Carbohydrate, by difference	g	59.59		0	RC	4		23.24	540.46	
Fiber, total dietary	g	3.5		0	RC	4		1.3	31.3	
Sugars, total	g	55.79		0	RC	4		21.76	505.98	
Starch	g									
Minerals:										
Calcium, Ca	mg	43		0	RC	4		17	394	
Iron, Fe	mg	1.29		0	RC	4		0.50	11.70	
Magnesium, Mg	mg	49		0	RC	4		19	449	
Phosphorus, P	mg	104		0	RC	4		41	942	
Potassium, K	mg	217		0	RC	4		84	1964	
Sodium, Na	mg	48		0	RC	4		19	436	
Zinc, Zn	mg	1.67		0	RC	4		0.65	15.14	
Copper, Cu	mg	0.494		0	RC	4		0.193	4.479	
Manganese, Mn	mg	1.682		0	RC	4		0.656	15.258	
Selenium, Se	mcg	1.8		0	RC	4		0.7	16.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	RC	4		0.1	3.0	
Thiamin	mg	0.203		0	RC	4		0.079	1.845	
Riboflavin	mg	0.053		0	RC	4		0.021	0.477	
Niacin	mg	0.415		0	RC	4		0.162	3.763	
Pantothenic acid	mg	0.332		0	RC	4		0.130	3.015	
Vitamin B-6	mg	0.077		0	RC	4		0.030	0.697	
Folate, total	mcg	6		0	RC	4		3	58	
Folic acid	mcg	0		0	RC	4		0	0	
Folate, food	mcg	6		0	RC	4		3	58	
Folate, DFE	mcg_DFE	6		0	NC	4		3	58	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RC	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	RC	4		0	9	
Retinol	mcg	0		0	RC	4		0	0	
Carotene, beta	mcg	10		0	RC	4		4	91	
Carotene, alpha	mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta	mcg	3		0	RC	4		1	27	
Vitamin A, IU	IU	19		0	RC	4		7	174	
Lycopene	mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin	mcg	6		0	RC	4		2	53	
Vitamin E (alpha-tocopherol)	mg	0.50		0	RC	4		0.20	4.55	
Vitamin E, added	mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.3		0	RC	4		0.5	11.5	
Lipids:										
Fatty acids, total saturated	g	2.224		0	RC	4		0.867	20.171	
4:0	g	0.000		0	RC	4		0.000	0.000	

NDB No. 19216
Candies, praline, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	RC	4		0.000	0.000	
8:0 g	0.000		0	RC	4		0.000	0.000	
10:0 g	0.000		0	RC	4		0.000	0.000	
12:0 g	0.000		0	RC	4		0.000	0.000	
13:0 g	0.000		0	RC	4		0.000	0.000	
14:0 g	0.000		0	RC	4		0.000	0.000	
15:0 g	0.000		0	RC	4		0.000	0.000	
16:0 g	1.571		0	RC	4		0.613	14.249	
17:0 g	0.000		0	RC	4		0.000	0.000	
18:0 g	0.628		0	RC	4		0.245	5.696	
20:0 g	0.025		0	RC	4		0.010	0.226	
22:0 g	0.000		0	RC	4		0.000	0.000	
24:0 g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total monounsaturated g	14.683		0	RC	4		5.726	133.171	
14:1 g	0.000		0	RC	4		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.000		0	RC	4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	14.608		0	RC	4		5.697	132.494	
20:1 g	0.075		0	RC	4		0.029	0.677	
22:1 undifferentiated g	0.000		0	RC	4		0.000	0.000	
24:1 c g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total polyunsaturated g	7.778		0	RC	4		3.033	70.546	
18:2 undifferentiated g	7.423		0	RC	4		2.895	67.326	
18:3 undifferentiated g	0.355		0	RC	4		0.138	3.219	
18:4 g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c g	0.000		0	RC	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	RC	4		0.000	0.000	
20:4 undifferentiated g	0.000		0	RC	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	RC	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	RC	4		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	RC	4		0.0	0.0	
Caffeine mg	0		0	RC	4		0	0	
Theobromine mg	0		0	RC	4		0	0	

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

Common Measures:

Measure 1 = 39g: 1 piece

Measure 2 = 907g: 1 recipe yield

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

Food Group: 19 Sweets

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

NDB No. 19080
Candies, semisweet chocolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.70	0.062	8		1		1.18	1.27	1.21
Energy	kcal	480		0	NC	4		806	874	830
Energy	kJ	2008		0	NC	4		3374	3655	3474
Protein (N x 5.63)	g	4.20	0.089	5		1		7.06	7.64	7.27
Total lipid (fat)	g	30.00	0.743	9		1		50.40	54.60	51.90
Ash	g	1.20	0.050	7		1		2.02	2.18	2.08
Carbohydrate, by difference	g	63.90		0	NC	4		107.35	116.30	110.55
Fiber, total dietary	g	5.9		2		1		9.9	10.7	10.2
Sugars, total	g	54.50	1.386	4	JO	11		91.56	99.19	94.29
Starch	g									
Minerals:										
Calcium, Ca	mg	32	1.430	3		1		54	58	55
Iron, Fe	mg	3.13	0.283	5		1		5.26	5.70	5.41
Magnesium, Mg	mg	115		2		1		193	209	199
Phosphorus, P	mg	132		2		1		222	240	228
Potassium, K	mg	365	17.035	6		1		613	664	631
Sodium, Na	mg	11	3.440	6		1		18	20	19
Zinc, Zn	mg	1.62	0.057	3		1		2.72	2.95	2.80
Copper, Cu	mg	0.700		1		1		1.176	1.274	1.211
Manganese, Mn	mg	0.800		1		1		1.344	1.456	1.384
Selenium, Se	mcg	4.2		0	FLA	4		7.1	7.6	7.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.055		2		1		0.092	0.100	0.095
Riboflavin	mg	0.090		2		1		0.151	0.164	0.156
Niacin	mg	0.427	0.049	4		1		0.717	0.777	0.739
Pantothenic acid	mg	0.105		1		4		0.176	0.191	0.182
Vitamin B-6	mg	0.035		1		4		0.059	0.064	0.061
Folate, total	mcg	13		0	FLA	4		23	25	23
Folic acid	mcg	0		0	FLA	4		0	0	0
Folate, food	mcg	13		0	FLA	4		23	25	23
Folate, DFE	mcg_DFE	13		0	NC	4		23	25	23
Choline, total	mg	22.0		0	FLA	4		37.0	40.1	38.1
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	0
Retinol	mcg	0		0	FLA	4		0	0	0
Carotene, beta	mcg	0		0	FLA	4		0	0	0
Carotene, alpha	mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	0
Vitamin A, IU	IU	0		0	FLA	4		0	0	0
Lycopene	mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	mcg	18		0	FLA	4		31	34	32
Vitamin E (alpha-tocopherol)	mg	0.26		0	FLA	4		0.43	0.47	0.45
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	mcg	5.6		0	FLA	4		9.4	10.1	9.6
Lipids:										
Fatty acids, total saturated	g	17.750		0		4		29.820	32.305	30.708
4:0	g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 19080
Candies, semisweet chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	0.000
8:0 g	0.000		0	FLA	4		0.000	0.000	0.000
10:0 g	0.000		0	FLA	4		0.000	0.000	0.000
12:0 g	0.000		0	FLA	4		0.000	0.000	0.000
13:0 g	0.000		0	FLA	4		0.000	0.000	0.000
14:0 g	0.020		0	FLA	4		0.033	0.035	0.034
15:0 g	0.000		0	FLA	4		0.000	0.000	0.000
16:0 g	7.347		0	FLA	4		12.343	13.372	12.711
17:0 g	0.048		0	FLA	4		0.081	0.088	0.084
18:0 g	10.007		0	FLA	4		16.813	18.214	17.313
20:0 g	0.267		0	FLA	4		0.448	0.486	0.462
22:0 g	0.024		0	FLA	4		0.041	0.044	0.042
24:0 g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	9.966		0	FLA	4		16.743	18.138	17.241
14:1 g	0.000		0	FLA	4		0.000	0.000	0.000
15:1 g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated g	0.062		0	FLA	4		0.104	0.112	0.107
17:1 g	0.000		0	FLA	4		0.000	0.000	0.000
18:1 undifferentiated g	9.904		0	FLA	4		16.639	18.026	17.134
20:1 g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.966		0	FLA	4		1.623	1.758	1.671
18:2 undifferentiated g	0.898		0	FLA	4		1.509	1.635	1.554
18:3 undifferentiated g	0.068		0	FLA	4		0.114	0.123	0.117
18:4 g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.063		0		1		0.106	0.115	0.109
Threonine g	0.168		0		1		0.282	0.306	0.291
Isoleucine g	0.164		0		1		0.276	0.298	0.284
Leucine g	0.257		0		1		0.432	0.468	0.445
Lysine g	0.212		0		1		0.356	0.386	0.367
Methionine g	0.044		0		1		0.074	0.080	0.076
Cystine g	0.052		0		1		0.087	0.095	0.090
Phenylalanine g	0.204		0		1		0.343	0.371	0.353
Tyrosine g	0.159		0		1		0.267	0.289	0.275
Valine g	0.254		0		1		0.427	0.462	0.439
Arginine g	0.240		0		1		0.403	0.437	0.415
Histidine g	0.073		0		1		0.123	0.133	0.126
Alanine g	0.196		0		1		0.329	0.357	0.339
Aspartic acid g	0.422		0		1		0.709	0.768	0.730
Glutamic acid g	0.637		0		1		1.070	1.159	1.102
Glycine g	0.190		0		1		0.319	0.346	0.329
Proline g	0.181		0		1		0.304	0.329	0.313
Serine g	0.183		0		1		0.307	0.333	0.317
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine mg	62	3.923	6		1		104	113	107
Theobromine mg	486	40.814	7		1		816	885	841

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 19080
Candies, semisweet chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 168g: 1 cup chips (6 oz package)

Measure 2 = 182g: 1 cup large chips

Measure 3 = 173g: 1 cup mini chips

Calories Factors: Protein 1.83 **Fat** 8.5 **Carbohydrate** 3.4

Food Group: 19 Sweets

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

NDB No. 19701
Candies, semisweet chocolate, made with butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.70	0.071	7	A	1		1.19	1.27	1.21
Energy....kcal	477		0		4		811	868	825
Energy....kJ	1996				4		3393	3632	3453
Protein (N x 5.63)....g	4.20	0.089	5		1		7.14	7.64	7.27
Total lipid (fat)....g	29.70	0.777	8		1		50.49	54.05	51.38
Ash....g	1.20	0.050	7		1		2.04	2.18	2.08
Carbohydrate, by difference....g	63.40		0	NC	4		107.78	115.39	109.68
Fiber, total dietary....g	5.9		2		1		10.0	10.7	10.2
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	32	1.430	3		1		54	58	55
Iron, Fe....mg	3.13	0.283	5		1		5.32	5.70	5.41
Magnesium, Mg....mg	115		2		1		196	209	199
Phosphorus, P....mg	132		2		1		224	240	228
Potassium, K....mg	365	17.035	6		1		621	664	631
Sodium, Na....mg	11	3.440	6		1		19	20	19
Zinc, Zn....mg	1.62	0.057	3		1		2.75	2.95	2.80
Copper, Cu....mg	0.700		1		1		1.190	1.274	1.211
Manganese, Mn....mg	0.800		1		1		1.360	1.456	1.384
Selenium, Se....mcg	3.2		0	FLA	4		5.4	5.8	5.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	0.0
Thiamin....mg	0.055		2		1		0.094	0.100	0.095
Riboflavin....mg	0.090		2		1		0.153	0.164	0.156
Niacin....mg	0.427	0.049	4		1		0.726	0.777	0.739
Pantothenic acid....mg	0.105		1		4		0.179	0.191	0.182
Vitamin B-6....mg	0.050		1		4		0.085	0.091	0.087
Folate, total....mcg	3		1		4		5	5	5
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	3		1		4		5	5	5
Folate, DFE....mcg_DFE	3		0	NC	4		5	5	5
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	3		0	NC	4		5	5	5
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	60		0		1		102	109	104
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	17.530		0		1		29.801	31.905	30.327
4:0....g	0.480		0		4		0.816	0.874	0.830
6:0....g	0.285		0		4		0.485	0.519	0.493
8:0....g	0.165		0		4		0.281	0.300	0.285

NDB No. 19701
Candies, semisweet chocolate, made with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.375		0		4		0.638	0.683	0.649
12:0 g	0.420		0		4		0.714	0.764	0.727
13:0 g									
14:0 g	0.050		6		1		0.085	0.091	0.087
15:0 g									
16:0 g	8.030		6		1		13.651	14.615	13.892
17:0 g									
18:0 g	9.230		6		1		15.691	16.799	15.968
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.930		0		1		16.881	18.073	17.179
14:1 g									
15:1 g									
16:1 undifferentiated g	0.360		0		4		0.612	0.655	0.623
17:1 g									
18:1 undifferentiated g	9.930		6		1		16.881	18.073	17.179
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.950		0		1		1.615	1.729	1.644
18:2 undifferentiated g	0.950		6		1		1.615	1.729	1.644
18:3 undifferentiated g	0.240		0		4		0.408	0.437	0.415
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	18		0		1		31	33	31
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.063		0		1		0.107	0.115	0.109
Threonine g	0.168		0		1		0.286	0.306	0.291
Isoleucine g	0.164		0		1		0.279	0.298	0.284
Leucine g	0.257		0		1		0.437	0.468	0.445
Lysine g	0.212		0		1		0.360	0.386	0.367
Methionine g	0.044		0		1		0.075	0.080	0.076
Cystine g	0.052		0		1		0.088	0.095	0.090
Phenylalanine g	0.204		0		1		0.347	0.371	0.353
Tyrosine g	0.159		0		1		0.270	0.289	0.275
Valine g	0.254		0		1		0.432	0.462	0.439
Arginine g	0.240		0		1		0.408	0.437	0.415
Histidine g	0.073		0		1		0.124	0.133	0.126
Alanine g	0.196		0		1		0.333	0.357	0.339
Aspartic acid g	0.422		0		1		0.717	0.768	0.730
Glutamic acid g	0.637		0		1		1.083	1.159	1.102
Glycine g	0.190		0		1		0.323	0.346	0.329
Proline g	0.181		0		1		0.308	0.329	0.313
Serine g	0.183		0		1		0.311	0.333	0.317
Hydroxyproline g									
Others:									
Alcohol, ethyl g									
Caffeine mg	62	3.923	6		1		105	113	107
Theobromine mg	486	40.814	7		1		826	885	841

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19701

Candies, semisweet chocolate, made with butter

Measure 1 = 170g: 1 cup chips (6 oz package)

Measure 2 = 182g: 1 cup large chips

Measure 3 = 173g: 1 cup mini chips

Calories Factors: Protein 1.83 **Fat** 8.5 **Carbohydrate** 3.4

Food Group: 19 Sweets

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

NDB No. 19154
Candies, sesame crunch

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	2.20	0.056	3		1		0.62	0.04	0.77
Energy....kcal	516		0	NC	4		146	9	181
Energy....kJ	2161		0	NC	4		613	39	756
Protein (N x 5.3)....g	11.60	0.226	3		1		3.29	0.21	4.06
Total lipid (fat)....g	33.30	1.776	3		1		9.44	0.60	11.66
Ash....g	2.60	0.064	3		1		0.74	0.05	0.91
Carbohydrate, by difference....g	50.30		0	NC	4		14.26	0.91	17.61
Fiber, total dietary....g	7.7		0	FLM	4		2.2	0.1	2.7
Sugars, total....g	31.17		0	FLM	4		8.84	0.56	10.91
Starch....g									
Minerals:									
Calcium, Ca....mg	639		0	FLM	4		181	12	224
Iron, Fe....mg	4.27	0.267	3		1		1.21	0.08	1.49
Magnesium, Mg....mg	251	10.478	3		1		71	5	88
Phosphorus, P....mg	412		0	FLM	4		117	7	144
Potassium, K....mg	307		0	FLM	4		87	6	107
Sodium, Na....mg	167		0	LC	8		47	3	58
Zinc, Zn....mg	3.76		1		1		1.07	0.07	1.32
Copper, Cu....mg	0.950		1		1		0.269	0.017	0.333
Manganese, Mn....mg	1.609		0	FLM	4		0.456	0.029	0.563
Selenium, Se....mcg	4.0		0	FLM	4		1.1	0.1	1.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLM	4		0.0	0.0	0.0
Thiamin....mg	0.444		0	FLM	4		0.126	0.008	0.155
Riboflavin....mg	0.159		0	FLM	4		0.045	0.003	0.056
Niacin....mg	3.703	0.124	3		1		1.050	0.067	1.296
Pantothenic acid....mg	0.033		0	FLM	4		0.009	0.001	0.011
Vitamin B-6....mg	0.491		0	FLM	4		0.139	0.009	0.172
Folate, total....mcg	51		0	FLM	4		14	1	18
Folic acid....mcg	0		0	FLM	4		0	0	0
Folate, food....mcg	51		0	FLM	4		14	1	18
Folate, DFE....mcg_DFE	51		0	NC	4		14	1	18
Choline, total....mg	16.7		0	FLM	4		4.7	0.3	5.9
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	FLM	4		0	0	0
Retinol....mcg	0		0	FLM	4		0	0	0
Carotene, beta....mcg	3		0	FLM	4		1	0	1
Carotene, alpha....mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	6		0	FLM	4		2	0	2
Lycopene....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.16		0	FLM	4		0.05	0.00	0.06
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		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	FLM	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	4.662		0	FLM	4		1.322	0.084	1.632
4:0....g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 19154
Candies, sesame crunch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	FLM	4		0.000	0.000	0.000
8:0 g	0.000		0	FLM	4		0.000	0.000	0.000
10:0 g	0.000		0	FLM	4		0.000	0.000	0.000
12:0 g	0.000		0	FLM	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.083		0	FLM	4		0.024	0.001	0.029
15:0 g									
16:0 g	2.976		0	FLM	4		0.844	0.054	1.042
17:0 g									
18:0 g	1.401		0	FLM	4		0.397	0.025	0.490
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.571		0	FLM	4		3.564	0.226	4.400
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100		0	FLM	4		0.028	0.002	0.035
17:1 g									
18:1 undifferentiated g	12.412		0	FLM	4		3.519	0.223	4.344
20:1 g	0.047		0	FLM	4		0.013	0.001	0.016
22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	14.591		0	FLM	4		4.136	0.263	5.107
18:2 undifferentiated g	14.324		0	FLM	4		4.061	0.258	5.013
18:3 undifferentiated g	0.252		0	FLM	4		0.071	0.005	0.088
18:4 g	0.000		0	FLM	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	FLM	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	FLM	4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine mg	0		0	FLM	4		0	0	0
Theobromine mg	0		0	FLM	4		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 1.8g: 1 piece

Measure 3 = 35g: 20 pieces

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19866
Candies, soft fruit and nut squares

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.88		0	FLC	4				
Energy....kcal	390		0	FLC	4				
Energy....kJ	1633		0	FLC	4				
Protein....g	2.31		0	FLC	4				
Total lipid (fat)....g	9.52		0	FLC	4				
Ash....g	0.40		0	FLC	4				
Carbohydrate, by difference....g	73.81		0	FLC	4				
Fiber, total dietary....g	2.4		0	FLC	4				
Sugars, total....g	45.95		0	FLC	4				
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	FLC	4				
Iron, Fe....mg	0.93		0	FLC	4				
Magnesium, Mg....mg	25		0	FLC	4				
Phosphorus, P....mg	54		0	FLC	4				
Potassium, K....mg	82		0	FLC	4				
Sodium, Na....mg	131		0	FLC	4				
Zinc, Zn....mg	0.53		0	FLC	4				
Copper, Cu....mg	0.303		0	FLC	4				
Manganese, Mn....mg	0.539		0	FLC	4				
Selenium, Se....mcg	1.4		0	FLC	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLC	4				
Thiamin....mg	0.047		0	FLC	4				
Riboflavin....mg	0.039		0	FLC	4				
Niacin....mg	0.178		0	FLC	4				
Pantothenic acid....mg	0.112		0	FLC	4				
Vitamin B-6....mg	0.082		0	FLC	4				
Folate, total....mcg	12		0	FLC	4				
Folic acid....mcg	0		0	FLC	4				
Folate, food....mcg	11		0	FLC	4				
Folate, DFE....mcg_DFE	11		0	NC	4				
Choline, total....mg	5.5		0	O	4				
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	0		0	NC	4				
Retinol....mcg	0		0	FLC	4				
Carotene, beta....mcg	2		0	FLC	4				
Carotene, alpha....mcg	0		0	FLC	4				
Cryptoxanthin, beta....mcg	0		0	FLC	4				
Vitamin A, IU....IU	3		0	NC	4				
Lycopene....mcg	0		0	FLC	4				
Lutein + zeaxanthin....mcg	3		0	FLC	4				
Vitamin E (alpha-tocopherol)....mg	0.10		0	FLC	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	0.4		0	FLC	4				
Lipids:									
Fatty acids, total saturated....g	0.898		0	FLC	4				
4:0....g	0.000		0	FLC	4				

NDB No. 19866
Candies, soft fruit and nut squares

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLC	4				
8:0....g	0.000		0	FLC	4				
10:0....g	0.000		0	FLC	4				
12:0....g	0.000		0	FLC	4				
13:0....g	0.000		0	FLC	4				
14:0....g	0.000		0	FLC	4				
15:0....g	0.000		0	FLC	4				
16:0....g	0.647		0	FLC	4				
17:0....g	0.000		0	FLC	4				
18:0....g	0.241		0	FLC	4				
20:0....g	0.009		0	FLC	4				
22:0....g	0.000		0	FLC	4				
24:0....g	0.000		0	FLC	4				
Fatty acids, total monounsaturated....g	1.297		0	FLC	4				
14:1....g	0.000		0	FLC	4				
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4				
17:1....g									
18:1 undifferentiated....g	1.278		0	FLC	4				
20:1....g	0.019		0	FLC	4				
22:1 undifferentiated....g	0.000		0	FLC	4				
24:1 c....g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated....g	6.840		0	FLC	4				
18:2 undifferentiated....g	5.525		0	FLC	4				
18:3 undifferentiated....g	1.315		0	FLC	4				
18:4....g	0.000		0	FLC	4				
20:2 n-6 c,c....g	0.000		0	FLC	4				
20:3 undifferentiated....g	0.000		0	FLC	4				
20:4 undifferentiated....g	0.000		0	FLC	4				
20:5 n-3 (EPA)....g	0.000		0	FLC	4				
22:5 n-3 (DPA)....g	0.000		0	FLC	4				
22:6 n-3 (DHA)....g	0.000		0	FLC	4				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4				
Caffeine....mg	0		0	FLC	4				
Theobromine....mg	0		0	FLC	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: 19 Sweets

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

NDB No. 19858
Candies, sugar-coated almonds

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.30		1		1		0.08		
Energy	kcal	474		0	NC	4		17		
Energy	kJ	1985		0	NC	4		69		
Protein	g	10.00		1	LC	8		0.35		
Total lipid (fat)	g	17.93		0	T	4		0.63		
Ash	g	1.51		0	FLM	4		0.05		
Carbohydrate, by difference	g	68.26		0	NC	4		2.39		
Fiber, total dietary	g	2.5		1	LC	8		0.1		
Sugars, total	g	62.50		1	LC	8		2.19		
Starch	g									
Minerals:										
Calcium, Ca	mg	100		1		1		4		
Iron, Fe	mg	1.90		1		1		0.07		
Magnesium, Mg	mg	137		0	FLM	4		5		
Phosphorus, P	mg	166		1		1		6		
Potassium, K	mg	255		1		1		9		
Sodium, Na	mg	13		1	LC	8		0		
Zinc, Zn	mg	1.56		0	FLM	4		0.05		
Copper, Cu	mg	0.586		0	FLM	4		0.020		
Manganese, Mn	mg	1.121		0	FLM	4		0.039		
Selenium, Se	mcg	1.7		0	FLM	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.050		1		1		0.002		
Riboflavin	mg	0.270		1		1		0.009		
Niacin	mg	1.000		1		1		0.035		
Pantothenic acid	mg	0.156		0	FLM	4		0.005		
Vitamin B-6	mg	0.060		0	FLM	4		0.002		
Folate, total	mcg	15		0	FLM	4		1		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	15		0	FLM	4		1		
Folate, DFE	mcg_DFE	15		0	NC	4		1		
Choline, total	mg	26.0		0	O	4		0.9		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added	mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	FLM	4		0		
Carotene, beta	mcg	2		0	FLM	4		0		
Carotene, alpha	mcg	0		0	FLM	4		0		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0		
Vitamin A, IU	IU	3		0	FLM	4		0		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	1		0	FLM	4		0		
Vitamin E (alpha-tocopherol)	mg	12.36		0	FLM	4		0.43		
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	FLM	4		0.0		
Lipids:										
Fatty acids, total saturated	g	1.948		0	NC	4		0.068		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 19858
Candies, sugar-coated almonds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	FLM	4		0.000		
8:0 g	0.000		0	FLM	4		0.000		
10:0 g	0.000		0	FLM	4		0.000		
12:0 g	0.002		0		4		0.000		
13:0 g									
14:0 g	0.106		0		4		0.004		
15:0 g									
16:0 g	1.476		0	FLM	4		0.052		
17:0 g									
18:0 g	0.364		0		4		0.013		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.078		0	NC	4		0.423		
14:1 g	0.000		0	FLM	4		0.000		
15:1 g									
16:1 undifferentiated g	0.090		0	FLM	4		0.003		
17:1 g									
18:1 undifferentiated g	11.988		0	FLM	4		0.420		
20:1 g	0.000		0	FLM	4		0.000		
22:1 undifferentiated g	0.000		0	FLM	4		0.000		
24:1 c g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated g	3.904		0	NC	4		0.137		
18:2 undifferentiated g	3.904		0	FLM	4		0.137		
18:3 undifferentiated g	0.000		0	FLM	4		0.000		
18:4 g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c g	0.000		0	FLM	4		0.000		
20:3 undifferentiated g	0.000		0	FLM	4		0.000		
20:4 undifferentiated g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	FLM	4		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	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 = 3.5g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19081
Candies, sweet chocolate

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	0.50	0.088	3		1		0.14	0.21	
Energy....kcal	507		0	NC	4		144	208	
Energy....kJ	2120		0	NC	4		601	869	
Protein (N x 5.63)....g	3.90	0.280	4		1		1.11	1.60	
Total lipid (fat)....g	34.20	1.376	4		1		9.70	14.02	
Ash....g	1.00	0.000	3		1		0.28	0.41	
Carbohydrate, by difference....g	60.40		0	NC	4		17.12	24.76	
Fiber, total dietary....g	5.5		0		4		1.6	2.3	
Sugars, total....g	51.48		0	BFCN	4		14.59	21.11	
Starch....g									
Minerals:									
Calcium, Ca....mg	24	1.409	6		1		7	10	
Iron, Fe....mg	2.76	0.369	6		1		0.78	1.13	
Magnesium, Mg....mg	113	9.699	6		1		32	46	
Phosphorus, P....mg	147	5.325	4		1		42	60	
Potassium, K....mg	290	17.076	6		1		82	119	
Sodium, Na....mg	16	4.933	4		1		5	7	
Zinc, Zn....mg	1.50	0.051	6		1		0.43	0.62	
Copper, Cu....mg	0.574	0.073	6		1		0.163	0.235	
Manganese, Mn....mg	0.494	0.078	6		1		0.140	0.203	
Selenium, Se....mcg	2.8		0	BFPN	4		0.8	1.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.020		1		1		0.006	0.008	
Riboflavin....mg	0.240		1		1		0.068	0.098	
Niacin....mg	0.670		1		1		0.190	0.275	
Pantothenic acid....mg	0.071		1		4		0.020	0.029	
Vitamin B-6....mg	0.043		1		4		0.012	0.018	
Folate, total....mcg	3		1		4		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		1		4		1	1	
Folate, DFE....mcg_DFE	3		0	NC	4		1	1	
Choline, total....mg	29.9		0	O	4		8.5	12.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	BFSN	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	BFSN	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	18		0	BFSN	4		5	7	
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFFN	4		0.07	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	6.3		0	BFFN	4		1.8	2.6	
Lipids:									
Fatty acids, total saturated....g	20.080		0		1		5.693	8.233	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19081
Candies, sweet chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.030		1		1		0.009	0.012	
15:0 g									
16:0 g	8.690		1		1		2.464	3.563	
17:0 g									
18:0 g	11.350		1		1		3.218	4.654	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.220		0		1		3.181	4.600	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		1		1		0.020	0.029	
17:1 g									
18:1 undifferentiated g	11.150		1		1		3.161	4.572	
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	0.990		0		1		0.281	0.406	
18:2 undifferentiated g	0.960		1		1		0.272	0.394	
18:3 undifferentiated g	0.030		1		1		0.009	0.012	
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		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.058		0		1		0.016	0.024	
Threonine g	0.154		0		1		0.044	0.063	
Isoleucine g	0.151		0		1		0.043	0.062	
Leucine g	0.236		0		1		0.067	0.097	
Lysine g	0.195		0		1		0.055	0.080	
Methionine g	0.040		0		1		0.011	0.016	
Cystine g	0.048		0		1		0.014	0.020	
Phenylalanine g	0.187		0		1		0.053	0.077	
Tyrosine g	0.146		0		1		0.041	0.060	
Valine g	0.234		0		1		0.066	0.096	
Arginine g	0.221		0		1		0.063	0.091	
Histidine g	0.067		0		1		0.019	0.027	
Alanine g	0.180		0		1		0.051	0.074	
Aspartic acid g	0.388		0		1		0.110	0.159	
Glutamic acid g	0.586		0		1		0.166	0.240	
Glycine g	0.175		0		1		0.050	0.072	
Proline g	0.167		0		1		0.047	0.068	
Serine g	0.168		0		1		0.048	0.069	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	66		1		1		19	27	
Theobromine mg	426		1		1		121	175	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19081
Candies, sweet chocolate

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 41g: 1 bar (1.45 oz)

Calories Factors: Protein 1.83 **Fat** 8.6 **Carbohydrate** 3.4

Food Group: 19 Sweets

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

NDB No. 19083
Candies, sweet chocolate coated fondant

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.70	0.671	6		1		3.31	0.85	
Energy	kcal	366		0	NC	4		158	40	
Energy	kJ	1533		0	NC	4		659	169	
Protein (N x 5.9)	g	2.20	0.299	5		1		0.95	0.24	
Total lipid (fat)	g	9.30	1.300	5		1		4.00	1.02	
Ash	g	0.40	0.026	6		1		0.17	0.04	
Carbohydrate, by difference	g	80.40		0	NC	4		34.57	8.84	
Fiber, total dietary	g	2.1		0	FLA	4		0.9	0.2	
Sugars, total	g	71.42		0	FLA	4		30.71	7.86	
Starch	g									
Minerals:										
Calcium, Ca	mg	17	2.291	4		1		7	2	
Iron, Fe	mg	1.56	0.028	4		1		0.67	0.17	
Magnesium, Mg	mg	63		1		1		27	7	
Phosphorus, P	mg	95		1		1		41	10	
Potassium, K	mg	168		1		1		72	18	
Sodium, Na	mg	26		2		1		11	3	
Zinc, Zn	mg	0.45	0.166	3		1		0.19	0.05	
Copper, Cu	mg	0.430		1		1		0.185	0.047	
Manganese, Mn	mg	0.400		1		1		0.172	0.044	
Selenium, Se	mcg	1.6		0	FLA	4		0.7	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	
Thiamin	mg	0.026	0.010	4		1		0.011	0.003	
Riboflavin	mg	0.058	0.014	4		1		0.025	0.006	
Niacin	mg	0.575		2		1		0.247	0.063	
Pantothenic acid	mg	0.024		0	FLA	4		0.010	0.003	
Vitamin B-6	mg	0.010		0	FLA	4		0.004	0.001	
Folate, total	mcg	3		0	FLA	4		1	0	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	3		0	FLA	4		1	0	
Folate, DFE	mcg_DFE	3		0	NC	4		1	0	
Choline, total	mg	2.8		0	FLA	4		1.2	0.3	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Carotene, beta	mcg	0		0	FLA	4		0	0	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	4		0	FLA	4		2	0	
Vitamin E (alpha-tocopherol)	mg	0.13		0	FLA	4		0.06	0.01	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma	mg	0.00		0	FLA	4		0.00	0.00	
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	2.1		0	FLA	4		0.9	0.2	
Lipids:										
Fatty acids, total saturated	g	5.460		0	FLA	4		2.348	0.601	
4:0	g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19083
Candies, sweet chocolate coated fondant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0 ... g	0.000		0	FLA	4		0.000	0.000	
10:0 ... g	0.000		0	FLA	4		0.000	0.000	
12:0 ... g	0.000		0	FLA	4		0.000	0.000	
13:0 ... g	0.000		0	FLA	4		0.000	0.000	
14:0 ... g	0.009		0	FLA	4		0.004	0.001	
15:0 ... g	0.000		0	FLA	4		0.000	0.000	
16:0 ... g	2.317		0	FLA	4		0.996	0.255	
17:0 ... g	0.005		0	FLA	4		0.002	0.001	
18:0 ... g	3.035		0	FLA	4		1.305	0.334	
20:0 ... g	0.026		0	FLA	4		0.011	0.003	
22:0 ... g	0.002		0	FLA	4		0.001	0.000	
24:0 ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated ... g	3.090		0	FLA	4		1.329	0.340	
14:1 ... g	0.000		0	FLA	4		0.000	0.000	
15:1 ... g	0.000		0	FLA	4		0.000	0.000	
16:1 undifferentiated ... g	0.018		0	FLA	4		0.008	0.002	
17:1 ... g	0.000		0	FLA	4		0.000	0.000	
18:1 undifferentiated ... g	3.067		0	FLA	4		1.319	0.337	
20:1 ... g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total polyunsaturated ... g	0.300		0	FLA	4		0.129	0.033	
18:2 undifferentiated ... g	0.281		0	FLA	4		0.121	0.031	
18:3 undifferentiated ... g	0.014		0	FLA	4		0.006	0.002	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g	0.000		0	FLA	4		0.000	0.000	
20:3 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0	0.000	3		1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0	0.0	
Caffeine ... mg	10		0	FLA	4		4	1	
Theobromine ... mg	185		0	FLA	4		80	20	

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

Measure 2 = 11.0g: 1 patty, small

Calories Factors: Protein 3.1 **Fat** 8.4 **Carbohydrate** 3.5

Food Group: 19 Sweets

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

NDB No. 19382
Candies, taffy, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.85		0	RC	4		0.73		
Energy	kcal	397		0	RC	4		60		
Energy	kJ	1660		0	RC	4		249		
Protein (N x 0)	g	0.03		0	RC	4		0.01		
Total lipid (fat)	g	3.33		0	RC	4		0.50		
Ash	g	0.18		0	RC	4		0.03		
Carbohydrate, by difference	g	91.56		0	RC	4		13.73		
Fiber, total dietary	g	0.0		0	RC	4		0.0		
Sugars, total	g	68.48		0	RC	4		10.27		
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	RC	4		1		
Iron, Fe	mg	0.01		0	RC	4		0.00		
Magnesium, Mg	mg	0		0	RC	4		0		
Phosphorus, P	mg	1		0	RC	4		0		
Potassium, K	mg	3		0	RC	4		0		
Sodium, Na	mg	52		0	RC	4		8		
Zinc, Zn	mg	0.21		0	RC	4		0.03		
Copper, Cu	mg	0.000		0	RC	4		0.000		
Manganese, Mn	mg	0.000		0	RC	4		0.000		
Selenium, Se	mcg	0.7		0	RC	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.028		0	RC	4		0.004		
Riboflavin	mg	0.012		0	RC	4		0.002		
Niacin	mg	0.002		0	RC	4		0.000		
Pantothenic acid	mg	0.004		0	RC	4		0.001		
Vitamin B-6	mg	0.000		0	RC	4		0.000		
Folate, total	mcg	0		0	RC	4		0		
Folic acid	mcg	0		0	RC	4		0		
Folate, food	mcg	0		0	RC	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.01		0	RC	4		0.00		
Vitamin B-12, added	mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE	mcg_RAE	27		0	RC	4		4		
Retinol	mcg	27		0	RC	4		4		
Carotene, beta	mcg	6		0	RC	4		1		
Carotene, alpha	mcg	0		0	RC	4		0		
Cryptoxanthin, beta	mcg	0		0	RC	4		0		
Vitamin A, IU	IU	100		0	RC	4		15		
Lycopene	mcg	0		0	RC	4		0		
Lutein + zeaxanthin	mcg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.09		0	RC	4		0.01		
Vitamin E, added	mg	0.00		0	RC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	RC	4		0.0		
Lipids:										
Fatty acids, total saturated	g	2.049		0	RC	4		0.307		
4:0	g	0.129		0	RC	4		0.019		

NDB No. 19382
Candies, taffy, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.080		0	RC	4		0.012		
8:0 g	0.047		0	RC	4		0.007		
10:0 g	0.101		0	RC	4		0.015		
12:0 g	0.103		0	RC	4		0.015		
13:0 g									
14:0 g	0.297		0	RC	4		0.044		
15:0 g									
16:0 g	0.865		0	RC	4		0.130		
17:0 g	0.022		0	RC	4		0.003		
18:0 g	0.399		0	RC	4		0.060		
20:0 g	0.005		0	RC	4		0.001		
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.838		0	RC	4		0.126		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.038		0	RC	4		0.006		
16:1 c g	0.038		0	RC	4		0.006		
16:1 t g									
17:1 g									
18:1 undifferentiated g	0.796		0	RC	4		0.119		
18:1 c g	0.677		0	RC	4		0.102		
18:1-11c (18:1c n-7) g									
18:1 t g	0.119		0	RC	4		0.018		
18:1-11t (18:1t n-7) g									
20:1 g	0.004		0	RC	4		0.001		
22:1 undifferentiated g	0.000		0	RC	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.121		0	RC	4		0.018		
18:2 undifferentiated g	0.109		0	RC	4		0.016		
18:2 n-6 c,c g	0.086		0	RC	4		0.013		
18:2 CLAs g	0.011		0	RC	4		0.002		
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.012		0	RC	4		0.002		
18:2 t not further defined g									
18:3 undifferentiated g	0.013		0	RC	4		0.002		
18:3 n-3 c,c,c (ALA) g	0.013		0	RC	4		0.002		
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	RC	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		0	RC	4		0.000		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	RC	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	RC	4		0.000		
Fatty acids, total trans g	0.131		0	RC	4		0.020		
Fatty acids, total trans-monoenoic g	0.119		0	RC	4		0.018		
Fatty acids, total trans-polyenoic g	0.012		0	RC	4		0.002		
Cholesterol mg	9		0	RC	4		1		
Phytosterols mg									
Others:									
Alcohol, ethyl g									
Caffeine mg	0		0	RC	4		0		
Theobromine mg	0		0	RC	4		0		

NDB No. 19382
Candies, taffy, prepared-from-recipe

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

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

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

Food Group: 19 Sweets

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

NDB No. 19383
Candies, toffee, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.55		0	RC	4		0.07		
Energy	kcal	560		0	RC	4		67		
Energy	kJ	2342		0	RC	4		281		
Protein (N x 0)	g	1.07		0	RC	4		0.13		
Total lipid (fat)	g	32.75		0	RC	4		3.93		
Ash	g	0.66		0	RC	4		0.08		
Carbohydrate, by difference	g	64.72		0	RC	4		7.77		
Fiber, total dietary	g	0.0		0	RC	4		0.0		
Sugars, total	g	63.47		0	RC	4		7.62		
Starch	g									
Minerals:										
Calcium, Ca	mg	34		0	RC	4		4		
Iron, Fe	mg	0.03		0	RC	4		0.00		
Magnesium, Mg	mg	4		0	RC	4		0		
Phosphorus, P	mg	32		0	RC	4		4		
Potassium, K	mg	51		0	RC	4		6		
Sodium, Na	mg	135		0	RC	4		16		
Zinc, Zn	mg	0.12		0	RC	4		0.01		
Copper, Cu	mg	0.003		0	RC	4		0.000		
Manganese, Mn	mg	0.002		0	RC	4		0.000		
Selenium, Se	mcg	0.8		0	RC	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RC	4		0.0		
Thiamin	mg	0.008		0	RC	4		0.001		
Riboflavin	mg	0.068		0	RC	4		0.008		
Niacin	mg	0.029		0	RC	4		0.003		
Pantothenic acid	mg	0.134		0	RC	4		0.016		
Vitamin B-6	mg	0.009		0	RC	4		0.001		
Folate, total	mcg	2		0	RC	4		0		
Folic acid	mcg	0		0	RC	4		0		
Folate, food	mcg	2		0	RC	4		0		
Folate, DFE	mcg_DFE	2		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.11		0	NR	4		0.01		
Vitamin B-12, added	mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE	mcg_RAE	319		0	RC	4		38		
Retinol	mcg	314		0	RC	4		38		
Carotene, beta	mcg	64		0	RC	4		8		
Carotene, alpha	mcg	0		0	RC	4		0		
Cryptoxanthin, beta	mcg	0		0	RC	4		0		
Vitamin A, IU	IU	1152		0	RC	4		138		
Lycopene	mcg	0		0	RC	4		0		
Lutein + zeaxanthin	mcg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.94		0	RC	4		0.11		
Vitamin E, added	mg	0.00		0	RC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.8		0	RC	4		0.3		
Lipids:										
Fatty acids, total saturated	g	20.565		0	RC	4		2.468		
4:0	g	1.184		0	RC	4		0.142		

NDB No. 19383
Candies, toffee, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.721		0	RC	4		0.087		
8:0 g	0.424		0	RC	4		0.051		
10:0 g	0.923		0	RC	4		0.111		
12:0 g	0.983		0	RC	4		0.118		
13:0 g									
14:0 g	3.145		0	RC	4		0.377		
15:0 g									
16:0 g	8.688		0	RC	4		1.043		
17:0 g	0.115		0	RC	4		0.014		
18:0 g	4.003		0	RC	4		0.480		
20:0 g	0.028		0	RC	4		0.003		
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.964		0	RC	4		1.076		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.558		0	RC	4		0.067		
16:1 c g	0.197		0	RC	4		0.024		
16:1 t g									
17:1 g									
18:1 undifferentiated g	8.147		0	RC	4		0.978		
18:1 c g	3.489		0	RC	4		0.419		
18:1-11c (18:1c n-7) g									
18:1 t g	0.613		0	RC	4		0.074		
18:1-11t (18:1t n-7) g									
20:1 g	0.021		0	RC	4		0.002		
22:1 undifferentiated g	0.000		0	RC	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.222		0	RC	4		0.147		
18:2 undifferentiated g	0.924		0	RC	4		0.111		
18:2 n-6 c,c g	0.445		0	RC	4		0.053		
18:2 CLAs g	0.055		0	RC	4		0.007		
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.061		0	RC	4		0.007		
18:2 t not further defined g									
18:3 undifferentiated g	0.298		0	RC	4		0.036		
18:3 n-3 c,c,c (ALA) g	0.065		0	RC	4		0.008		
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	RC	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		0	RC	4		0.000		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	RC	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	RC	4		0.000		
Fatty acids, total trans g	0.674		0	RC	4		0.081		
Fatty acids, total trans-monoenoic g	0.613		0	RC	4		0.074		
Fatty acids, total trans-polyenoic g	0.061		0	RC	4		0.007		
Cholesterol mg	104		0	RC	4		12		
Phytosterols mg									
Others:									
Alcohol, ethyl g									
Caffeine mg	0		0	RC	4		0		
Theobromine mg	0		0	RC	4		0		

NDB No. 19383
Candies, toffee, prepared-from-recipe

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

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

Common Measures:

Measure 1 = 12.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19138
Candies, truffles, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	13.47		0	RC	4		1.62	82.42	
Energy	kcal	510		0	RC	4		61	3120	
Energy	kJ	2133		0	RC	4		256	13056	
Protein (N x 0)	g	6.21		0	RC	4		0.75	38.02	
Total lipid (fat)	g	33.76		0	RC	4		4.05	206.64	
Ash	g	1.44		0	RC	4		0.17	8.81	
Carbohydrate, by difference	g	44.88		0	RC	4		5.39	274.66	
Fiber, total dietary	g	2.5		0	RC	4		0.3	15.3	
Sugars, total	g	38.31		0	RC	4		4.60	234.47	
Starch	g									
Minerals:										
Calcium, Ca	mg	157		0	RC	4		19	960	
Iron, Fe	mg	1.75		0	RC	4		0.21	10.70	
Magnesium, Mg	mg	48		0	RC	4		6	296	
Phosphorus, P	mg	171		0	RC	4		21	1046	
Potassium, K	mg	297		0	RC	4		36	1818	
Sodium, Na	mg	68		0	RC	4		8	418	
Zinc, Zn	mg	1.55		0	RC	4		0.19	9.49	
Copper, Cu	mg	0.366		0	RC	4		0.044	2.242	
Manganese, Mn	mg	0.351		0	RC	4		0.042	2.148	
Selenium, Se	mcg	3.4		0	RC	4		0.4	21.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RC	4		0.0	0.6	
Thiamin	mg	0.087		0	RC	4		0.010	0.534	
Riboflavin	mg	0.250		0	RC	4		0.030	1.533	
Niacin	mg	0.299		0	RC	4		0.036	1.832	
Pantothenic acid	mg	0.417		0	RC	4		0.050	2.554	
Vitamin B-6	mg	0.032		0	RC	4		0.004	0.194	
Folate, total	mcg	9		0	RC	4		1	58	
Folic acid	mcg	0		0	RC	4		0	0	
Folate, food	mcg	9		0	RC	4		1	55	
Folate, DFE	mcg_DFE	9		0	NC	4		1	55	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.49		0	RC	4		0.06	2.97	
Vitamin A, RAE	mcg_RAE	144		0	RC	4		17	879	
Retinol	mcg	142		0	RC	4		17	867	
Carotene, beta	mcg	19		0	RC	4		2	115	
Carotene, alpha	mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta	mcg	0		0	RC	4		0	0	
Vitamin A, IU	IU	513		0	RC	4		62	3142	
Lycopene	mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin	mcg	0		0	RC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	1.82		0	RC	4		0.22	11.11	
Vitamin E, added	mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	6.0		0	RC	4		0.7	36.6	
Lipids:										
Fatty acids, total saturated	g	18.488		0	RC	4		2.219	113.145	
4:0	g	0.686		0	RC	4		0.082	4.200	
6:0	g	0.320		0	RC	4		0.038	1.960	

NDB No. 19138
Candies, truffles, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.275		0	RC	4		0.033	1.683	
10:0 g	0.479		0	RC	4		0.057	2.930	
12:0 g	1.181		0	RC	4		0.142	7.230	
13:0 g	0.000		0	RC	4		0.000	0.000	
14:0 g	1.766		0	RC	4		0.212	10.805	
15:0 g	0.051		0	RC	4		0.006	0.311	
16:0 g	7.178		0	RC	4		0.861	43.932	
17:0 g	0.048		0	RC	4		0.006	0.297	
18:0 g	6.154		0	RC	4		0.738	37.662	
20:0 g	0.127		0	RC	4		0.015	0.777	
22:0 g	0.014		0	RC	4		0.002	0.083	
24:0 g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total monounsaturated g	12.636		0	RC	4		1.516	77.329	
14:1 g	0.048		0	RC	4		0.006	0.295	
15:1 g	0.000		0	RC	4		0.000	0.000	
16:1 undifferentiated g	0.309		0	RC	4		0.037	1.888	
17:1 g	0.014		0	RC	4		0.002	0.083	
18:1 undifferentiated g	7.300		0	RC	4		0.876	44.678	
18:1 c g	4.821		0	RC	4		0.579	29.506	
18:1-11c (18:1c n-7) g									
18:1 t g	0.000		0	RC	4		0.000	0.000	
18:1-11t (18:1t n-7) g									
20:1 g	0.000		0	RC	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	RC	4		0.000	0.000	
24:1 c g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total polyunsaturated g	1.013		0	RC	4		0.122	6.198	
18:2 undifferentiated g	0.779		0	RC	4		0.094	4.770	
18:3 undifferentiated g	0.171		0	RC	4		0.021	1.048	
18:3 n-3 c,c,c (ALA) g	0.062		0	RC	4		0.007	0.380	
18:3 n-6 c,c,c g	0.000		0	RC	4		0.000	0.000	
18:3i g									
18:4 g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c g	0.000		0	RC	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	RC	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		0	RC	4		0.000	0.000	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	RC	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans-monoenoic g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	53		0	RC	4		6	323	
Phytosterols mg									
Others:									
Alcohol, ethyl g									
Caffeine mg	15		0	RC	4		2	91	
Theobromine mg	152		0	RC	4		18	932	

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

Common Measures:

Measure 1 = 12.0g: 1 piece

Measure 2 = 612g: 1 recipe yield, recipe makes 49 1 " x 1" pieces

NDB No. 19138
Candies, truffles, prepared-from-recipe

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

Food Group: 19 Sweets

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

NDB No. 19087
Candies, white chocolate

confectioner's coating
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.30		5	A	1		2.21	1.11	
Energy	kcal	539		0	NC	4		916	458	
Energy	kJ	2254		0	NC	4		3831	1916	
Protein (N x 6.38)	g	5.87		3	A	1		9.98	4.99	
Total lipid (fat)	g	32.09		5	A	1		54.55	27.28	
Ash	g	1.50		3	A	1		2.55	1.28	
Carbohydrate, by difference	g	59.24		0	NC	4		100.71	50.35	
Fiber, total dietary	g	0.2		2	AI	13		0.3	0.2	
Sugars, total	g	59.00		0	NR	4		100.30	50.15	
Starch	g									
Minerals:										
Calcium, Ca	mg	199		3	A	1		338	169	
Iron, Fe	mg	0.24		3	A	1		0.41	0.20	
Magnesium, Mg	mg	12		3	A	1		20	10	
Phosphorus, P	mg	176		3	A	1		299	150	
Potassium, K	mg	286		3	A	1		486	243	
Sodium, Na	mg	90		3	A	1		153	77	
Zinc, Zn	mg	0.74		3	A	1		1.26	0.63	
Copper, Cu	mg	0.060		3	A	1		0.102	0.051	
Manganese, Mn	mg	0.008		0	FLA	4		0.013	0.006	
Selenium, Se	mcg	4.5		0	FLA	4		7.6	3.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		3	A	1		0.9	0.4	
Thiamin	mg	0.063		3	A	1		0.107	0.054	
Riboflavin	mg	0.282		3	A	1		0.479	0.240	
Niacin	mg	0.745		3	A	1		1.267	0.633	
Pantothenic acid	mg	0.608		3	A	1		1.034	0.517	
Vitamin B-6	mg	0.056		3	A	1		0.095	0.048	
Folate, total	mcg	7		0	FLA	4		12	6	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	7		0	FLA	4		12	6	
Folate, DFE	mcg_DFE	7		0	NC	4		12	6	
Choline, total	mg	29.5		0	O	4		50.1	25.0	
Betaine	mg									
Vitamin B-12	mcg	0.56		0	FLA	4		0.96	0.48	
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	9		0	NC	4		15	8	
Retinol	mcg	9		0	NR	4		15	8	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	30		0	NR	4		51	26	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.96		0	FLA	4		1.64	0.82	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	9.1		0	FLA	4		15.5	7.7	
Lipids:										
Fatty acids, total saturated	g	19.412		2	A	1		33.000	16.500	
4:0	g	0.314		2	A	1		0.534	0.267	

NDB No. 19087
Candies, white chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.155		2	A	1		0.264	0.132	
8:0 g	0.115		2	A	1		0.196	0.098	
10:0 g	0.220		2	A	1		0.374	0.187	
12:0 g	0.629		2	A	1		1.069	0.535	
13:0 g									
14:0 g	0.797		2	A	1		1.355	0.677	
15:0 g									
16:0 g	7.947		2	A	1		13.510	6.755	
17:0 g									
18:0 g	9.145		2	A	1		15.547	7.773	
20:0 g	0.004		0	FLA	4		0.008	0.004	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.097		2	A	1		15.465	7.732	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.062		2	A	1		0.105	0.053	
17:1 g									
18:1 undifferentiated g	8.990		2	A	1		15.283	7.642	
20:1 g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated g	0.000		2	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.013		2	A	1		1.722	0.861	
18:2 undifferentiated g	0.910		2	A	1		1.547	0.774	
18:3 undifferentiated g	0.103		2	A	1		0.175	0.088	
18:4 g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans g	0.000		0	FLA	4		0.000	0.000	
Cholesterol mg	21		2	A	1		36	18	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 170g: 1 cup chips

Measure 2 = 85g: 1 bar (3 oz)

Calories Factors: Protein 4.3 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19163
Chewing gum

bubble gum
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	2.60	0.304	3		1		0.08	0.42	0.21
Energy....kcal	360		0	NC	4		11	58	29
Energy....kJ	1507		0	NC	4		45	241	121
Protein (N x 6.25)....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)....g	0.30		2		1		0.01	0.05	0.02
Ash....g	0.40		1		1		0.01	0.06	0.03
Carbohydrate, by difference....g	96.70		0	NC	4		2.90	15.47	7.74
Fiber, total dietary....g	2.4		0	FLC	4		0.1	0.4	0.2
Sugars, total....g	66.08	7.208	3	LC	8		1.98	10.57	5.29
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0	0	0
Iron, Fe....mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg....mg	0		1		1		0	0	0
Phosphorus, P....mg	0		1		1		0	0	0
Potassium, K....mg	2		0	FLC	4		0	0	0
Sodium, Na....mg	1		0	FLC	4		0	0	0
Zinc, Zn....mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu....mg	0.000		1		1		0.000	0.000	0.000
Manganese, Mn....mg	0.000		1		1		0.000	0.000	0.000
Selenium, Se....mcg	0.6		0	FLC	4		0.0	0.1	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	FLC	4		0.000	0.000	0.000
Riboflavin....mg	0.000		1		4		0.000	0.000	0.000
Niacin....mg	0.000		0	FLC	4		0.000	0.000	0.000
Pantothenic acid....mg	0.000		0	FLC	4		0.000	0.000	0.000
Vitamin B-6....mg	0.000		0	FLC	4		0.000	0.000	0.000
Folate, total....mcg	0		0	FLC	4		0	0	0
Folic acid....mcg	0		0	FLC	4		0	0	0
Folate, food....mcg	0		0	FLC	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	FLC	4		0	0	0
Retinol....mcg	0		0	FLC	4		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	FLC	4		0	0	0
Vitamin A, IU....IU	0		0	FLC	4		0	0	0
Lycopene....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	FLC	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.042		0		4		0.001	0.007	0.003
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 19163
Chewing gum

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	0.000
15:0 g									
16:0 g	0.036		0		4		0.001	0.006	0.003
17:0 g									
18:0 g	0.005		0		4		0.000	0.001	0.000
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.079		0		4		0.002	0.013	0.006
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.079		0		4		0.002	0.013	0.006
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.137		0		4		0.004	0.022	0.011
18:2 undifferentiated g	0.133		0		4		0.004	0.021	0.011
18:3 undifferentiated g	0.004		0		4		0.000	0.001	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0	FLC	4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

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

Common Measures:

Measure 1 = 3.0g: 1 stick

Measure 2 = 16g: 10 Chiclets

Measure 3 = 8.0g: 1 block

Calories Factors: Protein 1.82 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 43060
Chewing gum, sugarless

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.50		0		4		0.07		
Energy ... kcal	268		0		4		5		
Energy ... kJ	1121		0		4		22		
Protein ... g	0.00		1		1		0.00		
Total lipid (fat) ... g	0.40		1		1		0.01		
Ash ... g	1.30		0	NR	4		0.03		
Carbohydrate, by difference ... g	94.80		0	NC	4		1.90		
Fiber, total dietary ... g	2.4		0	BFZN	4		0.0		
Sugars, total ... g	0.00		0	Z	7		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	20		1		1		0		
Iron, Fe ... mg	0.00		0		4		0.00		
Magnesium, Mg ... mg	0		0		4		0		
Phosphorus, P ... mg	0		0		4		0		
Potassium, K ... mg	0		0		4		0		
Sodium, Na ... mg	7		0		4		0		
Zinc, Zn ... mg	0.00		0		4		0.00		
Copper, Cu ... mg	0.000		0		4		0.000		
Manganese, Mn ... mg									
Selenium, Se ... mcg	0.5		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1		1		0.0		
Thiamin ... mg	0.000		1		1		0.000		
Riboflavin ... mg	0.000		1		1		0.000		
Niacin ... mg	0.000		1		1		0.000		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.000		0		4		0.000		
Folate, total ... mcg	0		0		4		0		
Folic acid ... mcg	0		0	BFZN	4		0		
Folate, food ... mcg	0		0	BFZN	4		0		
Folate, DFE ... mcg_DFE	0		0	NC	4		0		
Choline, total ... mg	0.0		0	Z	7		0.0		
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	BFZN	4		0		
Retinol ... mcg	0		0	BFZN	4		0		
Carotene, beta ... mcg	0		0	BFZN	4		0		
Carotene, alpha ... mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta ... mcg	0		0	BFZN	4		0		
Vitamin A, IU ... IU	0		1		1		0		
Lycopene ... mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin ... mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.00		0	BFZN	4		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	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated ... g	0.058		0		4		0.001		

NDB No. 43060
Chewing gum, sugarless

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.000		0		4		0.000		
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	0.041		0		4		0.001		
17:0 g									
18:0 g	0.015		0		4		0.000		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.093		0		4		0.002		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		4		0.000		
17:1 g									
18:1 undifferentiated g	0.091		0		4		0.002		
20:1 g	0.001		0		4		0.000		
22:1 undifferentiated g	0.000		0		4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.232		0		4		0.005		
18:2 undifferentiated g	0.204		0		4		0.004		
18:3 undifferentiated g	0.027		0		4		0.001		
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	BFZN	4		0		
Theobromine mg	0		0	BFZN	4		0		

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

Common Measures:

Measure 1 = 2.0g: 1 piece

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

Food Group: 19 Sweets

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

NDB No. 19902
Chocolate, dark, 45- 59% cacao solids

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.97	0.034	5	A	1				
Energy	kcal	546		0	NC	4				
Energy	kJ	2283		0	NC	4				
Protein	g	4.88	0.012	5	A	1				
Total lipid (fat)	g	31.28	0.502	8	A	1				
Ash	g	1.70	0.011	5	A	1				
Carbohydrate, by difference	g	61.17		0	NC	4				
Fiber, total dietary	g	7.0	0.079	5	A	1				
Sugars, total	g	47.90	0.161	5	A	1				
Sucrose	g	46.25	0.146	5	A	1				
Glucose (dextrose)	g	0.00	0.000	5	A	1				
Fructose	g	0.00	0.000	5	A	1				
Lactose	g	1.65	0.015	5	A	1				
Maltose	g	0.00	0.000	5	A	1				
Galactose	g	0.00	0.000	5	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg	56	0.502	5	A	1				
Iron, Fe	mg	8.02	0.061	5	A	1				
Magnesium, Mg	mg	146	2.016	5	A	1				
Phosphorus, P	mg	206	2.016	5	A	1				
Potassium, K	mg	559	8.545	5	A	1				
Sodium, Na	mg	24	0.455	5	A	1				
Zinc, Zn	mg	2.01	0.023	5	A	1				
Copper, Cu	mg	1.028	0.012	5	A	1				
Manganese, Mn	mg	1.419	0.026	5	A	1				
Selenium, Se	mcg	3.0		3	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.025	0.003	5	A	1				
Riboflavin	mg	0.050	0.000	5	A	1				
Niacin	mg	0.725	0.008	5	A	1				
Pantothenic acid	mg	0.297		3	A	1				
Vitamin B-6	mg	0.042	0.007	5	A	1				
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.23		3	A	1				
Vitamin A, RAE	mcg_RAE	2		0	AS	1				
Vitamin A, IU	IU	50		0	AS	1				
Lycopene	mcg	0		3	A	1				
Lutein + zeaxanthin	mcg	31		3	A	1				
Vitamin E (alpha-tocopherol)	mg	0.54		3	A	1				
Tocopherol, beta	mg	0.00		3	A	1				
Tocopherol, gamma	mg	6.37		3	A	1				
Tocopherol, delta	mg	0.34		3	A	1				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	8.1		3	A	1				
Lipids:										
Fatty acids, total saturated	g	18.519		0	NC	4				
4:0	g	0.057	0.002	5	A	1				
6:0	g	0.044	0.001	5	A	1				
8:0	g	0.029	0.001	5	A	1				

NDB No. 19902
Chocolate, dark, 45- 59% cacao solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.085	0.001	5	A	1				
12:0....g	0.078	0.000	5	A	1				
13:0....g									
14:0....g	0.259	0.000	5	A	1				
15:0....g	0.033	0.000	5	A	1				
16:0....g	7.624	0.094	5	A	1				
17:0....g	0.074	0.001	5	A	1				
18:0....g	9.842	0.197	5	A	1				
20:0....g	0.308	0.009	5	A	1				
22:0....g	0.054	0.002	5	A	1				
24:0....g	0.030	0.001	5	A	1				
Fatty acids, total monounsaturated....g	9.540		0	NC	4				
14:1....g	0.019	0.000	5	A	1				
15:1....g	0.000	0.000	5	A	1				
16:1 undifferentiated....g	0.113	0.002	5	AS	1				
16:1 c....g	0.103	0.002	5	A	1				
16:1 t....g	0.010	0.000	5	A	1				
17:1....g	0.000	0.000	5	A	1				
18:1 undifferentiated....g	9.391	0.147	5	AS	1				
18:1 c....g	9.312	0.147	5	A	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.078	0.000	5	A	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.018	0.000	5	A	1				
22:1 undifferentiated....g	0.000	0.000	5	AS	1				
22:1 c....g	0.000	0.000	5	A	1				
22:1 t....g	0.000	0.000	5	A	1				
24:1 c....g	0.000	0.000	5	A	1				
Fatty acids, total polyunsaturated....g	1.092		0	NC	4				
18:2 undifferentiated....g	0.998	0.026	5	AS	1				
18:2 n-6 c,c....g	0.947	0.026	5	A	1				
18:2 CLAs....g	0.027	0.001	5	A	1				
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	0.024	0.001	5	A	1				
18:3 undifferentiated....g	0.085	0.002	5	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.085	0.002	5	A	1				
18:3 n-6 c,c,c....g	0.000	0.000	5	A	1				
18:3i....g									
18:4....g	0.000	0.000	5	A	1				
20:2 n-6 c,c....g	0.001	0.000	5	A	1				
20:3 undifferentiated....g	0.000	0.000	5	AS	1				
20:3 n-3....g	0.000	0.000	5	A	1				
20:3 n-6....g	0.000	0.000	5	A	1				
20:4 undifferentiated....g	0.002	0.000	5	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	5	A	1				
21:5....g									
22:4....g	0.003	0.000	5	A	1				
22:5 n-3 (DPA)....g	0.000	0.000	5	A	1				
22:6 n-3 (DHA)....g	0.000	0.000	5	A	1				
Fatty acids, total trans....g	0.112		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.088		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.024		0	NC	4				
Cholesterol....mg	8		3	A	1				
Phytosterols....mg									
Stigmasterol....mg	25		3	A	1				
Campesterol....mg	11		3	A	1				
Beta-sitosterol....mg	66		3	A	1				

Others:

NDB No. 19902
Chocolate, dark, 45- 59% cacao solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Caffeine....mg	43		3	A	1				
Theobromine....mg	493		3	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

NDB No. 19903
Chocolate, dark, 60-69% cacao solids

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.25	0.023	6	A	1				
Energy	kcal	579		0	NC	4				
Energy	kJ	2422		0	NC	4				
Protein	g	6.12	0.009	6	A	1				
Total lipid (fat)	g	38.31	0.164	9	A	1				
Ash	g	1.90	0.007	6	A	1				
Carbohydrate, by difference	g	52.42		0	NC	4				
Fiber, total dietary	g	8.0	0.082	6	A	1				
Sugars, total	g	36.71	0.023	6	A	1				
Sucrose	g	36.39	0.023	6	A	1				
Glucose (dextrose)	g	0.00	0.000	6	A	1				
Fructose	g	0.00	0.000	6	A	1				
Lactose	g	0.31	0.000	6	A	1				
Maltose	g	0.00	0.000	6	A	1				
Galactose	g	0.00	0.000	6	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg	62	0.368	6	A	1				
Iron, Fe	mg	6.32	0.074	6	A	1				
Magnesium, Mg	mg	176	0.600	6	A	1				
Phosphorus, P	mg	260	1.350	6	A	1				
Potassium, K	mg	567	3.747	6	A	1				
Sodium, Na	mg	10	0.354	6	A	1				
Zinc, Zn	mg	2.65	0.018	6	A	1				
Copper, Cu	mg	1.248	0.012	6	A	1				
Manganese, Mn	mg	1.325	0.009	6	A	1				
Selenium, Se	mcg	8.4		3	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.032	0.000	6	A	1				
Riboflavin	mg	0.049	0.001	6	A	1				
Niacin	mg	0.838	0.003	6	A	1				
Pantothenic acid	mg	0.300		3	A	1				
Vitamin B-6	mg	0.034	0.001	6	A	1				
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.18		3	A	1				
Vitamin A, RAE	mcg_RAE	3		0	AS	1				
Vitamin A, IU	IU	50		0	AS	1				
Lycopene	mcg	0		3	A	1				
Lutein + zeaxanthin	mcg	32		3	A	1				
Vitamin E (alpha-tocopherol)	mg	0.59		3	A	1				
Tocopherol, beta	mg	0.00		3	A	1				
Tocopherol, gamma	mg	8.47		3	A	1				
Tocopherol, delta	mg	0.34		3	A	1				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	7.2		3	A	1				
Lipids:										
Fatty acids, total saturated	g	22.031		0	NC	4				
4:0	g	0.040	0.000	6	A	1				
6:0	g	0.030	0.000	6	A	1				
8:0	g	0.020	0.000	6	A	1				

NDB No. 19903
Chocolate, dark, 60-69% cacao solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.064	0.001	6	A	1				
12:0....g	0.056	0.000	6	A	1				
13:0....g									
14:0....g	0.192	0.000	6	A	1				
15:0....g	0.027	0.000	6	A	1				
16:0....g	9.198	0.057	6	A	1				
17:0....g	0.081	0.001	6	A	1				
18:0....g	11.860	0.141	6	A	1				
20:0....g	0.364	0.007	6	A	1				
22:0....g	0.062	0.001	6	A	1				
24:0....g	0.035	0.001	6	A	1				
Fatty acids, total monounsaturated....g	11.522		0	NC	4				
14:1....g	0.013	0.000	6	A	1				
15:1....g	0.000	0.000	6	A	1				
16:1 undifferentiated....g	0.116	0.000	6	AS	1				
16:1 c....g	0.110	0.000	6	A	1				
16:1 t....g	0.006	0.000	6	A	1				
17:1....g	0.000	0.000	6	A	1				
18:1 undifferentiated....g	11.373	0.096	6	AS	1				
18:1 c....g	11.318	0.095	6	A	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.055	0.001	6	A	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.021	0.000	6	A	1				
22:1 undifferentiated....g	0.000	0.000	6	AS	1				
22:1 c....g	0.000	0.000	6	A	1				
22:1 t....g	0.000	0.000	6	A	1				
24:1 c....g	0.000	0.000	6	A	1				
Fatty acids, total polyunsaturated....g	1.221		0	NC	4				
18:2 undifferentiated....g	1.126	0.006	6	AS	1				
18:2 n-6 c,c....g	1.091	0.006	6	A	1				
18:2 CLAs....g	0.017	0.000	6	A	1				
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	0.017	0.000	6	A	1				
18:3 undifferentiated....g	0.088	0.000	6	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.088	0.000	6	A	1				
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1				
18:3i....g									
18:4....g	0.000	0.000	6	A	1				
20:2 n-6 c,c....g	0.001	0.000	6	A	1				
20:3 undifferentiated....g	0.000	0.000	6	AS	1				
20:3 n-3....g	0.000	0.000	6	A	1				
20:3 n-6....g	0.000	0.000	6	A	1				
20:4 undifferentiated....g	0.000	0.000	6	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1				
21:5....g									
22:4....g	0.003	0.000	6	A	1				
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1				
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1				
Fatty acids, total trans....g	0.079		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.061		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.017		0	NC	4				
Cholesterol....mg	6		3	A	1				
Phytosterols....mg									
Stigmasterol....mg	29		3	A	1				
Campesterol....mg	12		3	A	1				
Beta-sitosterol....mg	75		3	A	1				

Others:

NDB No. 19903
Chocolate, dark, 60-69% cacao solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Caffeine....mg	86		3	A	1				
Theobromine....mg	632		3	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

NDB No. 19904
Chocolate, dark, 70-85% cacao solids

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.37		2	A	1				
Energy	kcal	598		0	NC	4				
Energy	kJ	2504		0	NC	4				
Protein	g	7.79		2	A	1				
Total lipid (fat)	g	42.63	0.170	4	A	1				
Ash	g	2.32		2	A	1				
Carbohydrate, by difference	g	45.90		0	NC	4				
Fiber, total dietary	g	10.9		2	A	1				
Sugars, total	g	23.99		2	A	1				
Sucrose	g	23.99		2	A	1				
Glucose (dextrose)	g	0.00		2	A	1				
Fructose	g	0.00		2	A	1				
Lactose	g	0.00		2	A	1				
Maltose	g	0.00		2	A	1				
Galactose	g	0.00		2	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg	73		2	A	1				
Iron, Fe	mg	11.90		2	A	1				
Magnesium, Mg	mg	228		2	A	1				
Phosphorus, P	mg	308		2	A	1				
Potassium, K	mg	715		2	A	1				
Sodium, Na	mg	20		2	A	1				
Zinc, Zn	mg	3.31		2	A	1				
Copper, Cu	mg	1.766		2	A	1				
Manganese, Mn	mg	1.948		2	A	1				
Selenium, Se	mcg	6.8		2	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.034		2	A	1				
Riboflavin	mg	0.078		2	A	1				
Niacin	mg	1.054		2	A	1				
Pantothenic acid	mg	0.418		2	A	1				
Vitamin B-6	mg	0.038		2	A	1				
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.28		2	A	1				
Vitamin A, RAE	mcg_RAE	2		0	AS	1				
Vitamin A, IU	IU	39		0	AS	1				
Lycopene	mcg	0		2	A	1				
Lutein + zeaxanthin	mcg	27		2	A	1				
Vitamin E (alpha-tocopherol)	mg	0.59		2	A	1				
Tocopherol, beta	mg	0.01		2	A	1				
Tocopherol, gamma	mg	9.19		2	A	1				
Tocopherol, delta	mg	0.29		2	A	1				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	7.3		2	A	1				
Lipids:										
Fatty acids, total saturated	g	24.489		0	NC	4				
4:0	g	0.014		2	A	1				
6:0	g	0.008		2	A	1				
8:0	g	0.006		2	A	1				

NDB No. 19904
Chocolate, dark, 70-85% cacao solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.045		2	A	1				
12:0....g	0.017		2	A	1				
13:0....g									
14:0....g	0.078		2	A	1				
15:0....g	0.016		2	A	1				
16:0....g	10.076		2	A	1				
17:0....g	0.086		2	A	1				
18:0....g	13.630		2	A	1				
20:0....g	0.408		2	A	1				
22:0....g	0.068		2	A	1				
24:0....g	0.038		2	A	1				
Fatty acids, total monounsaturated....g	12.781		0	NC	4				
14:1....g	0.004		2	A	1				
15:1....g	0.000		2	A	1				
16:1 undifferentiated....g	0.106		0	AS	1				
16:1 c....g	0.104		2	A	1				
16:1 t....g	0.002		2	A	1				
17:1....g	0.000		2	A	1				
18:1 undifferentiated....g	12.651		0	AS	1				
18:1 c....g	12.629		2	A	1				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.023		2	A	1				
18:1-11t (18:1t n-7)....g									
20:1....g	0.020		2	A	1				
22:1 undifferentiated....g	0.000		0	AS	1				
22:1 c....g	0.000		2	A	1				
22:1 t....g	0.000		2	A	1				
24:1 c....g	0.000		2	A	1				
Fatty acids, total polyunsaturated....g	1.257		0	NC	4				
18:2 undifferentiated....g	1.217		0	AS	1				
18:2 n-6 c,c....g	1.208		2	A	1				
18:2 CLAs....g	0.004		2	A	1				
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005		2	A	1				
18:3 undifferentiated....g	0.034		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.034		2	A	1				
18:3 n-6 c,c,c....g	0.000		2	A	1				
18:3i....g									
18:4....g	0.000		2	A	1				
20:2 n-6 c,c....g	0.001		2	A	1				
20:3 undifferentiated....g	0.000		0	AS	1				
20:3 n-3....g	0.000		2	A	1				
20:3 n-6....g	0.000		2	A	1				
20:4 undifferentiated....g	0.001		2	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1				
21:5....g									
22:4....g	0.004		2	A	1				
22:5 n-3 (DPA)....g	0.000		2	A	1				
22:6 n-3 (DHA)....g	0.000		2	A	1				
Fatty acids, total trans....g	0.030		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.025		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4				
Cholesterol....mg	3		2	A	1				
Phytosterols....mg									
Stigmasterol....mg	31		2	A	1				
Campesterol....mg	12		2	A	1				
Beta-sitosterol....mg	86		2	A	1				

Others:

NDB No. 19904
Chocolate, dark, 70-85% cacao solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Caffeine....mg	80		2	A	1				
Theobromine....mg	802		2	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

NDB No. 19125
Chocolate-flavored hazelnut spread

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.07		0	FLC	4		0.39		
Energy....kcal	541		1	LC	8		200		
Energy....kJ	2262		0	LC	8		837		
Protein....g	5.41		1	LC	8		2.00		
Total lipid (fat)....g	29.73		1	LC	8		11.00		
Ash....g	1.44		0	FLC	4		0.53		
Carbohydrate, by difference....g	62.16		1	LC	8		23.00		
Fiber, total dietary....g	5.4		1	LC	8		2.0		
Sugars, total....g	54.05		1	LC	8		20.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	108		1	LC	8		40		
Iron, Fe....mg	4.38		1	LC	8		1.62		
Magnesium, Mg....mg	64		0	FLC	4		24		
Phosphorus, P....mg	152		0	FLC	4		56		
Potassium, K....mg	407		0	FLC	4		151		
Sodium, Na....mg	41		1	LC	8		15		
Zinc, Zn....mg	1.06		0	FLC	4		0.39		
Copper, Cu....mg	0.469		0	FLC	4		0.174		
Manganese, Mn....mg	0.868		0	FLC	4		0.321		
Selenium, Se....mcg	3.6		0	FLC	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.085		0	FLC	4		0.032		
Riboflavin....mg	0.170		0	FLC	4		0.063		
Niacin....mg	0.427		0	FLC	4		0.158		
Pantothenic acid....mg	0.357		0	FLC	4		0.132		
Vitamin B-6....mg	0.082		0	FLC	4		0.030		
Folate, total....mcg	14		0	FLC	4		5		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	14		0	FLC	4		5		
Folate, DFE....mcg_DFE	14		0	NC	4		5		
Choline, total....mg	17.6		0	FLC	4		6.5		
Betaine....mg									
Vitamin B-12....mcg	0.27		0	FLC	4		0.10		
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		0		
Retinol....mcg	0		0	FLC	4		0		
Carotene, beta....mcg	1		0	FLC	4		0		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	3		0	FLC	4		1		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	10		0	FLC	4		4		
Vitamin E (alpha-tocopherol)....mg	4.96		0	FLC	4		1.83		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	1.9		0	FLC	4		0.7		
Lipids:									
Fatty acids, total saturated....g	28.423		1	LC	8		10.517		
4:0....g	0.011		0	FLC	4		0.004		

NDB No. 19125
Chocolate-flavored hazelnut spread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.002		0	FLC	4		0.001		
8:0 ... g	0.003		0	FLC	4		0.001		
10:0 ... g	0.007		0	FLC	4		0.003		
12:0 ... g	0.006		0	FLC	4		0.002		
13:0 ... g	0.000		0	FLC	4		0.000		
14:0 ... g	0.175		0	FLC	4		0.065		
15:0 ... g	0.000		0	FLC	4		0.000		
16:0 ... g	15.879		0	FLC	4		5.875		
17:0 ... g	0.000		0	FLC	4		0.000		
18:0 ... g	5.573		0	FLC	4		2.062		
20:0 ... g	1.877		0	FLC	4		0.694		
22:0 ... g	3.653		0	FLC	4		1.352		
24:0 ... g	1.174		0	FLC	4		0.434		
Fatty acids, total monounsaturated ... g	0.000		1	LC	8		0.000		
14:1 ... g	0.000		0	FLC	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:1 ... g	0.000		0	FLC	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated ... g	0.000		1	LC	8		0.000		
18:2 undifferentiated ... g	0.000		0	FLC	4		0.000		
18:3 undifferentiated ... g	0.000		0	FLC	4		0.000		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g	0.000		0	FLC	4		0.000		
20:3 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1	LC	8		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	7		0	FLC	4		3		
Theobromine ... mg	230		0	FLC	4		85		

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

Common Measures:

Measure 1 = 37g: 1 serving 2 TBSP

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

Food Group: 19 Sweets

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

NDB No. 19859
Cocoa, dry powder, hi-fat or breakfast, plain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		1		1		0.16		
Energy	kcal	486		0	NC	4		26		
Energy	kJ	2034		0	NC	4		110		
Protein	g	16.80		1		1		0.91		
Total lipid (fat)	g	23.71		1		1		1.28		
Ash	g	5.10		0	BFNN	4		0.28		
Carbohydrate, by difference	g	51.39		0	NC	4		2.78		
Fiber, total dietary	g	29.8		1		1		1.6		
Sugars, total	g	1.55		0	BFCN	4		0.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	122		0		4		7		
Iron, Fe	mg	14.50		0		4		0.78		
Magnesium, Mg	mg	519		0		4		28		
Phosphorus, P	mg	758		0		4		41		
Potassium, K	mg	1574		0		4		85		
Sodium, Na	mg	20		0		4		1		
Zinc, Zn	mg	6.70		0		4		0.36		
Copper, Cu	mg	3.610		0		4		0.195		
Manganese, Mn	mg									
Selenium, Se	mcg	12.3		0	BFPN	4		0.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.080		0		4		0.004		
Riboflavin	mg	0.370		0		4		0.020		
Niacin	mg	1.800		0		4		0.097		
Pantothenic acid	mg									
Vitamin B-6	mg	0.190		0		4		0.010		
Folate, total	mcg	38		1		1		2		
Folic acid	mcg	0		0	BFCN	4		0		
Folate, food	mcg	38		1		1		2		
Folate, DFE	mcg_DFE	38		0	NC	4		2		
Choline, total	mg	11.9		0	O	4		0.6		
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	BFCN	4		0		
Retinol	mcg	0		1	BFCN	4		0		
Carotene, beta	mcg	0		0	BFCN	4		0		
Carotene, alpha	mcg	0		0	BFCN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFCN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFCN	4		0		
Lutein + zeaxanthin	mcg	34		0	BFCN	4		2		
Vitamin E (alpha-tocopherol)	mg	0.09		0	BFCN	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	2.3		0	BFCN	4		0.1		
Lipids:										
Fatty acids, total saturated	g	12.640		0		4		0.683		
4:0	g	0.000		0		4		0.000		

NDB No. 19859
Cocoa, dry powder, hi-fat or breakfast, 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
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	0.028		0		4		0.002		
15:0 g									
16:0 g	5.787		0		4		0.312		
17:0 g									
18:0 g	6.700		0		4		0.362		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.380		0		4		0.399		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000		
17:1 g									
18:1 undifferentiated g	7.380		0		4		0.399		
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	0.769		0		4		0.042		
18:2 undifferentiated g	0.769		0		4		0.042		
18:3 undifferentiated g	0.000		0		4		0.000		
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		1		1		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	197		0	BFPN	4		11		
Theobromine mg	1763		0	BFPN	4		95		

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

Common Measures:

Measure 1 = 5.4g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19860
Cocoa, dry powder, hi-fat or breakfast, processed with alkali

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		1		1				
Energy	kcal	479		0	NC	4				
Energy	kJ	2006		0	NC	4				
Protein	g	16.80		1		1				
Total lipid (fat)	g	23.71		1		1				
Ash	g	6.79		0	BFNN	4				
Carbohydrate, by difference	g	49.71		0	NC	4				
Fiber, total dietary	g	33.9		0		4				
Sugars, total	g	1.53		0	BFNN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	122		1		1				
Iron, Fe	mg	14.50		1		1				
Magnesium, Mg	mg	476		1		1				
Phosphorus, P	mg	758		1		1				
Potassium, K	mg	2509		1		1				
Sodium, Na	mg	20		1		1				
Zinc, Zn	mg	6.70		1		1				
Copper, Cu	mg	3.610		1		1				
Manganese, Mn	mg									
Selenium, Se	mcg	12.3		0	BFPN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1				
Thiamin	mg	0.080		0		4				
Riboflavin	mg	0.370		0		4				
Niacin	mg	1.800		0		4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.190		0		4				
Folate, total	mcg	38		1		1				
Folic acid	mcg	0		0	BFNN	4				
Folate, food	mcg	38		1		1				
Folate, DFE	mcg_DFE	38		0	NC	4				
Choline, total	mg	11.4		0	O	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	BFNN	4				
Carotene, beta	mcg	0		0	BFNN	4				
Carotene, alpha	mcg	0		0	BFNN	4				
Cryptoxanthin, beta	mcg	0		0	BFNN	4				
Vitamin A, IU	IU	0		0	NC	4				
Lycopene	mcg	0		0	BFNN	4				
Lutein + zeaxanthin	mcg	33		0	BFNN	4				
Vitamin E (alpha-tocopherol)	mg	0.18		0	BFFN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	mcg	4.4		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	12.640		0		4				
4:0	g	0.000		0		4				

NDB No. 19860
Cocoa, dry powder, hi-fat or breakfast, processed with alkali

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.028		0		4				
15:0....g									
16:0....g	5.787		0		4				
17:0....g									
18:0....g	6.700		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.380		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4				
17:1....g									
18:1 undifferentiated....g	7.380		0		4				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.769		0		4				
18:2 undifferentiated....g	0.769		0		4				
18:3 undifferentiated....g	0.000		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		1		1				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	72		0	BFPN	4				
Theobromine....mg	2445		0	BFPN	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: 19 Sweets

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

NDB No. 19165
Cocoa, dry powder, unsweetened

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.00	0.305	8		1		2.58	0.16	
Energy....kcal	228		0	NC	4		196	12	
Energy....kJ	952		0	NC	4		819	51	
Protein (N x 5.63)....g	19.60	0.520	8		1		16.86	1.06	
Total lipid (fat)....g	13.70	0.495	8		1		11.78	0.74	
Ash....g	5.80	0.558	7		1		4.99	0.31	
Carbohydrate, by difference....g	57.90		0	NC	4		49.79	3.13	
Fiber, total dietary....g	33.2		0		1		28.6	1.8	
Sugars, total....g	1.75		0	BFCN	4		1.50	0.09	
Starch....g									
Minerals:									
Calcium, Ca....mg	128	8.030	9		1		110	7	
Iron, Fe....mg	13.86	1.608	9		1		11.92	0.75	
Magnesium, Mg....mg	499	11.115	9		1		429	27	
Phosphorus, P....mg	734	19.765	9		1		631	40	
Potassium, K....mg	1524	74.068	6		1		1311	82	
Sodium, Na....mg	21	3.184	8		1		18	1	
Zinc, Zn....mg	6.81	0.256	9		1		5.86	0.37	
Copper, Cu....mg	3.788	0.146	9		1		3.258	0.205	
Manganese, Mn....mg	3.837	0.104	9		1		3.300	0.207	
Selenium, Se....mcg	14.3	3.095	3	A	1		12.3	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.078	0.020	6		1		0.067	0.004	
Riboflavin....mg	0.241	0.061	6		1		0.207	0.013	
Niacin....mg	2.185	0.455	6		1		1.879	0.118	
Pantothenic acid....mg	0.254	0.064	5		1		0.218	0.014	
Vitamin B-6....mg	0.118	0.035	6		1		0.101	0.006	
Folate, total....mcg	32		2		1		28	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	32		2		1		28	2	
Folate, DFE....mcg_DFE	32		0	NC	4		28	2	
Choline, total....mg	12.0		0	O	4		10.3	0.6	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	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	BFSN	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	38		0	BFSN	4		32	2	
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFFN	4		0.09	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	2.5		0	BFFN	4		2.2	0.1	
Lipids:									
Fatty acids, total saturated....g	8.070		0		1		6.940	0.436	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19165
Cocoa, dry powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.020		6		1		0.017	0.001	
15:0 g									
16:0 g	3.690		6		1		3.173	0.199	
17:0 g									
18:0 g	4.250		6		1		3.655	0.230	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.570		0		1		3.930	0.247	
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	4.570		6		1		3.930	0.247	
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	0.440		0		1		0.378	0.024	
18:2 undifferentiated g	0.440		6		1		0.378	0.024	
18:3 undifferentiated g	0.000		0		1		0.000	0.000	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.293		0		1		0.252	0.016	
Threonine g	0.776		0		1		0.667	0.042	
Isoleucine g	0.760		0		1		0.654	0.041	
Leucine g	1.189		0		1		1.023	0.064	
Lysine g	0.983		0		1		0.845	0.053	
Methionine g	0.202		0		1		0.174	0.011	
Cystine g	0.239		0		1		0.206	0.013	
Phenylalanine g	0.941		0		1		0.809	0.051	
Tyrosine g	0.735		0		1		0.632	0.040	
Valine g	1.177		0		1		1.012	0.064	
Arginine g	1.111		0		1		0.955	0.060	
Histidine g	0.339		0		1		0.292	0.018	
Alanine g	0.904		0		1		0.777	0.049	
Aspartic acid g	1.953		0		1		1.680	0.105	
Glutamic acid g	2.948		0		1		2.535	0.159	
Glycine g	0.879		0		1		0.756	0.047	
Proline g	0.838		0		1		0.721	0.045	
Serine g	0.846		0		1		0.728	0.046	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	230		1		1		198	12	
Theobromine mg	2057		1		1		1769	111	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19165

Cocoa, dry powder, unsweetened

Common Measures:

Measure 1 = 86g: 1 cup

Measure 2 = 5.4g: 1 tbsp

Calories Factors: Protein 1.83 **Fat** 8.37 **Carbohydrate** 1.33

Food Group: 19 Sweets

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

NDB No. 19171

Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa

Hershey Food Corp.

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									
Energy....kcal	400		1	MC	9		20		
Energy....kJ	1674		0	MC	9		84		
Protein....g	20.00		1	MC	9		1.00		
Total lipid (fat)....g	10.00		1	MC	9		0.50		
Ash....g									
Carbohydrate, by difference....g	60.00		1	MC	9		3.00		
Fiber, total dietary....g	20.0		1	MC	9		1.0		
Sugars, total....g	0.00		1	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	MC	9		0		
Iron, Fe....mg	36.00		1	MC	9		1.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	0		1	MC	9		0		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		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	0.000		1	MC	9		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
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. 19171

Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa

Measure 1 = 5.0g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19166
Cocoa, dry powder, unsweetened, processed with alkali

Dutch cocoa
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	2.70		2		1		2.32	0.15	
Energy....kcal	220		0	NC	4		189	12	
Energy....kJ	922		0	NC	4		793	50	
Protein (N x 5.63)....g	18.10		2		1		15.57	0.98	
Total lipid (fat)....g	13.10		2		1		11.27	0.71	
Ash....g	7.80		2		1		6.71	0.42	
Carbohydrate, by difference....g	58.30		0	NC	4		50.14	3.15	
Fiber, total dietary....g	29.8		0		1		25.6	1.6	
Sugars, total....g	1.76		0	BFCN	4		1.52	0.10	
Starch....g									
Minerals:									
Calcium, Ca....mg	111	1.204	3		1		95	6	
Iron, Fe....mg	15.52	4.219	3		1		13.35	0.84	
Magnesium, Mg....mg	476	14.971	3		1		409	26	
Phosphorus, P....mg	728	10.406	3		1		626	39	
Potassium, K....mg	2509	585.368	3		1		2158	135	
Sodium, Na....mg	19		2		1		16	1	
Zinc, Zn....mg	6.37	0.254	3		1		5.48	0.34	
Copper, Cu....mg	3.607	0.148	3		1		3.102	0.195	
Manganese, Mn....mg	3.737	0.182	3		1		3.214	0.202	
Selenium, Se....mcg	13.2		0	BFPN	4		11.4	0.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.110		1		4		0.095	0.006	
Riboflavin....mg	0.460		1		4		0.396	0.025	
Niacin....mg	2.400		1		4		2.064	0.130	
Pantothenic acid....mg	0.254		1		4		0.218	0.014	
Vitamin B-6....mg	0.118		1		4		0.101	0.006	
Folate, total....mcg	32		1		4		28	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	32		1		4		28	2	
Folate, DFE....mcg_DFE	32		0	NC	4		28	2	
Choline, total....mg	11.4		0	O	4		9.8	0.6	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	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	BFSN	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	38		0	BFSN	4		33	2	
Vitamin E (alpha-tocopherol)....mg	0.10		0	BFFN	4		0.09	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	2.4		0	BFFN	4		2.1	0.1	
Lipids:									
Fatty acids, total saturated....g	7.760		0		1		6.674	0.419	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19166
Cocoa, dry powder, unsweetened, processed with alkali

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.020		6		1		0.017	0.001	
15:0 g									
16:0 g	3.550		6		1		3.053	0.192	
17:0 g									
18:0 g	4.080		6		1		3.509	0.220	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.390		0		1		3.775	0.237	
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	4.390		6		1		3.775	0.237	
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	0.420		0		1		0.361	0.023	
18:2 undifferentiated g	0.420		6		1		0.361	0.023	
18:3 undifferentiated g	0.000		0		1		0.000	0.000	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.271		0		1		0.233	0.015	
Threonine g	0.716		0		1		0.616	0.039	
Isoleucine g	0.701		0		1		0.603	0.038	
Leucine g	1.097		0		1		0.943	0.059	
Lysine g	0.907		0		1		0.780	0.049	
Methionine g	0.187		0		1		0.161	0.010	
Cystine g	0.221		0		1		0.190	0.012	
Phenylalanine g	0.869		0		1		0.747	0.047	
Tyrosine g	0.678		0		1		0.583	0.037	
Valine g	1.086		0		1		0.934	0.059	
Arginine g	1.025		0		1		0.882	0.055	
Histidine g	0.312		0		1		0.268	0.017	
Alanine g	0.834		0		1		0.717	0.045	
Aspartic acid g	1.802		0		1		1.550	0.097	
Glutamic acid g	2.720		0		1		2.339	0.147	
Glycine g	0.812		0		1		0.698	0.044	
Proline g	0.773		0		1		0.665	0.042	
Serine g	0.781		0		1		0.672	0.042	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	78		1		1		67	4	
Theobromine mg	2634		1		1		2265	142	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19166

Cocoa, dry powder, unsweetened, processed with alkali

Common Measures:

Measure 1 = 86g: 1 cup

Measure 2 = 5.4g: 1 tbsp

Calories Factors: Protein 1.83 **Fat** 8.37 **Carbohydrate** 1.33

Food Group: 19 Sweets

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

NDB No. 19186
Desserts, apple crisp, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.91		0	RC	4		88.71	531.00	
Energy	kcal	161		0	RC	4		227	1361	
Energy	kJ	675		0	RC	4		951	5693	
Protein (N x 0)	g	1.75		0	RC	4		2.46	14.74	
Total lipid (fat)	g	3.43		0	RC	4		4.84	28.95	
Ash	g	1.07		0	RC	4		1.51	9.03	
Carbohydrate, by difference	g	30.84		0	RC	4		43.48	260.28	
Fiber, total dietary	g	1.4		0	RC	4		2.0	11.8	
Sugars, total	g	19.68		0	RC	4		27.75	166.08	
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0	RC	4		50	299	
Iron, Fe	mg	0.82		0	RC	4		1.15	6.90	
Magnesium, Mg	mg	8		0	RC	4		11	65	
Phosphorus, P	mg	28		0	RC	4		40	240	
Potassium, K	mg	78		0	RC	4		110	660	
Sodium, Na	mg	351		0	RC	4		495	2963	
Zinc, Zn	mg	0.18		0	RC	4		0.26	1.56	
Copper, Cu	mg	0.071		0	RC	4		0.100	0.596	
Manganese, Mn	mg	0.130		0	RC	4		0.183	1.098	
Selenium, Se	mcg	3.5		0	RC	4		5.0	29.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.2		0	RC	4		3.2	18.9	
Thiamin	mg	0.083		0	RC	4		0.118	0.704	
Riboflavin	mg	0.081		0	RC	4		0.115	0.686	
Niacin	mg	0.846		0	RC	4		1.193	7.139	
Pantothenic acid	mg	0.092		0	RC	4		0.130	0.779	
Vitamin B-6	mg	0.040		0	RC	4		0.057	0.339	
Folate, total	mcg	16		0	RC	4		22	133	
Folic acid	mcg	12		0	RC	4		17	102	
Folate, food	mcg	4		0	RC	4		5	31	
Folate, DFE	mcg_DFE	24		0	NC	4		34	204	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RC	4		0.00	0.03	
Vitamin B-12, added	mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	29		0	RC	4		40	242	
Retinol	mcg	26		0	RC	4		36	216	
Carotene, beta	mcg	30		0	RC	4		43	256	
Carotene, alpha	mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta	mcg	8		0	RC	4		11	64	
Vitamin A, IU	IU	142		0	RC	4		200	1199	
Lycopene	mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin	mcg	19		0	RC	4		26	157	
Vitamin E (alpha-tocopherol)	mg	0.38		0	RC	4		0.53	3.18	
Vitamin E, added	mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									

NDB No. 19186
Desserts, apple crisp, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	4.1		0	RC	4		5.8	34.9	
Lipids:									
Fatty acids, total saturated....g	0.685		0	RC	4		0.965	5.778	
4:0....g	0.000		0	RC	4		0.000	0.000	
6:0....g	0.000		0	RC	4		0.000	0.000	
8:0....g	0.000		0	RC	4		0.000	0.000	
10:0....g	0.000		0	RC	4		0.000	0.000	
12:0....g	0.000		0	RC	4		0.000	0.003	
13:0....g									
14:0....g	0.007		0	RC	4		0.010	0.059	
15:0....g	0.000		0	RC	4		0.000	0.000	
16:0....g	0.411		0	RC	4		0.580	3.471	
17:0....g	0.000		0	RC	4		0.000	0.000	
18:0....g	0.266		0	RC	4		0.375	2.246	
20:0....g	0.000		0	RC	4		0.000	0.000	
22:0....g	0.000		0	RC	4		0.000	0.000	
24:0....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total monounsaturated....g	1.334		0	RC	4		1.881	11.257	
14:1....g	0.000		0	RC	4		0.000	0.000	
15:1....g	0.000		0	RC	4		0.000	0.000	
16:1 undifferentiated....g	0.000		0	RC	4		0.000	0.003	
17:1....g	0.000		0	RC	4		0.000	0.000	
18:1 undifferentiated....g	1.333		0	RC	4		1.880	11.254	
20:1....g	0.000		0	RC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.144		0	RC	4		1.613	9.654	
18:2 undifferentiated....g	1.075		0	RC	4		1.515	9.071	
18:3 undifferentiated....g	0.069		0	RC	4		0.097	0.582	
18:4....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RC	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RC	4		0.0	0.0	
Caffeine....mg	0		0	RC	4		0	0	
Theobromine....mg	0		0	RC	4		0	0	

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

Common Measures:

Measure 1 = 141g: .5 cup

Measure 2 = 844g: 1 recipe yield

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

Food Group: 19 Sweets

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

NDB No. 19168
Desserts, egg custard, baked, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.86		0	RC	4		111.20	444.01	
Energy	kcal	104		0	NC	4		147	588	
Energy	kJ	437		0	NC	4		616	2459	
Protein (N x 0)	g	5.02		0	RC	4		7.08	28.27	
Total lipid (fat)	g	4.58		0	RC	4		6.45	25.76	
Ash	g	0.76		0	RC	4		1.06	4.25	
Carbohydrate, by difference	g	10.78		0	NC	4		15.21	60.72	
Fiber, total dietary	g	0.0		0	RC	4		0.0	0.0	
Sugars, total	g	11.35		0	RC	4		16.01	63.92	
Starch	g									
Minerals:										
Calcium, Ca	mg	107		0	RC	4		151	604	
Iron, Fe	mg	0.35		0	RC	4		0.50	2.00	
Magnesium, Mg	mg	11		0	RC	4		15	61	
Phosphorus, P	mg	113		0	RC	4		159	634	
Potassium, K	mg	148		0	RC	4		209	833	
Sodium, Na	mg	61		0	RC	4		87	346	
Zinc, Zn	mg	0.54		0	RC	4		0.77	3.06	
Copper, Cu	mg	0.028		0	RC	4		0.039	0.157	
Manganese, Mn	mg	0.010		0	RC	4		0.014	0.056	
Selenium, Se	mcg	8.8		0	RC	4		12.5	49.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0	0.0	
Thiamin	mg	0.038		0	RC	4		0.054	0.215	
Riboflavin	mg	0.240		0	RC	4		0.339	1.352	
Niacin	mg	0.105		0	RC	4		0.148	0.590	
Pantothenic acid	mg	0.569		0	RC	4		0.802	3.201	
Vitamin B-6	mg	0.048		0	RC	4		0.067	0.269	
Folate, total	mcg	10		0	RC	4		14	55	
Folic acid	mcg	0		0	RC	4		0	0	
Folate, food	mcg	10		0	RC	4		14	55	
Folate, DFE	mcg_DFE	10		0	NC	4		14	55	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.39		0	RC	4		0.55	2.20	
Vitamin B-12, added	mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	49		0	RC	4		70	278	
Retinol	mcg	49		0	RC	4		69	275	
Carotene, beta	mcg	6		0	RC	4		9	35	
Carotene, alpha	mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta	mcg	2		0	RC	4		2	9	
Vitamin A, IU	IU	175		0	RC	4		246	983	
Lycopene	mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin	mcg	59		0	RC	4		83	331	
Vitamin E (alpha-tocopherol)	mg	0.22		0	RC	4		0.31	1.25	
Vitamin E, added	mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	RC	4		0.4	1.4	
Lipids:										
Fatty acids, total saturated	g	2.164		0	RC	4		3.051	12.181	
4:0	g	0.064		0	RC	4		0.091	0.363	

NDB No. 19168
Desserts, egg custard, baked, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.064		0	RC	4		0.091	0.363	
8:0 ... g	0.065		0	RC	4		0.092	0.366	
10:0 ... g	0.065		0	RC	4		0.092	0.366	
12:0 ... g	0.067		0	RC	4		0.094	0.376	
13:0 ... g	0.000		0	RC	4		0.000	0.000	
14:0 ... g	0.263		0	RC	4		0.371	1.480	
15:0 ... g	0.001		0	RC	4		0.001	0.004	
16:0 ... g	1.112		0	RC	4		1.568	6.261	
17:0 ... g	0.003		0	RC	4		0.004	0.017	
18:0 ... g	0.455		0	RC	4		0.641	2.560	
20:0 ... g	0.002		0	RC	4		0.003	0.010	
22:0 ... g	0.002		0	RC	4		0.003	0.012	
24:0 ... g	0.001		0	RC	4		0.001	0.003	
Fatty acids, total monounsaturated ... g	1.379		0	RC	4		1.944	7.762	
14:1 ... g	0.001		0	RC	4		0.002	0.008	
15:1 ... g									
16:1 undifferentiated ... g	0.053		0	RC	4		0.075	0.298	
17:1 ... g									
18:1 undifferentiated ... g	1.319		0	RC	4		1.860	7.425	
20:1 ... g	0.005		0	RC	4		0.007	0.028	
22:1 undifferentiated ... g	0.001		0	RC	4		0.001	0.003	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.410		0	RC	4		0.578	2.310	
18:2 undifferentiated ... g	0.307		0	RC	4		0.434	1.731	
18:3 undifferentiated ... g	0.070		0	RC	4		0.099	0.396	
18:4 ... g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.025		0	RC	4		0.036	0.142	
20:5 n-3 (EPA) ... g	0.001		0	RC	4		0.001	0.004	
22:5 n-3 (DPA) ... g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.007		0	RC	4		0.009	0.037	
Fatty acids, total trans ... g									
Cholesterol ... mg	84		0	RC	4		118	473	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	0		0	RC	4		0	0	
Theobromine ... mg	0		0	RC	4		0	0	

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

Common Measures:

Measure 1 = 141g: .5 cup

Measure 2 = 563g: 1 recipe yield

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

Food Group: 19 Sweets

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

NDB No. 19094
Desserts, flan, caramel custard, prepared-from-recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.05		0	RC	4		104.11	1041.77	
Energy....kcal	145		0	NC	4		223	2227	
Energy....kJ	609		0	NC	4		931	9319	
Protein (N x 0)....g	4.53		0	RC	4		6.93	69.30	
Total lipid (fat)....g	4.03		0	RC	4		6.16	61.64	
Ash....g	0.62		0	RC	4		0.95	9.46	
Carbohydrate, by difference....g	22.78		0	NC	4		34.86	348.83	
Fiber, total dietary....g	0.0		0	RC	4		0.0	0.0	
Sugars, total....g	23.15		0	RC	4		35.41	354.38	
Starch....g									
Minerals:									
Calcium, Ca....mg	83		0	RC	4		127	1271	
Iron, Fe....mg	0.38		0	RC	4		0.59	5.87	
Magnesium, Mg....mg	9		0	RC	4		14	136	
Phosphorus, P....mg	96		0	RC	4		146	1464	
Potassium, K....mg	118		0	RC	4		181	1813	
Sodium, Na....mg	53		0	RC	4		82	816	
Zinc, Zn....mg	0.47		0	RC	4		0.72	7.25	
Copper, Cu....mg	0.028		0	RC	4		0.043	0.428	
Manganese, Mn....mg	0.010		0	RC	4		0.015	0.155	
Selenium, Se....mcg	8.7		0	RC	4		13.3	133.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RC	4		0.0	0.0	
Thiamin....mg	0.032		0	RC	4		0.049	0.486	
Riboflavin....mg	0.210		0	RC	4		0.321	3.212	
Niacin....mg	0.082		0	RC	4		0.126	1.256	
Pantothenic acid....mg	0.514		0	RC	4		0.786	7.864	
Vitamin B-6....mg	0.044		0	RC	4		0.067	0.675	
Folate, total....mcg	9		0	RC	4		14	145	
Folic acid....mcg	0		0	RC	4		0	0	
Folate, food....mcg	9		0	RC	4		14	145	
Folate, DFE....mcg_DFE	9		0	NC	4		14	145	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.36		0	RC	4		0.54	5.44	
Vitamin B-12, added....mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	46		0	RC	4		70	699	
Retinol....mcg	45		0	RC	4		69	691	
Carotene, beta....mcg	5		0	RC	4		8	81	
Carotene, alpha....mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta....mcg	2		0	RC	4		3	27	
Vitamin A, IU....IU	161		0	RC	4		246	2460	
Lycopene....mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin....mcg	65		0	RC	4		99	995	
Vitamin E (alpha-tocopherol)....mg	0.23		0	RC	4		0.35	3.47	
Vitamin E, added....mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		0	RC	4		0.3	3.1	
Lipids:									
Fatty acids, total saturated....g	1.799		0	RC	4		2.752	27.540	
4:0....g	0.048		0	RC	4		0.073	0.728	

NDB No. 19094
Desserts, flan, caramel custard, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.048		0	RC	4		0.073	0.728	
8:0 g	0.048		0	RC	4		0.074	0.737	
10:0 g	0.048		0	RC	4		0.074	0.737	
12:0 g	0.050		0	RC	4		0.076	0.758	
13:0 g	0.000		0	RC	4		0.000	0.000	
14:0 g	0.196		0	RC	4		0.300	3.004	
15:0 g	0.001		0	RC	4		0.001	0.012	
16:0 g	0.966		0	RC	4		1.478	14.789	
17:0 g	0.003		0	RC	4		0.005	0.051	
18:0 g	0.387		0	RC	4		0.592	5.921	
20:0 g	0.002		0	RC	4		0.003	0.030	
22:0 g	0.002		0	RC	4		0.004	0.036	
24:0 g	0.001		0	RC	4		0.001	0.009	
Fatty acids, total monounsaturated g	1.266		0	RC	4		1.937	19.387	
14:1 g	0.002		0	RC	4		0.002	0.024	
15:1 g									
16:1 undifferentiated g	0.058		0	RC	4		0.089	0.895	
17:1 g									
18:1 undifferentiated g	1.200		0	RC	4		1.836	18.374	
20:1 g	0.005		0	RC	4		0.008	0.084	
22:1 undifferentiated g	0.001		0	RC	4		0.001	0.009	
24:1 c g									
Fatty acids, total polyunsaturated g	0.392		0	RC	4		0.600	6.000	
18:2 undifferentiated g	0.302		0	RC	4		0.462	4.623	
18:3 undifferentiated g	0.054		0	RC	4		0.083	0.827	
18:4 g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.028		0	RC	4		0.043	0.427	
20:5 n-3 (EPA) g	0.001		0	RC	4		0.001	0.012	
22:5 n-3 (DPA) g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA) g	0.007		0	RC	4		0.011	0.111	
Fatty acids, total trans g									
Cholesterol mg	90		0	RC	4		137	1373	
Phytosterols mg									
Others:									
Alcohol, ethyl g									
Caffeine mg	0		0	RC	4		0	0	
Theobromine mg	0		0	RC	4		0	0	

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

Common Measures:

Measure 1 = 153g: .5 cup

Measure 2 = 1531g: 1 recipe yield

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

Food Group: 19 Sweets

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

NDB No. 19182
Desserts, mousse, chocolate, prepared-from-recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.94		0	RC	4		127.15	508.59	
Energy	kcal	225		0	RC	4		454	1817	
Energy	kJ	941		0	RC	4		1900	7601	
Protein (N x 0)	g	4.14		0	RC	4		8.36	33.43	
Total lipid (fat)	g	16.00		0	RC	4		32.32	129.26	
Ash	g	0.76		0	RC	4		1.54	6.17	
Carbohydrate, by difference	g	16.07		0	RC	4		32.47	129.87	
Fiber, total dietary	g	0.6		0	RC	4		1.2	4.7	
Sugars, total	g	14.81		0	RC	4		29.91	119.66	
Starch	g									
Minerals:										
Calcium, Ca	mg	96		0	RC	4		194	774	
Iron, Fe	mg	0.55		0	RC	4		1.10	4.42	
Magnesium, Mg	mg	20		0	RC	4		40	161	
Phosphorus, P	mg	117		0	RC	4		236	944	
Potassium, K	mg	143		0	RC	4		288	1153	
Sodium, Na	mg	38		0	RC	4		77	308	
Zinc, Zn	mg	0.64		0	RC	4		1.30	5.19	
Copper, Cu	mg	0.075		0	RC	4		0.151	0.603	
Manganese, Mn	mg	0.059		0	RC	4		0.118	0.473	
Selenium, Se	mcg	7.4		0	RC	4		14.8	59.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RC	4		0.3	1.0	
Thiamin	mg	0.045		0	RC	4		0.090	0.361	
Riboflavin	mg	0.205		0	RC	4		0.415	1.658	
Niacin	mg	0.146		0	RC	4		0.294	1.177	
Pantothenic acid	mg	0.533		0	RC	4		1.077	4.309	
Vitamin B-6	mg	0.058		0	RC	4		0.117	0.468	
Folate, total	mcg	15		0	RC	4		31	124	
Folic acid	mcg	0		0	RC	4		0	0	
Folate, food	mcg	15		0	RC	4		31	124	
Folate, DFE	mcg_DFE	15		0	NC	4		31	124	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.47		0	NR	4		0.94	3.78	
Vitamin B-12, added	mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	140		0	RC	4		284	1135	
Retinol	mcg	138		0	RC	4		279	1115	
Carotene, beta	mcg	27		0	RC	4		54	214	
Carotene, alpha	mcg	3		0	RC	4		6	26	
Cryptoxanthin, beta	mcg	3		0	RC	4		6	23	
Vitamin A, IU	IU	509		0	RC	4		1028	4113	
Lycopene	mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin	mcg	94		0	RC	4		189	757	
Vitamin E (alpha-tocopherol)	mg	0.51		0	RC	4		1.04	4.16	
Vitamin E, added	mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.6		0	RC	4		3.2	12.7	
Lipids:										
Fatty acids, total saturated	g	9.151		0	RC	4		18.486	73.942	
4:0	g	0.312		0	RC	4		0.629	2.517	

NDB No. 19182
Desserts, mousse, chocolate, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.203		0	RC	4		0.409	1.637	
8:0 ... g	0.137		0	RC	4		0.278	1.110	
10:0 ... g	0.252		0	RC	4		0.509	2.035	
12:0 ... g	0.278		0	RC	4		0.561	2.244	
13:0 ... g	0.000		0	RC	4		0.000	0.000	
14:0 ... g	1.018		0	RC	4		2.055	8.222	
15:0 ... g	0.001		0	RC	4		0.002	0.009	
16:0 ... g	4.150		0	RC	4		8.383	33.532	
17:0 ... g	0.004		0	RC	4		0.009	0.035	
18:0 ... g	2.611		0	RC	4		5.273	21.094	
20:0 ... g	0.003		0	RC	4		0.005	0.022	
22:0 ... g	0.003		0	RC	4		0.006	0.026	
24:0 ... g	0.001		0	RC	4		0.002	0.006	
Fatty acids, total monounsaturated ... g	5.027		0	RC	4		10.155	40.619	
14:1 ... g	0.002		0	RC	4		0.004	0.016	
15:1 ... g									
16:1 undifferentiated ... g	0.269		0	RC	4		0.543	2.170	
17:1 ... g									
18:1 undifferentiated ... g	4.627		0	RC	4		9.346	37.382	
20:1 ... g	0.007		0	RC	4		0.015	0.058	
22:1 undifferentiated ... g	0.001		0	RC	4		0.002	0.006	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.879		0	RC	4		1.776	7.105	
18:2 undifferentiated ... g	0.656		0	RC	4		1.325	5.300	
18:3 undifferentiated ... g	0.176		0	RC	4		0.356	1.424	
18:4 ... g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.037		0	RC	4		0.074	0.297	
20:5 n-3 (EPA) ... g	0.001		0	RC	4		0.002	0.007	
22:5 n-3 (DPA) ... g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.010		0	RC	4		0.019	0.077	
Fatty acids, total trans ... g									
Cholesterol ... mg	140		0	RC	4		283	1134	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RC	4		0.0	0.0	
Caffeine ... mg	7		0	RC	4		14	56	
Theobromine ... mg	45		0	RC	4		90	361	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .5 cup

Measure 2 = 808g: 1 recipe yield

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

Food Group: 19 Sweets

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

NDB No. 19220
Desserts, rennin, chocolate, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.00		1		4		0.09	0.57	
Energy	kcal	363		0	NC	4		33	207	
Energy	kJ	1519		0		4		137	866	
Protein (N x 5.6)	g	2.40		1		4		0.22	1.37	
Total lipid (fat)	g	3.30		1		4		0.30	1.88	
Ash	g	1.40		1		4		0.13	0.80	
Carbohydrate, by difference	g	91.50		0	NC	4		8.24	52.16	
Fiber, total dietary	g	5.1		0	FLM	4		0.5	2.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	166		1		4		15	95	
Iron, Fe	mg	2.55		1		4		0.23	1.45	
Magnesium, Mg	mg	81		1		4		7	46	
Phosphorus, P	mg	129		1		4		12	74	
Potassium, K	mg	430		1		4		39	245	
Sodium, Na	mg	70		1		4		6	40	
Zinc, Zn	mg	1.58		1		4		0.14	0.90	
Copper, Cu	mg	0.735		1		4		0.066	0.419	
Manganese, Mn	mg	0.643		1		4		0.058	0.367	
Selenium, Se	mcg	2.9		0	FLM	4		0.3	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.014		1		4		0.001	0.008	
Riboflavin	mg	0.063		1		4		0.006	0.036	
Niacin	mg	0.306		1		4		0.028	0.174	
Pantothenic acid	mg	0.044		1		4		0.004	0.025	
Vitamin B-6	mg	0.032		1		4		0.003	0.018	
Folate, total	mcg	6		1		4		1	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		1		4		1	3	
Folate, DFE	mcg_DFE	6		0	NC	4		1	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	3		1		4		0	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									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.940		0		1		0.175	1.106	
4:0	g									
6:0	g									

NDB No. 19220
Desserts, rennin, chocolate, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	0.840		1		1		0.076	0.479	
17:0....g									
18:0....g	1.090		1		1		0.098	0.621	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.080		0		1		0.097	0.616	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.001	0.006	
17:1....g									
18:1 undifferentiated....g	1.070		1		1		0.096	0.610	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.100		0		1		0.009	0.057	
18:2 undifferentiated....g	0.090		1		1		0.008	0.051	
18:3 undifferentiated....g	0.000		1		1		0.000	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		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.030		0		1		0.003	0.017	
Threonine....g	0.088		0		1		0.008	0.050	
Isoleucine....g	0.085		0		1		0.008	0.048	
Leucine....g	0.136		0		1		0.012	0.078	
Lysine....g	0.120		0		1		0.011	0.068	
Methionine....g	0.024		0		1		0.002	0.014	
Cystine....g	0.025		0		1		0.002	0.014	
Phenylalanine....g	0.107		0		1		0.010	0.061	
Tyrosine....g	0.078		0		1		0.007	0.044	
Valine....g	0.133		0		1		0.012	0.076	
Arginine....g	0.148		0		1		0.013	0.084	
Histidine....g	0.038		0		1		0.003	0.022	
Alanine....g	0.134		0		1		0.012	0.076	
Aspartic acid....g	0.230		0		1		0.021	0.131	
Glutamic acid....g	0.351		0		1		0.032	0.200	
Glycine....g	0.186		0		1		0.017	0.106	
Proline....g	0.148		0		1		0.013	0.084	
Serine....g	0.101		0		1		0.009	0.058	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	13		0	FLM	4		1	7	
Theobromine....mg	424		0	FLM	4		38	242	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19220

Desserts, rennin, chocolate, dry mix

Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 57g: 1 package (2 oz)

Calories Factors: Protein 2.2 **Fat** 8.37 **Carbohydrate** 3.6

Food Group: 19 Sweets

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

NDB No. 19225
Desserts, rennin, tablets, unsweetened

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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		2		1		0.64		
Energy	kcal	84		0	NC	4		8		
Energy	kJ	351				4		35		
Protein (N x 6.25)	g	1.00		2		1		0.10		
Total lipid (fat)	g	0.10		2		1		0.01		
Ash	g	72.50		2		1		7.18		
Carbohydrate, by difference	g	19.80		0	NC	4		1.96		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3733		2		1		370		
Iron, Fe	mg	7.07		2		1		0.70		
Magnesium, Mg	mg	18	10.199	3		1		2		
Phosphorus, P	mg	340		2		1		34		
Potassium, K	mg	292		2		1		29		
Sodium, Na	mg	26050		2		1		2579		
Zinc, Zn	mg	6.36		2		1		0.63		
Copper, Cu	mg	0.200		2		1		0.020		
Manganese, Mn	mg	0.895		2		1		0.089		
Selenium, Se	mcg	0.0		0	Z	7		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	mg	0.000		1		4		0.000		
Riboflavin	mg	0.000		1		4		0.000		
Niacin	mg	0.000		1		4		0.000		
Pantothenic acid	mg	0.000		1		4		0.000		
Vitamin B-6	mg	0.000		1		4		0.000		
Folate, total	mcg	0		1		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		1		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		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									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.041		0		4		0.004		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		

NDB No. 19225
Desserts, rennin, tablets, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.004		0		4		0.000		
15:0....g									
16:0....g	0.021		0		4		0.002		
17:0....g									
18:0....g	0.014		0		4		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.038		0		4		0.004		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.033		0		4		0.003		
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	0.007		0		4		0.001		
18:2 undifferentiated....g	0.005		0		4		0.000		
18:3 undifferentiated....g	0.001		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		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		1		4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 9.9g: 1 package (0.35 oz)

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

Food Group: 19 Sweets

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

NDB No. 19222
Desserts, rennin, vanilla, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.40		1		4		0.04	0.17	
Energy	kcal	383		0		4		41	165	
Energy	kJ	1602		0		4		173	689	
Protein (N x 5.6)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.00		1		4		0.00	0.00	
Ash	g	0.60		1		4		0.06	0.26	
Carbohydrate, by difference	g	99.00		0	NC	4		10.69	42.57	
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	117		1		4		13	50	
Iron, Fe	mg	0.07		1		4		0.01	0.03	
Magnesium, Mg	mg	1		1		4		0	0	
Phosphorus, P	mg	91		1		4		10	39	
Potassium, K	mg	3		1		4		0	1	
Sodium, Na	mg	6		1		4		1	3	
Zinc, Zn	mg	0.04		1		4		0.00	0.02	
Copper, Cu	mg	0.058		1		4		0.006	0.025	
Manganese, Mn	mg	0.009		1		4		0.001	0.004	
Selenium, Se	mcg	0.7		0	FLM	4		0.1	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.021		1		4		0.002	0.009	
Niacin	mg	0.001		1		4		0.000	0.000	
Pantothenic acid	mg	0.001		1		4		0.000	0.000	
Vitamin B-6	mg	0.001		1		4		0.000	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									

NDB No. 19222
Desserts, rennin, vanilla, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 10.8g: 1 tbsp

Measure 2 = 43g: 1 package (1.5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19169
Egg custards, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.70	0.043	6		1		1.45	0.36	
Energy	kcal	410		0	NC	4		349	86	
Energy	kJ	1715		0		4		1458	360	
Protein (N x 6.3)	g	6.90	0.286	6		1		5.87	1.45	
Total lipid (fat)	g	6.40	0.161	6		1		5.44	1.34	
Ash	g	2.20	0.060	6		1		1.87	0.46	
Carbohydrate, by difference	g	82.80		0	NC	4		70.38	17.39	
Fiber, total dietary	g	0.0		0	FLA	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	228	4.423	6		1		194	48	
Iron, Fe	mg	1.93	0.088	6		1		1.64	0.41	
Magnesium, Mg	mg	45		0	FLA	4		38	9	
Phosphorus, P	mg	332		0	FLA	4		282	70	
Potassium, K	mg	540		0	FLA	4		459	113	
Sodium, Na	mg	281		0	FLA	4		239	59	
Zinc, Zn	mg	1.05		0	FLA	4		0.89	0.22	
Copper, Cu	mg	0.046		0	FLA	4		0.039	0.010	
Manganese, Mn	mg	0.020		0	FLA	4		0.017	0.004	
Selenium, Se	mcg	16.6		0	FLA	4		14.1	3.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	FLA	4		0.3	0.1	
Thiamin	mg	0.145	0.001	6		1		0.123	0.030	
Riboflavin	mg	0.412	0.011	6		1		0.350	0.087	
Niacin	mg	0.320		0	FLA	4		0.272	0.067	
Pantothenic acid	mg	2.238		0	FLA	4		1.903	0.470	
Vitamin B-6	mg	0.216		0	FLA	4		0.184	0.045	
Folate, total	mcg	30		0	FLA	4		25	6	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	30		0	FLA	4		25	6	
Folate, DFE	mcg_DFE	30		0	NC	4		25	6	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.17		0	FLA	4		0.99	0.25	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	63		0	NC	4		54	13	
Retinol	mcg	63		0	O	4		54	13	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	217	13.661	6		1		184	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 D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.030		0		1		1.726	0.426	
4:0	g	0.010		1		1		0.009	0.002	
6:0	g	0.010		1		1		0.009	0.002	

NDB No. 19169
Egg custards, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.000		1		1		0.000	0.000	
10:0....g	0.010		1		1		0.009	0.002	
12:0....g	0.010		1		1		0.009	0.002	
13:0....g									
14:0....g	0.050		1		1		0.043	0.011	
15:0....g									
16:0....g	1.430		1		1		1.216	0.300	
17:0....g									
18:0....g	0.510		1		1		0.434	0.107	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.400		0		1		2.040	0.504	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.190		1		1		0.162	0.040	
17:1....g									
18:1 undifferentiated....g	2.190		1		1		1.862	0.460	
20:1....g	0.020		1		1		0.017	0.004	
22:1 undifferentiated....g	0.000		1		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.850		0		1		0.723	0.179	
18:2 undifferentiated....g	0.710		1		1		0.604	0.149	
18:3 undifferentiated....g	0.020		1		1		0.017	0.004	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		1		1		0.077	0.019	
20:5 n-3 (EPA)....g	0.000		1		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.020		1		1		0.017	0.004	
Fatty acids, total trans....g									
Cholesterol....mg	258		0	FLA	4		220	54	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0	FLA	4		0.080	0.020	
Threonine....g	0.401		0	FLA	4		0.341	0.084	
Isoleucine....g	0.368		0	FLA	4		0.312	0.077	
Leucine....g	0.623		0	FLA	4		0.530	0.131	
Lysine....g	0.553		0	FLA	4		0.470	0.116	
Methionine....g	0.153		0	FLA	4		0.130	0.032	
Cystine....g	0.130		0	FLA	4		0.110	0.027	
Phenylalanine....g	0.261		0	FLA	4		0.222	0.055	
Tyrosine....g	0.257		0	FLA	4		0.218	0.054	
Valine....g	0.381		0	FLA	4		0.324	0.080	
Arginine....g	0.361		0	FLA	4		0.307	0.076	
Histidine....g	0.156		0	FLA	4		0.133	0.033	
Alanine....g	0.341		0	FLA	4		0.290	0.072	
Aspartic acid....g	0.681		0	FLA	4		0.579	0.143	
Glutamic acid....g	1.031		0	FLA	4		0.876	0.217	
Glycine....g	0.185		0	FLA	4		0.158	0.039	
Proline....g	0.351		0	FLA	4		0.298	0.074	
Serine....g	0.475		0	FLA	4		0.404	0.100	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

NDB No. 19169
Egg custards, dry mix

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.3 **Fat** 9 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19205
Egg custards, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.44		0	RP	4				
Energy	kcal	112		0	NC	4				
Energy	kJ	470		0	NC	4				
Protein	g	4.13		0	RP	4				
Total lipid (fat)	g	2.83		0	RP	4				
Ash	g	1.00		0	RP	4				
Carbohydrate, by difference	g	17.61		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g	4.63		0	RP	4				
Sucrose	g	0.01		0	RP	4				
Glucose (dextrose)	g	0.01		0	RP	4				
Fructose	g	0.01		0	RP	4				
Lactose	g	4.59		0	RP	4				
Maltose	g	0.01		0	RP	4				
Galactose	g	0.01		0	RP	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	146		0	RP	4				
Iron, Fe	mg	0.33		0	RP	4				
Magnesium, Mg	mg	17		0	RP	4				
Phosphorus, P	mg	137		0	RP	4				
Potassium, K	mg	214		0	RP	4				
Sodium, Na	mg	87		0	RP	4				
Zinc, Zn	mg	0.61		0	RP	4				
Copper, Cu	mg	0.012		0	RP	4				
Manganese, Mn	mg	0.016		0	RP	4				
Selenium, Se	mcg	4.9		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RP	4				
Thiamin	mg	0.056		0	RP	4				
Riboflavin	mg	0.235		0	RP	4				
Niacin	mg	0.135		0	RP	4				
Pantothenic acid	mg	0.683		0	RP	4				
Vitamin B-6	mg	0.066		0	RP	4				
Folate, total	mcg	8		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	8		0	RP	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Choline, total	mg	13.5		0	RP	4				
Betaine	mg	0.9		0	RP	4				
Vitamin B-12	mcg	0.58		0	RP	4				
Vitamin B-12, added	mcg	0.00		0	RP	4				
Vitamin A, RAE	mcg_RAE	61		0	NC	4				
Retinol	mcg	60		0	RP	4				
Carotene, beta	mcg	4		0	RP	4				
Carotene, alpha	mcg	0		0	RP	4				
Cryptoxanthin, beta	mcg	0		0	RP	4				
Vitamin A, IU	IU	208		0	NC	4				
Lycopene	mcg	0		0	RP	4				
Lutein + zeaxanthin	mcg	0		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.03		0	RP	4				
Vitamin E, added	mg	0.00		0	RP	4				
Tocopherol, beta	mg	0.00		0	RP	4				
Tocopherol, gamma	mg	0.00		0	RP	4				
Tocopherol, delta	mg	0.00		0	RP	4				
Vitamin D (D2 + D3)	mcg	1.1		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19205
Egg custards, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.1		0	RP	4				
Vitamin D....IU	44		0	RP	4				
Vitamin K (phylloquinone)....mcg	0.2		0	RP	4				
Lipids:									
Fatty acids, total saturated....g	1.476		0	NC	4				
4:0....g	0.072		0	RP	4				
6:0....g	0.038		0	RP	4				
8:0....g	0.019		0	RP	4				
10:0....g	0.047		0	RP	4				
12:0....g	0.052		0	RP	4				
13:0....g	0.002		0	RP	4				
14:0....g	0.169		0	RP	4				
15:0....g	0.018		0	RP	4				
16:0....g	0.740		0	RP	4				
17:0....g	0.010		0	RP	4				
18:0....g	0.304		0	RP	4				
20:0....g	0.004		0	RP	4				
22:0....g	0.002		0	RP	4				
24:0....g									
Fatty acids, total monounsaturated....g	0.870		0	NC	4				
14:1....g	0.013		0	RP	4				
15:1....g	0.004		0	RP	4				
16:1 undifferentiated....g	0.061		0	RP	4				
17:1....g	0.005		0	RP	4				
18:1 undifferentiated....g	0.783		0	RP	4				
20:1....g	0.005		0	RP	4				
22:1 undifferentiated....g	0.000		0	RP	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.211		0	NC	4				
18:2 undifferentiated....g	0.176		0	RP	4				
18:3 undifferentiated....g	0.015		0	RP	4				
18:4....g	0.000		0	RP	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.003		0	RP	4				
20:4 undifferentiated....g	0.014		0	RP	4				
20:5 n-3 (EPA)....g	0.000		0	RP	4				
22:5 n-3 (DPA)....g	0.000		0	RP	4				
22:6 n-3 (DHA)....g	0.003		0	RP	4				
Fatty acids, total trans....g	0.078		0	RP	4				
Fatty acids, total trans-monoenoic....g	0.071		0	RP	4				
Fatty acids, total trans-polyenoic....g	0.007		9	RP	4				
Cholesterol....mg	49		0	RP	4				
Phytosterols....mg									
Stigmasterol....mg	0		0	RP	4				
Campesterol....mg	0		0	RP	4				
Beta-sitosterol....mg	0		0	RP	4				
Amino Acids:									
Tryptophan....g	0.052		0	RP	4				
Threonine....g	0.159		0	RP	4				
Isoleucine....g	0.226		0	RP	4				
Leucine....g	0.402		0	RP	4				
Lysine....g	0.301		0	RP	4				
Methionine....g	0.100		0	RP	4				
Cystine....g	0.119		0	RP	4				
Phenylalanine....g	0.190		0	RP	4				
Tyrosine....g	0.181		0	RP	4				
Valine....g	0.260		0	RP	4				
Arginine....g	0.156		0	RP	4				
Histidine....g	0.091		0	RP	4				
Alanine....g	0.156		0	RP	4				
Aspartic acid....g	0.383		0	RP	4				
Glutamic acid....g	0.878		0	RP	4				

NDB No. 19205
Egg custards, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine....g	0.085		0	RP	4				
Proline....g	0.393		0	RP	4				
Serine....g	0.258		0	RP	4				
Hydroxyproline....g	0.000		0	RP	4				
Others:									
Alcohol, ethyl....g	0.0		0	RP	4				
Caffeine....mg	0		0	RP	4				
Theobromine....mg	0		0	RP	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: 19 Sweets

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

NDB No. 19170
Egg custards, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.45		0	RP	4				
Energy	kcal	122		0	NC	4				
Energy	kJ	512		0	NC	4				
Protein	g	3.99		0	RP	4				
Total lipid (fat)	g	4.00		0	RP	4				
Ash	g	0.97		0	RP	4				
Carbohydrate, by difference	g	17.60		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g	4.82		0	RP	4				
Sucrose	g	0.00		0	RP	4				
Glucose (dextrose)	g	0.00		0	RP	4				
Fructose	g	0.00		0	RP	4				
Lactose	g	4.63		0	RP	4				
Maltose	g	0.00		0	RP	4				
Galactose	g	0.00		0	RP	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	139		0	RP	4				
Iron, Fe	mg	0.34		0	RP	4				
Magnesium, Mg	mg	16		0	RP	4				
Phosphorus, P	mg	130		0	RP	4				
Potassium, K	mg	207		0	RP	4				
Sodium, Na	mg	84		0	RP	4				
Zinc, Zn	mg	0.51		0	RP	4				
Copper, Cu	mg	0.030		0	RP	4				
Manganese, Mn	mg	0.007		0	RP	4				
Selenium, Se	mcg	6.0		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RP	4				
Thiamin	mg	0.061		0	RP	4				
Riboflavin	mg	0.220		0	RP	4				
Niacin	mg	0.132		0	RP	4				
Pantothenic acid	mg	0.699		0	RP	4				
Vitamin B-6	mg	0.064		0	RP	4				
Folate, total	mcg	9		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	9		0	RP	4				
Folate, DFE	mcg_DFE	9		0	NC	4				
Choline, total	mg	11.8		0	RP	4				
Betaine	mg	0.6		0	RP	4				
Vitamin B-12	mcg	0.52		0	RP	4				
Vitamin B-12, added	mcg	0.00		0	RP	4				
Vitamin A, RAE	mcg_RAE	52		0	NC	4				
Retinol	mcg	52		0	RP	4				
Carotene, beta	mcg	6		0	RP	4				
Carotene, alpha	mcg	0		0	RP	4				
Cryptoxanthin, beta	mcg	0		0	RP	4				
Vitamin A, IU	IU	182		0	NC	4				
Lycopene	mcg	0		0	RP	4				
Lutein + zeaxanthin	mcg	0		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.06		0	RP	4				
Vitamin E, added	mg	0.00		0	RP	4				
Tocopherol, beta	mg	0.00		0	RP	4				
Tocopherol, gamma	mg	0.00		0	RP	4				
Tocopherol, delta	mg	0.00		0	RP	4				
Vitamin D (D2 + D3)	mcg	1.2		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19170
Egg custards, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.2		0	RP	4				
Vitamin D....IU	47		0	RP	4				
Vitamin K (phylloquinone)....mcg	0.2		0	RP	4				
Lipids:									
Fatty acids, total saturated....g	2.032		0	RP	4				
4:0....g	0.070		0	RP	4				
6:0....g	0.070		0	RP	4				
8:0....g	0.068		0	RP	4				
10:0....g	0.070		0	RP	4				
12:0....g	0.072		0	RP	4				
13:0....g	0.000		0	RP	4				
14:0....g	0.280		0	RP	4				
15:0....g	0.000		0	RP	4				
16:0....g	0.987		0	RP	4				
17:0....g	0.000		0	RP	4				
18:0....g	0.415		0	RP	4				
20:0....g	0.000		0	RP	4				
22:0....g	0.000		0	RP	4				
24:0....g	0.000		0	RP	4				
Fatty acids, total monounsaturated....g	1.127		0	RP	4				
14:1....g	0.000		0	RP	4				
15:1....g									
16:1 undifferentiated....g	0.030		0	RP	4				
17:1....g									
18:1 undifferentiated....g	1.093		0	RP	4				
20:1....g	0.003		0	RP	4				
22:1 undifferentiated....g	0.000		0	RP	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.312		0	RP	4				
18:2 undifferentiated....g	0.223		0	RP	4				
18:3 undifferentiated....g	0.071		0	RP	4				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0	RP	4				
20:5 n-3 (EPA)....g	0.000		0	RP	4				
22:5 n-3 (DPA)....g	0.000		0	RP	4				
22:6 n-3 (DHA)....g	0.003		0	RP	4				
Fatty acids, total trans....g									
Cholesterol....mg	51		0	RP	4				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.082		0	RP	4				
Threonine....g	0.192		0	RP	4				
Isoleucine....g	0.207		0	RP	4				
Leucine....g	0.337		0	RP	4				
Lysine....g	0.214		0	RP	4				
Methionine....g	0.091		0	RP	4				
Cystine....g	0.036		0	RP	4				
Phenylalanine....g	0.173		0	RP	4				
Tyrosine....g	0.177		0	RP	4				
Valine....g	0.233		0	RP	4				
Arginine....g	0.125		0	RP	4				
Histidine....g	0.092		0	RP	4				
Alanine....g	0.146		0	RP	4				
Aspartic acid....g	0.321		0	RP	4				
Glutamic acid....g	0.745		0	RP	4				
Glycine....g	0.097		0	RP	4				
Proline....g	0.362		0	RP	4				
Serine....g	0.171		0	RP	4				
Hydroxyproline....g									
Others:									

NDB No. 19170
Egg custards, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	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: 19 Sweets

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

NDB No. 19187
Flan, caramel custard, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.80		1		4		6.63	1.64	
Energy	kcal	348		0	NC	4		296	73	
Energy	kJ	1456		0		4		1238	306	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.00		1		4		0.00	0.00	
Ash	g	0.61		0	BFAN	4		0.52	0.13	
Carbohydrate, by difference	g	91.60		0	NC	4		77.86	19.24	
Fiber, total dietary	g	0.0		0	LC	8		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	24		1		4		20	5	
Iron, Fe	mg	0.08		1		4		0.07	0.02	
Magnesium, Mg	mg	0		1		4		0	0	
Phosphorus, P	mg	1		1		4		1	0	
Potassium, K	mg	153	8.625	5		1		130	32	
Sodium, Na	mg	432	13.189	5		1		367	91	
Zinc, Zn	mg	0.04		1		4		0.03	0.01	
Copper, Cu	mg	0.015		1		4		0.013	0.003	
Manganese, Mn	mg	0.007		1		4		0.006	0.001	
Selenium, Se	mcg	21.3		0	BFZN	4		18.1	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.000		1		4		0.000	0.000	
Niacin	mg	0.000		1		4		0.000	0.000	
Pantothenic acid	mg	0.000		1		4		0.000	0.000	
Vitamin B-6	mg	0.000		1		4		0.000	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									

NDB No. 19187
Flan, caramel custard, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
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:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 1.8 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19231

Flan, caramel custard, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.71		0	RP	4				
Energy	kcal	103		0	RP	4				
Energy	kJ	430		0	RP	4				
Protein	g	2.99		0	RP	4				
Total lipid (fat)	g	1.72		0	RP	4				
Ash	g	0.76		0	RP	4				
Carbohydrate, by difference	g	18.82		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	113		0	RP	4				
Iron, Fe	mg	0.06		0	RP	4				
Magnesium, Mg	mg	12		0	RP	4				
Phosphorus, P	mg	86		0	RP	4				
Potassium, K	mg	163		0	RP	4				
Sodium, Na	mg	113		0	RP	4				
Zinc, Zn	mg	0.36		0	RP	4				
Copper, Cu	mg	0.010		0	RP	4				
Manganese, Mn	mg	0.003		0	RP	4				
Selenium, Se	mcg	5.3		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.032		0	RP	4				
Riboflavin	mg	0.148		0	RP	4				
Niacin	mg	0.077		0	RP	4				
Pantothenic acid	mg	0.287		0	RP	4				
Vitamin B-6	mg	0.035		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.26		0	RP	4				
Vitamin A, RAE	mcg_RAE	52		0	NC	4				
Retinol	mcg	51		0	RP	4				
Carotene, beta	mcg	11		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	180		0	O	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	0.9		0	RP	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	36		0	RP	4				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.035		0	RP	4				
4:0	g	0.056		0	RP	4				
6:0	g	0.033		0	RP	4				
8:0	g	0.019		0	RP	4				

NDB No. 19231
Flan, caramel custard, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.043		0	RP	4				
12:0....g	0.048		0	RP	4				
13:0....g									
14:0....g	0.173		0	RP	4				
15:0....g									
16:0....g	0.453		0	RP	4				
17:0....g									
18:0....g	0.209		0	RP	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.472		0	RP	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.039		0	RP	4				
17:1....g									
18:1 undifferentiated....g	0.434		0	RP	4				
20:1....g	0.000		0	RP	4				
22:1 undifferentiated....g	0.000		0	RP	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.064		0	RP	4				
18:2 undifferentiated....g	0.039		0	RP	4				
18:3 undifferentiated....g	0.025		0	RP	4				
18:4....g	0.000		0	RP	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4				
20:5 n-3 (EPA)....g	0.000		0	RP	4				
22:5 n-3 (DPA)....g	0.000		0	RP	4				
22:6 n-3 (DHA)....g	0.000		0	RP	4				
Fatty acids, total trans....g									
Cholesterol....mg	7		0	RP	4				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0	RP	4				
Threonine....g	0.135		0	RP	4				
Isoleucine....g	0.180		0	RP	4				
Leucine....g	0.293		0	RP	4				
Lysine....g	0.237		0	RP	4				
Methionine....g	0.075		0	RP	4				
Cystine....g	0.028		0	RP	4				
Phenylalanine....g	0.145		0	RP	4				
Tyrosine....g	0.145		0	RP	4				
Valine....g	0.200		0	RP	4				
Arginine....g	0.109		0	RP	4				
Histidine....g	0.081		0	RP	4				
Alanine....g	0.103		0	RP	4				
Aspartic acid....g	0.227		0	RP	4				
Glutamic acid....g	0.626		0	RP	4				
Glycine....g	0.063		0	RP	4				
Proline....g	0.290		0	RP	4				
Serine....g	0.162		0	RP	4				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4				
Caffeine....mg	0		0	RP	4				
Theobromine....mg	0		0	RP	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. 19231

Flan, caramel custard, dry mix, prepared with 2% milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19232

Flan, caramel custard, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.63		0	RP	4				
Energy	kcal	113		0	RP	4				
Energy	kJ	475		0	RP	4				
Protein	g	2.95		0	RP	4				
Total lipid (fat)	g	3.00		0	RP	4				
Ash	g	0.74		0	RP	4				
Carbohydrate, by difference	g	18.68		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	111		0	RP	4				
Iron, Fe	mg	0.06		0	RP	4				
Magnesium, Mg	mg	12		0	RP	4				
Phosphorus, P	mg	84		0	RP	4				
Potassium, K	mg	160		0	RP	4				
Sodium, Na	mg	112		0	RP	4				
Zinc, Zn	mg	0.35		0	RP	4				
Copper, Cu	mg	0.011		0	RP	4				
Manganese, Mn	mg	0.005		0	RP	4				
Selenium, Se	mcg	5.2		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.031		0	RP	4				
Riboflavin	mg	0.145		0	RP	4				
Niacin	mg	0.075		0	RP	4				
Pantothenic acid	mg	0.282		0	RP	4				
Vitamin B-6	mg	0.034		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.26		0	RP	4				
Vitamin A, RAE	mcg_RAE	29		0	NC	4				
Retinol	mcg	28		0	O	4				
Carotene, beta	mcg	16		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	113		0	RP	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	0.9		0	RP	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	36		0	RP	4				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.800		0	RP	4				
4:0	g	0.097		0	RP	4				
6:0	g	0.057		0	RP	4				
8:0	g	0.033		0	RP	4				

NDB No. 19232
Flan, caramel custard, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.075		0	RP	4				
12:0....g	0.084		0	RP	4				
13:0....g									
14:0....g	0.301		0	RP	4				
15:0....g									
16:0....g	0.788		0	RP	4				
17:0....g									
18:0....g	0.363		0	RP	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.821		0	RP	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.067		0	RP	4				
17:1....g									
18:1 undifferentiated....g	0.753		0	RP	4				
20:1....g	0.000		0	RP	4				
22:1 undifferentiated....g	0.000		0	RP	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.111		0	RP	4				
18:2 undifferentiated....g	0.067		0	RP	4				
18:3 undifferentiated....g	0.044		0	RP	4				
18:4....g	0.000		0	RP	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4				
20:5 n-3 (EPA)....g	0.000		0	RP	4				
22:5 n-3 (DPA)....g	0.000		0	RP	4				
22:6 n-3 (DHA)....g	0.000		0	RP	4				
Fatty acids, total trans....g									
Cholesterol....mg	12		0	RP	4				
Phytosterols....mg	0		0	RP	4				
Amino Acids:									
Tryptophan....g	0.041		0	RP	4				
Threonine....g	0.134		0	RP	4				
Isoleucine....g	0.178		0	RP	4				
Leucine....g	0.289		0	RP	4				
Lysine....g	0.234		0	RP	4				
Methionine....g	0.074		0	RP	4				
Cystine....g	0.027		0	RP	4				
Phenylalanine....g	0.143		0	RP	4				
Tyrosine....g	0.143		0	RP	4				
Valine....g	0.197		0	RP	4				
Arginine....g	0.107		0	RP	4				
Histidine....g	0.080		0	RP	4				
Alanine....g	0.101		0	RP	4				
Aspartic acid....g	0.224		0	RP	4				
Glutamic acid....g	0.618		0	RP	4				
Glycine....g	0.063		0	RP	4				
Proline....g	0.286		0	RP	4				
Serine....g	0.161		0	RP	4				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4				
Caffeine....mg	0		0	RP	4				
Theobromine....mg	0		0	RP	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. 19232

Flan, caramel custard, dry mix, prepared with whole milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19240
Frostings, chocolate, creamy, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.60		1		1		2.33		
Energy	kcal	389		0		4		1509		
Energy	kJ	1628		0		4		6315		
Protein (N x 5.6)	g	1.30		1		1		5.04		
Total lipid (fat)	g	5.20		1		1		20.18		
Ash	g	0.60		1		1		2.33		
Carbohydrate, by difference	g	92.00		0	NC	4		356.96		
Fiber, total dietary	g	2.4		0	FLM	4		9.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1		4		43		
Iron, Fe	mg	1.19		1		1		4.62		
Magnesium, Mg	mg	38		1		4		147		
Phosphorus, P	mg	62		1		4		241		
Potassium, K	mg	180		1		1		698		
Sodium, Na	mg	76		1		1		295		
Zinc, Zn	mg	0.81		1		4		3.14		
Copper, Cu	mg	0.294		1		4		1.141		
Manganese, Mn	mg	0.333		1		4		1.292		
Selenium, Se	mcg	1.6		0	FLM	4		6.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	mg	0.006		1		4		0.023		
Riboflavin	mg	0.029		1		4		0.113		
Niacin	mg	0.142		1		4		0.551		
Pantothenic acid	mg	0.029		1		4		0.113		
Vitamin B-6	mg	0.080		1		4		0.310		
Folate, total	mcg	3		1		4		12		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	3		1		4		12		
Folate, DFE	mcg_DFE	3		0	NC	4		12		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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									
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									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									

NDB No. 19240
Frostings, chocolate, creamy, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Cholesterol....mg	0		1		4		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.078		
Threonine....g	0.053		0		1		0.206		
Isoleucine....g	0.052		0		1		0.202		
Leucine....g	0.082		0		1		0.318		
Lysine....g	0.067		0		1		0.260		
Methionine....g	0.014		0		1		0.054		
Cystine....g	0.016		0		1		0.062		
Phenylalanine....g	0.064		0		1		0.248		
Tyrosine....g	0.050		0		1		0.194		
Valine....g	0.080		0		1		0.310		
Arginine....g	0.076		0		1		0.295		
Histidine....g	0.023		0		1		0.089		
Alanine....g	0.062		0		1		0.241		
Aspartic acid....g	0.133		0		1		0.516		
Glutamic acid....g	0.202		0		1		0.784		
Glycine....g	0.060		0		1		0.233		
Proline....g	0.058		0		1		0.225		
Serine....g	0.058		0		1		0.225		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	6		0	FLM	4		23		
Theobromine....mg	188		0	FLM	4		729		

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

Common Measures:

Measure 1 = 388g: 1 package

Calories Factors: Protein 1.8 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19241

Frostings, chocolate, creamy, dry mix, prepared with butter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	13.33		0	RPI	6				
Energy	kcal	408		0	NC	4				
Energy	kJ	1708		0	NC	4				
Protein	g	1.11		0	RPI	6				
Total lipid (fat)	g	13.06		0	RPI	6				
Ash	g	0.71		0	RPI	6				
Carbohydrate, by difference	g	71.80		0	NC	4				
Fiber, total dietary	g	1.9		0	RPI	6				
Sugars, total	g	0.01		0	RPI	6				
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	RPI	6				
Iron, Fe	mg	0.93		0	RPA	1				
Magnesium, Mg	mg	30		0	RPI	6				
Phosphorus, P	mg	51		0	RPI	6				
Potassium, K	mg	143		0	RPA	1				
Sodium, Na	mg	124		0	RPA	1				
Zinc, Zn	mg	0.64		0	RPI	6				
Copper, Cu	mg	0.230		0	RPI	6				
Manganese, Mn	mg	0.259		0	RPI	6				
Selenium, Se	mcg	1.4		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6				
Thiamin	mg	0.005		0	RPI	6				
Riboflavin	mg	0.026		0	RPI	6				
Niacin	mg	0.115		0	RPI	6				
Pantothenic acid	mg	0.035		0	RPI	6				
Vitamin B-6	mg	0.063		0	RPI	6				
Folate, total	mcg	3		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	3		0	RPI	6				
Folate, DFE	mcg_DFE	3		0	NC	4				
Choline, total	mg	2.1		0	RPI	6				
Betaine	mg	0.0		0	RPA	1				
Vitamin B-12	mcg	0.02		0	RPI	6				
Vitamin B-12, added	mcg	0.00		0	RPI	6				
Vitamin A, RAE	mcg_RAE	76		0	NC	4				
Retinol	mcg	75		0	RPI	6				
Carotene, beta	mcg	18		0	RPI	6				
Carotene, alpha	mcg	0		0	RPI	6				
Cryptoxanthin, beta	mcg	0		0	RPI	6				
Vitamin A, IU	IU	278		0	NC	4				
Lycopene	mcg	0		0	RPI	6				
Lutein + zeaxanthin	mcg	0		0	RPI	6				
Vitamin E (alpha-tocopherol)	mg	0.26		0	RPI	6				
Vitamin E, added	mg	0.00		0	RPI	6				
Tocopherol, beta	mg	0.00		0	RPA	1				
Tocopherol, gamma	mg	0.00		0	RPA	1				
Tocopherol, delta	mg	0.00		0	RPA	1				
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	RPI	6				
Vitamin D	IU	7		0	RPI	6				
Vitamin K (phylloquinone)	mcg	0.8		0	RPI	6				
Lipids:										
Fatty acids, total saturated	g	8.369		0	RPI	6				
4:0	g	0.526		0	RPI	6				

NDB No. 19241
Frostings, chocolate, creamy, dry mix, prepared with butter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.327		0	RPI	6				
8:0 ... g	0.194		0	RPI	6				
10:0 ... g	0.412		0	RPI	6				
12:0 ... g	0.421		0	RPI	6				
13:0 ... g									
14:0 ... g	1.212		0	RPI	6				
15:0 ... g									
16:0 ... g	3.535		0	RPI	6				
17:0 ... g	0.091		0	RPA	1				
18:0 ... g	1.629		0	RPI	6				
20:0 ... g	0.022		0	RPA	1				
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.425		0	RPI	6				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.156		0	RPI	6				
17:1 ... g									
18:1 undifferentiated ... g	3.252		0	RPI	6				
20:1 ... g	0.016		0	RPI	6				
22:1 undifferentiated ... g	0.000		0	RPI	6				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.496		0	RPI	6				
18:2 undifferentiated ... g	0.445		0	RPI	6				
18:3 undifferentiated ... g	0.051		0	RPI	6				
18:4 ... g	0.000		0	RPI	6				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPI	6				
20:5 n-3 (EPA) ... g	0.000		0	RPI	6				
22:5 n-3 (DPA) ... g	0.000		0	RPI	6				
22:6 n-3 (DHA) ... g	0.000		0	RPI	6				
Fatty acids, total trans ... g	0.534		0	RPI	6				
Fatty acids, total trans-monoenoic ... g									
Fatty acids, total trans-polyenoic ... g									
Cholesterol ... mg	24		0	RPI	6				
Phytosterols ... mg									
Stigmasterol ... mg	0		0	RPA	1				
Campesterol ... mg	0		0	RPA	1				
Beta-sitosterol ... mg	0		0	RPA	1				
Amino Acids:									
Tryptophan ... g	0.017		0	RPA	1				
Threonine ... g	0.045		0	RPA	1				
Isoleucine ... g	0.046		0	RPA	1				
Leucine ... g	0.073		0	RPA	1				
Lysine ... g	0.060		0	RPA	1				
Methionine ... g	0.013		0	RPA	1				
Cystine ... g	0.013		0	RPA	1				
Phenylalanine ... g	0.054		0	RPA	1				
Tyrosine ... g	0.043		0	RPA	1				
Valine ... g	0.069		0	RPA	1				
Arginine ... g	0.063		0	RPA	1				
Histidine ... g	0.020		0	RPA	1				
Alanine ... g	0.051		0	RPA	1				
Aspartic acid ... g	0.111		0	RPA	1				
Glutamic acid ... g	0.177		0	RPA	1				
Glycine ... g	0.049		0	RPA	1				
Proline ... g	0.054		0	RPA	1				
Serine ... g	0.050		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	5		0	RPI	6				

NDB No. 19241

Frostings, chocolate, creamy, dry mix, prepared with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	146		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

NDB No. 19372

Frostings, chocolate, creamy, dry mix, prepared with margarine

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	14.07		0	RP	4				
Energy	kcal	404		0	RP	4				
Energy	kJ	1692		0	RP	4				
Protein	g	1.10		0	RP	4				
Total lipid (fat)	g	12.87		0	RP	4				
Ash	g	0.69		0	RP	4				
Carbohydrate, by difference	g	71.02		0	RP	4				
Fiber, total dietary	g	1.9		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	RP	4				
Iron, Fe	mg	0.93		0	RP	4				
Magnesium, Mg	mg	30		0	RP	4				
Phosphorus, P	mg	50		0	RP	4				
Potassium, K	mg	143		0	RP	4				
Sodium, Na	mg	163		0	RP	4				
Zinc, Zn	mg	0.63		0	RP	4				
Copper, Cu	mg	0.227		0	RP	4				
Manganese, Mn	mg									
Selenium, Se	mcg	1.2		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
Thiamin	mg	0.006		0	RP	4				
Riboflavin	mg	0.026		0	RP	4				
Niacin	mg	0.112		0	RP	4				
Pantothenic acid	mg	0.032		0	RP	4				
Vitamin B-6	mg	0.063		0	RP	4				
Folate, total	mcg	2		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	2		0	RP	4				
Folate, DFE	mcg_DFE	2		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.01		0	RP	4				
Vitamin A, RAE	mcg_RAE	80		0	NC	4				
Retinol	mcg	73		0	RP	4				
Carotene, beta	mcg	91		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	393		0	RP	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 D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.740		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				

NDB No. 19372

Frostings, chocolate, creamy, dry mix, prepared with margarine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RP	4				
12:0 ... g	0.000		0	RP	4				
13:0 ... g									
14:0 ... g	0.022		0	RP	4				
15:0 ... g									
16:0 ... g	1.068		0	RP	4				
17:0 ... g									
18:0 ... g	0.650		0	RP	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.943		0	RP	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RP	4				
17:1 ... g									
18:1 undifferentiated ... g	3.943		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.797		0	RP	4				
18:2 undifferentiated ... g	2.676		0	RP	4				
18:3 undifferentiated ... g	0.121		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 (EPA) ... g	0.000		0	RP	4				
22:5 n-3 (DPA) ... g	0.000		0	RP	4				
22:6 n-3 (DHA) ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RP	4				
Phytosterols ... mg	29		0	RP	4				
Amino Acids:									
Tryptophan ... g	0.017		0	RP	4				
Threonine ... g	0.045		0	RP	4				
Isoleucine ... g	0.046		0	RP	4				
Leucine ... g	0.072		0	RP	4				
Lysine ... g	0.059		0	RP	4				
Methionine ... g	0.013		0	RP	4				
Cystine ... g	0.013		0	RP	4				
Phenylalanine ... g	0.054		0	RP	4				
Tyrosine ... g	0.043		0	RP	4				
Valine ... g	0.068		0	RP	4				
Arginine ... g	0.062		0	RP	4				
Histidine ... g	0.020		0	RP	4				
Alanine ... g	0.051		0	RP	4				
Aspartic acid ... g	0.110		0	RP	4				
Glutamic acid ... g	0.175		0	RP	4				
Glycine ... g	0.048		0	RP	4				
Proline ... g	0.054		0	RP	4				
Serine ... g	0.050		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	5		0	RP	4				
Theobromine ... mg	145		0	RP	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. 19372

Frostings, chocolate, creamy, dry mix, prepared with margarine

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19226
Frostings, chocolate, creamy, ready-to-eat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	17.00	0.689	13		1		6.97		
Energy....kcal	397		0		4		163		
Energy....kJ	1661		0		4		681		
Protein (N x 5.6)....g	1.10	0.047	13		1		0.45		
Total lipid (fat)....g	17.60	0.432	12		1		7.22		
Ash....g	1.00	0.101	9		1		0.41		
Carbohydrate, by difference....g	63.20		0		4		25.91		
Fiber, total dietary....g	0.9		0	FLC	4		0.4		
Sugars, total....g	57.70		1	A	1		23.66		
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.511	7		1		3		
Iron, Fe....mg	1.42	0.079	7		1		0.58		
Magnesium, Mg....mg	21	1.743	6		1		9		
Phosphorus, P....mg	79		1		1		32		
Potassium, K....mg	196	18.573	9		1		80		
Sodium, Na....mg	183	19.804	15		1		75		
Zinc, Zn....mg	0.29	0.054	4		1		0.12		
Copper, Cu....mg	0.200	0.045	4		1		0.082		
Manganese, Mn....mg	0.240		1		1		0.098		
Selenium, Se....mcg	0.8		0	FLC	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.013	0.001	7		1		0.005		
Riboflavin....mg	0.017	0.003	7		1		0.007		
Niacin....mg	0.119	0.005	7		1		0.049		
Pantothenic acid....mg	0.028	0.010	5		1		0.011		
Vitamin B-6....mg	0.005		1		1		0.002		
Folate, total....mcg	1		0	FLC	4		0		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	1		0	FLC	4		0		
Folate, DFE....mcg_DFE	1		0	NC	4		0		
Choline, total....mg	6.9		0	AS	1		2.8		
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		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	1		0	FLC	4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.56	0.035	3	A	1		0.64		
Tocopherol, beta....mg	0.06	0.063	3	A	1		0.03		
Tocopherol, gamma....mg	7.26	0.673	3	A	1		2.98		
Tocopherol, delta....mg	1.80	0.176	3	A	1		0.74		
Vitamin D (D2 + D3)....mcg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.526		0	FLC	4		2.266		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		

NDB No. 19226
Frostings, chocolate, creamy, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4		0.000		
12:0 g	0.000		0	FLC	4		0.000		
13:0 g									
14:0 g	0.103		0	FLC	4		0.042		
15:0 g									
16:0 g	2.410	0.000	3		1		0.988		
17:0 g									
18:0 g	3.060	0.000	3		1		1.255		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.020		0		1		3.698		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	FLC	4		0.000		
17:1 g									
18:1 undifferentiated g	9.020	0.000	3		1		3.698		
20:1 g	0.000		0	FLC	4		0.000		
22:1 undifferentiated g	0.000		0	FLC	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	2.130		0		1		0.873		
18:2 undifferentiated g	2.130	0.000	3		1		0.873		
18:3 undifferentiated g	0.096		0	FLC	4		0.039		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		1		1		0		
Phytosterols mg	34		0	FLC	4		14		
Amino Acids:									
Tryptophan g	0.016		0		1		0.007		
Threonine g	0.043		0		1		0.018		
Isoleucine g	0.042		0		1		0.017		
Leucine g	0.066		0		1		0.027		
Lysine g	0.054		0		1		0.022		
Methionine g	0.011		0		1		0.005		
Cystine g	0.013		0		1		0.005		
Phenylalanine g	0.052		0		1		0.021		
Tyrosine g	0.041		0		1		0.017		
Valine g	0.065		0		1		0.027		
Arginine g	0.061		0		1		0.025		
Histidine g	0.019		0		1		0.008		
Alanine g	0.050		0		1		0.021		
Aspartic acid g	0.108		0		1		0.044		
Glutamic acid g	0.163		0		1		0.067		
Glycine g	0.048		0		1		0.020		
Proline g	0.047		0		1		0.019		
Serine g	0.047		0		1		0.019		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	2		0	FLC	4		1		
Theobromine mg	79		0	FLC	4		32		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19226

Frostings, chocolate, creamy, ready-to-eat

Common Measures:

Measure 1 = 41g: 2 tbsp creamy

Calories Factors: Protein 1.8 **Fat** 8.8 **Carbohydrate**3.8

Food Group: 19 Sweets

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

NDB No. 19227
Frostings, coconut-nut, ready-to-eat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	21.00	0.064	9		1		97.02	7.98	
Energy	kcal	433		0	NC	4		2000	164	
Energy	kJ	1811		0	NC	4		8366	688	
Protein (N x 6.25)	g	1.50	0.066	9		1		6.93	0.57	
Total lipid (fat)	g	24.00	0.063	9		1		110.88	9.12	
Ash	g	0.80	0.008	9		1		3.70	0.30	
Carbohydrate, by difference	g	52.70		0	NC	4		243.47	20.03	
Fiber, total dietary	g	2.5		0	FLA	4		11.5	0.9	
Sugars, total	g	40.00		0	LC	8		184.80	15.20	
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.958	9		1		60	5	
Iron, Fe	mg	0.54	0.035	8		1		2.49	0.21	
Magnesium, Mg	mg	19	0.787	9		1		88	7	
Phosphorus, P	mg	63		1		1		291	24	
Potassium, K	mg	186	2.451	9		1		859	71	
Sodium, Na	mg	195	0.959	9		1		901	74	
Zinc, Zn	mg	0.41	0.014	8		1		1.89	0.16	
Copper, Cu	mg	0.125	0.007	8		1		0.578	0.048	
Manganese, Mn	mg	0.673		0	FLA	4		3.109	0.256	
Selenium, Se	mcg	2.5		0	FLA	4		11.5	0.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLA	4		1.0	0.1	
Thiamin	mg	0.035	0.001	9		1		0.162	0.013	
Riboflavin	mg	0.019	0.004	9		1		0.088	0.007	
Niacin	mg	0.212	0.031	9		1		0.979	0.081	
Pantothenic acid	mg	0.155		0	FLA	4		0.715	0.059	
Vitamin B-6	mg	0.047		0	FLA	4		0.215	0.018	
Folate, total	mcg	2		0	FLA	4		11	1	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	2		0	FLA	4		11	1	
Folate, DFE	mcg_DFE	2		0	NC	4		11	1	
Choline, total	mg	7.2		0	FLA	4		33.3	2.7	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		1	0	
Retinol	mcg	0		0	FLA	4		0	0	
Carotene, beta	mcg	2		0	FLA	4		10	1	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	1		0	FLA	4		3	0	
Vitamin A, IU	IU	4		0	FLA	4		19	2	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	1		0	FLA	4		6	0	
Vitamin E (alpha-tocopherol)	mg	1.09		0	FLA	4		5.06	0.42	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	FLA	4		0.0	0.0	
Vitamin D	IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone)	mcg	3.9		0	FLA	4		17.8	1.5	
Lipids:										
Fatty acids, total saturated	g	8.631		0	FLA	4		39.876	3.280	
4:0	g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19227
Frostings, coconut-nut, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.034		0	FLA	4		0.157	0.013	
8:0....g	0.417		0	FLA	4		1.928	0.159	
10:0....g	0.332		0	FLA	4		1.533	0.126	
12:0....g	2.644		0	FLA	4		12.213	1.005	
13:0....g	0.000		0	FLA	4		0.000	0.000	
14:0....g	1.056		0	FLA	4		4.876	0.401	
15:0....g	0.004		0	FLA	4		0.019	0.002	
16:0....g	2.183		0	FLA	4		10.087	0.830	
17:0....g	0.014		0	FLA	4		0.063	0.005	
18:0....g	1.863		0	FLA	4		8.606	0.708	
20:0....g	0.045		0	FLA	4		0.209	0.017	
22:0....g	0.040		0	FLA	4		0.185	0.015	
24:0....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	10.786		0	FLA	4		49.833	4.099	
14:1....g	0.000		0	FLA	4		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.011		0	FLA	4		0.051	0.004	
17:1....g									
18:1 undifferentiated....g	10.752		0	FLA	4		49.675	4.086	
20:1....g	0.023		0	FLA	4		0.107	0.009	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	3.264		0	FLA	4		15.081	1.240	
18:2 undifferentiated....g	3.075		0	FLA	4		14.207	1.169	
18:3 undifferentiated....g	0.135		0	FLA	4		0.622	0.051	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLA	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g	3.748		0	FLA	4		17.317	1.424	
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 462g: 1 package (16 oz)

Measure 2 = 38g: .083 package

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

Food Group: 19 Sweets

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

NDB No. 19228
Frostings, cream cheese-flavor, ready-to-eat

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	15.10	0.000	3		1		4.98	3.62	
Energy....kcal	415		0	NC	4		137	100	
Energy....kJ	1737		0	NC	4		573	417	
Protein (N x 5.8)....g	0.10	0.000	3		1		0.03	0.02	
Total lipid (fat)....g	17.30		2		1		5.71	4.15	
Ash....g	0.23		0	T	4		0.08	0.06	
Carbohydrate, by difference....g	67.32		0	NC	4		22.22	16.16	
Fiber, total dietary....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total....g	63.54	2.621	3	LC	8		20.97	15.25	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		2		1		1	1	
Iron, Fe....mg	0.16		2		1		0.05	0.04	
Magnesium, Mg....mg	2		1		1		1	0	
Phosphorus, P....mg	3		1		1		1	1	
Potassium, K....mg	35		2		1		12	8	
Sodium, Na....mg	191	3.157	3	LC	8		63	46	
Zinc, Zn....mg	0.02		0	FLC	4		0.01	0.01	
Copper, Cu....mg	0.020		1		1		0.007	0.005	
Manganese, Mn....mg	0.013		0	FLC	4		0.004	0.003	
Selenium, Se....mcg	0.5		0	FLC	4		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.000		1		1		0.000	0.000	
Riboflavin....mg	0.006		2		1		0.002	0.001	
Niacin....mg	0.011		2		1		0.004	0.003	
Pantothenic acid....mg	0.002		0	FLC	4		0.001	0.001	
Vitamin B-6....mg	0.000		1		1		0.000	0.000	
Folate, total....mcg	0		1		1		0	0	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	0		0	FLC	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	0.000	3	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 D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.545		0	FLC	4		1.500	1.091	
4:0....g	0.000		0	FLC	4		0.000	0.000	
6:0....g	0.000		0	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 19228
Frostings, cream cheese-flavor, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLC	4		0.000	0.000	
12:0 ... g	0.000		0	FLC	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.075		0	FLC	4		0.025	0.018	
15:0 ... g									
16:0 ... g	3.536		0	FLC	4		1.167	0.849	
17:0 ... g									
18:0 ... g	0.934		0	FLC	4		0.308	0.224	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.755		0	FLC	4		1.239	0.901	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.026		0	FLC	4		0.009	0.006	
17:1 ... g									
18:1 undifferentiated ... g	3.729		0	FLC	4		1.230	0.895	
20:1 ... g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	6.153		0	FLC	4		2.030	1.477	
18:2 undifferentiated ... g	5.792		0	FLC	4		1.911	1.390	
18:3 undifferentiated ... g	0.361		0	FLC	4		0.119	0.087	
18:4 ... g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0	FLC	4		0.000	0.000	
Threonine ... g	0.000		0	FLC	4		0.000	0.000	
Isoleucine ... g	0.000		0	FLC	4		0.000	0.000	
Leucine ... g	0.000		0	FLC	4		0.000	0.000	
Lysine ... g	0.000		0	FLC	4		0.000	0.000	
Methionine ... g	0.000		0	FLC	4		0.000	0.000	
Cystine ... g	0.000		0	FLC	4		0.000	0.000	
Phenylalanine ... g	0.000		0	FLC	4		0.000	0.000	
Tyrosine ... g	0.000		0	FLC	4		0.000	0.000	
Valine ... g	0.000		0	FLC	4		0.000	0.000	
Arginine ... g	0.000		0	FLC	4		0.000	0.000	
Histidine ... g	0.000		0	FLC	4		0.000	0.000	
Alanine ... g	0.000		0	FLC	4		0.000	0.000	
Aspartic acid ... g	0.000		0	FLC	4		0.000	0.000	
Glutamic acid ... g	0.000		0	FLC	4		0.000	0.000	
Glycine ... g	0.000		0	FLC	4		0.000	0.000	
Proline ... g	0.000		0	FLC	4		0.000	0.000	
Serine ... g	0.000		0	FLC	4		0.000	0.000	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

NDB No. 19228

Frostings, cream cheese-flavor, ready-to-eat

Common Measures:

Measure 1 = 33g: 2 tbsp creamy

Measure 2 = 24g: 2 tbsp whipped

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19409

Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 (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	18.27		0	RC	4				
Energy	kcal	359		0	NC	4				
Energy	kJ	1502		0	NC	4				
Protein	g	1.42		0	RC	4				
Total lipid (fat)	g	7.17		0	RC	4				
Ash	g	0.82		0	RC	4				
Carbohydrate, by difference	g	72.18		0	RC	4				
Fiber, total dietary	g	1.1		0	RC	4				
Sugars, total	g	64.30		0	RC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0	RC	4				
Iron, Fe	mg	0.60		0	RC	4				
Magnesium, Mg	mg	20		0	RC	4				
Phosphorus, P	mg	48		0	RC	4				
Potassium, K	mg	130		0	RC	4				
Sodium, Na	mg	132		0	RC	4				
Zinc, Zn	mg	0.37		0	RC	4				
Copper, Cu	mg	0.136		0	RC	4				
Manganese, Mn	mg	0.140		0	RC	4				
Selenium, Se	mcg	1.6		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RC	4				
Thiamin	mg	0.018		0	RC	4				
Riboflavin	mg	0.066		0	RC	4				
Niacin	mg	0.111		0	RC	4				
Pantothenic acid	mg	0.081		0	RC	4				
Vitamin B-6	mg	0.011		0	RC	4				
Folate, total	mcg	2		0	RC	4				
Folic acid	mcg	0		0	RC	4				
Folate, food	mcg	2		0	RC	4				
Folate, DFE	mcg_DFE	2		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.09		0	RC	4				
Vitamin B-12, added	mcg	0.00		0	RC	4				
Vitamin A, RAE	mcg_RAE	69		0	RC	4				
Retinol	mcg	68		0	RC	4				
Carotene, beta	mcg	13		0	RC	4				
Carotene, alpha	mcg	0		0	RC	4				
Cryptoxanthin, beta	mcg	0		0	RC	4				
Vitamin A, IU	IU	249		0	RC	4				
Lycopene	mcg	0		0	RC	4				
Lutein + zeaxanthin	mcg	1		0	RC	4				
Vitamin E (alpha-tocopherol)	mg	0.19		0	RC	4				
Vitamin E, added	mg	0.00		0	RC	4				
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	0.7		0	RC	4				
Lipids:										
Fatty acids, total saturated	g	4.483		0	RC	4				
4:0	g	0.263		0	RC	4				

NDB No. 19409

Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 (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	0.163		0	RC	4				
8:0 g	0.097		0	RC	4				
10:0 g	0.206		0	RC	4				
12:0 g	0.210		0	RC	4				
13:0 g									
14:0 g	0.606		0	RC	4				
15:0 g									
16:0 g	1.910		0	RC	4				
17:0 g	0.045		0	RC	4				
18:0 g	0.966		0	RC	4				
20:0 g	0.011		0	RC	4				
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.894		0	RC	4				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.078		0	RC	4				
16:1 c g	0.078		0	RC	4				
16:1 t g									
17:1 g									
18:1 undifferentiated g	1.807		0	RC	4				
18:1 c g	1.380		0	RC	4				
18:1-11c (18:1c n-7) g									
18:1 t g	0.242		0	RC	4				
18:1-11t (18:1t n-7) g									
20:1 g	0.008		0	RC	4				
22:1 undifferentiated g	0.000		0	RC	4				
24:1 c g									
Fatty acids, total polyunsaturated g	0.294		0	RC	4				
18:2 undifferentiated g	0.268		0	RC	4				
18:2 n-6 c,c g	0.176		0	RC	4				
18:2 CLAs g	0.022		0	RC	4				
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g	0.024		0	RC	4				
18:2 t not further defined g									
18:3 undifferentiated g	0.026		0	RC	4				
18:3 n-3 c,c,c (ALA) g	0.026		0	RC	4				
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	RC	4				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		0	RC	4				
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	RC	4				
21:5 g									
22:4 g									
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	0.266		0	RC	4				
Fatty acids, total trans-monoenoic g	0.242		0	RC	4				
Fatty acids, total trans-polyenoic g	0.024		0	RC	4				
Cholesterol mg	18		0	RC	4				
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	RC	4				
Caffeine mg	3		0	RC	4				
Theobromine mg	98		0	RC	4				

NDB No. 19409

Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 (1)

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

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

Common Measures:

Footnotes:

1 Recipe No. C-32, from NFSMI, Healthy School Meals Resource System, and Team Nutrition

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

Food Group: 19 Sweets

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

NDB No. 19375
Frostings, glaze, prepared-from-recipe (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	15.27		0	RC	4		49.93		
Energy	kcal	341		0	NC	4		1115		
Energy	kJ	1427		0	NC	4		4667		
Protein	g	0.44		0	RC	4		1.45		
Total lipid (fat)	g	0.53		0	RC	4		1.73		
Ash	g	0.11		0	RC	4		0.36		
Carbohydrate, by difference	g	83.65		0	NC	4		273.53		
Fiber, total dietary	g	0.0		0	RC	4		0.0		
Sugars, total	g	80.44		0	RC	4		263.05		
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0	RC	4		55		
Iron, Fe	mg	0.03		0	RC	4		0.09		
Magnesium, Mg	mg	2		0	RC	4		7		
Phosphorus, P	mg	13		0	RC	4		42		
Potassium, K	mg	30		0	RC	4		98		
Sodium, Na	mg	6		0	RC	4		21		
Zinc, Zn	mg	0.06		0	RC	4		0.20		
Copper, Cu	mg	0.006		0	RC	4		0.021		
Manganese, Mn	mg	0.014		0	RC	4		0.047		
Selenium, Se	mcg	1.0		0	RC	4		3.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.006		0	RC	4		0.020		
Riboflavin	mg	0.045		0	RC	4		0.148		
Niacin	mg	0.039		0	RC	4		0.126		
Pantothenic acid	mg	0.051		0	RC	4		0.168		
Vitamin B-6	mg	0.006		0	RC	4		0.019		
Folate, total	mcg	1		0	RC	4		2		
Folic acid	mcg	0		0	RC	4		0		
Folate, food	mcg	1		0	RC	4		2		
Folate, DFE	mcg_DFE	1		0	NC	4		2		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.05		0	RC	4		0.16		
Vitamin B-12, added	mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE	mcg_RAE	4		0	NC	4		13		
Retinol	mcg	4		0	RC	4		12		
Carotene, beta	mcg	1		0	RC	4		2		
Carotene, alpha	mcg	0		0	RC	4		0		
Cryptoxanthin, beta	mcg	0		0	RC	4		0		
Vitamin A, IU	IU	14		0	RC	4		46		
Lycopene	mcg	0		0	RC	4		0		
Lutein + zeaxanthin	mcg	0		0	RC	4		0		
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	0.0		0	RC	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.271		0	RC	4		0.887		
4:0	g	0.010		0	RC	4		0.033		
6:0	g	0.010		0	RC	4		0.033		

NDB No. 19375
Frostings, glaze, prepared-from-recipe (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g	0.010		0	RC	4		0.033		
10:0 ... g	0.010		0	RC	4		0.033		
12:0 ... g	0.010		0	RC	4		0.034		
13:0 ... g	0.000		0	RC	4		0.000		
14:0 ... g	0.041		0	RC	4		0.133		
15:0 ... g	0.000		0	RC	4		0.000		
16:0 ... g	0.128		0	RC	4		0.418		
17:0 ... g	0.000		0	RC	4		0.000		
18:0 ... g	0.051		0	RC	4		0.168		
20:0 ... g	0.000		0	RC	4		0.000		
22:0 ... g	0.000		0	RC	4		0.000		
24:0 ... g	0.000		0	RC	4		0.000		
Fatty acids, total monounsaturated ... g	0.137		0	RC	4		0.449		
14:1 ... g	0.000		0	RC	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RC	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.137		0	RC	4		0.449		
20:1 ... g	0.000		0	RC	4		0.000		
22:1 undifferentiated ... g	0.000		0	RC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.067		0	RC	4		0.220		
18:2 undifferentiated ... g	0.057		0	RC	4		0.186		
18:3 undifferentiated ... g	0.010		0	RC	4		0.033		
18:4 ... g	0.000		0	RC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	RC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	RC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0	RC	4		5		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RC	4		0.0		
Caffeine ... mg	0		0	RC	4		0		
Theobromine ... mg	0		0	RC	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 = 327g: 1 recipe yield

Footnotes:

1 Powdered sugar, milk and vanilla.

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

Food Group: 19 Sweets

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

NDB No. 19244
Frostings, vanilla, creamy, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.70	0.095	4		1		2.88	0.24	
Energy	kcal	410		0	NC	4		1685	139	
Energy	kJ	1715		0		4		7050	583	
Protein (N x 6.25)	g	0.30	0.022	4		1		1.23	0.10	
Total lipid (fat)	g	4.90	0.377	3		1		20.14	1.67	
Ash	g	0.30		1		1		1.23	0.10	
Carbohydrate, by difference	g	93.80		0	NC	4		385.52	31.89	
Fiber, total dietary	g	0.1		0	FLM	4		0.4	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1		1		12	1	
Iron, Fe	mg	0.00		1		1		0.00	0.00	
Magnesium, Mg	mg	2		1		1		8	1	
Phosphorus, P	mg	4		1		1		16	1	
Potassium, K	mg	7		2		1		29	2	
Sodium, Na	mg	13		2		1		53	4	
Zinc, Zn	mg	0.01		1		4		0.04	0.00	
Copper, Cu	mg	0.035		1		4		0.144	0.012	
Manganese, Mn	mg	0.012		1		4		0.049	0.004	
Selenium, Se	mcg	0.8		0	FLM	4		3.3	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.002		1		4		0.008	0.001	
Niacin	mg	0.001		1		4		0.004	0.000	
Pantothenic acid	mg	0.007		1		4		0.029	0.002	
Vitamin B-6	mg	0.001		1		4		0.004	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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									
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									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									

NDB No. 19244
Frostings, vanilla, creamy, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.001		0		1		0.004	0.000	
Threonine....g	0.009		0		1		0.037	0.003	
Isoleucine....g	0.010		0		1		0.041	0.003	
Leucine....g	0.035		0		1		0.144	0.012	
Lysine....g	0.006		0		1		0.025	0.002	
Methionine....g	0.005		0		1		0.021	0.002	
Cystine....g	0.006		0		1		0.025	0.002	
Phenylalanine....g	0.013		0		1		0.053	0.004	
Tyrosine....g	0.010		0		1		0.041	0.003	
Valine....g	0.013		0		1		0.053	0.004	
Arginine....g	0.012		0		1		0.049	0.004	
Histidine....g	0.008		0		1		0.033	0.003	
Alanine....g	0.019		0		1		0.078	0.006	
Aspartic acid....g	0.020		0		1		0.082	0.007	
Glutamic acid....g	0.052		0		1		0.214	0.018	
Glycine....g	0.009		0		1		0.037	0.003	
Proline....g	0.024		0		1		0.099	0.008	
Serine....g	0.011		0		1		0.045	0.004	
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 = 411g: 1 package

Measure 2 = 34g: .083 package

Calories Factors: Protein 3.46 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19371

Frostings, vanilla, creamy, dry mix, prepared with margarine

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.18		0	RP	4				
Energy	kcal	413		0	RP	4				
Energy	kJ	1728		0	RP	4				
Protein	g	0.34		0	RP	4				
Total lipid (fat)	g	12.74		0	RP	4				
Ash	g	0.47		0	RP	4				
Carbohydrate, by difference	g	74.28		0	RP	4				
Fiber, total dietary	g	0.1		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	RP	4				
Iron, Fe	mg	0.01		0	RP	4				
Magnesium, Mg	mg	2		0	RP	4				
Phosphorus, P	mg	6		0	RP	4				
Potassium, K	mg	10		0	RP	4				
Sodium, Na	mg	114		0	RP	4				
Zinc, Zn	mg	0.01		0	RP	4				
Copper, Cu	mg	0.028		0	RP	4				
Manganese, Mn	mg									
Selenium, Se	mcg	0.6		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
Thiamin	mg	0.001		0	RP	4				
Riboflavin	mg	0.006		0	RP	4				
Niacin	mg	0.003		0	RP	4				
Pantothenic acid	mg	0.015		0	RP	4				
Vitamin B-6	mg	0.002		0	RP	4				
Folate, total	mcg	0		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	0		0	RP	4				
Folate, DFE	mcg_DFE	0		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.01		0	RP	4				
Vitamin A, RAE	mcg_RAE	80		0	NC	4				
Retinol	mcg	73		0	RP	4				
Carotene, beta	mcg	91		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	393		0	RP	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 D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.740		0	RP	4				
4:0	g	0.000		0	RP	4				
6:0	g	0.000		0	RP	4				
8:0	g	0.000		0	RP	4				

NDB No. 19371
Frostings, vanilla, creamy, dry mix, prepared with margarine

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	RP	4				
12:0....g	0.000		0	RP	4				
13:0....g									
14:0....g	0.022		0	RP	4				
15:0....g									
16:0....g	1.068		0	RP	4				
17:0....g									
18:0....g	0.650		0	RP	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.942		0	RP	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RP	4				
17:1....g									
18:1 undifferentiated....g	3.942		0	RP	4				
20:1....g	0.000		0	RP	4				
22:1 undifferentiated....g	0.000		0	RP	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.797		0	RP	4				
18:2 undifferentiated....g	2.676		0	RP	4				
18:3 undifferentiated....g	0.121		0	RP	4				
18:4....g	0.000		0	RP	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4				
20:5 n-3 (EPA)....g	0.000		0	RP	4				
22:5 n-3 (DPA)....g	0.000		0	RP	4				
22:6 n-3 (DHA)....g	0.000		0	RP	4				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RP	4				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0	RP	4				
Threonine....g	0.011		0	RP	4				
Isoleucine....g	0.014		0	RP	4				
Leucine....g	0.037		0	RP	4				
Lysine....g	0.012		0	RP	4				
Methionine....g	0.006		0	RP	4				
Cystine....g	0.006		0	RP	4				
Phenylalanine....g	0.015		0	RP	4				
Tyrosine....g	0.012		0	RP	4				
Valine....g	0.017		0	RP	4				
Arginine....g	0.013		0	RP	4				
Histidine....g	0.009		0	RP	4				
Alanine....g	0.018		0	RP	4				
Aspartic acid....g	0.023		0	RP	4				
Glutamic acid....g	0.061		0	RP	4				
Glycine....g	0.009		0	RP	4				
Proline....g	0.028		0	RP	4				
Serine....g	0.014		0	RP	4				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4				
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. 19371

Frostings, vanilla, creamy, dry mix, prepared with margarine

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19230
Frostings, vanilla, creamy, ready-to-eat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	15.07	0.347	6	A	1		69.62	5.73	
Energy....kcal	418		0	NC	4		1930	159	
Energy....kJ	1748		0	NC	4		8074	664	
Protein (N x 6.25)....g	0.00	0.000	6	A	1		0.00	0.00	
Total lipid (fat)....g	16.23	0.265	6	A	1		75.00	6.17	
Ash....g	0.81	0.030	6	A	1		3.73	0.31	
Carbohydrate, by difference....g	67.89		0	NC	4		313.66	25.80	
Fiber, total dietary....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total....g	63.10	1.906	4	LC	8		291.51	23.98	
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.233	6	A	1		13	1	
Iron, Fe....mg	0.16	0.009	6	A	1		0.73	0.06	
Magnesium, Mg....mg	1	0.150	6	A	1		3	0	
Phosphorus, P....mg	18	5.109	6	A	1		83	7	
Potassium, K....mg	34	2.068	6	A	1		158	13	
Sodium, Na....mg	184	2.798	6	A	1		851	70	
Zinc, Zn....mg	0.07	0.010	6	A	1		0.32	0.03	
Copper, Cu....mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn....mg	0.000	0.000	6	A	1		0.000	0.000	
Selenium, Se....mcg	0.1	0.029	3	A	1		0.5	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.010	0.001	6	A	1		0.047	0.004	
Riboflavin....mg	0.302	0.025	6	A	1		1.396	0.115	
Niacin....mg	0.220	0.000	6	A	1		1.016	0.084	
Pantothenic acid....mg	0.055	0.000	6	A	1		0.255	0.021	
Vitamin B-6....mg	0.000	0.000	6	A	1		0.000	0.000	
Folate, total....mcg	8	0.000	6	A	1		38	3	
Folic acid....mcg	0		0	NR	4		0	0	
Folate, food....mcg	8	0.000	6	A	1		38	3	
Folate, DFE....mcg_DFE	8		0	NC	4		38	3	
Choline, total....mg	2.3		0	AS	1		10.7	0.9	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0	0.000	4	LC	8		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	1.53		0	FLA	4		7.06	0.58	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	FLA	4		0.0	0.0	
Vitamin D....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone)....mcg	13.0	0.612	3	A	1		59.9	4.9	
Lipids:									
Fatty acids, total saturated....g	2.974		0	FLA	4		13.738	1.130	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19230
Frostings, vanilla, creamy, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.020		0	FLA	4		0.092	0.008	
15:0....g	0.000		0	FLA	4		0.000	0.000	
16:0....g	2.375		0	FLA	4		10.972	0.902	
17:0....g	0.000		0	FLA	4		0.000	0.000	
18:0....g	0.579		0	FLA	4		2.673	0.220	
20:0....g	0.000		0	FLA	4		0.000	0.000	
22:0....g	0.000		0	FLA	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	4.860		0	FLA	4		22.452	1.847	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.178		0	FLA	4		0.824	0.068	
17:1....g									
18:1 undifferentiated....g	4.681		0	FLA	4		21.628	1.779	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.951		0	FLA	4		36.733	3.021	
18:2 undifferentiated....g	7.050		0	FLA	4		32.570	2.679	
18:3 undifferentiated....g	0.901		0	FLA	4		4.163	0.342	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	FLA	4		0.000	0.000	
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 462g: 1 package (16 oz)

Measure 2 = 38g: .083 package

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

Food Group: 19 Sweets

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

NDB No. 19246
Frostings, white, fluffy, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.90		1		1		3.93	0.32	
Energy	kcal	371		0	NC	4		768	63	
Energy	kJ	1552		0		4		3213	264	
Protein (N x 6.1)	g	2.30		1		1		4.76	0.39	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
Ash	g	0.90		1		1		1.86	0.15	
Carbohydrate, by difference	g	94.90		0	NC	4		196.44	16.13	
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1		1		8	1	
Iron, Fe	mg	0.09		1		4		0.19	0.02	
Magnesium, Mg	mg	3		1		1		6	1	
Phosphorus, P	mg	7		1		1		14	1	
Potassium, K	mg	117		1		1		242	20	
Sodium, Na	mg	234		1		1		484	40	
Zinc, Zn	mg	0.01		1		4		0.02	0.00	
Copper, Cu	mg	0.037		1		4		0.077	0.006	
Manganese, Mn	mg	0.007		1		4		0.014	0.001	
Selenium, Se	mcg	4.1		0	FLM	4		8.5	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.001		1		4		0.002	0.000	
Riboflavin	mg	0.058		0		1		0.120	0.010	
Niacin	mg	1.000		1		1		2.070	0.170	
Pantothenic acid	mg	0.052		1		4		0.108	0.009	
Vitamin B-6	mg	0.001		1		4		0.002	0.000	
Folate, total	mcg	3		1		4		6	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		1		4		6	1	
Folate, DFE	mcg_DFE	3		0	NC	4		6	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.01		1		4		0.02	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									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									

NDB No. 19246
Frostings, white, fluffy, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0		1		0.052	0.004	
Threonine....g	0.099		0		1		0.205	0.017	
Isoleucine....g	0.119		0		1		0.246	0.020	
Leucine....g	0.182		0		1		0.377	0.031	
Lysine....g	0.152		0		1		0.315	0.026	
Methionine....g	0.072		0		1		0.149	0.012	
Cystine....g	0.052		0		1		0.108	0.009	
Phenylalanine....g	0.126		0		1		0.261	0.021	
Tyrosine....g	0.080		0		1		0.166	0.014	
Valine....g	0.138		0		1		0.286	0.023	
Arginine....g	0.139		0		1		0.288	0.024	
Histidine....g	0.048		0		1		0.099	0.008	
Alanine....g	0.152		0		1		0.315	0.026	
Aspartic acid....g	0.228		0		1		0.472	0.039	
Glutamic acid....g	0.308		0		1		0.638	0.052	
Glycine....g	0.154		0		1		0.319	0.026	
Proline....g	0.133		0		1		0.275	0.023	
Serine....g	0.151		0		1		0.313	0.026	
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 package

Measure 2 = 17g: .083 package

Calories Factors: Protein 4.3 **Fat** 8.6 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19247

Frostings, white, fluffy, dry mix, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	35.20		0		1		110.88	9.15	
Energy	kcal	244		0	NC	4		769	63	
Energy	kJ	1021				4		3216	265	
Protein (N x 0)	g	1.50		0		1		4.73	0.39	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.60		0		1		1.89	0.16	
Carbohydrate, by difference	g	62.60		0	NC	4		197.19	16.28	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		13	1	
Iron, Fe	mg	0.06		0		1		0.19	0.02	
Magnesium, Mg	mg	2		0		1		6	1	
Phosphorus, P	mg	5		0		1		16	1	
Potassium, K	mg	77		0		1		243	20	
Sodium, Na	mg	156		0		1		491	41	
Zinc, Zn	mg	0.02		0		1		0.06	0.01	
Copper, Cu	mg	0.027		0		1		0.085	0.007	
Manganese, Mn	mg	0.005		0		1		0.016	0.001	
Selenium, Se	mcg	2.6		0	RP	4		8.2	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.001		0		1		0.003	0.000	
Riboflavin	mg	0.026		0		1		0.082	0.007	
Niacin	mg	0.660		0		1		2.079	0.172	
Pantothenic acid	mg	0.034		0		1		0.107	0.009	
Vitamin B-6	mg	0.001		0		1		0.003	0.000	
Folate, total	mcg	2		0		1		6	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		6	1	
Folate, DFE	mcg_DFE	2		0	NC	4		6	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.01		0		1		0.03	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									

NDB No. 19247
Frostings, white, fluffy, dry mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.050	0.004	
Threonine....g	0.065		0		1		0.205	0.017	
Isoleucine....g	0.079		0		1		0.249	0.021	
Leucine....g	0.120		0		1		0.378	0.031	
Lysine....g	0.100		0		1		0.315	0.026	
Methionine....g	0.048		0		1		0.151	0.012	
Cystine....g	0.034		0		1		0.107	0.009	
Phenylalanine....g	0.083		0		1		0.261	0.022	
Tyrosine....g	0.053		0		1		0.167	0.014	
Valine....g	0.091		0		1		0.287	0.024	
Arginine....g	0.092		0		1		0.290	0.024	
Histidine....g	0.032		0		1		0.101	0.008	
Alanine....g	0.100		0		1		0.315	0.026	
Aspartic acid....g	0.151		0		1		0.476	0.039	
Glutamic acid....g	0.203		0		1		0.639	0.053	
Glycine....g	0.102		0		1		0.321	0.027	
Proline....g	0.088		0		1		0.277	0.023	
Serine....g	0.100		0		1		0.315	0.026	
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 = 315g: 1 package yields

Measure 2 = 26g: .083 package

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

Food Group: 19 Sweets

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

NDB No. 43450
Frozen novelites, juice type, juice with cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.57		0	FLC	4		51.53		
Energy....kcal	115		0	NC	4		81		
Energy....kJ	480		0	NC	4		341		
Protein (N x 6.25)....g	1.41		1	LC	8		1.00		
Total lipid (fat)....g	1.41		1	LC	8		1.00		
Ash....g	0.50		0	FLC	4		0.36		
Carbohydrate, by difference....g	24.11		0	NC	4		17.12		
Fiber, total dietary....g	0.1		0	FLM	4		0.1		
Sugars, total....g	20.61		0	FLM	4		14.64		
Starch....g									
Minerals:									
Calcium, Ca....mg	141		1	LC	8		100		
Iron, Fe....mg	0.28		0	FLC	4		0.20		
Magnesium, Mg....mg	9		0	FLC	4		6		
Phosphorus, P....mg	41		0	FLC	4		29		
Potassium, K....mg	120		0	FLC	4		85		
Sodium, Na....mg	42		1	LC	8		30		
Zinc, Zn....mg	0.27		0	FLC	4		0.19		
Copper, Cu....mg	0.013		0	FLC	4		0.009		
Manganese, Mn....mg	0.059		0	FLC	4		0.042		
Selenium, Se....mcg	0.8		0	FLC	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	21.2		1	LC	8		15.0		
Thiamin....mg	0.025		0	FLC	4		0.018		
Riboflavin....mg	0.101		0	FLC	4		0.072		
Niacin....mg	0.151		0	FLC	4		0.107		
Pantothenic acid....mg	0.195		0	FLC	4		0.139		
Vitamin B-6....mg	0.029		0	FLC	4		0.021		
Folate, total....mcg	11		0	FLC	4		7		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	11		0	FLC	4		7		
Folate, DFE....mcg_DFE	11		0	NC	4		7		
Choline, total....mg	15.6		0	T	4		11.1		
Betaine....mg									
Vitamin B-12....mcg	0.14		0	FLM	4		0.10		
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE....mcg_RAE	19		0	NC	4		14		
Retinol....mcg	14		0	FLM	4		10		
Carotene, beta....mcg	59		0	FLM	4		42		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
Vitamin A, IU....IU	145		0	NC	4		103		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	27		0	FLM	4		19		
Vitamin E (alpha-tocopherol)....mg	0.06		0	FLM	4		0.04		
Vitamin E, added....mg	0.00		0	FLM	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	NR	4		0		
Vitamin K (phylloquinone)....mcg	0.2		0	FLM	4		0.1		
Lipids:									
Fatty acids, total saturated....g	0.705		1	LC	8		0.501		
4:0....g	0.034		0	FLM	4		0.024		

NDB No. 43450
Frozen novelites, juice type, juice with cream

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.024		0	FLM	4		0.017		
8:0 ... g	0.018		0	FLM	4		0.013		
10:0 ... g	0.028		0	FLM	4		0.020		
12:0 ... g	0.031		0	FLM	4		0.022		
13:0 ... g	0.000		0	FLM	4		0.000		
14:0 ... g	0.113		0	FLM	4		0.081		
15:0 ... g	0.000		0	FLM	4		0.000		
16:0 ... g	0.304		0	FLM	4		0.216		
17:0 ... g	0.000		0	FLM	4		0.000		
18:0 ... g	0.137		0	FLM	4		0.097		
20:0 ... g	0.000		0	FLM	4		0.000		
22:0 ... g	0.000		0	FLM	4		0.000		
24:0 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated ... g	0.000		1	LC	8		0.000		
14:1 ... g	0.000		0	FLM	4		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		1	LC	8		0.000		
18:2 undifferentiated ... g	0.000		0	FLM	4		0.000		
18:3 undifferentiated ... g	0.000		0	FLM	4		0.000		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	7		1	LC	8		5		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 71g: 2.5 oz

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

Food Group: 19 Sweets

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

NDB No. 19872

Frozen novelties, Fat Free FUDGESICLE bars

Good Humor - Breyers Ice Cream

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	65.94		0	O	4		33.63		
Energy....kcal	127		1	MC	9		65		
Energy....kJ	533		0	MC	9		272		
Protein (N x 6.25)....g	5.55		1	MC	9		2.83		
Total lipid (fat)....g	0.66		1	MC	9		0.34		
Ash....g	0.91		0	FLC	4		0.46		
Carbohydrate, by difference....g	26.94		1	MC	9		13.74		
Fiber, total dietary....g	1.7		1	MC	9		0.9		
Sugars, total....g	20.10		1	MC	9		10.25		
Starch....g									
Minerals:									
Calcium, Ca....mg	159		1	MC	9		81		
Iron, Fe....mg	0.91		1	MC	9		0.46		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	94		1	MC	9		48		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MC	9		0.5		
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									
Vitamin A, IU....IU	4		1	MC	9		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									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.480		1	MC	9		0.245		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
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.

Common Measures:

NDB No. 19872

Frozen novelties, Fat Free FUDGESICLE bars

Measure 1 = 51g: 1 serving 1 pop

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19886

Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone

Good Humor - Breyers Ice Cream

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	45.51		0	O	4		35.95		
Energy....kcal	224		1	MC	9		177		
Energy....kJ	938		0	MC	9		741		
Protein (N x 6.25)....g	4.09		1	MC	9		3.23		
Total lipid (fat)....g	4.10		1	MC	9		3.24		
Ash....g	0.98		0	BFFN	4		0.77		
Carbohydrate, by difference....g	45.32		1	MC	9		35.80		
Fiber, total dietary....g	4.3		1	MC	9		3.4		
Sugars, total....g	24.62		1	MC	9		19.45		
Starch....g									
Minerals:									
Calcium, Ca....mg	125		1	MC	9		99		
Iron, Fe....mg	0.75		1	MC	9		0.59		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	159		1	MC	9		125		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	MC	9		0.5		
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									
Vitamin A, IU....IU	259		1	MC	9		204		
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	1.001		1	MC	9		0.791		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
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.

Common Measures:

NDB No. 19886

Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone

Measure 1 = 79g: 1 serving 1 cone

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19888

Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Sandwich

Good Humor - Breyers Ice Cream

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	46.53		0	O	4		29.78		
Energy....kcal	212		1	MC	9		136		
Energy....kJ	888		0	MC	9		568		
Protein (N x 6.25)....g	6.21		1	MC	9		3.97		
Total lipid (fat)....g	2.43		1	MC	9		1.56		
Ash....g	0.71		0	FLM	4		0.45		
Carbohydrate, by difference....g	44.12		1	MC	9		28.24		
Fiber, total dietary....g	4.8		1	MC	9		3.1		
Sugars, total....g	21.50		1	MC	9		13.76		
Starch....g									
Minerals:									
Calcium, Ca....mg	144		1	MC	9		92		
Iron, Fe....mg	0.98		1	MC	9		0.63		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	188		1	MC	9		121		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	378		1	MC	9		242		
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	0.810		1	MC	9		0.518		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
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. 19888

Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Sandwich

Measure 1 = 64g: 1 serving 1 sandwich

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19874

Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added

Good Humor - Breyers Ice Cream

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	63.51		0	FLC	4		47.00		
Energy....kcal	124		1	MC	9		91		
Energy....kJ	517		0	MC	9		382		
Protein (N x 6.25)....g	4.31		1	MC	9		3.19		
Total lipid (fat)....g	1.88		1	MC	9		1.39		
Ash....g	0.23		0	O	4		0.17		
Carbohydrate, by difference....g	30.07		1	MC	9		22.25		
Fiber, total dietary....g	6.0		1	MC	9		4.4		
Sugars, total....g	7.10		1	MC	9		5.25		
Starch....g									
Minerals:									
Calcium, Ca....mg	138		1	MC	9		102		
Iron, Fe....mg	0.71		1	MC	9		0.53		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	120		1	MC	9		89		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	49		1	MC	9		36		
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		0.740		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
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:

NDB No. 19874

Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added

Measure 1 = 74g: 1 serving 3.5 fl oz bar

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19889

Frozen novelties, KLONDIKE, SLIM-A-BEAR Mint Sandwich

Good Humor - Breyers Ice Cream

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	46.65		0	BFFN	4		29.85		
Energy....kcal	210		1	MC	9		135		
Energy....kJ	881		0	MC	9		564		
Protein (N x 6.25)....g	5.96		1	MC	9		3.81		
Total lipid (fat)....g	2.34		1	MC	9		1.50		
Ash....g	0.85		0	BFFN	4		0.55		
Carbohydrate, by difference....g	44.16		1	MC	9		28.26		
Fiber, total dietary....g	4.3		1	MC	9		2.8		
Sugars, total....g	21.81		1	MC	9		13.96		
Starch....g									
Minerals:									
Calcium, Ca....mg	142		1	MC	9		91		
Iron, Fe....mg	0.38		1	MC	9		0.24		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	191		1	MC	9		122		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	288		1	MC	9		184		
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	0.740		1	MC	9		0.474		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
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. 19889

Frozen novelties, KLONDIKE, SLIM-A-BEAR Mint Sandwich

Measure 1 = 64g: 1 serving 1 sandwich

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

Food Group: 19 Sweets

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

NDB No. 19885

Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Cone

Good Humor - Breyers Ice Cream

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	46.57		0	O	4		36.79		
Energy....kcal	222		1	MC	9		175		
Energy....kJ	928		0	MC	9		733		
Protein (N x 6.25)....g	3.72		1	MC	9		2.94		
Total lipid (fat)....g	4.00		1	MC	9		3.16		
Ash....g	0.96		0	FLM	4		0.76		
Carbohydrate, by difference....g	44.75		1	MC	9		35.35		
Fiber, total dietary....g	3.8		1	MC	9		3.0		
Sugars, total....g	24.75		1	MC	9		19.55		
Starch....g									
Minerals:									
Calcium, Ca....mg	122		1	MC	9		96		
Iron, Fe....mg	0.29		1	MC	9		0.23		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	160		1	MC	9		126		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		1	MC	9		0.5		
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									
Vitamin A, IU....IU	258		1	MC	9		204		
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	0.950		1	MC	9		0.751		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
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.

Common Measures:

NDB No. 19885

Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Cone

Measure 1 = 79g: 1 serving 1 cone

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19887

Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich

Good Humor - Breyers Ice Cream

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	46.65		0	O	4		29.85		
Energy....kcal	211		1	MC	9		135		
Energy....kJ	881		0	MC	9		564		
Protein....g	5.96		1	MC	9		3.81		
Total lipid (fat)....g	2.34		1	MC	9		1.50		
Ash....g	0.85		0	FLM	4		0.55		
Carbohydrate, by difference....g	44.20		1	MC	9		28.29		
Fiber, total dietary....g	4.3		1	MC	9		2.8		
Sugars, total....g	21.82		1	MC	9		13.96		
Starch....g									
Minerals:									
Calcium, Ca....mg	142		1	MC	9		91		
Iron, Fe....mg	0.38		1	MC	9		0.24		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	191		1	MC	9		122		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	288		1	MC	9		184		
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	0.740		1	MC	9		0.474		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
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. 19887

Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich

Measure 1 = 64g: 1 serving 1 sandwich

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19890

Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.69		0	O	4				
Energy....kcal	224		1	MC	9				
Energy....kJ	936		0	MC	9				
Protein (N x 6.25)....g	5.16		1	MC	9				
Total lipid (fat)....g	11.93		1	MC	9				
Ash....g	1.13		0	FLM	4				
Carbohydrate, by difference....g	27.09		1	MC	9				
Fiber, total dietary....g	4.8		1	MC	9				
Sugars, total....g	8.64		1	MC	9				
Starch....g									
Minerals:									
Calcium, Ca....mg	289		1	MC	9				
Iron, Fe....mg	0.41		1	MC	9				
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	86		1	MC	9				
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		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									
Vitamin A, IU....IU	289		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	9.510		1	MC	9				
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	8		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. 19890

Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar

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

Food Group: 19 Sweets

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

NDB No. 19891

Frozen novelties, No Sugar Added CREAMSICLE Pops

Good Humor - Breyers Ice Cream

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	82.38		0	O	4		36.25		
Energy....kcal	57		1	MC	9		25		
Energy....kJ	239		0	MC	9		105		
Protein (N x 6.25)....g	1.78		1	MC	9		0.78		
Total lipid (fat)....g	0.86		1	MC	9		0.38		
Ash....g	0.44		0	FLM	4		0.19		
Carbohydrate, by difference....g	14.54		1	MC	9		6.40		
Fiber, total dietary....g	0.3		1	MC	9		0.1		
Sugars, total....g	2.75		1	MC	9		1.21		
Starch....g									
Minerals:									
Calcium, Ca....mg	137		1	MC	9		60		
Iron, Fe....mg	0.28		1	MC	9		0.12		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	41		1	MC	9		18		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		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									
Vitamin A, IU....IU	23		1	MC	9		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									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.470		1	MC	9		0.207		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
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.

Common Measures:

NDB No. 19891

Frozen novelties, No Sugar Added CREAMSICLE Pops

Measure 1 = 44g: 1 serving 1 pop

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19871

Frozen novelties, No Sugar Added, FUDGESICLE pops

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	71.85		0	FLC	4		60.35		
Energy ... kcal	105		1	MC	9		88		
Energy ... kJ	440		0	MC	9		370		
Protein (N x 6.25) ... g	3.60		1	MC	9		3.02		
Total lipid (fat) ... g	0.97		1	MC	9		0.81		
Ash ... g	1.15		0	FLC	4		0.97		
Carbohydrate, by difference ... g	22.28		1	MC	9		18.72		
Fiber, total dietary ... g	1.6		1	MC	9		1.3		
Sugars, total ... g	3.93		1	MC	9		3.30		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	101		1	MC	9		85		
Iron, Fe ... mg	0.94		1	MC	9		0.79		
Magnesium, Mg ... mg	15		0	BFZN	4		12		
Phosphorus, P ... mg	106		0	BFZN	4		89		
Potassium, K ... mg	196		0	BFZN	4		165		
Sodium, Na ... mg	102		1	MC	9		86		
Zinc, Zn ... mg	0.40		0	BFZN	4		0.34		
Copper, Cu ... mg	0.018		0	BFZN	4		0.015		
Manganese, Mn ... mg	0.009		0	BFZN	4		0.008		
Selenium, Se ... mcg	2.9		0	BFZN	4		2.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.7		1	MC	9		0.6		
Thiamin ... mg	0.044		0	BFZN	4		0.037		
Riboflavin ... mg	0.180		0	BFZN	4		0.151		
Niacin ... mg	0.111		0	BFZN	4		0.093		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.042		0	BFZN	4		0.035		
Folate, total ... mcg	5		0	BFZN	4		4		
Folic acid ... mcg	0		0	BFZN	4		0		
Folate, food ... mcg	5		0	BFZN	4		4		
Folate, DFE ... mcg_DFE	5		0	NC	4		4		
Choline, total ... mg	11.7		0	BFZN	4		9.8		
Betaine ... mg									
Vitamin B-12 ... mcg	0.38		0	BFZN	4		0.32		
Vitamin B-12, added ... mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE ... mcg_RAE	7		0	NC	4		6		
Retinol ... mcg	7		0	BFZN	4		6		
Carotene, beta ... mcg	1		0	BFZN	4		1		
Carotene, alpha ... mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta ... mcg	0		0	BFZN	4		0		
Vitamin A, IU ... IU	25		0	NC	4		21		
Lycopene ... mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin ... mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) ... mg	0.30		0	BFZN	4		0.25		
Vitamin E, added ... mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... mcg	3.6		0	BFZN	4		3.1		
Lipids:									
Fatty acids, total saturated ... g	0.591		0	NC	4		0.497		
4:0 ... g	0.029		0	BFFN	4		0.024		

NDB No. 19871
Frozen novelties, No Sugar Added, FUDGESICLE pops

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.018		0	BFFN	4		0.015		
8:0....g	0.011		0	BFFN	4		0.009		
10:0....g	0.023		0	BFFN	4		0.019		
12:0....g	0.025		0	BFFN	4		0.021		
13:0....g									
14:0....g	0.092		0	BFFN	4		0.077		
15:0....g									
16:0....g	0.274		0	BFFN	4		0.231		
17:0....g									
18:0....g	0.119		0	BFFN	4		0.100		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.157		0	NC	4		0.132		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0	BFFN	4		0.009		
17:1....g									
18:1 undifferentiated....g	0.146		0	BFFN	4		0.123		
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	0.089		0	NC	4		0.075		
18:2 undifferentiated....g	0.073		0	BFFN	4		0.062		
18:3 undifferentiated....g	0.016		0	BFFN	4		0.013		
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	2		1	MC	9		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0		
Caffeine....mg	0		0	BFZN	4		0		
Theobromine....mg	5		0	BFZN	4		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:

Measure 1 = 84g: 1 serving

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

Food Group: 19 Sweets

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

NDB No. 19892

Frozen novelties, Sugar Free, CREAMSICLE Pops

Good Humor - Breyers Ice Cream

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	83.91		0	O	4		67.13		
Energy....kcal	49		1	MC	9		39		
Energy....kJ	204		0	MC	9		163		
Protein (N x 6.25)....g	1.37		1	MC	9		1.10		
Total lipid (fat)....g	2.33		1	MC	9		1.86		
Ash....g	0.44		0	BFZN	4		0.35		
Carbohydrate, by difference....g	11.95		1	MC	9		9.56		
Fiber, total dietary....g	7.5		1	MC	9		6.0		
Sugars, total....g	0.43		1	MC	9		0.34		
Starch....g									
Minerals:									
Calcium, Ca....mg	23		1	MC	9		18		
Iron, Fe....mg	0.03		1	MC	9		0.02		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	6		1	MC	9		5		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		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		1.600		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
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. 19892

Frozen novelties, Sugar Free, CREAMSICLE Pops

Measure 1 = 80g: 1 serving 2 pops

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19263
Frozen novelties, fruit and juice bars

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.30		0		4		60.29	72.04	
Energy	kcal	87		0	NC	4		67	80	
Energy	kJ	362		0	NC	4		279	333	
Protein (N x 6.25)	g	1.20		0		4		0.92	1.10	
Total lipid (fat)	g	0.10		0		4		0.08	0.09	
Ash	g	0.20		0		4		0.15	0.18	
Carbohydrate, by difference	g	20.20		0	NC	4		15.55	18.58	
Fiber, total dietary	g	1.0		0	FLA	4		0.8	0.9	
Sugars, total	g	17.48		0	FLA	4		13.46	16.08	
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		4		4	5	
Iron, Fe	mg	0.19		0		4		0.15	0.17	
Magnesium, Mg	mg	4		0		4		3	4	
Phosphorus, P	mg	6		0		4		5	6	
Potassium, K	mg	53		0		1		41	49	
Sodium, Na	mg	4		0		1		3	4	
Zinc, Zn	mg	0.05		0		4		0.04	0.05	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.165		0		4		0.127	0.152	
Selenium, Se	mcg	0.2		0	BFSN	4		0.2	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.5		0		4		7.3	8.7	
Thiamin	mg	0.011		0		4		0.008	0.010	
Riboflavin	mg	0.018		0		4		0.014	0.017	
Niacin	mg	0.159		0		4		0.122	0.146	
Pantothenic acid	mg	0.040		0		4		0.031	0.037	
Vitamin B-6	mg	0.025		0		4		0.019	0.023	
Folate, total	mcg	7		0	FLA	4		6	7	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	7		0	FLA	4		6	7	
Folate, DFE	mcg_DFE	7		0	NC	4		6	7	
Choline, total	mg	4.0		0	O	4		3.1	3.7	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		1	1	
Retinol	mcg	0		0	FLA	4		0	0	
Carotene, beta	mcg	11		0	FLA	4		8	10	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	18		0	FLA	4		14	17	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	34		0	FLA	4		26	31	
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	0.9		0	FLA	4		0.7	0.8	
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLA	4		0.000	0.000	
4:0	g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19263
Frozen novelties, fruit and juice bars

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.000		0	FLA	4		0.000	0.000	
15:0 g									
16:0 g	0.000		0	FLA	4		0.000	0.000	
17:0 g									
18:0 g	0.000		0	FLA	4		0.000	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0	FLA	4		0.000	0.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.030		0	FLA	4		0.023	0.028	
18:2 undifferentiated g	0.022		0	FLA	4		0.017	0.020	
18:3 undifferentiated g	0.008		0	FLA	4		0.006	0.007	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 77g: 1 bar (2.5 fl oz)

Measure 2 = 92g: 1 bar (3 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 43506

Frozen novelties, ice cream type, chocolate or caramel covered, with 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	43.10		1		1		23.27		
Energy	kcal	317		1		1		171		
Energy	kJ	1326		1		1		716		
Protein	g	4.40		1		1		2.38		
Total lipid (fat)	g	20.20		1		1		10.91		
Ash	g									
Carbohydrate, by difference	g	30.90		0		4		16.69		
Fiber, total dietary	g	0.6		0		4		0.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	252		1		1		136		
Iron, Fe	mg	0.72		1		1		0.39		
Magnesium, Mg	mg	29		1		1		16		
Phosphorus, P	mg	114		1		1		62		
Potassium, K	mg	238		1		1		129		
Sodium, Na	mg	92		1		1		50		
Zinc, Zn	mg	0.63		0		4		0.34		
Copper, Cu	mg	0.128		0		4		0.069		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		4		0.4		
Thiamin	mg	0.040		1		1		0.022		
Riboflavin	mg	0.180		1		1		0.097		
Niacin	mg	0.960		1		1		0.518		
Pantothenic acid	mg									
Vitamin B-6	mg	0.220		0		4		0.119		
Folate, total	mcg	11		0		4		6		
Folic acid	mcg									
Folate, food	mcg	11		0		4		6		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.38		0		4		0.21		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	194		1		1		105		
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	12.658		0		4		6.835		
4:0	g	0.271		0		4		0.146		
6:0	g	0.199		0		4		0.107		
8:0	g	0.557		0		4		0.301		

NDB No. 43506

Frozen novelties, ice cream type, chocolate or caramel covered, with nuts

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.631		0		4		0.341		
12:0 ... g	3.244		0		4		1.752		
13:0 ... g									
14:0 ... g	2.052		0		4		1.108		
15:0 ... g									
16:0 ... g	3.654		0		4		1.973		
17:0 ... g									
18:0 ... g	1.824		0		4		0.985		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.977		0		4		2.688		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.186		0		4		0.100		
17:1 ... g									
18:1 undifferentiated ... g	4.626		0		4		2.498		
20:1 ... g	0.041		0		4		0.022		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.469		0		4		0.793		
18:2 undifferentiated ... g	1.345		0		4		0.726		
18:3 undifferentiated ... g	0.124		0		4		0.067		
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	1		0		4		1		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 54g: 1 bar

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

Food Group: 19 Sweets

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

NDB No. 43269
Frozen novelties, ice cream type, sundae, prepackaged

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.30		1		1				
Energy	kcal	185		1		1				
Energy	kJ	774		1		1				
Protein	g	4.30		1		1				
Total lipid (fat)	g	6.00		1		1				
Ash	g	0.76		0	FLC	4				
Carbohydrate, by difference	g	29.40		0	NC	4				
Fiber, total dietary	g	0.3		0	FLC	4				
Sugars, total	g	20.74		0	FLC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	120		1		1				
Iron, Fe	mg	0.25		1		1				
Magnesium, Mg	mg	19		1		1				
Phosphorus, P	mg	131		1		1				
Potassium, K	mg	211		1		1				
Sodium, Na	mg	95		1		1				
Zinc, Zn	mg	0.54		1		1				
Copper, Cu	mg	0.060		1		1				
Manganese, Mn	mg	0.011		0	FLC	4				
Selenium, Se	mcg	2.0		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		1		1				
Thiamin	mg	0.040		1		1				
Riboflavin	mg	0.190		1		1				
Niacin	mg	0.640		1		1				
Pantothenic acid	mg	0.348		0	FLC	4				
Vitamin B-6	mg	0.050		1		1				
Folate, total	mcg	5		0	FLC	4				
Folic acid	mcg	0		0	FLC	4				
Folate, food	mcg	5		0	FLC	4				
Folate, DFE	mcg_DFE	5		0	NC	4				
Choline, total	mg	12.3		0	NR	4				
Betaine	mg									
Vitamin B-12	mcg	0.39		1		1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	131		0	NC	4				
Retinol	mcg	130		0	FLC	4				
Carotene, beta	mcg	16		0	FLC	4				
Carotene, alpha	mcg	0		0	FLC	4				
Cryptoxanthin, beta	mcg	0		0	FLC	4				
Vitamin A, IU	IU	458		0	NC	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	0		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.12		0	FLC	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	BFFN	4				
Vitamin D	IU	4		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	0.3		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	3.090		0		4				
4:0	g	0.000		0		4				

NDB No. 43269
Frozen novelties, ice cream type, sundae, prepackaged

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.092		0		4				
8:0....g	0.057		0		4				
10:0....g	0.113		0		4				
12:0....g	0.338		0		4				
13:0....g									
14:0....g	0.451		0		4				
15:0....g									
16:0....g	1.267		0		4				
17:0....g									
18:0....g	0.654		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.872		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.110		0		4				
17:1....g									
18:1 undifferentiated....g	1.690		0		4				
20:1....g	0.011		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.663		0		4				
18:2 undifferentiated....g	0.576		0		4				
18:3 undifferentiated....g	0.063		0		4				
18:4....g	0.000		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		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	13		1		1				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4				
Caffeine....mg	0		0	FLC	4				
Theobromine....mg	2		0	FLC	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: 19 Sweets

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

NDB No. 42074

Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.20		1		1				
Energy	kcal	221		0	NC	4				
Energy	kJ	924		0	NC	4				
Protein (N x 6.25)	g	6.40		1		1				
Total lipid (fat)	g	10.10		1		1				
Ash	g	1.19		0	FLC	4				
Carbohydrate, by difference	g	26.11		0	NC	4				
Fiber, total dietary	g	0.8		0	FLC	4				
Sugars, total	g	8.52		0	T	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	222		1		1				
Iron, Fe	mg	0.29		1		1				
Magnesium, Mg	mg	28		1		1				
Phosphorus, P	mg	173		1		1				
Potassium, K	mg	305		1		1				
Sodium, Na	mg	104		1		1				
Zinc, Zn	mg	0.82		1		1				
Copper, Cu	mg	0.076		1		1				
Manganese, Mn	mg	0.078		0	FLC	4				
Selenium, Se	mcg	2.4		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4				
Thiamin	mg	0.062		0	FLC	4				
Riboflavin	mg	0.261		0	FLC	4				
Niacin	mg	0.175		0	FLC	4				
Pantothenic acid	mg	0.479		0	FLC	4				
Vitamin B-6	mg	0.043		0	FLC	4				
Folate, total	mcg	7		0	FLC	4				
Folic acid	mcg	0		0	FLC	4				
Folate, food	mcg	7		0	FLC	4				
Folate, DFE	mcg_DFE	7		0	NC	4				
Choline, total	mg	29.7		0	O	4				
Betaine	mg									
Vitamin B-12	mcg	0.49		0	FLC	4				
Vitamin B-12, added	mcg	0.00		0	FLC	4				
Vitamin A, RAE	mcg_RAE	19		0	NC	4				
Retinol	mcg	15		0	T	4				
Carotene, beta	mcg	44		0	T	4				
Carotene, alpha	mcg	0		0	FLC	4				
Cryptoxanthin, beta	mcg	0		0	FLC	4				
Vitamin A, IU	IU	123		0	NC	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	0		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.42		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	BFFN	4				
Vitamin D	IU	7		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	1.3		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	5.528		0		4				
4:0	g	0.075		0		4				

NDB No. 42074

Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.063		0		4				
8:0 g	0.259		0		4				
10:0 g	0.245		0		4				
12:0 g	1.453		0		4				
13:0 g	0.000		0	FLC	4				
14:0 g	0.761		0		4				
15:0 g	0.014		0	FLC	4				
16:0 g	1.567		0		4				
17:0 g	0.013		0	FLC	4				
18:0 g	1.042		0		4				
20:0 g	0.035		0	FLC	4				
22:0 g	0.004		0	FLC	4				
24:0 g	0.000		0	FLC	4				
Fatty acids, total monounsaturated g	2.700		0		4				
14:1 g	0.006		0	FLC	4				
15:1 g	0.000		0	FLC	4				
16:1 undifferentiated g	0.067		0		4				
17:1 g	0.002		0	FLC	4				
18:1 undifferentiated g	2.594		0		4				
20:1 g	0.000		0		4				
22:1 undifferentiated g	0.000		0		4				
24:1 c g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated g	1.359		0		4				
18:2 undifferentiated g	1.239		0		4				
18:3 undifferentiated g	0.118		0		4				
18:4 g	0.000		0		4				
20:2 n-6 c,c g	0.000		0	FLC	4				
20:3 undifferentiated g	0.000		0	FLC	4				
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	10		0		4				
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4				
Caffeine mg	3		0	FLC	4				
Theobromine mg	32		0	FLC	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 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19217
Frozen novelties, ice type, fruit, no sugar added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.20		0		4		47.53		
Energy....kcal	24		0		4		12		
Energy....kJ	100		0		4		51		
Protein (N x 5.6)....g	0.50		0		4		0.26		
Total lipid (fat)....g	0.10		0		4		0.05		
Ash....g	0.10		0		4		0.05		
Carbohydrate, by difference....g	6.20		0	NC	4		3.16		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		4		1		
Iron, Fe....mg	0.13		0		4		0.07		
Magnesium, Mg....mg	2		1		4		1		
Phosphorus, P....mg	0		0		4		0		
Potassium, K....mg	26		0		4		13		
Sodium, Na....mg	5		0		4		3		
Zinc, Zn....mg	0.04		1		4		0.02		
Copper, Cu....mg	0.017		1		4		0.009		
Manganese, Mn....mg	0.021		1		4		0.011		
Selenium, Se....mcg	0.2		0	FLA	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.000		0		4		0.000		
Riboflavin....mg	0.000		0		4		0.000		
Niacin....mg	0.150		0		4		0.077		
Pantothenic acid....mg	0.000		0		4		0.000		
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									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	1		0		4		1		
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	0.000		0		4		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 19217
Frozen novelties, ice type, fruit, no sugar 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
Cholesterol.....mg	0		0		4		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 = 51g: 1 bar

Calories Factors: Protein 3.9 **Fat** 9 **Carbohydrate** 3.5

Food Group: 19 Sweets

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

NDB No. 19281
Frozen novelties, ice type, italian, restaurant-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	86.40		2	A	1		25.06	100.22	
Energy....kcal	53		0	NC	4		15	61	
Energy....kJ	222		0		4		64	257	
Protein (N x 6.25)....g	0.03		2	A	1		0.01	0.03	
Total lipid (fat)....g	0.02		2	A	1		0.01	0.02	
Ash....g	0.05		2	A	1		0.01	0.06	
Carbohydrate, by difference....g	13.50		0	NC	4		3.92	15.66	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	1		2	A	1		0	1	
Iron, Fe....mg	0.09		2	A	1		0.03	0.10	
Magnesium, Mg....mg	0		2	A	1		0	0	
Phosphorus, P....mg	0		2	A	1		0	0	
Potassium, K....mg	6		2	A	1		2	7	
Sodium, Na....mg	4		2	A	1		1	5	
Zinc, Zn....mg	0.03		2	A	1		0.01	0.03	
Copper, Cu....mg	0.010		0	BFZN	4		0.003	0.012	
Manganese, Mn....mg	0.020		0	BFZN	4		0.006	0.023	
Selenium, Se....mcg	0.1		0	BFZN	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		2	A	1		0.1	0.6	
Thiamin....mg	0.005		2	A	1		0.001	0.006	
Riboflavin....mg	0.010		2	A	1		0.003	0.012	
Niacin....mg	0.715		2	A	1		0.207	0.829	
Pantothenic acid....mg	0.005		2	A	1		0.001	0.006	
Vitamin B-6....mg	0.002		2	A	1		0.001	0.002	
Folate, total....mcg	5		2	A	1		1	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		2	A	1		1	6	
Folate, DFE....mcg_DFE	5		0	NC	4		1	6	
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	167		0	NC	4		48	194	
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	0.000		0	BFZN	4		0.000	0.000	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 19281

Frozen novelties, ice type, italian, restaurant-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	0.000		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	0.000		0	BFZN	4		0.000	0.000	
17:0 ... g									
18:0 ... g	0.000		0	BFZN	4		0.000	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	BFZN	4		0.000	0.000	
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	0.000		0	BFZN	4		0.000	0.000	
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 29.0g: 1 fl oz

Measure 2 = 116g: .5 cup

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19280
Frozen novelties, ice type, lime

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.90		1		4		66.23		
Energy....kcal	128		0	NC	4		127		
Energy....kJ	536		0		4		530		
Protein (N x 6.25)....g	0.40		1		4		0.40		
Total lipid (fat)....g	0.00		1		4		0.00		
Ash....g	0.03		0	T	4		0.03		
Carbohydrate, by difference....g	32.60		0	NC	4		32.27		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g	32.60		0	NR	4		32.27		
Starch....g									
Minerals:									
Calcium, Ca....mg	2		1		4		2		
Iron, Fe....mg	0.16		1		4		0.16		
Magnesium, Mg....mg	1		1		4		1		
Phosphorus, P....mg	1		1		4		1		
Potassium, K....mg	3		1		4		3		
Sodium, Na....mg	22		1		4		22		
Zinc, Zn....mg	0.02		1		4		0.02		
Copper, Cu....mg	0.013		1		4		0.013		
Manganese, Mn....mg	0.020		1		4		0.020		
Selenium, Se....mcg	0.1		0	BFPN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1		4		1.0		
Thiamin....mg	0.001		1		4		0.001		
Riboflavin....mg	0.000		1		4		0.000		
Niacin....mg	0.007		1		4		0.007		
Pantothenic acid....mg	0.003		1		4		0.003		
Vitamin B-6....mg	0.001		1		4		0.001		
Folate, total....mcg	0		1		4		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	0		1		4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	4.0		0	O	4		4.0		
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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		1		4		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		0		7		0.000		
4:0....g	0.000		0		4		0.000		

NDB No. 19280
Frozen novelties, ice type, lime

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		4		0.000		
17:0 ... g									
18:0 ... g	0.000		0		4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0		7		0.000		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		4		0.000		
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	0.000		0		7		0.000		
18:2 undifferentiated ... g	0.000		0		4		0.000		
18:3 undifferentiated ... g	0.000		0		4		0.000		
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		1		4		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 = 99g: .5 cup (4 fl oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19387
Frozen novelties, ice type, pineapple-coconut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.30		1		1		72.57		
Energy....kcal	113		0		4		112		
Energy....kJ	473		0		4		468		
Protein (N x 6.25)....g	0.00		1		1		0.00		
Total lipid (fat)....g	2.60		1		1		2.57		
Ash....g	0.20		1		1		0.20		
Carbohydrate, by difference....g	23.90		0		4		23.66		
Fiber, total dietary....g	0.7		0	RC	4		0.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1		1		0		
Iron, Fe....mg	3.53		1		1		3.49		
Magnesium, Mg....mg	5		0		4		5		
Phosphorus, P....mg	9		0		4		9		
Potassium, K....mg	17		0		4		17		
Sodium, Na....mg	35		1		1		35		
Zinc, Zn....mg	0.11		0		4		0.11		
Copper, Cu....mg	0.044		0		4		0.044		
Manganese, Mn....mg	0.161		0		4		0.159		
Selenium, Se....mcg	0.9		0	FLA	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.2		1		1		13.1		
Thiamin....mg	0.006		0		4		0.006		
Riboflavin....mg	0.005		0		4		0.005		
Niacin....mg	0.034		0		4		0.034		
Pantothenic acid....mg	0.039		0		4		0.039		
Vitamin B-6....mg	0.016		0		4		0.016		
Folate, total....mcg	1		0		4		1		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	1		0		4		1		
Folate, DFE....mcg_DFE	1		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		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									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.304		0	FLA	4		2.281		
Fatty acids, total monounsaturated....g	0.111		0	FLA	4		0.110		
Fatty acids, total polyunsaturated....g	0.029		0	FLA	4		0.029		
Fatty acids, total trans....g									

NDB No. 19387
Frozen novelties, ice type, pineapple-coconut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		1		1		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 = 99g: .5 cup (4 fl oz)

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19283
Frozen novelties, ice type, pop

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.49	0.152	3	A	1		41.85		
Energy....kcal	79		0	NC	4		41		
Energy....kJ	331		0	NC	4		172		
Protein (N x 6.25)....g	0.00	0.000	3	A	1		0.00		
Total lipid (fat)....g	0.24	0.056	3	A	1		0.12		
Ash....g	0.05	0.009	3	A	1		0.02		
Carbohydrate, by difference....g	19.23		0	NC	4		10.00		
Fiber, total dietary....g	0.0	0.000	3	A	1		0.0		
Sugars, total....g	13.66		0	NR	4		7.10		
Sucrose....g	6.28	0.035	3	A	1		3.26		
Glucose (dextrose)....g	3.96	0.023	3	A	1		2.06		
Fructose....g	2.72	0.018	3	A	1		1.41		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.71	0.012	3	A	1		0.37		
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0	0.000	3	A	1		0		
Iron, Fe....mg	0.54	0.151	3	A	1		0.28		
Magnesium, Mg....mg	1	0.023	3	A	1		1		
Phosphorus, P....mg	0	0.000	3	A	1		0		
Potassium, K....mg	15	3.863	3	A	1		8		
Sodium, Na....mg	7	0.088	3	A	1		4		
Zinc, Zn....mg	0.15		2	A	1		0.08		
Copper, Cu....mg	0.000	0.000	3	A	1		0.000		
Manganese, Mn....mg	0.000	0.000	3	A	1		0.000		
Selenium, Se....mcg	0.2	0.167	18	A	1		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.278	3	A	1		0.4		
Thiamin....mg	0.000		1		4		0.000		
Riboflavin....mg	0.000		1		4		0.000		
Niacin....mg	0.000		1		4		0.000		
Pantothenic acid....mg	0.001		0	FLA	4		0.000		
Vitamin B-6....mg	0.000		0	FLA	4		0.000		
Folate, total....mcg	0		0	FLA	4		0		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	0		0	FLA	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	0.0		0	Z	7		0.0		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0		
Retinol....mcg	0		0	FLA	4		0		
Carotene, beta....mcg	0		0	FLA	4		0		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	0		0	FLA	4		0		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 19283
Frozen novelties, ice type, pop

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.013		0	FLA	4		0.007		
4:0....g	0.000		0	FLA	4		0.000		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.000		0	FLA	4		0.000		
13:0....g									
14:0....g	0.000		0	FLA	4		0.000		
15:0....g									
16:0....g	0.013		0	FLA	4		0.007		
17:0....g									
18:0....g	0.000		0	FLA	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.051		0	FLA	4		0.027		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.051		0	FLA	4		0.027		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.016		0	FLA	4		0.008		
18:2 undifferentiated....g	0.015		0	FLA	4		0.008		
18:3 undifferentiated....g	0.000		0	FLA	4		0.000		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 52g: 1 serving 1.75 fl oz pop

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

Food Group: 19 Sweets

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

NDB No. 43514

Frozen novelties, ice type, pop, with low calorie sweetener

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	94.03		2	A	1		51.71		
Energy....kcal	24		0	NC	4		13		
Energy....kJ	99		0	NC	4		54		
Protein (N x 6.25)....g	0.00	0.000	3	A	1		0.00		
Total lipid (fat)....g	0.00		1	MC	9		0.00		
Ash....g	0.06	0.012	3	A	1		0.03		
Carbohydrate, by difference....g	5.92		0	NC	4		3.26		
Fiber, total dietary....g	0.0	0.000	3	A	1		0.0		
Sugars, total....g	1.52		0	NR	4		0.84		
Sucrose....g	0.70	0.015	3	A	1		0.39		
Glucose (dextrose)....g	0.47	0.025	3	A	1		0.26		
Fructose....g	0.34	0.007	3	A	1		0.19		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	0	0.000	3	A	1		0		
Iron, Fe....mg	0.67	0.270	3	A	1		0.37		
Magnesium, Mg....mg	1	0.074	3	A	1		0		
Phosphorus, P....mg	0	0.000	3	A	1		0		
Potassium, K....mg	11	2.968	3	A	1		6		
Sodium, Na....mg	10	2.238	3	A	1		5		
Zinc, Zn....mg	0.47	0.215	3	A	1		0.26		
Copper, Cu....mg	0.000	0.000	3	A	1		0.000		
Manganese, Mn....mg	0.000	0.000	3	A	1		0.000		
Selenium, Se....mcg	0.0		0	FLA	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.4	0.353	3	A	1		5.7		
Thiamin....mg	0.000		0	FLA	4		0.000		
Riboflavin....mg	0.000		0	FLA	4		0.000		
Niacin....mg	0.000		0	FLA	4		0.000		
Pantothenic acid....mg	0.000		0	FLA	4		0.000		
Vitamin B-6....mg	0.000		0	FLA	4		0.000		
Folate, total....mcg	0		0	FLA	4		0		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	0		0	FLA	4		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	0.0		0	Z	7		0.0		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0		
Retinol....mcg	0		0	FLA	4		0		
Carotene, beta....mcg	0		0	FLA	4		0		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	0		1	MC	9		0		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFSN	4		0.00		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 43514
Frozen novelties, ice type, pop, with low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.0		0	BFSN	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.000		1	MC	9		0.000		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.000		0	NR	4		0.000		
17:0.....g									
18:0.....g	0.000		0	NR	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	NR	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	NR	4		0.000		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NR	4		0.000		
18:2 undifferentiated.....g	0.000		0	NR	4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 55g: 1 serving 1.75 fl oz pop

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

Food Group: 19 Sweets

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

NDB No. 19873

Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.03		2	A	1		51.71		
Energy	kcal	21		1	NC	4		11		
Energy	kJ	86		0	NC	4		47		
Protein (N x 6.25)	g	0.00	0.000	3	A	1		0.00		
Total lipid (fat)	g	0.00		1	MC	9		0.00		
Ash	g	0.06	0.012	3	A	1		0.03		
Carbohydrate, by difference	g	5.14		1	MC	9		2.83		
Fiber, total dietary	g	0.0	0.000	3	A	1		0.0		
Sugars, total	g	1.52		0	NR	4		0.83		
Sucrose	g	0.70	0.015	3	A	1		0.39		
Glucose (dextrose)	g	0.47	0.025	3	A	1		0.26		
Fructose	g	0.34	0.007	3	A	1		0.19		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.00	0.000	3	A	1		0.00		
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	0	0.000	3	A	1		0		
Iron, Fe	mg	0.67	0.270	3	A	1		0.37		
Magnesium, Mg	mg	1	0.074	3	A	1		0		
Phosphorus, P	mg	0	0.000	3	A	1		0		
Potassium, K	mg	11	2.968	3	A	1		6		
Sodium, Na	mg	10	2.238	3	A	1		5		
Zinc, Zn	mg	0.47	0.215	3	A	1		0.26		
Copper, Cu	mg	0.000	0.000	3	A	1		0.000		
Manganese, Mn	mg	0.000	0.000	3	A	1		0.000		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.4	0.353	3	A	1		5.7		
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									
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	0.000		1	MC	9		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1	MC	9		0		
Phytosterols	mg									

NDB No. 19873

Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops

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

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

Common Measures:

Measure 1 = 55g: 1 serving 1.75 fl oz pop

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

Food Group: 19 Sweets

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

NDB No. 19856

Frozen novelties, juice type, POPSICLE SCRIBBLERS

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.96		1	A	1		26.39		
Energy	kcal	81		0	NC	4		27		
Energy	kJ	338		0	NC	4		112		
Protein (N x 6.25)	g	0.00		1	A	1		0.00		
Total lipid (fat)	g	0.24		1	A	1		0.08		
Ash	g	0.12		1	A	1		0.04		
Carbohydrate, by difference	g	19.68		0	NC	4		6.49		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	14.57		0	NR	4		4.81		
Sucrose	g	5.68		1	A	1		1.87		
Glucose (dextrose)	g	4.52		1	A	1		1.49		
Fructose	g	3.70		1	A	1		1.22		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.67		1	A	1		0.22		
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		1	A	1		2		
Iron, Fe	mg	0.30		1	A	1		0.10		
Magnesium, Mg	mg	3		1	A	1		1		
Phosphorus, P	mg	2		1	A	1		1		
Potassium, K	mg	23		1	A	1		8		
Sodium, Na	mg	13		1	A	1		4		
Zinc, Zn	mg	0.07		1	A	1		0.02		
Copper, Cu	mg	0.000		1	A	1		0.000		
Manganese, Mn	mg	0.000		1	A	1		0.000		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		1	A	1		0.4		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19856

Frozen novelties, juice type, POPSICLE SCRIBBLERS

Measure 1 = 33g: 1 serving 1.2 fl oz pop

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

Food Group: 19 Sweets

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

NDB No. 43346
Frozen novelties, juice type, orange

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.10		1		1		22.68		
Energy	kcal	95		0	NC	4		28		
Energy	kJ	396		0	NC	4		118		
Protein (N x 6.25)	g	0.50		1		1		0.15		
Total lipid (fat)	g	0.00		1		1		0.00		
Ash	g	0.23		0	FLC	4		0.07		
Carbohydrate, by difference	g	23.17		0	NC	4		6.90		
Fiber, total dietary	g	0.1		0		4		0.0		
Sugars, total	g	19.99		0	BFCN	4		5.96		
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1		1		3		
Iron, Fe	mg	0.47		1		1		0.14		
Magnesium, Mg	mg	8		1		1		2		
Phosphorus, P	mg	13		1		1		4		
Potassium, K	mg	100		1		1		30		
Sodium, Na	mg	8		1		1		2		
Zinc, Zn	mg	0.02		0		4		0.01		
Copper, Cu	mg	0.022		0		4		0.007		
Manganese, Mn	mg	0.008		0	FLC	4		0.002		
Selenium, Se	mcg	0.1		0	BFPN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	25.7		1		1		7.7		
Thiamin	mg	0.010		1		1		0.003		
Riboflavin	mg	0.030		1		1		0.009		
Niacin	mg	0.160		1		1		0.048		
Pantothenic acid	mg	0.065		0	FLC	4		0.019		
Vitamin B-6	mg	0.018		0	FLC	4		0.005		
Folate, total	mcg	18		0	FLC	4		5		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	18		0	FLC	4		5		
Folate, DFE	mcg_DFE	18		0	NC	4		5		
Choline, total	mg	2.9		0	O	4		0.9		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0	BFCN	4		0		
Retinol	mcg	0		0	BFCN	4		0		
Carotene, beta	mcg	12		0	BFCN	4		4		
Carotene, alpha	mcg	0		0	BFCN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFCN	4		0		
Vitamin A, IU	IU	21		0	BFCN	4		6		
Lycopene	mcg	0		0	BFCN	4		0		
Lutein + zeaxanthin	mcg	39		0	BFCN	4		12		
Vitamin E (alpha-tocopherol)	mg	0.04		0	NR	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	0.1		0	BFSN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000		
4:0	g	0.000		0		4		0.000		

NDB No. 43346
Frozen novelties, juice type, orange

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		4		0.000		
17:0 ... g									
18:0 ... g	0.000		0		4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0		4		0.000		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		4		0.000		
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	0.000		0		4		0.000		
18:2 undifferentiated ... g	0.000		0		4		0.000		
18:3 undifferentiated ... g	0.000		0		4		0.000		
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	FLC	4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	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 = 29.8g: 1 fl oz

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

Food Group: 19 Sweets

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

NDB No. 42186
Frozen yogurts, chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.20		0		4		123.89		
Energy....kcal	127		0		4		221		
Energy....kJ	531		0		4		925		
Protein....g	3.00		0		4		5.22		
Total lipid (fat)....g	3.60		0		4		6.26		
Ash....g	0.60		0	NR	4		1.04		
Carbohydrate, by difference....g	21.60		0		4		37.58		
Fiber, total dietary....g	2.3		0		4		4.0		
Sugars, total....g	19.24		0	BFSN	4		33.47		
Starch....g									
Minerals:									
Calcium, Ca....mg	100		0		4		174		
Iron, Fe....mg	0.46		0		4		0.80		
Magnesium, Mg....mg	25		0		4		44		
Phosphorus, P....mg	89		0		4		155		
Potassium, K....mg	234		0		4		407		
Sodium, Na....mg	63		0		4		110		
Zinc, Zn....mg	0.28		0		4		0.49		
Copper, Cu....mg	0.054		0		4		0.094		
Manganese, Mn....mg									
Selenium, Se....mcg	1.9		0	BFPN	4		3.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.040		0		4		0.070		
Riboflavin....mg	0.180		0		4		0.313		
Niacin....mg	0.140		0		4		0.244		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0		4		0.070		
Folate, total....mcg	12		0		4		21		
Folic acid....mcg	0		0	BFSN	4		0		
Folate, food....mcg	12		0		4		21		
Folate, DFE....mcg_DFE	12		0	NC	4		21		
Choline, total....mg	14.1		0	O	4		24.5		
Betaine....mg									
Vitamin B-12....mcg	0.07		0		4		0.12		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	39		0	NC	4		67		
Retinol....mcg	38		0	BFFN	4		66		
Carotene, beta....mcg	9		0	BFSN	4		15		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	141		0	NC	4		246		
Lycopene....mcg	0		0	BFFN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFFN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.09		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	0.1		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.1		
Vitamin D....IU	3		0	BFFN	4		5		
Vitamin K (phylloquinone)....mcg	0.3		0	BFSN	4		0.5		
Lipids:									
Fatty acids, total saturated....g	2.272		0		4		3.953		

NDB No. 42186
Frozen yogurts, chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g	0.096		0		4		0.167		
6:0 g	0.067		0		4		0.117		
8:0 g	0.038		0		4		0.066		
10:0 g	0.086		0		4		0.150		
12:0 g	0.106		0		4		0.184		
13:0 g									
14:0 g	0.327		0		4		0.569		
15:0 g									
16:0 g	0.971		0		4		1.690		
17:0 g									
18:0 g	0.443		0		4		0.771		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.961		0		4		1.672		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.067		0		4		0.117		
17:1 g									
18:1 undifferentiated g	0.817		0		4		1.422		
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	0.102		0		4		0.177		
18:2 undifferentiated g	0.073		0		4		0.127		
18:3 undifferentiated g	0.029		0		4		0.050		
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	13		0		4		23		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		4		0.0		
Caffeine mg	3		0	BFZN	4		5		
Theobromine mg	106		0	BFZN	4		184		

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

Common Measures:

Measure 1 = 174g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 42185

Frozen yogurts, chocolate, nonfat milk, sweetened without sugar

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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		4		136.71		
Energy	kcal	107		0		4		199		
Energy	kJ	448		0		4		833		
Protein	g	4.40		0		4		8.18		
Total lipid (fat)	g	0.80		0		4		1.49		
Ash	g	1.60		0	O	4		2.98		
Carbohydrate, by difference	g	19.70		0		4		36.64		
Fiber, total dietary	g	2.0		0		4		3.7		
Sugars, total	g	12.61		0	O	4		23.45		
Starch	g									
Minerals:										
Calcium, Ca	mg	159		0		4		296		
Iron, Fe	mg	0.04		0		4		0.07		
Magnesium, Mg	mg	40		0		4		74		
Phosphorus, P	mg	129		0		4		240		
Potassium, K	mg	339		0		4		631		
Sodium, Na	mg	81		0		4		151		
Zinc, Zn	mg	0.49		0		4		0.91		
Copper, Cu	mg	0.203		0		4		0.378		
Manganese, Mn	mg									
Selenium, Se	mcg	2.8		0	BFPN	4		5.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		4		1.3		
Thiamin	mg	0.040		0		4		0.074		
Riboflavin	mg	0.180		0		4		0.335		
Niacin	mg	0.200		0		4		0.372		
Pantothenic acid	mg									
Vitamin B-6	mg	0.040		0		4		0.074		
Folate, total	mcg	12		0		4		22		
Folic acid	mcg	0		0	O	4		0		
Folate, food	mcg	12		0		4		22		
Folate, DFE	mcg_DFE	12		0	NC	4		22		
Choline, total	mg	3.1		0	O	4		5.8		
Betaine	mg									
Vitamin B-12	mcg	0.49		0		4		0.91		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		3		
Retinol	mcg	1		0	O	4		2		
Carotene, beta	mcg	8		0	BFSN	4		15		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	7		0		4		13		
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		0.16		
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									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	0.3		0	BFSN	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.505		0		4		0.939		
4:0	g	0.027		0		4		0.050		

NDB No. 42185

Frozen yogurts, chocolate, nonfat milk, sweetened without 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	0.009		0		4		0.017		
8:0 ... g	0.009		0		4		0.017		
10:0 ... g	0.018		0		4		0.033		
12:0 ... g	0.009		0		4		0.017		
13:0 ... g									
14:0 ... g	0.071		0		4		0.132		
15:0 ... g									
16:0 ... g	0.241		0		4		0.448		
17:0 ... g									
18:0 ... g	0.104		0		4		0.193		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.214		0		4		0.398		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.018		0		4		0.033		
17:1 ... g									
18:1 undifferentiated ... g	0.187		0		4		0.348		
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	0.030		0		4		0.056		
18:2 undifferentiated ... g	0.021		0		4		0.039		
18:3 undifferentiated ... g	0.009		0		4		0.017		
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	4		0		4		7		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg	3		0	BFZN	4		6		
Theobromine ... mg	106		0	BFZN	4		197		

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

Common Measures:

Measure 1 = 186g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19393
Frozen yogurts, chocolate, soft-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.80	0.389	3		1		45.94		
Energy	kcal	160		0		4		115		
Energy	kJ	669				4		482		
Protein (N x 6.2)	g	4.00	0.127	3		1		2.88		
Total lipid (fat)	g	6.00	0.084	3		1		4.32		
Ash	g	1.00	0.023	3		1		0.72		
Carbohydrate, by difference	g	24.90		0	NC	4		17.93		
Fiber, total dietary	g	2.2		0		4		1.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	147	2.421	3		1		106		
Iron, Fe	mg	1.25		1		4		0.90		
Magnesium, Mg	mg	27		2		1		19		
Phosphorus, P	mg	139		2		1		100		
Potassium, K	mg	261		2		1		188		
Sodium, Na	mg	98	3.821	3		1		71		
Zinc, Zn	mg	0.49		2		1		0.35		
Copper, Cu	mg	0.131		2		1		0.094		
Manganese, Mn	mg	0.121		2		1		0.087		
Selenium, Se	mcg	2.4		0	FLA	4		1.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		2		1		0.2		
Thiamin	mg	0.036		2		1		0.026		
Riboflavin	mg	0.211	0.020	3		1		0.152		
Niacin	mg	0.305		2		1		0.220		
Pantothenic acid	mg	0.674		2		1		0.485		
Vitamin B-6	mg	0.074		2		1		0.053		
Folate, total	mcg	11		2		1		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	11		2		1		8		
Folate, DFE	mcg_DFE	11		0	NC	4		8		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.29		2		1		0.21		
Vitamin A, RAE	mcg_RAE	44		0	NC	4		32		
Retinol	mcg	43		0	O	4		31		
Carotene, beta	mcg	12		0	O	4		9		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	160		1		4		115		
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	3.630		0		1		2.614		
4:0	g	0.160		1		1		0.115		
6:0	g	0.090		1		1		0.065		
8:0	g	0.050		1		1		0.036		

NDB No. 19393
Frozen yogurts, chocolate, soft-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.120		1		1		0.086		
12:0 ... g	0.130		1		1		0.094		
13:0 ... g									
14:0 ... g	0.500		1		1		0.360		
15:0 ... g									
16:0 ... g	1.610		1		1		1.159		
17:0 ... g									
18:0 ... g	0.960		1		1		0.691		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.750		0		1		1.260		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.110		1		1		0.079		
17:1 ... g									
18:1 undifferentiated ... g	1.640		1		1		1.181		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.220		0		1		0.158		
18:2 undifferentiated ... g	0.140		1		1		0.101		
18:3 undifferentiated ... g	0.070		1		1		0.050		
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		2		1		4		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.056		0		1		0.040		
Threonine ... g	0.171		0		1		0.123		
Isoleucine ... g	0.214		0		1		0.154		
Leucine ... g	0.344		0		1		0.248		
Lysine ... g	0.279		0		1		0.201		
Methionine ... g	0.083		0		1		0.060		
Cystine ... g	0.040		0		1		0.029		
Phenylalanine ... g	0.189		0		1		0.136		
Tyrosine ... g	0.178		0		1		0.128		
Valine ... g	0.256		0		1		0.184		
Arginine ... g	0.164		0		1		0.118		
Histidine ... g	0.096		0		1		0.069		
Alanine ... g	0.147		0		1		0.106		
Aspartic acid ... g	0.323		0		1		0.233		
Glutamic acid ... g	0.758		0		1		0.546		
Glycine ... g	0.108		0		1		0.078		
Proline ... g	0.321		0		1		0.231		
Serine ... g	0.201		0		1		0.145		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g									
Caffeine ... mg	3		0	FLA	4		2		
Theobromine ... mg	106		0	FLA	4		76		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19393

Frozen yogurts, chocolate, soft-serve

Measure 1 = 72g: .5 cup (4 fl oz)

Calories Factors: Protein 3.6 **Fat** 8.7 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 42187
Frozen yogurts, flavors other than chocolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.20		0		4		123.89		
Energy	kcal	127		0		4		221		
Energy	kJ	531		0		4		925		
Protein	g	3.00		0		4		5.22		
Total lipid (fat)	g	3.60		0		4		6.26		
Ash	g	0.60		0	NR	4		1.04		
Carbohydrate, by difference	g	21.60		0		4		37.58		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g	19.92		0	BFSN	4		34.66		
Starch	g									
Minerals:										
Calcium, Ca	mg	100		0		4		174		
Iron, Fe	mg	0.46		0		4		0.80		
Magnesium, Mg	mg	10		0		4		17		
Phosphorus, P	mg	89		0		4		155		
Potassium, K	mg	156		0		4		271		
Sodium, Na	mg	63		0		4		110		
Zinc, Zn	mg	0.28		0		4		0.49		
Copper, Cu	mg	0.009		0		4		0.016		
Manganese, Mn	mg									
Selenium, Se	mcg	1.9		0	BFPN	4		3.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		4		1.2		
Thiamin	mg	0.040		0		4		0.070		
Riboflavin	mg	0.180		0		4		0.313		
Niacin	mg	0.070		0		4		0.122		
Pantothenic acid	mg									
Vitamin B-6	mg	0.040		0		4		0.070		
Folate, total	mcg	4		0		4		7		
Folic acid	mcg	0		0	BFSN	4		0		
Folate, food	mcg	4		0		4		7		
Folate, DFE	mcg_DFE	4		0	NC	4		7		
Choline, total	mg	23.1		0	AS	1		40.2		
Betaine	mg									
Vitamin B-12	mcg	0.07		0		4		0.12		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	49		0	BFSN	4		86		
Retinol	mcg	48		0	BFSN	4		84		
Carotene, beta	mcg	9		0	BFSN	4		15		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	176		0	NC	4		306		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.09		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	0.1		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	BFFN	4		0.1		
Vitamin D	IU	3		0	BFFN	4		5		
Vitamin K (phylloquinone)	mcg	0.3		0	BFSN	4		0.5		
Lipids:										
Fatty acids, total saturated	g	2.326		0		4		4.047		
4:0	g	0.111		0		4		0.193		

NDB No. 42187
Frozen yogurts, flavors other than chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.078		0		4		0.136		
8:0 ... g	0.044		0		4		0.077		
10:0 ... g	0.100		0		4		0.174		
12:0 ... g	0.122		0		4		0.212		
13:0 ... g									
14:0 ... g	0.377		0		4		0.656		
15:0 ... g									
16:0 ... g	0.986		0		4		1.716		
17:0 ... g									
18:0 ... g	0.355		0		4		0.618		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.986		0		4		1.716		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.078		0		4		0.136		
17:1 ... g									
18:1 undifferentiated ... g	0.820		0		4		1.427		
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	0.100		0		4		0.174		
18:2 undifferentiated ... g	0.067		0		4		0.117		
18:3 undifferentiated ... g	0.033		0		4		0.057		
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	13		0		4		23		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		4		0.0		
Caffeine ... mg	0		0	BFSN	4		0		
Theobromine ... mg	0		0	BFSN	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 = 174g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19293
Frozen yogurts, vanilla, soft-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.30	0.386	8		1		47.02		
Energy	kcal	159		0	NC	4		114		
Energy	kJ	665		0		4		479		
Protein (N x 6.25)	g	4.00	0.119	8		1		2.88		
Total lipid (fat)	g	5.60	0.120	8		1		4.03		
Ash	g	0.90	0.017	8		1		0.65		
Carbohydrate, by difference	g	24.20		0	NC	4		17.42		
Fiber, total dietary	g	0.0		0	FLM	4		0.0		
Sugars, total	g	24.00		0	FLM	4		17.28		
Starch	g									
Minerals:										
Calcium, Ca	mg	143	4.303	8		1		103		
Iron, Fe	mg	0.30		1		1		0.22		
Magnesium, Mg	mg	14	0.273	3		1		10		
Phosphorus, P	mg	129	3.055	3		1		93		
Potassium, K	mg	211	10.899	3		1		152		
Sodium, Na	mg	87	4.037	8		1		63		
Zinc, Zn	mg	0.42		2		1		0.30		
Copper, Cu	mg	0.040		2		1		0.029		
Manganese, Mn	mg	0.012		0	FLM	4		0.009		
Selenium, Se	mcg	3.3		0	FLM	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		2		1		0.6		
Thiamin	mg	0.037	0.007	3		1		0.027		
Riboflavin	mg	0.224	0.007	8		1		0.161		
Niacin	mg	0.287	0.003	3		1		0.207		
Pantothenic acid	mg	0.645		1		1		0.464		
Vitamin B-6	mg	0.080		2		1		0.058		
Folate, total	mcg	6		2		1		4		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	6		2		1		4		
Folate, DFE	mcg_DFE	6		0	NC	4		4		
Choline, total	mg	20.2		0	AS	1		14.6		
Betaine	mg									
Vitamin B-12	mcg	0.29		2		1		0.21		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	59		0	FLA	4		43		
Retinol	mcg	58		0	FLA	4		42		
Carotene, beta	mcg	11		0	FLA	4		8		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	212	8.609	3		1		153		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.11		0	FLM	4		0.08		
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	0.1		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	BFFN	4		0.1		
Vitamin D	IU	4		0	BFFN	4		3		
Vitamin K (phylloquinone)	mcg	0.3		0	FLM	4		0.2		
Lipids:										
Fatty acids, total saturated	g	3.420		0		1		2.462		
4:0	g	0.180		1		1		0.130		

NDB No. 19293
Frozen yogurts, vanilla, soft-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.100		1		1		0.072		
8:0....g	0.060		1		1		0.043		
10:0....g	0.140		1		1		0.101		
12:0....g	0.160		1		1		0.115		
13:0....g									
14:0....g	0.570		1		1		0.410		
15:0....g									
16:0....g	1.520		1		1		1.094		
17:0....g									
18:0....g	0.680		1		1		0.490		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.590		0		1		1.145		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		1		1		0.094		
17:1....g									
18:1 undifferentiated....g	1.460		1		1		1.051		
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		0.151		
18:2 undifferentiated....g	0.130		1		1		0.094		
18:3 undifferentiated....g	0.080		1		1		0.058		
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	2		2		1		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.053		0		1		0.038		
Threonine....g	0.169		0		1		0.122		
Isoleucine....g	0.228		0		1		0.164		
Leucine....g	0.368		0		1		0.265		
Lysine....g	0.298		0		1		0.215		
Methionine....g	0.094		0		1		0.068		
Cystine....g	0.035		0		1		0.025		
Phenylalanine....g	0.181		0		1		0.130		
Tyrosine....g	0.181		0		1		0.130		
Valine....g	0.252		0		1		0.181		
Arginine....g	0.136		0		1		0.098		
Histidine....g	0.102		0		1		0.073		
Alanine....g	0.129		0		1		0.093		
Aspartic acid....g	0.285		0		1		0.205		
Glutamic acid....g	0.786		0		1		0.566		
Glycine....g	0.080		0		1		0.058		
Proline....g	0.364		0		1		0.262		
Serine....g	0.204		0		1		0.147		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	0		0	FLM	4		0		
Theobromine....mg	0		0	FLM	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.

NDB No. 19293

Frozen yogurts, vanilla, soft-serve

Common Measures:

Measure 1 = 72g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19294
Fruit butters, apple

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.45		1	MA	12		159.19	9.60	
Energy	kcal	173		0	MC	9		488	29	
Energy	kJ	724		0	MC	9		2041	123	
Protein (N x 6.25)	g	0.39		1	MA	12		1.10	0.07	
Total lipid (fat)	g	0.30		0	FLA	4		0.85	0.05	
Ash	g	0.39		1	MA	12		1.10	0.07	
Carbohydrate, by difference	g	42.47		0	NC	4		119.77	7.22	
Fiber, total dietary	g	1.5		1	MA	12		4.2	0.3	
Sugars, total	g	35.30		1	MA	12		99.55	6.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	14		1	MA	12		39	2	
Iron, Fe	mg	0.31		1	MA	12		0.87	0.05	
Magnesium, Mg	mg	4		0	FLA	4		12	1	
Phosphorus, P	mg	8		0	FLA	4		22	1	
Potassium, K	mg	91		0	FLA	4		257	15	
Sodium, Na	mg	15		1	LC	8		42	3	
Zinc, Zn	mg	0.06		1		1		0.17	0.01	
Copper, Cu	mg	0.080		1		1		0.226	0.014	
Manganese, Mn	mg	0.315		0	FLA	4		0.890	0.054	
Selenium, Se	mcg	0.4		0	FLA	4		1.2	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	FLA	4		1.8	0.1	
Thiamin	mg	0.009		0	FLA	4		0.026	0.002	
Riboflavin	mg	0.019		0	FLA	4		0.053	0.003	
Niacin	mg	0.076		0	FLA	4		0.215	0.013	
Pantothenic acid	mg	0.049		0	FLA	4		0.137	0.008	
Vitamin B-6	mg	0.037		0	FLA	4		0.103	0.006	
Folate, total	mcg	1		0	FLA	4		2	0	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	1		0	FLA	4		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Choline, total	mg	2.1		0	FLA	4		6.0	0.4	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		4	0	
Retinol	mcg	0		0	FLA	4		0	0	
Carotene, beta	mcg	9		0	FLA	4		25	1	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	9		0	FLA	4		27	2	
Vitamin A, IU	IU	22		0	FLA	4		63	4	
Lycopene	mcg	0		0	FLA	4		1	0	
Lutein + zeaxanthin	mcg	17		0	FLA	4		48	3	
Vitamin E (alpha-tocopherol)	mg	0.05		0	FLA	4		0.15	0.01	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma	mg	0.01		0	FLA	4		0.02	0.00	
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	FLA	4		2.5	0.1	
Lipids:										
Fatty acids, total saturated	g	0.053		0	FLA	4		0.149	0.009	
4:0	g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19294
Fruit butters, apple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.001		0	FLA	4		0.003	0.000	
13:0....g									
14:0....g	0.002		0	FLA	4		0.007	0.000	
15:0....g									
16:0....g	0.041		0	FLA	4		0.116	0.007	
17:0....g									
18:0....g	0.008		0	FLA	4		0.021	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0	FLA	4		0.046	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLA	4		0.003	0.000	
17:1....g									
18:1 undifferentiated....g	0.016		0	FLA	4		0.045	0.003	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.084		0	FLA	4		0.237	0.014	
18:2 undifferentiated....g	0.066		0	FLA	4		0.188	0.011	
18:3 undifferentiated....g	0.017		0	FLA	4		0.049	0.003	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 282g: 1 cup

Measure 2 = 17g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19172
Gelatin desserts, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00	0.029	84		1		0.85	0.21	
Energy....kcal	381		0		4		324	80	
Energy....kJ	1594		0		4		1355	335	
Protein (N x 5.55)....g	7.80	0.031	84		1		6.63	1.64	
Total lipid (fat)....g	0.00		1		4		0.00	0.00	
Ash....g	0.70	0.016	84		1		0.60	0.15	
Carbohydrate, by difference....g	90.50		0	NC	4		76.93	19.01	
Fiber, total dietary....g	0.0		2	LC	8		0.0	0.0	
Sugars, total....g	86.04		0	FLC	4		73.13	18.07	
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.102	9		1		3	1	
Iron, Fe....mg	0.13		0	FLC	4		0.11	0.03	
Magnesium, Mg....mg	2		0	FLC	4		2	1	
Phosphorus, P....mg	141		0	FLA	4		120	30	
Potassium, K....mg	7	0.966	17		1		6	1	
Sodium, Na....mg	466	54.339	4	LC	8		396	98	
Zinc, Zn....mg	0.01		2		1		0.01	0.00	
Copper, Cu....mg	0.118		1		1		0.100	0.025	
Manganese, Mn....mg	0.011		0	FLC	4		0.010	0.002	
Selenium, Se....mcg	6.7		1	A	1		5.7	1.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.003		0	FLC	4		0.002	0.001	
Riboflavin....mg	0.041		0	FLC	4		0.035	0.009	
Niacin....mg	0.009		0	FLC	4		0.008	0.002	
Pantothenic acid....mg	0.014		0	FLC	4		0.012	0.003	
Vitamin B-6....mg	0.001		0	FLC	4		0.001	0.000	
Folate, total....mcg	3		0	FLC	4		3	1	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	3		0	FLC	4		3	1	
Folate, DFE....mcg_DFE	3		0	NC	4		3	1	
Choline, total....mg	3.5		0	O	4		3.0	0.7	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	FLC	4		0	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	FLC	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		2	LC	8		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 19172
Gelatin desserts, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		2	LC	8		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		2	LC	8		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		2	LC	8		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	0.151		0		1		0.128	0.032	
Isoleucine....g	0.118		0		1		0.100	0.025	
Leucine....g	0.251		0		1		0.213	0.053	
Lysine....g	0.354		0		1		0.301	0.074	
Methionine....g	0.062		0		1		0.053	0.013	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.177		0		1		0.150	0.037	
Tyrosine....g	0.031		0		1		0.026	0.007	
Valine....g	0.213		0		1		0.181	0.045	
Arginine....g	0.676		0		1		0.575	0.142	
Histidine....g	0.068		0		1		0.058	0.014	
Alanine....g	0.818		0		1		0.695	0.172	
Aspartic acid....g	0.538		0		1		0.457	0.113	
Glutamic acid....g	0.894		0		1		0.760	0.188	
Glycine....g	1.947		0		1		1.655	0.409	
Proline....g	1.256		0		1		1.068	0.264	
Serine....g	0.266		0		1		0.226	0.056	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

NDB No. 19172
Gelatin desserts, dry mix

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19173
Gelatin desserts, dry mix, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.39		0	RPI	6		455.68	113.92	
Energy....kcal	62		0	RPI	6		333	83	
Energy....kJ	258		0	RPI	6		1393	348	
Protein....g	1.22		0	RPI	6		6.61	1.65	
Total lipid (fat)....g	0.00		0	RPI	6		0.00	0.00	
Ash....g	0.20		0	RPI	6		1.06	0.27	
Carbohydrate, by difference....g	14.19		0	RPI	6		76.65	19.16	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	13.49		0	RPI	6		72.85	18.21	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	RPA	1		14	4	
Iron, Fe....mg	0.02		0	RPI	6		0.13	0.03	
Magnesium, Mg....mg	1		0	RPI	6		5	1	
Phosphorus, P....mg	22		0	RPI	6		119	30	
Potassium, K....mg	1		0	RPA	1		7	2	
Sodium, Na....mg	75		0	RPI	6		405	101	
Zinc, Zn....mg	0.01		0	RPA	1		0.03	0.01	
Copper, Cu....mg	0.024		0	RPA	1		0.132	0.033	
Manganese, Mn....mg	0.002		0	RPI	6		0.012	0.003	
Selenium, Se....mcg	1.1		0	RPI	6		5.7	1.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin....mg	0.000		0	RPI	6		0.002	0.001	
Riboflavin....mg	0.006		0	RPI	6		0.035	0.009	
Niacin....mg	0.001		0	RPI	6		0.008	0.002	
Pantothenic acid....mg	0.002		0	RPI	6		0.012	0.003	
Vitamin B-6....mg	0.000		0	RPI	6		0.001	0.000	
Folate, total....mcg	1		0	RPI	6		3	1	
Folic acid....mcg	0		0	RPI	6		0	0	
Folate, food....mcg	1		0	RPI	6		3	1	
Folate, DFE....mcg_DFE	1		0	NC	4		3	1	
Choline, total....mg	0.5		0	AS	1		3.0	0.7	
Betaine....mg	0.5		2	A	1		2.5	0.6	
Vitamin B-12....mcg	0.00		0	RPI	6		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	RPI	6		0	0	
Retinol....mcg	0		0	RPI	6		0	0	
Carotene, beta....mcg	0		0	RPI	6		0	0	
Carotene, alpha....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....mcg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	RPI	6		0.000	0.000	
4:0....g	0.000		0	RPI	6		0.000	0.000	

NDB No. 19173
Gelatin desserts, dry mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	RPI	6		0.000	0.000	
8:0 ... g	0.000		0	RPI	6		0.000	0.000	
10:0 ... g	0.000		0	RPI	6		0.000	0.000	
12:0 ... g	0.000		0	RPI	6		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	RPI	6		0.000	0.000	
15:0 ... g									
16:0 ... g	0.000		0	RPI	6		0.000	0.000	
17:0 ... g									
18:0 ... g	0.000		0	RPI	6		0.000	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	RPI	6		0.000	0.000	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
20:1 ... g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
18:4 ... g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	RPI	6		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0	RPA	1		0.000	0.000	
Threonine ... g	0.024		0	RPA	1		0.128	0.032	
Isoleucine ... g	0.019		0	RPA	1		0.100	0.025	
Leucine ... g	0.039		0	RPA	1		0.213	0.053	
Lysine ... g	0.056		0	RPA	1		0.300	0.075	
Methionine ... g	0.010		0	RPA	1		0.053	0.013	
Cystine ... g	0.000		0	RPA	1		0.000	0.000	
Phenylalanine ... g	0.028		0	RPA	1		0.150	0.037	
Tyrosine ... g	0.005		0	RPA	1		0.026	0.007	
Valine ... g	0.033		0	RPA	1		0.180	0.045	
Arginine ... g	0.106		0	RPA	1		0.573	0.143	
Histidine ... g	0.011		0	RPA	1		0.058	0.014	
Alanine ... g	0.128		0	RPA	1		0.693	0.173	
Aspartic acid ... g	0.084		0	RPA	1		0.456	0.114	
Glutamic acid ... g	0.140		0	RPA	1		0.757	0.189	
Glycine ... g	0.305		0	RPA	1		1.649	0.412	
Proline ... g	0.197		0	RPA	1		1.064	0.266	
Serine ... g	0.042		0	RPA	1		0.225	0.056	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6		0.0	0.0	
Caffeine ... mg	0		0	RPI	6		0	0	
Theobromine ... mg	0		0	RPI	6		0	0	

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

NDB No. 19173

Gelatin desserts, dry mix, prepared with water

Common Measures:

Measure 1 = 540g: 1 package 3 oz, yields 2 cups

Measure 2 = 135g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19175
Gelatin desserts, dry mix, reduced calorie, with aspartame

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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		0	FLC	4		0.12		
Energy	kcal	198		0	NC	4		13		
Energy	kJ	829		0	NC	4		53		
Protein (N x 5.55)	g	15.67		1	LC	8		1.00		
Total lipid (fat)	g	0.00		1	LC	8		0.00		
Ash	g	2.18		0	NR	4		0.14		
Carbohydrate, by difference	g	80.21		0	NC	4		5.13		
Fiber, total dietary	g	0.1		0	FLC	4		0.0		
Sugars, total	g	0.00		0	FLC	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	FLC	4		1		
Iron, Fe	mg	0.06		0	FLC	4		0.00		
Magnesium, Mg	mg	2		0	FLC	4		0		
Phosphorus, P	mg	1293		0		4		83		
Potassium, K	mg	14	1.459	7		1		1		
Sodium, Na	mg	862		1	LC	8		55		
Zinc, Zn	mg	0.00		0	FLC	4		0.00		
Copper, Cu	mg	0.000		0	FLC	4		0.000		
Manganese, Mn	mg	0.000		0	FLC	4		0.000		
Selenium, Se	mcg	0.0		0	FLC	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0		
Thiamin	mg	0.000		0	FLC	4		0.000		
Riboflavin	mg	0.000		0	FLC	4		0.000		
Niacin	mg	0.000		0	FLC	4		0.000		
Pantothenic acid	mg	0.000		0	FLC	4		0.000		
Vitamin B-6	mg	0.000		0	FLC	4		0.000		
Folate, total	mcg	0		0	FLC	4		0		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	0		0	FLC	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	0.0		0	O	4		0.0		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Carotene, beta	mcg	0		0	FLC	4		0		
Carotene, alpha	mcg	0		0	FLC	4		0		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0		
Vitamin A, IU	IU	0		0	FLC	4		0		
Lycopene	mcg	0		0	FLC	4		0		
Lutein + zeaxanthin	mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4		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	FLC	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8		0.000		
4:0	g	0.000		0	FLC	4		0.000		

NDB No. 19175
Gelatin desserts, dry mix, reduced calorie, with aspartame

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

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

Common Measures:

Measure 1 = 6.4g: 1 serving

Calories Factors: Protein 0 **Fat** 0 **Carbohydrate** 2.47

Food Group: 19 Sweets

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

NDB No. 19703

Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.70		0		4		0.60	0.67	0.17
Energy....kcal	345		0		4		31	35	9
Energy....kJ	1443				4		130	144	36
Protein (N x 5.55)....g	55.30		0		4		4.98	5.53	1.38
Total lipid (fat)....g	0.00		1		4		0.00	0.00	0.00
Ash....g	4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference....g	33.30		0	NC	4		3.00	3.33	0.83
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		4		0	0	0
Iron, Fe....mg	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg....mg	1		0		4		0	0	0
Phosphorus, P....mg	0		0		1		0	0	0
Potassium, K....mg	1985		0		1		179	199	50
Sodium, Na....mg	2751		0		1		248	275	69
Zinc, Zn....mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu....mg	1.016		1		4		0.091	0.102	0.025
Manganese, Mn....mg	0.049		1		4		0.004	0.005	0.001
Selenium, Se....mcg	25.5		0	BFPN	4		2.3	2.6	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	490.0		0		1		44.1	49.0	12.3
Thiamin....mg	0.012		1		4		0.001	0.001	0.000
Riboflavin....mg	0.108		1		4		0.010	0.011	0.003
Niacin....mg	0.040		1		4		0.004	0.004	0.001
Pantothenic acid....mg	0.059		1		4		0.005	0.006	0.001
Vitamin B-6....mg	0.049		1		4		0.004	0.005	0.001
Folate, total....mcg	14		1		4		1	1	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	14		1		4		1	1	0
Folate, DFE....mcg_DFE	14		0	NC	4		1	1	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 19703

Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	1.066		0		1		0.096	0.107	0.027
Isoleucine....g	0.837		0		1		0.075	0.084	0.021
Leucine....g	1.774		0		1		0.160	0.177	0.044
Lysine....g	2.501		0		1		0.225	0.250	0.063
Methionine....g	0.439		0		1		0.040	0.044	0.011
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	1.256		0		1		0.113	0.126	0.031
Tyrosine....g	0.219		0		1		0.020	0.022	0.005
Valine....g	1.505		0		1		0.135	0.151	0.038
Arginine....g	4.784		0		1		0.431	0.478	0.120
Histidine....g	0.478		0		1		0.043	0.048	0.012
Alanine....g	5.790		0		1		0.521	0.579	0.145
Aspartic acid....g	3.807		0		1		0.343	0.381	0.095
Glutamic acid....g	6.328		0		1		0.570	0.633	0.158
Glycine....g	13.773		0		1		1.240	1.377	0.344
Proline....g	8.890		0		1		0.800	0.889	0.222
Serine....g	1.884		0		1		0.170	0.188	0.047
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
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 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19704

Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.70		0		4		0.60	0.67	0.17
Energy....kcal	345		0		4		31	35	9
Energy....kJ	1443				4		130	144	36
Protein (N x 5.55)....g	55.30		0		4		4.98	5.53	1.38
Total lipid (fat)....g	0.00		1		4		0.00	0.00	0.00
Ash....g	4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference....g	33.30		0	NC	4		3.00	3.33	0.83
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		4		0	0	0
Iron, Fe....mg	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg....mg	1		0		4		0	0	0
Phosphorus, P....mg	1293		0		4		116	129	32
Potassium, K....mg	14	1.459	7		1		1	1	0
Sodium, Na....mg	158		0		1		14	16	4
Zinc, Zn....mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu....mg	1.016		1		4		0.091	0.102	0.025
Manganese, Mn....mg	0.049		1		4		0.004	0.005	0.001
Selenium, Se....mcg	25.5		0	BFPN	4		2.3	2.6	0.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.012		1		4		0.001	0.001	0.000
Riboflavin....mg	0.108		1		4		0.010	0.011	0.003
Niacin....mg	0.040		1		4		0.004	0.004	0.001
Pantothenic acid....mg	0.059		1		4		0.005	0.006	0.001
Vitamin B-6....mg	0.049		1		4		0.004	0.005	0.001
Folate, total....mcg	14		1		4		1	1	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	14		1		4		1	1	0
Folate, DFE....mcg_DFE	14		0	NC	4		1	1	0
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 19704

Gelatin desserts, dry mix, reduced calorie, with aspartame, no added 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
Cholesterol....mg	0		0		4		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	0.000
Threonine....g	1.066		0		1		0.096	0.107	0.027
Isoleucine....g	0.837		0		1		0.075	0.084	0.021
Leucine....g	1.774		0		1		0.160	0.177	0.044
Lysine....g	2.501		0		1		0.225	0.250	0.063
Methionine....g	0.439		0		1		0.040	0.044	0.011
Cystine....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine....g	1.256		0		1		0.113	0.126	0.031
Tyrosine....g	0.219		0		1		0.020	0.022	0.005
Valine....g	1.505		0		1		0.135	0.151	0.038
Arginine....g	4.784		0		1		0.431	0.478	0.120
Histidine....g	0.478		0		1		0.043	0.048	0.012
Alanine....g	5.790		0		1		0.521	0.579	0.145
Aspartic acid....g	3.807		0		1		0.343	0.381	0.095
Glutamic acid....g	6.328		0		1		0.570	0.633	0.158
Glycine....g	13.773		0		1		1.240	1.377	0.344
Proline....g	8.890		0		1		0.800	0.889	0.222
Serine....g	1.884		0		1		0.170	0.188	0.047
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
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 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19176

Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.74		0	RPI	6		110.84	444.32	
Energy	kcal	20		0	RPI	6		24	95	
Energy	kJ	85		0	RPI	6		99	396	
Protein	g	0.83		0	RPI	6		0.97	3.87	
Total lipid (fat)	g	0.00		0	RPI	6		0.00	0.00	
Ash	g	0.21		0	RPI	6		0.25	1.00	
Carbohydrate, by difference	g	4.22		0	RPI	6		4.94	19.81	
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0	
Sugars, total	g	0.00		0	RPI	6		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RPI	6		3	13	
Iron, Fe	mg	0.01		0	RPI	6		0.01	0.03	
Magnesium, Mg	mg	1		0	RPI	6		1	3	
Phosphorus, P	mg	68		0	RPI	6		80	319	
Potassium, K	mg	1		0	RPA	1		1	4	
Sodium, Na	mg	48		0	RPI	6		56	223	
Zinc, Zn	mg	0.00		0	RPI	6		0.01	0.02	
Copper, Cu	mg	0.007		0	RPI	6		0.008	0.031	
Manganese, Mn	mg	0.000		0	RPI	6		0.000	0.002	
Selenium, Se	mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0	0.0	
Thiamin	mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin	mg	0.000		0	RPI	6		0.000	0.000	
Niacin	mg	0.000		0	RPI	6		0.000	0.000	
Pantothenic acid	mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6	mg	0.000		0	RPI	6		0.000	0.000	
Folate, total	mcg	0		0	RPI	6		0	0	
Folic acid	mcg	0		0	RPI	6		0	0	
Folate, food	mcg	0		0	RPI	6		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	0.0		0	Z	7		0.0	0.0	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	RPI	6		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	RPI	6		0	0	
Retinol	mcg	0		0	RPI	6		0	0	
Carotene, beta	mcg	0		0	RPI	6		0	0	
Carotene, alpha	mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta	mcg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	0		0	RPI	6		0	0	
Lycopene	mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin	mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		0	RPI	6		0.000	0.000	
4:0	g	0.000		0	RPI	6		0.000	0.000	

NDB No. 19176

Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water

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

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

Common Measures:

Measure 1 = 117g: .5 cup

Measure 2 = 469g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19702

Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	1.00	0.029	84		1		0.85	0.21	
Energy....kcal	381		0		4		324	80	
Energy....kJ	1594				4		1355	335	
Protein (N x 5.55)....g	7.80	0.031	84		1		6.63	1.64	
Total lipid (fat)....g	0.00		1		4		0.00	0.00	
Ash....g	0.70	0.016	84		1		0.60	0.15	
Carbohydrate, by difference....g	90.50		0	NC	4		76.93	19.01	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.102	9		1		3	1	
Iron, Fe....mg	0.15		1		4		0.13	0.03	
Magnesium, Mg....mg	2		1		4		2	0	
Phosphorus, P....mg	142		1		4		121	30	
Potassium, K....mg	7	0.966	17		1		6	1	
Sodium, Na....mg	491		0		1		417	103	
Zinc, Zn....mg	0.01		2		1		0.01	0.00	
Copper, Cu....mg	0.118		1		1		0.100	0.025	
Manganese, Mn....mg	0.016		1		4		0.014	0.003	
Selenium, Se....mcg	3.6		0	BFPN	4		3.1	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	62.8		0		1		53.4	13.2	
Thiamin....mg	0.002		1		4		0.002	0.000	
Riboflavin....mg	0.021		1		4		0.018	0.004	
Niacin....mg	0.008		1		4		0.007	0.002	
Pantothenic acid....mg	0.011		1		4		0.009	0.002	
Vitamin B-6....mg	0.010		1		4		0.009	0.002	
Folate, total....mcg	3		1		4		3	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		1		4		3	1	
Folate, DFE....mcg_DFE	3		0	NC	4		3	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		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		1		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 19702

Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	0.151		0		1		0.128	0.032	
Isoleucine....g	0.118		0		1		0.100	0.025	
Leucine....g	0.251		0		1		0.213	0.053	
Lysine....g	0.354		0		1		0.301	0.074	
Methionine....g	0.062		0		1		0.053	0.013	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	0.177		0		1		0.150	0.037	
Tyrosine....g	0.031		0		1		0.026	0.007	
Valine....g	0.213		0		1		0.181	0.045	
Arginine....g	0.676		0		1		0.575	0.142	
Histidine....g	0.068		0		1		0.058	0.014	
Alanine....g	0.818		0		1		0.695	0.172	
Aspartic acid....g	0.538		0		1		0.457	0.113	
Glutamic acid....g	0.894		0		1		0.760	0.188	
Glycine....g	1.947		0		1		1.655	0.409	
Proline....g	1.256		0		1		1.068	0.264	
Serine....g	0.266		0		1		0.226	0.056	
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:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19177
Gelatins, dry powder, unsweetened

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	13.00		1		4		0.91	3.64	
Energy	kcal	335		0		4		23	94	
Energy	kJ	1402		0		4		98	392	
Protein (N x 5.55)	g	85.60		1		4		5.99	23.97	
Total lipid (fat)	g	0.10		1		4		0.01	0.03	
Ash	g	1.30		1		4		0.09	0.36	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	NR	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	55		2		1		4	15	
Iron, Fe	mg	1.11		2		1		0.08	0.31	
Magnesium, Mg	mg	22		2		1		2	6	
Phosphorus, P	mg	39		2		1		3	11	
Potassium, K	mg	16		2		1		1	4	
Sodium, Na	mg	196		2		1		14	55	
Zinc, Zn	mg	0.14		2		1		0.01	0.04	
Copper, Cu	mg	2.161		2		1		0.151	0.605	
Manganese, Mn	mg	0.105		2		1		0.007	0.029	
Selenium, Se	mcg	39.5		1	A	1		2.8	11.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1		0.0	0.0	
Thiamin	mg	0.025		2		1		0.002	0.007	
Riboflavin	mg	0.230		2		1		0.016	0.064	
Niacin	mg	0.085		2		1		0.006	0.024	
Pantothenic acid	mg	0.125		2		1		0.009	0.035	
Vitamin B-6	mg	0.007		1		4		0.000	0.002	
Folate, total	mcg	30		2		1		2	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	30		2		1		2	8	
Folate, DFE	mcg_DFE	30		0	NC	4		2	8	
Choline, total	mg	38.5		0	O	4		2.7	10.8	
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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	NR	4		0	0	
Carotene, alpha	mcg	0		0	NR	4		0	0	
Cryptoxanthin, beta	mcg	0		0	NR	4		0	0	
Vitamin A, IU	IU	0		2		1		0	0	
Lycopene	mcg	0		0	NR	4		0	0	
Lutein + zeaxanthin	mcg	0		0	NR	4		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	0.070		0		1		0.005	0.020	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 19177
Gelatins, dry powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		1		1		0.000	0.000	
13:0....g									
14:0....g	0.010		1		1		0.001	0.003	
15:0....g									
16:0....g	0.040		1		1		0.003	0.011	
17:0....g									
18:0....g	0.030		1		1		0.002	0.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.060		0		1		0.004	0.017	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.050		1		1		0.004	0.014	
20:1....g	0.000		1		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	0.010		0		1		0.001	0.003	
18:2 undifferentiated....g	0.000		1		1		0.000	0.000	
18:3 undifferentiated....g	0.000		1		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	1.475		0		1		0.103	0.413	
Isoleucine....g	1.158		0		1		0.081	0.324	
Leucine....g	2.454		0		1		0.172	0.687	
Lysine....g	3.460		0		1		0.242	0.969	
Methionine....g	0.606		0		1		0.042	0.170	
Cystine....g	0.000		0		1		0.000	0.000	
Phenylalanine....g	1.737		0		1		0.122	0.486	
Tyrosine....g	0.303		0		1		0.021	0.085	
Valine....g	2.081		0		1		0.146	0.583	
Arginine....g	6.616		0		1		0.463	1.852	
Histidine....g	0.662		0		1		0.046	0.185	
Alanine....g	8.009		0		1		0.561	2.243	
Aspartic acid....g	5.265		0		1		0.369	1.474	
Glutamic acid....g	8.753		0		1		0.613	2.451	
Glycine....g	19.049		0		1		1.333	5.334	
Proline....g	12.295		0		1		0.861	3.443	
Serine....g	2.605		0		1		0.182	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. 19177

Gelatins, dry powder, unsweetened

Common Measures:

Measure 1 = 7.0g: 1 envelope (1 tbsp)

Measure 2 = 28g: 1 package (1 oz)

Calories Factors: Protein 3.9 **Fat** 9.02 **Carbohydrate**

Food Group: 19 Sweets

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

NDB No. 19296
Honey

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	17.10	0.071	509		1		57.97	3.59	2.39
Energy	kcal	304		0	NC	4		1031	64	43
Energy	kJ	1272		0		4		4312	267	178
Protein (N x 6.25)	g	0.30	0.007	508		1		1.02	0.06	0.04
Total lipid (fat)	g	0.00	0.002	3		1		0.00	0.00	0.00
Ash	g	0.20	0.009	508		1		0.68	0.04	0.03
Carbohydrate, by difference	g	82.40		0	NC	4		279.34	17.30	11.54
Fiber, total dietary	g	0.2		0		4		0.7	0.0	0.0
Sugars, total	g	82.12		0	NR	4		278.39	17.25	11.50
Sucrose	g	0.89	0.245	9	AI	13		3.00	0.19	0.12
Glucose (dextrose)	g	35.75		1	AI	13		121.20	7.51	5.01
Fructose	g	40.94		1	AI	13		138.80	8.60	5.73
Lactose	g									
Maltose	g	1.44	0.307	9	AI	13		4.88	0.30	0.20
Galactose	g	3.10		1	AI	13		10.51	0.65	0.43
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.396	13		1		20	1	1
Iron, Fe	mg	0.42	0.110	14		1		1.42	0.09	0.06
Magnesium, Mg	mg	2	0.159	14		1		7	0	0
Phosphorus, P	mg	4	0.348	13		1		14	1	1
Potassium, K	mg	52	9.923	14		1		176	11	7
Sodium, Na	mg	4	0.560	14		1		14	1	1
Zinc, Zn	mg	0.22	0.042	12		1		0.75	0.05	0.03
Copper, Cu	mg	0.036	0.008	14		1		0.122	0.008	0.005
Manganese, Mn	mg	0.080	0.026	14		1		0.271	0.017	0.011
Selenium, Se	mcg	0.8		2	A	1		2.7	0.2	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5	0.141	4		1		1.7	0.1	0.1
Thiamin	mg	0.000		1		4		0.000	0.000	0.000
Riboflavin	mg	0.038	0.012	4		1		0.129	0.008	0.005
Niacin	mg	0.121	0.025	4		1		0.410	0.025	0.017
Pantothenic acid	mg	0.068	0.009	4		1		0.231	0.014	0.010
Vitamin B-6	mg	0.024	0.005	4		1		0.081	0.005	0.003
Folate, total	mcg	2		1		1		7	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		1		1		7	0	0
Folate, DFE	mcg_DFE	2		0	NC	4		7	0	0
Choline, total	mg	2.2		1	A	1		7.3	0.5	0.3
Betaine	mg	1.7		1	A	1		5.7	0.4	0.2
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	0		1		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	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									

NDB No. 19296
Honey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		2	JA	6		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.004		0		1		0.014	0.001	0.001
Threonine.....g	0.004		0		1		0.014	0.001	0.001
Isoleucine.....g	0.008		0		1		0.027	0.002	0.001
Leucine.....g	0.010		0		1		0.034	0.002	0.001
Lysine.....g	0.008		0		1		0.027	0.002	0.001
Methionine.....g	0.001		0		1		0.003	0.000	0.000
Cystine.....g	0.003		0		1		0.010	0.001	0.000
Phenylalanine.....g	0.011		0		1		0.037	0.002	0.002
Tyrosine.....g	0.008		0		1		0.027	0.002	0.001
Valine.....g	0.009		0		1		0.031	0.002	0.001
Arginine.....g	0.005		0		1		0.017	0.001	0.001
Histidine.....g	0.001		0		1		0.003	0.000	0.000
Alanine.....g	0.006		0		1		0.020	0.001	0.001
Aspartic acid.....g	0.027		0		1		0.092	0.006	0.004
Glutamic acid.....g	0.018		0		1		0.061	0.004	0.003
Glycine.....g	0.007		0		1		0.024	0.001	0.001
Proline.....g	0.090		0		1		0.305	0.019	0.013
Serine.....g	0.006		0		1		0.020	0.001	0.001
Hydroxyproline.....g									
Others:									

NDB No. 19296
Honey

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

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

Common Measures:

Measure 1 = 339g: 1 cup

Measure 2 = 21g: 1 tbsp

Measure 3 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.68

Food Group: 19 Sweets

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

NDB No. 19894

Ice creams, BREYERS, 98% Fat Free Chocolate

Good Humor - Breyers Ice Cream

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	63.20		0	O	4		42.98		
Energy....kcal	136		1	MC	9		92		
Energy....kJ	568		0	MC	9		386		
Protein (N x 6.25)....g	3.89		1	MC	9		2.65		
Total lipid (fat)....g	2.17		1	MC	9		1.48		
Ash....g	0.56		0	BFFN	4		0.38		
Carbohydrate, by difference....g	30.18		1	MC	9		20.52		
Fiber, total dietary....g	5.8		1	MC	9		3.9		
Sugars, total....g	20.29		1	MC	9		13.80		
Starch....g									
Minerals:									
Calcium, Ca....mg	126		1	MC	9		86		
Iron, Fe....mg	0.84		1	MC	9		0.57		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	75		1	MC	9		51		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.5		
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									
Vitamin A, IU....IU	255		1	MC	9		174		
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	1.380		1	MC	9		0.938		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
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:

NDB No. 19894

Ice creams, BREYERS, 98% Fat Free Chocolate

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19877

Ice creams, BREYERS, 98% Fat Free Vanilla

Good Humor - Breyers Ice Cream

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	63.42		0	O	4		43.13		
Energy....kcal	137		1	MC	9		93		
Energy....kJ	574		0	MC	9		390		
Protein (N x 6.25)....g	3.30		1	MC	9		2.24		
Total lipid (fat)....g	2.20		1	MC	9		1.50		
Ash....g	0.57		0	FLC	4		0.39		
Carbohydrate, by difference....g	30.51		1	MC	9		20.75		
Fiber, total dietary....g	5.4		1	MC	9		3.7		
Sugars, total....g	20.93		1	MC	9		14.23		
Starch....g									
Minerals:									
Calcium, Ca....mg	122		1	MC	9		83		
Iron, Fe....mg	0.09		1	MC	9		0.06		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	73		1	MC	9		49		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	MC	9		0.5		
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									
Vitamin A, IU....IU	268		1	MC	9		182		
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	1.410		1	MC	9		0.959		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	8		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:

NDB No. 19877

Ice creams, BREYERS, 98% Fat Free Vanilla

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19893

Ice creams, BREYERS, All Natural Light French Chocolate

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.58		0	O	4		38.48		
Energy....kcal	201		1	MC	9		136		
Energy....kJ	839		0	MC	9		571		
Protein (N x 6.25)....g	5.30		1	MC	9		3.60		
Total lipid (fat)....g	7.28		1	MC	9		4.95		
Ash....g	1.16		0	BFFN	4		0.79		
Carbohydrate, by difference....g	29.68		1	MC	9		20.18		
Fiber, total dietary....g	1.0		1	MC	9		0.6		
Sugars, total....g	24.04		1	MC	9		16.35		
Starch....g									
Minerals:									
Calcium, Ca....mg	158		1	MC	9		107		
Iron, Fe....mg	0.85		1	MC	9		0.58		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	75		1	MC	9		51		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MC	9		0.7		
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									
Vitamin A, IU....IU	446		1	MC	9		303		
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	4.280		1	MC	9		2.910		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	41		1	MC	9		28		
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. 19893

Ice creams, BREYERS, All Natural Light French Chocolate

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19876

Ice creams, BREYERS, All Natural Light French Vanilla

Good Humor - Breyers Ice Cream

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	62.71		0	O	4		42.64		
Energy....kcal	173		1	MC	9		117		
Energy....kJ	723		0	MC	9		491		
Protein (N x 6.25)....g	4.82		1	MC	9		3.28		
Total lipid (fat)....g	5.56		1	MC	9		3.78		
Ash....g	0.88		0	FLC	4		0.60		
Carbohydrate, by difference....g	26.03		1	MC	9		17.70		
Fiber, total dietary....g	0.2		1	MC	9		0.1		
Sugars, total....g	21.11		1	MC	9		14.35		
Starch....g									
Minerals:									
Calcium, Ca....mg	155		1	MC	9		106		
Iron, Fe....mg	0.21		1	MC	9		0.14		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	73		1	MC	9		50		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	489		1	MC	9		332		
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	3.220		1	MC	9		2.190		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	53		1	MC	9		36		
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. 19876

Ice creams, BREYERS, All Natural Light French Vanilla

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19879

Ice creams, BREYERS, All Natural Light Mint Chocolate Chip

Good Humor - Breyers Ice Cream

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	59.11		0	O	4		40.20		
Energy....kcal	196		1	MC	9		134		
Energy....kJ	822		0	MC	9		559		
Protein (N x 6.25)....g	4.69		1	MC	9		3.19		
Total lipid (fat)....g	7.09		1	MC	9		4.82		
Ash....g	0.72		0	FLM	4		0.49		
Carbohydrate, by difference....g	28.39		1	MC	9		19.31		
Fiber, total dietary....g	0.6		1	MC	9		0.4		
Sugars, total....g	25.38		1	MC	9		17.26		
Starch....g									
Minerals:									
Calcium, Ca....mg	160		1	MC	9		109		
Iron, Fe....mg	0.52		1	MC	9		0.35		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	67		1	MC	9		46		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		1	MC	9		1.0		
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	404		1	MC	9		275		
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	4.480		1	MC	9		3.046		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	15		1	MC	9		10		
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. 19879

Ice creams, BREYERS, All Natural Light Mint Chocolate Chip

Measure 1 = 68g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19875

Ice creams, BREYERS, All Natural Light Vanilla

Good Humor - Breyers Ice Cream

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	64.89		0	FLC	4		44.13		
Energy....kcal	162		1	MC	9		110		
Energy....kJ	678		0	MC	9		461		
Protein (N x 6.25)....g	4.84		1	MC	9		3.29		
Total lipid (fat)....g	4.59		1	MC	9		3.12		
Ash....g	0.38		0	O	4		0.26		
Carbohydrate, by difference....g	25.30		1	MC	9		17.20		
Fiber, total dietary....g	0.2		1	MC	9		0.1		
Sugars, total....g	22.78		1	MC	9		15.49		
Starch....g									
Minerals:									
Calcium, Ca....mg	169		1	MC	9		115		
Iron, Fe....mg	0.06		1	MC	9		0.04		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	71		1	MC	9		48		
Zinc, Zn....mg									
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									
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	437		1	MC	9		297		
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	2.860		1	MC	9		1.945		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	15		1	MC	9		10		
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. 19875

Ice creams, BREYERS, All Natural Light Vanilla

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19878

Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry

Good Humor - Breyers Ice Cream

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	63.32		0	O	4		43.06		
Energy....kcal	161		1	MC	9		109		
Energy....kJ	673		0	MC	9		458		
Protein (N x 6.25)....g	4.69		1	MC	9		3.19		
Total lipid (fat)....g	4.35		1	MC	9		2.96		
Ash....g	1.58		0	FLM	4		1.07		
Carbohydrate, by difference....g	26.06		1	MC	9		17.72		
Fiber, total dietary....g	0.4		1	MC	9		0.3		
Sugars, total....g	22.47		1	MC	9		15.28		
Starch....g									
Minerals:									
Calcium, Ca....mg	158		1	MC	9		108		
Iron, Fe....mg	0.31		1	MC	9		0.21		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	69		1	MC	9		47		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		1	MC	9		1.1		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	417		1	MC	9		284		
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	2.700		1	MC	9		1.836		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	14		1	MC	9		10		
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. 19878

Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19880

Ice creams, BREYERS, No Sugar Added, Butter Pecan

Good Humor - Breyers Ice Cream

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	63.52		0	O	4		43.20		
Energy....kcal	180		1	MC	9		122		
Energy....kJ	752		0	MC	9		511		
Protein (N x 6.25)....g	3.99		1	MC	9		2.71		
Total lipid (fat)....g	10.30		1	MC	9		7.00		
Ash....g	0.89		0	FLM	4		0.60		
Carbohydrate, by difference....g	21.30		1	MC	9		14.48		
Fiber, total dietary....g	0.9		1	MC	9		0.6		
Sugars, total....g	5.90		1	MC	9		4.01		
Starch....g									
Minerals:									
Calcium, Ca....mg	130		1	MC	9		88		
Iron, Fe....mg	0.19		1	MC	9		0.13		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	164		1	MC	9		111		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	281		1	MC	9		191		
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	4.180		1	MC	9		2.842		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	18		1	MC	9		12		
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. 19880

Ice creams, BREYERS, No Sugar Added, Butter Pecan

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19895

Ice creams, BREYERS, No Sugar Added, Chocolate Caramel

Good Humor - Breyers Ice Cream

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	64.71		0	O	4		45.94		
Energy....kcal	151		1	MC	9		107		
Energy....kJ	632		0	MC	9		449		
Protein (N x 6.25)....g	3.54		1	MC	9		2.51		
Total lipid (fat)....g	5.80		1	MC	9		4.12		
Ash....g	0.78		0	BFFN	4		0.55		
Carbohydrate, by difference....g	25.17		1	MC	9		17.87		
Fiber, total dietary....g	1.0		1	MC	9		0.7		
Sugars, total....g	5.81		1	MC	9		4.13		
Starch....g									
Minerals:									
Calcium, Ca....mg	121		1	MC	9		86		
Iron, Fe....mg	0.59		1	MC	9		0.42		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	77		1	MC	9		55		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	MC	9		0.5		
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									
Vitamin A, IU....IU	266		1	MC	9		189		
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	3.650		1	MC	9		2.592		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	16		1	MC	9		12		
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. 19895

Ice creams, BREYERS, No Sugar Added, Chocolate Caramel

Measure 1 = 71g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19881

Ice creams, BREYERS, No Sugar Added, French Vanilla

Good Humor - Breyers Ice Cream

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	66.48		0	O	4		45.21		
Energy....kcal	154		1	MC	9		105		
Energy....kJ	645		0	MC	9		438		
Protein (N x 6.25)....g	4.50		1	MC	9		3.06		
Total lipid (fat)....g	7.05		1	MC	9		4.79		
Ash....g	1.22		0	FLM	4		0.83		
Carbohydrate, by difference....g	20.75		1	MC	9		14.11		
Fiber, total dietary....g	0.5		1	MC	9		0.4		
Sugars, total....g	7.70		1	MC	9		5.24		
Starch....g									
Minerals:									
Calcium, Ca....mg	151		1	MC	9		103		
Iron, Fe....mg	0.19		1	MC	9		0.13		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	87		1	MC	9		59		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	MC	9		0.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	345		1	MC	9		235		
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	4.170		1	MC	9		2.836		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	53		1	MC	9		36		
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. 19881

Ice creams, BREYERS, No Sugar Added, French Vanilla

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19882

Ice creams, BREYERS, No Sugar Added, Vanilla

Good Humor - Breyers Ice Cream

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	67.86		0	FLM	4		46.82		
Energy....kcal	143		1	MC	9		99		
Energy....kJ	600		0	MC	9		414		
Protein (N x 6.25)....g	3.68		1	MC	9		2.54		
Total lipid (fat)....g	6.20		1	MC	9		4.28		
Ash....g	0.84		0	FLM	4		0.58		
Carbohydrate, by difference....g	21.92		1	MC	9		15.12		
Fiber, total dietary....g	0.5		1	MC	9		0.4		
Sugars, total....g	6.09		1	MC	9		4.20		
Starch....g									
Minerals:									
Calcium, Ca....mg	133		1	MC	9		92		
Iron, Fe....mg	0.09		1	MC	9		0.06		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	66		1	MC	9		45		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	MC	9		0.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	291		1	MC	9		201		
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	3.900		1	MC	9		2.691		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	18		1	MC	9		13		
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. 19882

Ice creams, BREYERS, No Sugar Added, Vanilla

Measure 1 = 69g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19884

Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry

Good Humor - Breyers Ice Cream

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	67.34		0	O	4		45.79		
Energy....kcal	143		1	MC	9		98		
Energy....kJ	600		0	MC	9		408		
Protein (N x 6.25)....g	3.71		1	MC	9		2.52		
Total lipid (fat)....g	6.26		1	MC	9		4.26		
Ash....g	0.99		0	FLM	4		0.67		
Carbohydrate, by difference....g	21.70		1	MC	9		14.76		
Fiber, total dietary....g	0.7		1	MC	9		0.5		
Sugars, total....g	6.15		1	MC	9		4.18		
Starch....g									
Minerals:									
Calcium, Ca....mg	132		1	MC	9		90		
Iron, Fe....mg	0.27		1	MC	9		0.18		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	68		1	MC	9		47		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	MC	9		0.5		
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									
Vitamin A, IU....IU	292		1	MC	9		198		
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	3.940		1	MC	9		2.679		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	18		1	MC	9		12		
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. 19884

Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry

Measure 1 = 68g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19883

Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.40		0	O	4		46.37		
Energy	kcal	153		1	MC	9		110		
Energy	kJ	641		0	MC	9		461		
Protein (N x 6.25)	g	3.53		1	MC	9		2.54		
Total lipid (fat)	g	5.68		1	MC	9		4.09		
Ash	g	0.76		0	FLM	4		0.55		
Carbohydrate, by difference	g	25.63		1	MC	9		18.45		
Fiber, total dietary	g	0.8		1	MC	9		0.5		
Sugars, total	g	5.49		1	MC	9		3.95		
Starch	g									
Minerals:										
Calcium, Ca	mg	121		1	MC	9		87		
Iron, Fe	mg	0.36		1	MC	9		0.26		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	72		1	MC	9		52		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		1	MC	9		0.5		
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									
Vitamin A, IU	IU	262		1	MC	9		189		
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	3.570		1	MC	9		2.570		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	16		1	MC	9		12		
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. 19883

Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl

Measure 1 = 72g: 1 serving 1/2 cup

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19270
Ice creams, chocolate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.70	0.813	11		1		32.31	36.76	
Energy....kcal	216		0	NC	4		125	143	
Energy....kJ	904		0		4		524	596	
Protein (N x 6.1)....g	3.80	0.082	6		1		2.20	2.51	
Total lipid (fat)....g	11.00	0.427	6		1		6.38	7.26	
Ash....g	1.00	0.050	6		1		0.58	0.66	
Carbohydrate, by difference....g	28.20		0	NC	4		16.36	18.61	
Fiber, total dietary....g	1.2		0		4		0.7	0.8	
Sugars, total....g	25.36		0	BFCN	4		14.71	16.74	
Starch....g									
Minerals:									
Calcium, Ca....mg	109	2.964	34		1		63	72	
Iron, Fe....mg	0.93	0.061	35		1		0.54	0.61	
Magnesium, Mg....mg	29	0.755	36		1		17	19	
Phosphorus, P....mg	107	1.632	28		1		62	71	
Potassium, K....mg	249	4.882	35		1		144	164	
Sodium, Na....mg	76	2.707	36		1		44	50	
Zinc, Zn....mg	0.58	0.021	35		1		0.34	0.38	
Copper, Cu....mg	0.135	0.011	35		1		0.078	0.089	
Manganese, Mn....mg	0.140	0.008	35		1		0.081	0.092	
Selenium, Se....mcg	2.5	0.301	17	A	1		1.5	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		4		0.4	0.5	
Thiamin....mg	0.042	0.004	5		1		0.024	0.028	
Riboflavin....mg	0.194	0.009	5		1		0.113	0.128	
Niacin....mg	0.226	0.015	5		1		0.131	0.149	
Pantothenic acid....mg	0.554	0.063	5		1		0.321	0.366	
Vitamin B-6....mg	0.055	0.003	5		1		0.032	0.036	
Folate, total....mcg	16	1.147	5		1		9	11	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16	1.147	5		1		9	11	
Folate, DFE....mcg_DFE	16		0	NC	4		9	11	
Choline, total....mg	22.5		0	AS	1		13.0	14.8	
Betaine....mg	0.6		1	A	1		0.3	0.4	
Vitamin B-12....mcg	0.29	0.055	5		1		0.17	0.19	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	118		0	BFFN	4		68	78	
Retinol....mcg	116		0	BFFN	4		67	77	
Carotene, beta....mcg	19		0	BFFN	4		11	12	
Carotene, alpha....mcg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFFN	4		0	0	
Vitamin A, IU....IU	416	30.100	5		1		241	275	
Lycopene....mcg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFFN	4		0.17	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.1	0.1	
Vitamin D....IU	8		0	BFFN	4		5	5	
Vitamin K (phylloquinone)....mcg	0.3		0	BFFN	4		0.2	0.2	
Lipids:									
Fatty acids, total saturated....g	6.800		0		1		3.944	4.488	
4:0....g	0.340		1		1		0.197	0.224	

NDB No. 19270
Ice creams, chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.200		1		1		0.116	0.132	
8:0 ... g	0.120		1		1		0.070	0.079	
10:0 ... g	0.260		1		1		0.151	0.172	
12:0 ... g	0.290		1		1		0.168	0.191	
13:0 ... g									
14:0 ... g	1.070		1		1		0.621	0.706	
15:0 ... g									
16:0 ... g	3.060		1		1		1.775	2.020	
17:0 ... g									
18:0 ... g	1.460		1		1		0.847	0.964	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.210		0		1		1.862	2.119	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.240		1		1		0.139	0.158	
17:1 ... g									
18:1 undifferentiated ... g	2.970		1		1		1.723	1.960	
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	0.410		0		1		0.238	0.271	
18:2 undifferentiated ... g	0.250		1		1		0.145	0.165	
18:3 undifferentiated ... g	0.150		1		1		0.087	0.099	
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	34		1		1		20	22	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	3		1		1		2	2	
Theobromine ... mg	62		1		1		36	41	

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

Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

Calories Factors: Protein 3.6 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19114
Ice creams, chocolate, light

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.43		0	FLM	4		41.77	61.43	
Energy....kcal	187		0	NC	4		127	187	
Energy....kJ	784		0	NC	4		533	784	
Protein....g	5.00		2	MC	9		3.40	5.00	
Total lipid (fat)....g	7.19		2	MC	9		4.89	7.19	
Ash....g	0.69		0	FLM	4		0.47	0.69	
Carbohydrate, by difference....g	25.70		0	NC	4		17.48	25.70	
Fiber, total dietary....g	0.8		2	MC	9		0.5	0.8	
Sugars, total....g	24.71		2	MC	9		16.80	24.71	
Starch....g									
Minerals:									
Calcium, Ca....mg	159		2	MC	9		108	159	
Iron, Fe....mg	0.69		2	MC	9		0.47	0.69	
Magnesium, Mg....mg	20		0	FLM	4		13	20	
Phosphorus, P....mg	83		0	FLM	4		57	83	
Potassium, K....mg	170		0	FLM	4		116	170	
Sodium, Na....mg	71		2	MC	9		48	71	
Zinc, Zn....mg	0.43		0	FLM	4		0.30	0.43	
Copper, Cu....mg	0.103		0	FLM	4		0.070	0.103	
Manganese, Mn....mg	0.101		0	FLM	4		0.069	0.101	
Selenium, Se....mcg	2.2		0	FLM	4		1.5	2.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		2	MC	9		0.8	1.2	
Thiamin....mg	0.023		0	FLM	4		0.015	0.023	
Riboflavin....mg	0.129		0	FLM	4		0.088	0.129	
Niacin....mg	0.126		0	FLM	4		0.086	0.126	
Pantothenic acid....mg	0.246		0	FLM	4		0.167	0.246	
Vitamin B-6....mg	0.023		0	FLM	4		0.016	0.023	
Folate, total....mcg	4		0	FLM	4		2	4	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	4		0	FLM	4		2	4	
Folate, DFE....mcg_DFE	4		0	NC	4		2	4	
Choline, total....mg	19.6		0	BFSN	4		13.3	19.6	
Betaine....mg									
Vitamin B-12....mcg	0.14		0	FLM	4		0.10	0.14	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	71		0	FLM	4		48	71	
Retinol....mcg	60		0	FLM	4		41	60	
Carotene, beta....mcg	135		0	FLM	4		92	135	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	425		2	MC	9		289	425	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	1		0	FLM	4		1	1	
Vitamin E (alpha-tocopherol)....mg	0.20		0	FLM	4		0.13	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.1	0.1	
Vitamin D....IU	5		0	BFFN	4		4	5	
Vitamin K (phylloquinone)....mcg	0.6		0	FLM	4		0.4	0.6	
Lipids:									
Fatty acids, total saturated....g	4.380		2	MC	9		2.978	4.380	
4:0....g	0.226		0	FLM	4		0.154	0.226	

NDB No. 19114
Ice creams, chocolate, light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.077		0	FLM	4		0.053	0.077	
8:0 g	0.079		0	FLM	4		0.054	0.079	
10:0 g	0.140		0	FLM	4		0.095	0.140	
12:0 g	0.091		0	FLM	4		0.062	0.091	
13:0 g	0.000		0	FLM	4		0.000	0.000	
14:0 g	0.705		0	FLM	4		0.479	0.705	
15:0 g	0.000		0	FLM	4		0.000	0.000	
16:0 g	1.996		0	FLM	4		1.357	1.996	
17:0 g	0.000		0	FLM	4		0.000	0.000	
18:0 g	0.846		0	FLM	4		0.575	0.846	
20:0 g	0.000		0	FLM	4		0.000	0.000	
22:0 g	0.000		0	FLM	4		0.000	0.000	
24:0 g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated g	2.055		0	FLM	4		1.397	2.055	
14:1 g	0.000		0	FLM	4		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.199		0	FLM	4		0.135	0.199	
17:1 g									
18:1 undifferentiated g	1.856		0	FLM	4		1.262	1.856	
20:1 g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.241		0	FLM	4		0.164	0.241	
18:2 undifferentiated g	0.168		0	FLM	4		0.114	0.168	
18:3 undifferentiated g	0.074		0	FLM	4		0.050	0.074	
18:4 g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	28		2	MC	9		19	28	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0	0.0	
Caffeine mg	2		0	FLM	4		1	2	
Theobromine mg	69		0	FLM	4		47	69	

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

Measure 2 = 100g: 1 unit

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

Food Group: 19 Sweets

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

NDB No. 19265
Ice creams, chocolate, light, no sugar added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.99		0	FLM	4		45.35		
Energy....kcal	173		0	NC	4		125		
Energy....kJ	724		0	NC	4		521		
Protein....g	3.54		2	MC	9		2.55		
Total lipid (fat)....g	5.74		2	MC	9		4.13		
Ash....g	0.94		0	FLM	4		0.68		
Carbohydrate, by difference....g	26.79		0	NC	4		19.29		
Fiber, total dietary....g	0.9		2	MC	9		0.6		
Sugars, total....g	5.65		2	MC	9		4.07		
Starch....g									
Minerals:									
Calcium, Ca....mg	121		2	MC	9		87		
Iron, Fe....mg	0.48		2	MC	9		0.34		
Magnesium, Mg....mg	15		0	FLM	4		11		
Phosphorus, P....mg	106		0	FLM	4		77		
Potassium, K....mg	196		0	FLM	4		141		
Sodium, Na....mg	75		2	MC	9		54		
Zinc, Zn....mg	0.40		0	FLM	4		0.29		
Copper, Cu....mg	0.018		0	FLM	4		0.013		
Manganese, Mn....mg	0.009		0	FLM	4		0.006		
Selenium, Se....mcg	2.9		0	FLM	4		2.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		2	MC	9		0.5		
Thiamin....mg	0.044		0	FLM	4		0.032		
Riboflavin....mg	0.180		0	FLM	4		0.130		
Niacin....mg	0.111		0	FLM	4		0.080		
Pantothenic acid....mg	0.414		0	FLM	4		0.298		
Vitamin B-6....mg	0.042		0	FLM	4		0.030		
Folate, total....mcg	5		0	FLM	4		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	5		0	FLM	4		3		
Folate, DFE....mcg_DFE	5		0	NC	4		3		
Choline, total....mg	11.7		0	NR	4		8.4		
Betaine....mg									
Vitamin B-12....mcg	0.38		0	FLM	4		0.27		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	75		0	FLM	4		54		
Retinol....mcg	74		0	FLM	4		53		
Carotene, beta....mcg	10		0	FLM	4		7		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
Vitamin A, IU....IU	264		2	MC	9		190		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)....mg	0.30		0	FLM	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	0.1		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.1		
Vitamin D....IU	4		0	BFFN	4		3		
Vitamin K (phylloquinone)....mcg	3.6		0	FLM	4		2.6		
Lipids:									
Fatty acids, total saturated....g	3.610		2	MC	9		2.599		
4:0....g	0.172		0	FLM	4		0.124		

NDB No. 19265
Ice creams, chocolate, light, no sugar 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	0.105		0	FLM	4		0.075		
8:0 g	0.065		0	FLM	4		0.047		
10:0 g	0.135		0	FLM	4		0.097		
12:0 g	0.149		0	FLM	4		0.108		
13:0 g	0.000		0	FLM	4		0.000		
14:0 g	0.543		0	FLM	4		0.391		
15:0 g	0.000		0	FLM	4		0.000		
16:0 g	1.624		0	FLM	4		1.169		
17:0 g	0.000		0	FLM	4		0.000		
18:0 g	0.706		0	FLM	4		0.508		
20:0 g	0.000		0	FLM	4		0.000		
22:0 g	0.000		0	FLM	4		0.000		
24:0 g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated g	0.930		0	FLM	4		0.669		
14:1 g	0.000		0	FLM	4		0.000		
15:1 g									
16:1 undifferentiated g	0.066		0	FLM	4		0.048		
17:1 g									
18:1 undifferentiated g	0.863		0	FLM	4		0.622		
20:1 g	0.000		0	FLM	4		0.000		
22:1 undifferentiated g	0.000		0	FLM	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.527		0	FLM	4		0.379		
18:2 undifferentiated g	0.434		0	FLM	4		0.313		
18:3 undifferentiated g	0.092		0	FLM	4		0.066		
18:4 g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	16		2	MC	9		12		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	5		0	FLM	4		3		

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

Common Measures:

Measure 1 = 72g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 43541
Ice creams, chocolate, rich

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.52		0	FLM	4		85.13	5.87	
Energy	kcal	255		0	NC	4		377	26	
Energy	kJ	1066		0	NC	4		1577	109	
Protein	g	4.72		1	LC	8		6.98	0.48	
Total lipid (fat)	g	16.98		1	LC	8		25.13	1.73	
Ash	g	1.00		0	FLM	4		1.48	0.10	
Carbohydrate, by difference	g	20.75		1	LC	8		30.72	2.12	
Fiber, total dietary	g	0.9		1	LC	8		1.4	0.1	
Sugars, total	g	17.35		0	T	4		25.67	1.77	
Starch	g									
Minerals:										
Calcium, Ca	mg	142		1	LC	8		209	14	
Iron, Fe	mg	1.02		1	LC	8		1.51	0.10	
Magnesium, Mg	mg	32		0	FLM	4		47	3	
Phosphorus, P	mg	115		0	FLM	4		170	12	
Potassium, K	mg	238		0	FLM	4		353	24	
Sodium, Na	mg	57		1	LC	8		84	6	
Zinc, Zn	mg	0.64		0	FLM	4		0.95	0.07	
Copper, Cu	mg	0.175		0	FLM	4		0.258	0.018	
Manganese, Mn	mg	0.173		0	FLM	4		0.255	0.018	
Selenium, Se	mcg	2.1		0	FLM	4		3.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0	FLM	4		0.7	0.0	
Thiamin	mg	0.030		0	FLM	4		0.044	0.003	
Riboflavin	mg	0.167		0	FLM	4		0.247	0.017	
Niacin	mg	0.182		0	FLM	4		0.269	0.019	
Pantothenic acid	mg	0.336		0	FLM	4		0.498	0.034	
Vitamin B-6	mg	0.033		0	FLM	4		0.048	0.003	
Folate, total	mcg	5		0	FLM	4		8	1	
Folic acid	mcg	0		0	FLM	4		0	0	
Folate, food	mcg	5		0	FLM	4		8	1	
Folate, DFE	mcg_DFE	5		0	NC	4		8	1	
Choline, total	mg	34.7		0	NR	4		51.3	3.5	
Betaine	mg									
Vitamin B-12	mcg	0.18		0	FLM	4		0.26	0.02	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	201		0	NC	4		297	20	
Retinol	mcg	198		0	FLM	4		293	20	
Carotene, beta	mcg	31		0	FLM	4		46	3	
Carotene, alpha	mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLM	4		0	0	
Vitamin A, IU	IU	713		0	NC	4		1055	73	
Lycopene	mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin	mcg	2		0	FLM	4		3	0	
Vitamin E (alpha-tocopherol)	mg	0.46		0	FLM	4		0.68	0.05	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.3		0	AS	1		0.5	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.3		0	BFFN	4		0.5	0.0	
Vitamin D	IU	12		0	BFFN	4		18	1	
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		2.2	0.2	
Lipids:										
Fatty acids, total saturated	g	10.377		1	LC	8		15.358	1.058	
4:0	g	0.517		0	FLM	4		0.766	0.053	

NDB No. 43541
Ice creams, chocolate, rich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.312		0	FLM	4		0.462	0.032	
8:0 ... g	0.188		0	FLM	4		0.278	0.019	
10:0 ... g	0.403		0	FLM	4		0.597	0.041	
12:0 ... g	0.450		0	FLM	4		0.667	0.046	
13:0 ... g	0.000		0	FLM	4		0.000	0.000	
14:0 ... g	1.619		0	FLM	4		2.397	0.165	
15:0 ... g	0.000		0	FLM	4		0.000	0.000	
16:0 ... g	4.406		0	FLM	4		6.520	0.449	
17:0 ... g	0.000		0	FLM	4		0.000	0.000	
18:0 ... g	2.138		0	FLM	4		3.164	0.218	
20:0 ... g	0.000		0	FLM	4		0.000	0.000	
22:0 ... g	0.000		0	FLM	4		0.000	0.000	
24:0 ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated ... g	4.794		0	FLM	4		7.095	0.489	
14:1 ... g	0.000		0	FLM	4		0.000	0.000	
15:1 ... g									
16:1 undifferentiated ... g	0.361		0	FLM	4		0.535	0.037	
17:1 ... g									
18:1 undifferentiated ... g	4.433		0	FLM	4		6.561	0.452	
20:1 ... g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.658		0	FLM	4		0.975	0.067	
18:2 undifferentiated ... g	0.409		0	FLM	4		0.605	0.042	
18:3 undifferentiated ... g	0.250		0	FLM	4		0.369	0.025	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	60		0	FLM	4		89	6	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0	0.0	
Caffeine ... mg	4		0	FLM	4		5	0	
Theobromine ... mg	120		0	FLM	4		178	12	

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

Common Measures:

Measure 1 = 148g: 1 cup

Measure 2 = 10.2g: 1 cubic inch

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

Food Group: 19 Sweets

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

NDB No. 19090
Ice creams, french vanilla, soft-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.80	0.361	11		1		51.43		
Energy	kcal	222		0	NC	4		191		
Energy	kJ	930		0	NC	4		800		
Protein (N x 6.25)	g	4.10		1		1		3.53		
Total lipid (fat)	g	13.00	0.508	11		1		11.18		
Ash	g	0.90		1		4		0.77		
Carbohydrate, by difference	g	22.20		0	NC	4		19.09		
Fiber, total dietary	g	0.7		0	FLA	4		0.6		
Sugars, total	g	21.16		0	FLA	4		18.20		
Starch	g									
Minerals:										
Calcium, Ca	mg	131		1		4		113		
Iron, Fe	mg	0.21		1		4		0.18		
Magnesium, Mg	mg	12		1		4		10		
Phosphorus, P	mg	116		1		4		100		
Potassium, K	mg	177		1		4		152		
Sodium, Na	mg	61		1		4		52		
Zinc, Zn	mg	0.52		1		4		0.45		
Copper, Cu	mg	0.030		1		4		0.026		
Manganese, Mn	mg	0.005		1		4		0.004		
Selenium, Se	mcg	3.0		0	BFPN	4		2.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1		4		0.7		
Thiamin	mg	0.049		1		4		0.042		
Riboflavin	mg	0.182		1		4		0.157		
Niacin	mg	0.095		1		4		0.082		
Pantothenic acid	mg	0.506		1		4		0.435		
Vitamin B-6	mg	0.048		1		4		0.041		
Folate, total	mcg	9		1		4		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	9		1		4		8		
Folate, DFE	mcg_DFE	9		0	NC	4		8		
Choline, total	mg	26.0		0	T	4		22.4		
Betaine	mg									
Vitamin B-12	mcg	0.50		1		4		0.43		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	162		0	FLA	4		139		
Retinol	mcg	159		0	FLA	4		137		
Carotene, beta	mcg	30		0	FLA	4		26		
Carotene, alpha	mcg	5		0	FLA	4		4		
Cryptoxanthin, beta	mcg	5		0	FLA	4		4		
Vitamin A, IU	IU	589		0	FLA	4		506		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	151		0	FLA	4		130		
Vitamin E (alpha-tocopherol)	mg	0.61		0	FLA	4		0.52		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.7		0	NR	4		0.6		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.7		0	NR	4		0.6		
Vitamin D	IU	29		0	FLA	4		25		
Vitamin K (phylloquinone)	mcg	0.9		0	FLA	4		0.8		
Lipids:										
Fatty acids, total saturated	g	7.480		0		1		6.433		
4:0	g	0.390		1		1		0.335		

NDB No. 19090
Ice creams, french vanilla, soft-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.230		1		1		0.198		
8:0....g	0.130		1		1		0.112		
10:0....g	0.300		1		1		0.258		
12:0....g	0.340		1		1		0.292		
13:0....g									
14:0....g	1.240		1		1		1.066		
15:0....g									
16:0....g	3.360		1		1		2.890		
17:0....g									
18:0....g	1.470		1		1		1.264		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.490		0		1		3.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		1		1		0.232		
17:1....g									
18:1 undifferentiated....g	3.220		1		1		2.769		
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	0.450		0		1		0.387		
18:2 undifferentiated....g	0.280		1		1		0.241		
18:3 undifferentiated....g	0.180		1		1		0.155		
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	91		1		4		78		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0		1		0.041		
Threonine....g	0.169		0		1		0.145		
Isoleucine....g	0.215		0		1		0.185		
Leucine....g	0.353		0		1		0.304		
Lysine....g	0.296		0		1		0.255		
Methionine....g	0.091		0		1		0.078		
Cystine....g	0.036		0		1		0.031		
Phenylalanine....g	0.176		0		1		0.151		
Tyrosine....g	0.170		0		1		0.146		
Valine....g	0.241		0		1		0.207		
Arginine....g	0.172		0		1		0.148		
Histidine....g	0.099		0		1		0.085		
Alanine....g	0.164		0		1		0.141		
Aspartic acid....g	0.300		0		1		0.258		
Glutamic acid....g	0.745		0		1		0.641		
Glycine....g	0.163		0		1		0.140		
Proline....g	0.374		0		1		0.322		
Serine....g	0.216		0		1		0.186		
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. 19090

Ice creams, french vanilla, soft-serve

Common Measures:

Measure 1 = 86g: .5 cup (4 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19899

Ice creams, regular, low carbohydrate, chocolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.70	0.813	11		1		32.31		
Energy	kcal	237		0	NC	4		137		
Energy	kJ	990		0	NC	4		574		
Protein	g	3.80	0.082	6		1		2.20		
Total lipid (fat)	g	12.70		1	LC	8		7.37		
Ash	g	1.00	0.050	6		1		0.58		
Carbohydrate, by difference	g	26.80		0	NC	4		15.54		
Fiber, total dietary	g	4.8		1	LC	8		2.8		
Sugars, total	g	6.35		1	LC	8		3.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	109	2.964	34		1		63		
Iron, Fe	mg	0.93	0.061	35		1		0.54		
Magnesium, Mg	mg	29	0.755	36		1		17		
Phosphorus, P	mg	107	1.632	28		1		62		
Potassium, K	mg	249	4.882	35		1		144		
Sodium, Na	mg	76	2.707	36		1		44		
Zinc, Zn	mg	0.58	0.021	35		1		0.34		
Copper, Cu	mg	0.135	0.011	35		1		0.078		
Manganese, Mn	mg	0.140	0.008	35		1		0.081		
Selenium, Se	mcg	2.5	0.301	17	A	1		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		4		0.4		
Thiamin	mg	0.042	0.004	5		1		0.024		
Riboflavin	mg	0.194	0.009	5		1		0.113		
Niacin	mg	0.226	0.015	5		1		0.131		
Pantothenic acid	mg	0.554	0.063	5		1		0.321		
Vitamin B-6	mg	0.055	0.003	5		1		0.032		
Folate, total	mcg	16	1.147	5		1		9		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	16		0	BFZN	4		9		
Folate, DFE	mcg_DFE	16		0	NC	4		9		
Choline, total	mg	22.5		0	BFZN	4		13.0		
Betaine	mg									
Vitamin B-12	mcg	0.29	0.055	5		1		0.17		
Vitamin B-12, added	mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE	mcg_RAE	118		0	NC	4		68		
Retinol	mcg	116		0	BFZN	4		67		
Carotene, beta	mcg	19		0	BFZN	4		11		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	419		0	NC	4		243		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.30		0	BFZN	4		0.17		
Vitamin E, added	mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	BFFN	4		0.1		
Vitamin D	IU	9		0	BFFN	4		5		
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.2		
Lipids:										
Fatty acids, total saturated	g	6.800		0		1		3.944		
4:0	g	0.340		1		1		0.197		

NDB No. 19899
Ice creams, regular, low carbohydrate, chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.200		1		1		0.116		
8:0 ... g	0.120		1		1		0.070		
10:0 ... g	0.260		1		1		0.151		
12:0 ... g	0.290		1		1		0.168		
13:0 ... g									
14:0 ... g	1.070		1		1		0.621		
15:0 ... g									
16:0 ... g	3.060		1		1		1.775		
17:0 ... g									
18:0 ... g	1.460		1		1		0.847		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.210		0		1		1.862		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.240		1		1		0.139		
17:1 ... g									
18:1 undifferentiated ... g	2.970		1		1		1.723		
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	0.410		0		1		0.238		
18:2 undifferentiated ... g	0.250		1		1		0.145		
18:3 undifferentiated ... g	0.150		1		1		0.087		
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	34		1		1		20		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	3		1		1		2		
Theobromine ... mg	62		1		1		36		

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

Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19898
Ice creams, regular, low carbohydrate, vanilla

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.00	0.360	50		1		35.38	40.26	
Energy	kcal	216		0	NC	4		125	142	
Energy	kJ	903		0	NC	4		524	596	
Protein	g	3.17		1	LC	8		1.84	2.10	
Total lipid (fat)	g	12.70		1	LC	8		7.37	8.38	
Ash	g	0.90	0.045	6		1		0.52	0.59	
Carbohydrate, by difference	g	22.23		0	NC	4		12.89	14.67	
Fiber, total dietary	g	4.8		1	LC	8		2.8	3.1	
Sugars, total	g	6.35		1	LC	8		3.68	4.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	128	5.483	17		1		74	84	
Iron, Fe	mg	0.09	0.007	35		1		0.05	0.06	
Magnesium, Mg	mg	14	0.361	12		1		8	9	
Phosphorus, P	mg	105	4.119	12		1		61	69	
Potassium, K	mg	199	6.120	12		1		115	131	
Sodium, Na	mg	48		1	LC	8		28	31	
Zinc, Zn	mg	0.69	0.160	14		1		0.40	0.46	
Copper, Cu	mg	0.023	0.002	7		1		0.013	0.015	
Manganese, Mn	mg	0.008	0.001	6		1		0.005	0.005	
Selenium, Se	mcg	2.6		0	BFPN	4		1.5	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6	0.067	21		1		0.3	0.4	
Thiamin	mg	0.041	0.003	13		1		0.024	0.027	
Riboflavin	mg	0.240	0.013	14		1		0.139	0.158	
Niacin	mg	0.116	0.011	6		1		0.067	0.077	
Pantothenic acid	mg	0.581	0.170	3		1		0.337	0.383	
Vitamin B-6	mg	0.048	0.001	10		1		0.028	0.032	
Folate, total	mcg	5	1.830	4		1		3	3	
Folic acid	mcg	0		0	BFZN	4		0	0	
Folate, food	mcg	5		0	BFZN	4		3	3	
Folate, DFE	mcg_DFE	5		0	NC	4		3	3	
Choline, total	mg	26.0		0	BFZN	4		15.1	17.2	
Betaine	mg									
Vitamin B-12	mcg	0.39	0.043	3		1		0.23	0.26	
Vitamin B-12, added	mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	118		0	NC	4		68	78	
Retinol	mcg	116		0	BFZN	4		67	77	
Carotene, beta	mcg	19		0	BFZN	4		11	12	
Carotene, alpha	mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	418		0	NC	4		243	276	
Lycopene	mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.30		0	BFZN	4		0.17	0.19	
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	AS	1		0.1	0.2	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	BFFN	4		0.1	0.2	
Vitamin D	IU	9		0	BFFN	4		5	6	
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.2	0.2	
Lipids:										
Fatty acids, total saturated	g	6.790		0		1		3.938	4.481	
4:0	g	0.360		1		1		0.209	0.238	

NDB No. 19898
Ice creams, regular, low carbohydrate, vanilla

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.210		1		1		0.122	0.139	
8:0 g	0.120		1		1		0.070	0.079	
10:0 g	0.280		1		1		0.162	0.185	
12:0 g	0.310		1		1		0.180	0.205	
13:0 g									
14:0 g	1.130		1		1		0.655	0.746	
15:0 g									
16:0 g	3.060		1		1		1.775	2.020	
17:0 g									
18:0 g	1.330		1		1		0.771	0.878	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.170		0		1		1.839	2.092	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.250		1		1		0.145	0.165	
17:1 g									
18:1 undifferentiated g	2.930		1		1		1.699	1.934	
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	0.410		0		1		0.238	0.271	
18:2 undifferentiated g	0.250		1		1		0.145	0.165	
18:3 undifferentiated g	0.160		1		1		0.093	0.106	
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	32		1	LC	8		18	21	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.045		0		1		0.026	0.030	
Threonine g	0.146		0		1		0.085	0.096	
Isoleucine g	0.195		0		1		0.113	0.129	
Leucine g	0.316		0		1		0.183	0.209	
Lysine g	0.258		0		1		0.150	0.170	
Methionine g	0.081		0		1		0.047	0.053	
Cystine g	0.029		0		1		0.017	0.019	
Phenylalanine g	0.157		0		1		0.091	0.104	
Tyrosine g	0.155		0		1		0.090	0.102	
Valine g	0.217		0		1		0.126	0.143	
Arginine g	0.125		0		1		0.073	0.083	
Histidine g	0.088		0		1		0.051	0.058	
Alanine g	0.121		0		1		0.070	0.080	
Aspartic acid g	0.250		0		1		0.145	0.165	
Glutamic acid g	0.681		0		1		0.395	0.449	
Glycine g	0.093		0		1		0.054	0.061	
Proline g	0.326		0		1		0.189	0.215	
Serine g	0.177		0		1		0.103	0.117	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	BFZN	4		0	0	
Theobromine mg	0		0	BFZN	4		0	0	

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

NDB No. 19898

Ice creams, regular, low carbohydrate, vanilla

Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19271
Ice creams, strawberry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	1.302	7		1		34.80	39.60	
Energy	kcal	192		0	NC	4		111	127	
Energy	kJ	803				4		466	530	
Protein (N x 6.4)	g	3.20		2		1		1.86	2.11	
Total lipid (fat)	g	8.40		2		1		4.87	5.54	
Ash	g	0.70		2		1		0.41	0.46	
Carbohydrate, by difference	g	27.60		0	NC	4		16.01	18.22	
Fiber, total dietary	g	0.9		0	FLA	4		0.5	0.6	
Sugars, total	g									
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g	4.43		0	FLA	4		2.57	2.92	
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	120	4.974	4		1		70	79	
Iron, Fe	mg	0.21	0.037	4		1		0.12	0.14	
Magnesium, Mg	mg	14	0.421	4		1		8	9	
Phosphorus, P	mg	100		2		1		58	66	
Potassium, K	mg	188	8.003	4		1		109	124	
Sodium, Na	mg	60	10.493	4		1		35	40	
Zinc, Zn	mg	0.34	0.020	4		1		0.20	0.22	
Copper, Cu	mg	0.037		2		1		0.021	0.024	
Manganese, Mn	mg	0.078	0.035	4		1		0.045	0.051	
Selenium, Se	mcg	1.9		0	FLA	4		1.1	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.7		2		1		4.5	5.1	
Thiamin	mg	0.045		2		1		0.026	0.030	
Riboflavin	mg	0.255		2		1		0.148	0.168	
Niacin	mg	0.170		2		1		0.099	0.112	
Pantothenic acid	mg	0.720		2		1		0.418	0.475	
Vitamin B-6	mg	0.050		2		1		0.029	0.033	
Folate, total	mcg	12		2		1		7	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		2		1		7	8	
Folate, DFE	mcg_DFE	12		0	NC	4		7	8	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.30		2		1		0.17	0.20	
Vitamin A, RAE	mcg_RAE	96		0	NC	4		56	64	
Retinol	mcg	96		0	FLA	4		56	64	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	320		2		1		186	211	
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									

NDB No. 19271
Ice creams, strawberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	5.190		0		4		3.010	3.425	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	29		2		1		17	19	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

Calories Factors: Protein 4.1 **Fat** 8.79 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19095
Ice creams, vanilla

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.00	0.360	50		1		40.26		
Energy	kcal	207		0	NC	4		137		
Energy	kJ	868		0	NC	4		573		
Protein (N x 6.25)	g	3.50	0.199	152		1		2.31		
Total lipid (fat)	g	11.00	0.080	291		1		7.26		
Ash	g	0.90	0.045	6		1		0.59		
Carbohydrate, by difference	g	23.60		0	NC	4		15.58		
Fiber, total dietary	g	0.7		0	FLC	4		0.5		
Sugars, total	g	21.22	0.317	3	JO	11		14.01		
Starch	g									
Minerals:										
Calcium, Ca	mg	128	5.483	17		1		84		
Iron, Fe	mg	0.09	0.007	35		1		0.06		
Magnesium, Mg	mg	14	0.361	12		1		9		
Phosphorus, P	mg	105	4.119	12		1		69		
Potassium, K	mg	199	6.120	12		1		131		
Sodium, Na	mg	80	6.528	19		1		53		
Zinc, Zn	mg	0.69	0.160	14		1		0.46		
Copper, Cu	mg	0.023	0.002	7		1		0.015		
Manganese, Mn	mg	0.008	0.001	6		1		0.005		
Selenium, Se	mcg	1.8		1	A	1		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6	0.067	21		1		0.4		
Thiamin	mg	0.041	0.003	13		1		0.027		
Riboflavin	mg	0.240	0.013	14		1		0.158		
Niacin	mg	0.116	0.011	6		1		0.077		
Pantothenic acid	mg	0.581	0.170	3		1		0.383		
Vitamin B-6	mg	0.048	0.001	10		1		0.032		
Folate, total	mcg	5	1.830	4		1		3		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food	mcg	5	1.830	4		1		3		
Folate, DFE	mcg_DFE	5		0	NC	4		3		
Choline, total	mg	26.0		0	AS	1		17.2		
Betaine	mg									
Vitamin B-12	mcg	0.39	0.043	3		1		0.26		
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	118		0	NC	4		78		
Retinol	mcg	116		0	FLC	4		77		
Carotene, beta	mcg	19		2	A	1		12		
Carotene, alpha	mcg	0		2	A	1		0		
Cryptoxanthin, beta	mcg	0		2	A	1		0		
Vitamin A, IU	IU	421		0	FLC	4		278		
Lycopene	mcg	0		2	A	1		0		
Lutein + zeaxanthin	mcg	0		2	A	1		0		
Vitamin E (alpha-tocopherol)	mg	0.30		0	FLC	4		0.19		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	NR	4		0.1		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	NR	4		0.1		
Vitamin D	IU	8		0	O	4		5		
Vitamin K (phylloquinone)	mcg	0.3		1	A	1		0.2		
Lipids:										
Fatty acids, total saturated	g	6.790		0		1		4.481		
4:0	g	0.360		1		1		0.238		

NDB No. 19095
Ice creams, vanilla

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.210		1		1		0.139		
8:0 g	0.120		1		1		0.079		
10:0 g	0.280		1		1		0.185		
12:0 g	0.310		1		1		0.205		
13:0 g	0.000		0	FLC	4		0.000		
14:0 g	1.130		1		1		0.746		
15:0 g	0.000		0	FLC	4		0.000		
16:0 g	3.060		1		1		2.020		
17:0 g	0.000		0	FLC	4		0.000		
18:0 g	1.316		0	FLC	4		0.868		
20:0 g	0.000		0	FLC	4		0.000		
22:0 g	0.000		0	FLC	4		0.000		
24:0 g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated g	2.969		0	FLC	4		1.960		
14:1 g	0.000		0	FLC	4		0.000		
15:1 g									
16:1 undifferentiated g	0.206		0	FLC	4		0.136		
17:1 g									
18:1 undifferentiated g	2.763		0	FLC	4		1.823		
20:1 g	0.000		0	FLC	4		0.000		
22:1 undifferentiated g	0.000		0	FLC	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.452		0	FLC	4		0.299		
18:2 undifferentiated g	0.275		0	FLC	4		0.181		
18:3 undifferentiated g	0.175		0	FLC	4		0.115		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) g	0.003		0	FLC	4		0.002		
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	44	1.924	10		1		29		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.045		0		1		0.030		
Threonine g	0.146		0		1		0.096		
Isoleucine g	0.195		0		1		0.129		
Leucine g	0.316		0		1		0.209		
Lysine g	0.258		0		1		0.170		
Methionine g	0.081		0		1		0.053		
Cystine g	0.029		0		1		0.019		
Phenylalanine g	0.157		0		1		0.104		
Tyrosine g	0.155		0		1		0.102		
Valine g	0.217		0		1		0.143		
Arginine g	0.125		0		1		0.083		
Histidine g	0.088		0		1		0.058		
Alanine g	0.121		0		1		0.080		
Aspartic acid g	0.250		0		1		0.165		
Glutamic acid g	0.681		0		1		0.449		
Glycine g	0.093		0		1		0.061		
Proline g	0.326		0		1		0.215		
Serine g	0.177		0		1		0.117		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		0		

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NDB No. 19095
Ice creams, vanilla

Common Measures:

Measure 1 = 66g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19867
Ice creams, vanilla, fat free

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
	Amount in 100 grams of edible portion								
Proximates:									
Water....g	64.35	1.666	4		1				
Energy....kcal	138		0	NC	4				
Energy....kJ	578		0	NC	4				
Protein....g	4.48		1	LC	8				
Total lipid (fat)....g	0.00		1	LC	8				
Ash....g	1.11		0	BFNN	4				
Carbohydrate, by difference....g	30.06		0	NC	4				
Fiber, total dietary....g	1.0	0.407	4		1				
Sugars, total....g	6.30		0	O	4				
Starch....g									
Minerals:									
Calcium, Ca....mg	149		1	LC	8				
Iron, Fe....mg	0.00		1	LC	8				
Magnesium, Mg....mg	21		0	BFNN	4				
Phosphorus, P....mg	150		0	BFNN	4				
Potassium, K....mg	302		0	BFNN	4				
Sodium, Na....mg	97		1	LC	8				
Zinc, Zn....mg	1.06		0	BFNN	4				
Copper, Cu....mg	0.028		0	BFNN	4				
Manganese, Mn....mg									
Selenium, Se....mcg	2.9		0	BFNN	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8				
Thiamin....mg	0.051		0	BFNN	4				
Riboflavin....mg	0.248		0	BFNN	4				
Niacin....mg	0.140		0	BFNN	4				
Pantothenic acid....mg									
Vitamin B-6....mg	0.047		0	BFNN	4				
Folate, total....mcg	7		0	BFNN	4				
Folic acid....mcg	0		0	BFNN	4				
Folate, food....mcg	7		0	BFNN	4				
Folate, DFE....mcg_DFE	7		0	NC	4				
Choline, total....mg	23.8		0	O	4				
Betaine....mg									
Vitamin B-12....mcg	0.45		0	BFNN	4				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	200		0	NC	4				
Retinol....mcg	198		0	BFNN	4				
Carotene, beta....mcg	23		0	BFNN	4				
Carotene, alpha....mcg	0		0	BFNN	4				
Cryptoxanthin, beta....mcg	0		0	BFNN	4				
Vitamin A, IU....IU	698		0	NC	4				
Lycopene....mcg	0		0	BFNN	4				
Lutein + zeaxanthin....mcg	0		0	BFNN	4				
Vitamin E (alpha-tocopherol)....mg	0.00		0	BFFN	4				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7				
Vitamin K (phylloquinone)....mcg	0.0		0	BFFN	4				
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8				
4:0....g	0.000		0	BFFN	4				

NDB No. 19867
Ice creams, vanilla, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4				
8:0 ... g	0.000		0	BFFN	4				
10:0 ... g	0.000		0	BFFN	4				
12:0 ... g	0.000		0	BFFN	4				
13:0 ... g									
14:0 ... g	0.000		0	BFFN	4				
15:0 ... g									
16:0 ... g	0.000		0	BFFN	4				
17:0 ... g									
18:0 ... g	0.000		0	BFFN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	BFFN	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFFN	4				
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	BFFN	4				
20:1 ... g	0.000		0	BFFN	4				
22:1 undifferentiated ... g	0.000		0	BFFN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	BFFN	4				
18:2 undifferentiated ... g	0.000		0	BFFN	4				
18:3 undifferentiated ... g	0.000		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1	LC	8				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	BFNN	4				
Caffeine ... mg	0		0	BFNN	4				
Theobromine ... mg	0		0	BFNN	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: 19 Sweets

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

NDB No. 19088
Ice creams, vanilla, light

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	59.85		0	FLC	4		45.48		
Energy....kcal	180		0	NC	4		137		
Energy....kJ	755		0	NC	4		574		
Protein (N x 6.25)....g	4.78	0.047	3	MC	9		3.64		
Total lipid (fat)....g	4.83	0.370	3	MC	9		3.67		
Ash....g	1.07		0	FLC	4		0.82		
Carbohydrate, by difference....g	29.46		0	NC	4		22.39		
Fiber, total dietary....g	0.3	0.092	3	MC	9		0.2		
Sugars, total....g	22.12	0.513	3	MC	9		16.81		
Starch....g									
Minerals:									
Calcium, Ca....mg	161	4.057	3	MC	9		122		
Iron, Fe....mg	0.19	0.073	3	MC	9		0.15		
Magnesium, Mg....mg	14	0.419	18	A	1		11		
Phosphorus, P....mg	103	3.694	18	A	1		78		
Potassium, K....mg	208	6.828	18	A	1		158		
Sodium, Na....mg	74	2.417	18	A	1		56		
Zinc, Zn....mg	0.73	0.353	18	A	1		0.56		
Copper, Cu....mg	0.017		0	FLC	4		0.013		
Manganese, Mn....mg	0.005		0	FLC	4		0.003		
Selenium, Se....mcg	2.0	0.714	16	A	1		1.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.237	3	MC	9		0.9		
Thiamin....mg	0.053		0	FLC	4		0.040		
Riboflavin....mg	0.255		0	FLC	4		0.194		
Niacin....mg	0.136		0	FLC	4		0.103		
Pantothenic acid....mg	0.481		0	FLC	4		0.365		
Vitamin B-6....mg	0.045		0	FLC	4		0.034		
Folate, total....mcg	6		0	FLC	4		5		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	6		0	FLC	4		5		
Folate, DFE....mcg_DFE	6		0	NC	4		5		
Choline, total....mg	26.0		0	T	4		19.8		
Betaine....mg									
Vitamin B-12....mcg	0.47		0	FLC	4		0.35		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	128		0	FLA	4		98		
Retinol....mcg	127		0	FLA	4		97		
Carotene, beta....mcg	14		0	FLA	4		11		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	448	21.349	3	MC	9		340		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.12		0	FLC	4		0.09		
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	0.1		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.1		
Vitamin D....IU	4		0	BFFN	4		3		
Vitamin K (phylloquinone)....mcg	0.4		0	FLC	4		0.3		
Lipids:									
Fatty acids, total saturated....g	2.927	0.154	3	MC	9		2.224		
4:0....g	0.141		0	FLC	4		0.107		

NDB No. 19088
Ice creams, vanilla, light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.099		0	FLC	4		0.075		
8:0 g	0.074		0	FLC	4		0.056		
10:0 g	0.117		0	FLC	4		0.089		
12:0 g	0.127		0	FLC	4		0.097		
13:0 g	0.000		0	FLC	4		0.000		
14:0 g	0.471		0	FLC	4		0.358		
15:0 g	0.000		0	FLC	4		0.000		
16:0 g	1.260		0	FLC	4		0.958		
17:0 g	0.000		0	FLC	4		0.000		
18:0 g	0.570		0	FLC	4		0.433		
20:0 g	0.000		0	FLC	4		0.000		
22:0 g	0.000		0	FLC	4		0.000		
24:0 g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated g	1.281		0	FLC	4		0.974		
14:1 g	0.000		0	FLC	4		0.000		
15:1 g									
16:1 undifferentiated g	0.070		0	FLC	4		0.053		
17:1 g									
18:1 undifferentiated g	1.211		0	FLC	4		0.920		
20:1 g	0.000		0	FLC	4		0.000		
22:1 undifferentiated g	0.000		0	FLC	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.219		0	FLC	4		0.166		
18:2 undifferentiated g	0.134		0	FLC	4		0.102		
18:3 undifferentiated g	0.085		0	FLC	4		0.064		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	27	12.719	3	MC	9		21		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 76g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19260
Ice creams, vanilla, light, no sugar 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	65.52		0	FLA	4		44.56		
Energy....kcal	169		0	NC	4		115		
Energy....kJ	706		0	NC	4		480		
Protein....g	3.97	0.190	4	MC	9		2.70		
Total lipid (fat)....g	7.45	0.969	4	MC	9		5.07		
Ash....g	1.20		1	A	1		0.82		
Carbohydrate, by difference....g	21.42	0.257	4	MC	9		14.56		
Fiber, total dietary....g	0.0		0	NR	4		0.0		
Sugars, total....g	6.46	0.417	4	MC	9		4.39		
Starch....g									
Minerals:									
Calcium, Ca....mg	136	4.924	4	MC	9		93		
Iron, Fe....mg	0.19	0.037	4	MC	9		0.13		
Magnesium, Mg....mg	9		0	FLM	4		6		
Phosphorus, P....mg	75		0	FLM	4		51		
Potassium, K....mg	196		0	LC	8		133		
Sodium, Na....mg	96	23.018	4	MC	9		65		
Zinc, Zn....mg	0.31		0	FLM	4		0.21		
Copper, Cu....mg	0.030		0	FLM	4		0.020		
Manganese, Mn....mg	0.006		0	FLM	4		0.004		
Selenium, Se....mcg	1.9		0	FLM	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.028	4	MC	9		0.6		
Thiamin....mg	0.029		0	FLM	4		0.020		
Riboflavin....mg	0.122		0	FLM	4		0.083		
Niacin....mg	0.074		0	FLM	4		0.050		
Pantothenic acid....mg	0.256		0	FLM	4		0.174		
Vitamin B-6....mg	0.029		0	FLM	4		0.019		
Folate, total....mcg	4		0	FLM	4		3		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	4		0	FLM	4		3		
Folate, DFE....mcg_DFE	4		0	NC	4		3		
Choline, total....mg	23.0		0	O	4		15.6		
Betaine....mg									
Vitamin B-12....mcg	0.52		0	LC	8		0.35		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	86		0	NC	4		58		
Retinol....mcg	85		0	FLM	4		58		
Carotene, beta....mcg	12		0	FLM	4		8		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
Vitamin A, IU....IU	302	14.418	4	MC	9		206		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)....mg	0.29		0	FLM	4		0.19		
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	0.1		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.1		
Vitamin D....IU	5		0	BFFN	4		4		
Vitamin K (phylloquinone)....mcg	2.8		0	FLM	4		1.9		
Lipids:									
Fatty acids, total saturated....g	4.048	0.074	4	MC	9		2.752		
4:0....g	0.213		1	A	1		0.145		

NDB No. 19260
Ice creams, vanilla, light, no sugar 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	0.116		1	A	1		0.079		
8:0 g	0.067		1	A	1		0.046		
10:0 g	0.149		1	A	1		0.101		
12:0 g	0.153		1	A	1		0.104		
13:0 g	0.000		0	FLM	4		0.000		
14:0 g	0.495		1	A	1		0.337		
15:0 g	0.053		1	A	1		0.036		
16:0 g	1.439		1	A	1		0.979		
17:0 g	0.032		1	A	1		0.022		
18:0 g	0.956		1	A	1		0.650		
20:0 g	0.012		1	A	1		0.008		
22:0 g	0.006		1	A	1		0.004		
24:0 g	0.005		1	A	1		0.003		
Fatty acids, total monounsaturated g	1.855		0	FLM	4		1.262		
14:1 g	0.048		1	A	1		0.033		
15:1 g									
16:1 undifferentiated g	0.088		1	A	1		0.060		
17:1 g	0.016		1	A	1		0.011		
18:1 undifferentiated g	1.388		1	A	1		0.944		
20:1 g	0.012		1	A	1		0.008		
22:1 undifferentiated g	0.005		1	A	1		0.003		
24:1 c g									
Fatty acids, total polyunsaturated g	0.740		0	FLM	4		0.503		
18:2 undifferentiated g	0.165		1	A	1		0.112		
18:3 undifferentiated g	0.032		1	A	1		0.022		
18:4 g	0.005		1	A	1		0.003		
20:2 n-6 c,c g									
20:3 undifferentiated g	0.002		1	A	1		0.002		
20:4 undifferentiated g	0.011		1	A	1		0.007		
20:5 n-3 (EPA) g	0.002		1	A	1		0.001		
22:5 n-3 (DPA) g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLM	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	27	8.738	4	MC	9		18		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	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 = 68g: 1 serving 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19096
Ice creams, vanilla, light, soft-serve

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	69.60	0.153	45		1		61.25		
Energy....kcal	126		0		4		111		
Energy....kJ	527		0		4		464		
Protein (N x 6.4)....g	4.90		1		4		4.31		
Total lipid (fat)....g	2.60	0.116	67		1		2.29		
Ash....g	1.10		1		4		0.97		
Carbohydrate, by difference....g	21.80		0	NC	4		19.18		
Fiber, total dietary....g	0.0		0		4		0.0		
Sugars, total....g	18.69		0	BFCN	4		16.45		
Starch....g									
Minerals:									
Calcium, Ca....mg	157		1		4		138		
Iron, Fe....mg	0.06		1		4		0.05		
Magnesium, Mg....mg	14		1		4		12		
Phosphorus, P....mg	121		1		4		106		
Potassium, K....mg	221		1		4		194		
Sodium, Na....mg	70		1		4		62		
Zinc, Zn....mg	0.53		1		4		0.47		
Copper, Cu....mg	0.027		1		4		0.024		
Manganese, Mn....mg	0.008		1		4		0.007		
Selenium, Se....mcg	3.6		0	BFPN	4		3.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1		4		0.8		
Thiamin....mg	0.052		1		4		0.046		
Riboflavin....mg	0.198		1		4		0.174		
Niacin....mg	0.118		1		4		0.104		
Pantothenic acid....mg	0.447		1		4		0.393		
Vitamin B-6....mg	0.046		1		4		0.040		
Folate, total....mcg	5		0	FLA	4		4		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	5		0	FLA	4		4		
Folate, DFE....mcg_DFE	5		0	NC	4		4		
Choline, total....mg	20.3		0	T	4		17.9		
Betaine....mg									
Vitamin B-12....mcg	0.50		1		4		0.44		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	29		0	FLA	4		25		
Retinol....mcg	28		0	FLA	4		25		
Carotene, beta....mcg	5		0	FLA	4		5		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	103		1		4		91		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.06		0	FLA	4		0.05		
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	BFZN	4		0.3		
Lipids:									
Fatty acids, total saturated....g	1.630		0		1		1.434		
4:0....g	0.090		2		1		0.079		

NDB No. 19096
Ice creams, vanilla, light, soft-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.050		2		1		0.044		
8:0 g	0.030		2		1		0.026		
10:0 g	0.070		2		1		0.062		
12:0 g	0.070		2		1		0.062		
13:0 g									
14:0 g	0.270		2		1		0.238		
15:0 g									
16:0 g	0.730		2		1		0.642		
17:0 g									
18:0 g	0.320		2		1		0.282		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.760		0		1		0.669		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		2		1		0.053		
17:1 g									
18:1 undifferentiated g	0.700		2		1		0.616		
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	0.100		0		1		0.088		
18:2 undifferentiated g	0.060		2		1		0.053		
18:3 undifferentiated g	0.040		2		1		0.035		
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	12		1		4		11		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.059		0		1		0.052		
Threonine g	0.197		0		1		0.173		
Isoleucine g	0.260		0		1		0.229		
Leucine g	0.424		0		1		0.373		
Lysine g	0.351		0		1		0.309		
Methionine g	0.109		0		1		0.096		
Cystine g	0.039		0		1		0.034		
Phenylalanine g	0.211		0		1		0.186		
Tyrosine g	0.204		0		1		0.180		
Valine g	0.292		0		1		0.257		
Arginine g	0.185		0		1		0.163		
Histidine g	0.117		0		1		0.103		
Alanine g	0.184		0		1		0.162		
Aspartic acid g	0.345		0		1		0.304		
Glutamic acid g	0.923		0		1		0.812		
Glycine g	0.182		0		1		0.160		
Proline g	0.466		0		1		0.410		
Serine g	0.241		0		1		0.212		
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. 19096

Ice creams, vanilla, light, soft-serve

Common Measures:

Measure 1 = 88g: 1 serving 1/2 cup

Calories Factors: Protein 4.1 **Fat** 8.79 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19089
Ice creams, vanilla, rich

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	57.20	0.555	7		1		61.20		
Energy....kcal	249		0	NC	4		266		
Energy....kJ	1042		0	NC	4		1115		
Protein (N x 6.25)....g	3.50	0.416	4		1		3.75		
Total lipid (fat)....g	16.20	0.212	11		1		17.33		
Ash....g	0.81		0	FLA	4		0.86		
Carbohydrate, by difference....g	22.29		0	NC	4		23.86		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	20.65		2	LC	8		22.10		
Starch....g									
Minerals:									
Calcium, Ca....mg	117		2	LC	8		126		
Iron, Fe....mg	0.34		1	LC	8		0.36		
Magnesium, Mg....mg	11		0	FLA	4		12		
Phosphorus, P....mg	105		0	FLA	4		112		
Potassium, K....mg	157		0	FLA	4		168		
Sodium, Na....mg	61		2	LC	8		65		
Zinc, Zn....mg	0.47		0	FLA	4		0.50		
Copper, Cu....mg	0.008		0	FLA	4		0.009		
Manganese, Mn....mg	0.004		0	FLA	4		0.004		
Selenium, Se....mcg	3.5		0	FLA	4		3.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg	0.041		0	FLA	4		0.044		
Riboflavin....mg	0.167		0	FLA	4		0.179		
Niacin....mg	0.082		0	FLA	4		0.087		
Pantothenic acid....mg	0.460		0	FLA	4		0.492		
Vitamin B-6....mg	0.045		0	FLA	4		0.048		
Folate, total....mcg	8		0	FLA	4		8		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	8		0	FLA	4		8		
Folate, DFE....mcg_DFE	9		0	FLA	4		9		
Choline, total....mg	26.0		0	T	4		27.8		
Betaine....mg									
Vitamin B-12....mcg	0.39		0	FLA	4		0.42		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	182		0	FLA	4		195		
Retinol....mcg	179		0	FLA	4		192		
Carotene, beta....mcg	32		0	FLA	4		34		
Carotene, alpha....mcg	1		0	FLA	4		1		
Cryptoxanthin, beta....mcg	1		0	FLA	4		1		
Vitamin A, IU....IU	653		0	FLA	4		699		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	34		0	FLA	4		36		
Vitamin E (alpha-tocopherol)....mg	0.51		0	FLA	4		0.55		
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	0.3		0	AS	1		0.3		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.3		0	BFFN	4		0.3		
Vitamin D....IU	12		0	BFFN	4		13		
Vitamin K (phylloquinone)....mcg	1.3		0	FLA	4		1.4		
Lipids:									
Fatty acids, total saturated....g	10.329		2	LC	8		11.052		
4:0....g	0.491		0	FLA	4		0.526		

NDB No. 19089
Ice creams, vanilla, rich

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.290		0	FLA	4		0.310		
8:0 g	0.169		0	FLA	4		0.181		
10:0 g	0.380		0	FLA	4		0.406		
12:0 g	0.425		0	FLA	4		0.454		
13:0 g									
14:0 g	1.526		0	FLA	4		1.632		
15:0 g	0.000		0	FLA	4		0.000		
16:0 g	4.168		0	FLA	4		4.460		
17:0 g	0.000		0	FLA	4		0.000		
18:0 g	1.899		0	FLA	4		2.032		
20:0 g	0.000		0	FLA	4		0.000		
22:0 g	0.000		0	FLA	4		0.000		
24:0 g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated g	4.460		0	FLA	4		4.772		
14:1 g	0.000		0	FLA	4		0.000		
15:1 g									
16:1 undifferentiated g	0.360		0	FLA	4		0.385		
17:1 g									
18:1 undifferentiated g	4.098		0	FLA	4		4.385		
20:1 g	0.002		0	FLA	4		0.002		
22:1 undifferentiated g	0.000		0	FLA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.680		0	FLA	4		0.727		
18:2 undifferentiated g	0.437		0	FLA	4		0.468		
18:3 undifferentiated g	0.222		0	FLA	4		0.238		
18:4 g	0.001		0	FLA	4		0.001		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.014		0	FLA	4		0.015		
20:5 n-3 (EPA) g	0.001		0	FLA	4		0.001		
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) g	0.004		0	FLA	4		0.004		
Fatty acids, total trans g									
Cholesterol mg	92		2	LC	8		98		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.041		0		1		0.044		
Threonine g	0.138		0		1		0.148		
Isoleucine g	0.182		0		1		0.195		
Leucine g	0.298		0		1		0.319		
Lysine g	0.248		0		1		0.265		
Methionine g	0.076		0		1		0.081		
Cystine g	0.027		0		1		0.029		
Phenylalanine g	0.149		0		1		0.159		
Tyrosine g	0.142		0		1		0.152		
Valine g	0.205		0		1		0.219		
Arginine g	0.135		0		1		0.144		
Histidine g	0.083		0		1		0.089		
Alanine g	0.136		0		1		0.146		
Aspartic acid g									
Glutamic acid g	0.652		0		1		0.698		
Glycine g	0.147		0		1		0.157		
Proline g	0.338		0		1		0.362		
Serine g	0.171		0		1		0.183		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		

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

NDB No. 19089
Ice creams, vanilla, rich

Common Measures:

Measure 1 = 107g: .5 cup

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

Food Group: 19 Sweets

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

NDB No. 19297
Jams and preserves

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	30.47	2.280	8	A	1		6.09	4.27	
Energy....kcal	278		0	NC	4		56	39	
Energy....kJ	1163		0	NC	4		233	163	
Protein (N x 6.25)....g	0.37	0.180	13	A	1		0.07	0.05	
Total lipid (fat)....g	0.07	0.070	10	A	1		0.01	0.01	
Ash....g	0.23	0.030	3	A	1		0.05	0.03	
Carbohydrate, by difference....g	68.86		0	NC	4		13.77	9.64	
Fiber, total dietary....g	1.1		0		1		0.2	0.2	
Sugars, total....g	48.50		2	A	1		9.70	6.79	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1		1		4	3	
Iron, Fe....mg	0.49	0.070	3		1		0.10	0.07	
Magnesium, Mg....mg	4		1		1		1	1	
Phosphorus, P....mg	19		0	FLC	4		4	3	
Potassium, K....mg	77	2.028	3		1		15	11	
Sodium, Na....mg	32	9.040	5	A	1		6	4	
Zinc, Zn....mg	0.06	0.023	4		1		0.01	0.01	
Copper, Cu....mg	0.100		1		1		0.020	0.014	
Manganese, Mn....mg	0.040		1		1		0.008	0.006	
Selenium, Se....mcg	2.0		1	A	1		0.4	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.8		2		1		1.8	1.2	
Thiamin....mg	0.016		0	FLC	4		0.003	0.002	
Riboflavin....mg	0.076		0	FLC	4		0.015	0.011	
Niacin....mg	0.036		1		1		0.007	0.005	
Pantothenic acid....mg	0.020		1		1		0.004	0.003	
Vitamin B-6....mg	0.020		2		1		0.004	0.003	
Folate, total....mcg	11		0	FLC	4		2	2	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	11		0	FLC	4		2	2	
Folate, DFE....mcg_DFE	11		0	NC	4		2	2	
Choline, total....mg	10.2		0	AS	1		2.0	1.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.12		0	FLC	4		0.02	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	0.0		0	FLC	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.010		0		1		0.002	0.001	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19297
Jams and preserves

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.004		0	BFFN	4		0.001	0.001	
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	0.038		0	BFFN	4		0.008	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.007		0	BFFN	4		0.001	0.001	
20:1....g	0.018		0	BFFN	4		0.004	0.003	
22:1 undifferentiated....g	0.014		0	BFFN	4		0.003	0.002	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0	0	
Phytosterols....mg	12		0	FLC	4		2	2	
Amino Acids:									
Tryptophan....g	0.008		0		1		0.002	0.001	
Threonine....g	0.023		0		1		0.005	0.003	
Isoleucine....g	0.017		0		1		0.003	0.002	
Leucine....g	0.037		0		1		0.007	0.005	
Lysine....g	0.030		0		1		0.006	0.004	
Methionine....g	0.001		0		1		0.000	0.000	
Cystine....g	0.006		0		1		0.001	0.001	
Phenylalanine....g	0.021		0		1		0.004	0.003	
Tyrosine....g	0.025		0		1		0.005	0.004	
Valine....g	0.021		0		1		0.004	0.003	
Arginine....g	0.032		0		1		0.006	0.004	
Histidine....g	0.014		0		1		0.003	0.002	
Alanine....g	0.037		0		1		0.007	0.005	
Aspartic acid....g	0.166		0		1		0.033	0.023	
Glutamic acid....g	0.109		0		1		0.022	0.015	
Glycine....g	0.029		0		1		0.006	0.004	
Proline....g	0.023		0		1		0.005	0.003	
Serine....g	0.028		0		1		0.006	0.004	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

NDB No. 19297
Jams and preserves

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

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

Food Group: 19 Sweets

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

NDB No. 19719
Jams and preserves, apricot

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	34.50	0.811	6		1		6.90	4.83	
Energy....kcal	242		0	NC	4		48	34	
Energy....kJ	1014		0	NC	4		203	142	
Protein (N x 6.25)....g	0.70	0.106	11		1		0.14	0.10	
Total lipid (fat)....g	0.20	0.029	8		1		0.04	0.03	
Ash....g	0.20		1		1		0.04	0.03	
Carbohydrate, by difference....g	64.40		0	NC	4		12.88	9.02	
Fiber, total dietary....g	0.3		0	FLM	4		0.1	0.0	
Sugars, total....g	43.40		0	FLM	4		8.68	6.08	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1		1		4	3	
Iron, Fe....mg	0.49	0.070	3		1		0.10	0.07	
Magnesium, Mg....mg	4		1		1		1	1	
Phosphorus, P....mg	3		0	FLM	4		1	0	
Potassium, K....mg	77	2.028	3		1		15	11	
Sodium, Na....mg	40	9.735	3		1		8	6	
Zinc, Zn....mg	0.06	0.023	4		1		0.01	0.01	
Copper, Cu....mg	0.100		1		1		0.020	0.014	
Manganese, Mn....mg	0.040		1		1		0.008	0.006	
Selenium, Se....mcg	2.0		0	BFZN	4		0.4	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.8		2		1		1.8	1.2	
Thiamin....mg	0.000		1		1		0.000	0.000	
Riboflavin....mg	0.022		0	FLM	4		0.004	0.003	
Niacin....mg	0.036		1		1		0.007	0.005	
Pantothenic acid....mg	0.020		1		1		0.004	0.003	
Vitamin B-6....mg	0.020		2		1		0.004	0.003	
Folate, total....mcg	1		0	FLM	4		0	0	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	1		0	FLM	4		0	0	
Folate, DFE....mcg_DFE	1		0	NC	4		0	0	
Choline, total....mg	0.4		0	FLM	4		0.1	0.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	14		0	FLM	4		3	2	
Retinol....mcg	0		0	FLM	4		0	0	
Carotene, beta....mcg	116		0	FLM	4		23	16	
Carotene, alpha....mcg	2		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	11		0	FLM	4		2	2	
Vitamin A, IU....IU	205		0	FLM	4		41	29	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	9		0	FLM	4		2	1	
Vitamin E (alpha-tocopherol)....mg	0.13		0	FLM	4		0.03	0.02	
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.010		0		1		0.002	0.001	
4:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 19719
Jams and preserves, apricot

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

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

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 43028

Jams and preserves, dietetic (with sodium saccharin), any flavor

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	45.80		0		4		102.59	6.41	
Energy ... kcal	132		0	NC	4		297	19	
Energy ... kJ	554		0	NC	4		1241	78	
Protein (N x 6.25) ... g	0.30		1		1		0.67	0.04	
Total lipid (fat) ... g	0.30		1		1		0.67	0.04	
Ash ... g	0.18		0	BFSN	4		0.40	0.03	
Carbohydrate, by difference ... g	53.60		0		4		120.06	7.50	
Fiber, total dietary ... g	2.5		0		4		5.6	0.4	
Sugars, total ... g	37.81		0	BFSN	4		84.69	5.29	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9		0		4		20	1	
Iron, Fe ... mg	0.40		0		4		0.90	0.06	
Magnesium, Mg ... mg	5		0		4		11	1	
Phosphorus, P ... mg	9		0		4		20	1	
Potassium, K ... mg	69		0		4		155	10	
Sodium, Na ... mg	0		0		4		0	0	
Zinc, Zn ... mg	0.06		0		4		0.13	0.01	
Copper, Cu ... mg	0.024		0		4		0.054	0.003	
Manganese, Mn ... mg									
Selenium, Se ... mcg	1.7		0	BFSN	4		3.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0		4		0.0	0.0	
Thiamin ... mg	0.000		0		4		0.000	0.000	
Riboflavin ... mg	0.000		0		4		0.000	0.000	
Niacin ... mg	0.000		0		4		0.000	0.000	
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.020		0		4		0.045	0.003	
Folate, total ... mcg	9		0		4		20	1	
Folic acid ... mcg	0		0	BFSN	4		0	0	
Folate, food ... mcg	9		0		4		20	1	
Folate, DFE ... mcg_DFE	9		0	NC	4		20	1	
Choline, total ... mg	8.0		0	O	4		17.8	1.1	
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	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		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	0.09		0	BFSN	4		0.21	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	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated ... g	0.016		0		4		0.036	0.002	
4:0 ... g	0.000		0		4		0.000	0.000	

NDB No. 43028

Jams and preserves, dietetic (with sodium saccharin), any flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		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	0.011		0		4		0.025	0.002	
17:0 ... g									
18:0 ... g	0.003		0		4		0.007	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.042		0		4		0.094	0.006	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0		4		0.002	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.041		0		4		0.092	0.006	
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	0.151		0		4		0.338	0.021	
18:2 undifferentiated ... g	0.088		0		4		0.197	0.012	
18:3 undifferentiated ... g	0.063		0		4		0.141	0.009	
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	BFSN	4		0	0	
Theobromine ... mg	0		0	BFSN	4		0	0	

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

Common Measures:

Measure 1 = 224g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein 0 **Fat** 0 **Carbohydrate** 2.47

Food Group: 19 Sweets

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

NDB No. 19300
Jellies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	29.77	0.598	12	JO	11		6.25	4.17	
Energy....kcal	266		0	NC	4		56	37	
Energy....kJ	1115		0	NC	4		234	156	
Protein (N x 6.25)....g	0.15	0.050	15	JO	11		0.03	0.02	
Total lipid (fat)....g	0.02	0.015	10	JO	11		0.00	0.00	
Ash....g	0.12	0.015	6	JO	11		0.02	0.02	
Carbohydrate, by difference....g	69.95		0	NC	4		14.69	9.79	
Fiber, total dietary....g	1.0		0		1		0.2	0.1	
Sugars, total....g	51.22		0	FLA	4		10.76	7.17	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.631	70	JA	6		2	1	
Iron, Fe....mg	0.19	0.006	50	JA	6		0.04	0.03	
Magnesium, Mg....mg	6	0.195	70	JA	6		1	1	
Phosphorus, P....mg	6	1.070	67	JA	6		1	1	
Potassium, K....mg	54	10.356	72	JA	6		11	8	
Sodium, Na....mg	30	1.514	77	JO	11		6	4	
Zinc, Zn....mg	0.03	0.008	56	JA	6		0.01	0.00	
Copper, Cu....mg	0.011	0.007	51	JA	6		0.002	0.002	
Manganese, Mn....mg	0.132	0.007	48	JA	6		0.028	0.018	
Selenium, Se....mcg	0.4	0.119	21	JA	6		0.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.130	3		1		0.2	0.1	
Thiamin....mg	0.001		1		1		0.000	0.000	
Riboflavin....mg	0.026		1		4		0.005	0.004	
Niacin....mg	0.036		1		1		0.008	0.005	
Pantothenic acid....mg	0.197		1		1		0.041	0.028	
Vitamin B-6....mg	0.020		1		1		0.004	0.003	
Folate, total....mcg	2		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	2		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	2		0	NC	4		0	0	
Choline, total....mg	10.3		0	O	4		2.2	1.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	3		0	FLA	4		1	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	5		0	FLA	4		1	1	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	22		0	FLA	4		5	3	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, delta....mg	0.00		0	FLA	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	0.3		0	FLA	4		0.1	0.0	
Lipids:									
Fatty acids, total saturated....g	0.005		0	FLA	4		0.001	0.001	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19300
Jellies

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0 g	0.000		0	FLA	4		0.000	0.000	
10:0 g	0.000		0	FLA	4		0.000	0.000	
12:0 g	0.000		0	FLA	4		0.000	0.000	
13:0 g									
14:0 g	0.000		0	FLA	4		0.000	0.000	
15:0 g									
16:0 g	0.004		0	FLA	4		0.001	0.001	
17:0 g									
18:0 g	0.001		0	FLA	4		0.000	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.001		0	FLA	4		0.000	0.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.001		0	FLA	4		0.000	0.000	
20:1 g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.004		0	FLA	4		0.001	0.001	
18:2 undifferentiated g	0.003		0	FLA	4		0.001	0.000	
18:3 undifferentiated g	0.001		0	FLA	4		0.000	0.000	
18:4 g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	FLA	4		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 21g: 1 serving 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 44110
Jellies, reduced sugar, home preserved

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.00		0		4		159.00	10.07	
Energy	kcal	179		0		4		537	34	
Energy	kJ	749		0		4		2247	142	
Protein	g	0.30		0		4		0.90	0.06	
Total lipid (fat)	g	0.03		0		4		0.09	0.01	
Ash	g	0.08		0	BFSN	4		0.23	0.01	
Carbohydrate, by difference	g	46.10		0		4		138.30	8.76	
Fiber, total dietary	g	0.8		0		4		2.4	0.2	
Sugars, total	g	45.30		0	NR	4		135.90	8.61	
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		4		15	1	
Iron, Fe	mg	0.18		0		4		0.54	0.03	
Magnesium, Mg	mg	6		0		4		18	1	
Phosphorus, P	mg	6		0		4		18	1	
Potassium, K	mg	71		0		4		213	13	
Sodium, Na	mg	2		0		4		6	0	
Zinc, Zn	mg	0.03		0		4		0.09	0.01	
Copper, Cu	mg	0.023		0		4		0.069	0.004	
Manganese, Mn	mg									
Selenium, Se	mcg	1.4		0	BFSN	4		4.2	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.010		0		4		0.030	0.002	
Riboflavin	mg	0.020		0		4		0.060	0.004	
Niacin	mg	0.140		0		4		0.420	0.027	
Pantothenic acid	mg									
Vitamin B-6	mg	0.040		0		4		0.120	0.008	
Folate, total	mcg	1		0		4		3	0	
Folic acid	mcg	0		0	BFSN	4		0	0	
Folate, food	mcg	1		0		4		3	0	
Folate, DFE	mcg_DFE	1		0	NC	4		3	0	
Choline, total	mg	6.9		0	O	4		20.7	1.3	
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	BFSN	4		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Carotene, beta	mcg	2		0	BFSN	4		6	0	
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		10	1	
Lycopene	mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin	mcg	14		0	BFSN	4		43	3	
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (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	0.2		0	BFSN	4		0.5	0.0	
Lipids:										
Fatty acids, total saturated	g	0.009		0		4		0.027	0.002	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 44110
Jellies, reduced sugar, home preserved

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.008		0		4		0.024	0.002	
17:0 g									
18:0 g	0.001		0		4		0.003	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.001		0		4		0.003	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	0.001		0		4		0.003	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	0.008		0		4		0.024	0.002	
18:2 undifferentiated g	0.006		0		4		0.018	0.001	
18:3 undifferentiated g	0.002		0		4		0.006	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	BFSN	4		0	0	
Theobromine mg	0		0	BFSN	4		0	0	

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

Common Measures:

Measure 1 = 300g: 1 cup

Measure 2 = 19g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19303
Marmalade, orange

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.20		1		1		106.24	6.64	4.65
Energy....kcal	246		0	NC	4		787	49	34
Energy....kJ	1029		0		4		3294	206	144
Protein (N x 6.25)....g	0.30	0.058	3		1		0.96	0.06	0.04
Total lipid (fat)....g	0.00		1		1		0.00	0.00	0.00
Ash....g	0.20		1		1		0.64	0.04	0.03
Carbohydrate, by difference....g	66.30		0	NC	4		212.16	13.26	9.28
Fiber, total dietary....g	0.7		0	FLC	4		2.4	0.1	0.1
Sugars, total....g	60.00		0	FLC	4		192.00	12.00	8.40
Starch....g									
Minerals:									
Calcium, Ca....mg	38		1		1		122	8	5
Iron, Fe....mg	0.15	0.029	3		1		0.48	0.03	0.02
Magnesium, Mg....mg	2		1		1		6	0	0
Phosphorus, P....mg	4		0	FLC	4		14	1	1
Potassium, K....mg	37		1		1		118	7	5
Sodium, Na....mg	56		1		1		179	11	8
Zinc, Zn....mg	0.04	0.018	4		1		0.13	0.01	0.01
Copper, Cu....mg	0.090		1		1		0.288	0.018	0.013
Manganese, Mn....mg	0.020		1		1		0.064	0.004	0.003
Selenium, Se....mcg	0.6		0	FLC	4		1.8	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.8	2.285	3		1		15.4	1.0	0.7
Thiamin....mg	0.005		1		1		0.016	0.001	0.001
Riboflavin....mg	0.025		0	FLC	4		0.079	0.005	0.003
Niacin....mg	0.052		1		1		0.166	0.010	0.007
Pantothenic acid....mg	0.015		1		1		0.048	0.003	0.002
Vitamin B-6....mg	0.019		0	FLC	4		0.060	0.004	0.003
Folate, total....mcg	9		0	FLC	4		30	2	1
Folic acid....mcg	0		0	FLC	4		0	0	0
Folate, food....mcg	9		0	FLC	4		30	2	1
Folate, DFE....mcg_DFE	9		0	NC	4		30	2	1
Choline, total....mg	3.0		0	O	4		9.7	0.6	0.4
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	3		0	FLC	4		10	1	0
Retinol....mcg	0		0	FLC	4		0	0	0
Carotene, beta....mcg	15		0	FLC	4		49	3	2
Carotene, alpha....mcg	5		0	FLC	4		17	1	1
Cryptoxanthin, beta....mcg	38		0	FLC	4		122	8	5
Vitamin A, IU....IU	62		0	FLC	4		198	12	9
Lycopene....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....mcg	58		0	FLC	4		187	12	8
Vitamin E (alpha-tocopherol)....mg	0.06		0	FLC	4		0.18	0.01	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	0.0		0	FLC	4		0.1	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		0		7		0.000	0.000	0.000
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 19303
Marmalade, orange

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0		4		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.010	0.001	0.000
Threonine....g	0.005		0		1		0.016	0.001	0.001
Isoleucine....g	0.008		0		1		0.026	0.002	0.001
Leucine....g	0.007		0		1		0.022	0.001	0.001
Lysine....g	0.015		0		1		0.048	0.003	0.002
Methionine....g	0.006		0		1		0.019	0.001	0.001
Cystine....g	0.003		0		1		0.010	0.001	0.000
Phenylalanine....g	0.010		0		1		0.032	0.002	0.001
Tyrosine....g	0.005		0		1		0.016	0.001	0.001
Valine....g	0.013		0		1		0.042	0.003	0.002
Arginine....g	0.021		0		1		0.067	0.004	0.003
Histidine....g	0.006		0		1		0.019	0.001	0.001
Alanine....g	0.016		0		1		0.051	0.003	0.002
Aspartic acid....g	0.036		0		1		0.115	0.007	0.005
Glutamic acid....g	0.030		0		1		0.096	0.006	0.004
Glycine....g	0.030		0		1		0.096	0.006	0.004
Proline....g	0.015		0		1		0.048	0.003	0.002
Serine....g	0.010		0		1		0.032	0.002	0.001
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLC	4		0	0	0
Theobromine....mg	0		0	FLC	4		0	0	0

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

NDB No. 19303
Marmalade, orange

Common Measures:

Measure 1 = 320g: 1 cup
Measure 2 = 20g: 1 tbsp
Measure 3 = 14.0g: 1 package (0.5 oz)

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 42131
Milk dessert, frozen, milk-fat free, chocolate

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.00		0		4		76.72		
Energy	kcal	167		0		4		229		
Energy	kJ	699		0		4		957		
Protein	g	4.30		0		4		5.89		
Total lipid (fat)	g	1.00		0		4		1.37		
Ash	g	0.90		0	NR	4		1.23		
Carbohydrate, by difference	g	37.70		0		4		51.65		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	37.70		0	NR	4		51.65		
Starch	g									
Minerals:										
Calcium, Ca	mg	154		0		4		211		
Iron, Fe	mg	0.04		0		4		0.05		
Magnesium, Mg	mg	45		0		4		62		
Phosphorus, P	mg	123		0		4		169		
Potassium, K	mg	333		0		4		456		
Sodium, Na	mg	97		0		4		133		
Zinc, Zn	mg	0.47		0		4		0.64		
Copper, Cu	mg	0.008		0		4		0.011		
Manganese, Mn	mg									
Selenium, Se	mcg	2.6		0	BFPN	4		3.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		4		1.0		
Thiamin	mg	0.050		0		4		0.069		
Riboflavin	mg	0.260		0		4		0.356		
Niacin	mg	0.100		0		4		0.137		
Pantothenic acid	mg									
Vitamin B-6	mg	0.040		0		4		0.055		
Folate, total	mcg	6		0		4		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		0		4		8		
Folate, DFE	mcg_DFE	6		0	NC	4		8		
Choline, total	mg	0.9		0	O	4		1.2		
Betaine	mg									
Vitamin B-12	mcg	0.55		0		4		0.75		
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	18		0	NR	4		25		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	30		0	NC	4		41		
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	0.0		0	Z	7		0.0		
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	0.597		0		4		0.818		
4:0	g	0.000		0		4		0.000		

NDB No. 42131
Milk dessert, frozen, milk-fat free, chocolate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.001		0		4		0.001		
15:0 ... g									
16:0 ... g	0.254		0		4		0.348		
17:0 ... g									
18:0 ... g	0.332		0		4		0.455		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.329		0		4		0.451		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0		4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	0.326		0		4		0.447		
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	0.030		0		4		0.041		
18:2 undifferentiated ... g	0.028		0		4		0.038		
18:3 undifferentiated ... g	0.001		0		4		0.001		
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	3		0	BFZN	4		4		
Theobromine ... mg	62		0	BFZN	4		85		

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

Common Measures:

Measure 1 = 137g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19304
Molasses

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	21.87	1.314	12	AI	13		73.71	4.37	
Energy	kcal	290		0	NC	4		977	58	
Energy	kJ	1213		0	NC	4		4089	243	
Protein (N x 6.25)	g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)	g	0.10		2		1		0.34	0.02	
Ash	g	3.30		2		1		11.12	0.66	
Carbohydrate, by difference	g	74.73		0	NC	4		251.83	14.95	
Fiber, total dietary	g	0.0		1	LC	8		0.0	0.0	
Sugars, total	g	55.49	1.784	7	AI	13		187.01	11.10	
Sucrose	g	29.40	3.454	12	AI	13		99.09	5.88	
Glucose (dextrose)	g	11.92	2.056	11	AI	13		40.18	2.38	
Fructose	g	12.79	1.186	10	AI	13		43.09	2.56	
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	205		2		1		691	41	
Iron, Fe	mg	4.72		2		1		15.91	0.94	
Magnesium, Mg	mg	242		2		1		816	48	
Phosphorus, P	mg	31		2		1		104	6	
Potassium, K	mg	1464		2		1		4934	293	
Sodium, Na	mg	37		2		1		125	7	
Zinc, Zn	mg	0.29	0.038	3		1		0.98	0.06	
Copper, Cu	mg	0.487	0.035	3		1		1.641	0.097	
Manganese, Mn	mg	1.530		2		1		5.156	0.306	
Selenium, Se	mcg	17.8	4.906	5	A	1		60.0	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0	0.0	
Thiamin	mg	0.041		2		1		0.138	0.008	
Riboflavin	mg	0.002		1		1		0.007	0.000	
Niacin	mg	0.930		2		1		3.134	0.186	
Pantothenic acid	mg	0.804		2		1		2.709	0.161	
Vitamin B-6	mg	0.670		2		1		2.258	0.134	
Folate, total	mcg	0		2		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		2		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	13.3		0	AS	1		44.8	2.7	
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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	NR	4		0	0	
Carotene, alpha	mcg	0		0	NR	4		0	0	
Cryptoxanthin, beta	mcg	0		0	NR	4		0	0	
Vitamin A, IU	IU	0		1	LC	8		0	0	
Lycopene	mcg	0		0	NR	4		0	0	
Lutein + zeaxanthin	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	NR	4		0.00	0.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19304
Molasses

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.018		0		4		0.061	0.004	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.018		0		4		0.061	0.004	
17:0.....g									
18:0.....g	0.002		0		4		0.007	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0		4		0.108	0.006	
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	0.032		0		4		0.108	0.006	
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	0.050		0		4		0.169	0.010	
18:2 undifferentiated.....g	0.050		0		4		0.169	0.010	
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		1	LC	8		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 = 337g: 1 cup

Measure 2 = 20g: 1 serving 1 tbsp

Calories Factors: Protein **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 42063
Pectin, 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	96.90		0		4				
Energy	kcal	11		0		4				
Energy	kJ	46		0		4				
Protein	g	0.00		0		7				
Total lipid (fat)	g	0.00		0		7				
Ash	g	1.00		0	O	4				
Carbohydrate, by difference	g	2.10		0	NC	4				
Fiber, total dietary	g	2.1		0	NR	4				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		7				
Iron, Fe	mg	0.00		0		7				
Magnesium, Mg	mg	0		0		7				
Phosphorus, P	mg	0		0		7				
Potassium, K	mg	0		0		7				
Sodium, Na	mg	0		0		7				
Zinc, Zn	mg	0.00		0		7				
Copper, Cu	mg	0.000		0		7				
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7				
Thiamin	mg	0.000		0		7				
Riboflavin	mg	0.000		0		7				
Niacin	mg	0.000		0		7				
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		7				
Folate, total	mcg	0		0		7				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	0		0		7				
Folate, DFE	mcg_DFE	0		0	NC	4				
Choline, total	mg	0.0		0	Z	7				
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	AS	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0		7				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7				
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	0.0		0	Z	7				
Lipids:										
Fatty acids, total saturated	g	0.000		0		7				
4:0	g	0.000		0		4				

NDB No. 42063
Pectin, 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	0.000		0		4				
15:0....g									
16:0....g	0.000		0		4				
17:0....g									
18:0....g	0.000		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		7				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4				
17:1....g									
18:1 undifferentiated....g	0.000		0		4				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		7				
18:2 undifferentiated....g	0.000		0		4				
18:3 undifferentiated....g	0.000		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 **Fat** **Carbohydrate**

Food Group: 19 Sweets

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

NDB No. 19310
Pectin, unsweetened, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.70	2.791	3		1		4.35		
Energy	kcal	325		0	NC	4		163		
Energy	kJ	1360		0		4		680		
Protein (N x 6.25)	g	0.30		2		1		0.15		
Total lipid (fat)	g	0.30		2		1		0.15		
Ash	g	0.30		2		1		0.15		
Carbohydrate, by difference	g	90.40		0	NC	4		45.20		
Fiber, total dietary	g	8.6		0		4		4.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		2		1		4		
Iron, Fe	mg	2.71		2		1		1.36		
Magnesium, Mg	mg	1		2		1		1		
Phosphorus, P	mg	2		2		1		1		
Potassium, K	mg	7		2		1		4		
Sodium, Na	mg	200		2		1		100		
Zinc, Zn	mg	0.47		2		1		0.24		
Copper, Cu	mg	0.420		2		1		0.210		
Manganese, Mn	mg	0.070		2		1		0.035		
Selenium, Se	mcg	0.0		0	Z	7		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	mg	0.008		2		1		0.004		
Riboflavin	mg	0.060		2		1		0.030		
Niacin	mg	0.005		2		1		0.003		
Pantothenic acid	mg	0.110		2		1		0.055		
Vitamin B-6	mg	0.010		2		1		0.005		
Folate, total	mcg	1		2		1		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1		2		1		1		
Folate, DFE	mcg_DFE	1		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	3		2		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									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.050		0		4		0.025		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		

NDB No. 19310
Pectin, unsweetened, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		0		4		0.000		
10:0 g	0.000		0		4		0.000		
12:0 g	0.001		0		4		0.001		
13:0 g									
14:0 g	0.002		0		4		0.001		
15:0 g									
16:0 g	0.040		0		4		0.020		
17:0 g									
18:0 g	0.006		0		4		0.003		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.010		0		4		0.005		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		4		0.001		
17:1 g									
18:1 undifferentiated g	0.012		0		4		0.006		
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	0.090		0		4		0.045		
18:2 undifferentiated g	0.072		0		4		0.036		
18:3 undifferentiated g	0.015		0		4		0.008		
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		1		4		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 50g: 1 package (1.75 oz)

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

Food Group: 19 Sweets

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

NDB No. 19312
Pie fillings, apple, 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	73.40	0.815	3		1		436.73	54.32	
Energy	kcal	100		0	NC	4		597	74	
Energy	kJ	420		0	NC	4		2498	311	
Protein (N x 6.25)	g	0.10		2		1		0.60	0.07	
Total lipid (fat)	g	0.10		2		1		0.60	0.07	
Ash	g	0.30		2		1		1.79	0.22	
Carbohydrate, by difference	g	26.10		0	NC	4		155.30	19.31	
Fiber, total dietary	g	1.0		1	AI	13		6.0	0.7	
Sugars, total	g	13.80		0	FLC	4		82.09	10.21	
Starch	g									
Minerals:										
Calcium, Ca	mg	4		2		1		24	3	
Iron, Fe	mg	0.29		2		1		1.73	0.21	
Magnesium, Mg	mg	2		2		1		12	1	
Phosphorus, P	mg	7		2		1		42	5	
Potassium, K	mg	45		2		1		268	33	
Sodium, Na	mg	47		1	LC	8		280	35	
Zinc, Zn	mg	0.04		2		1		0.24	0.03	
Copper, Cu	mg	0.055		2		1		0.327	0.041	
Manganese, Mn	mg	0.027		2		1		0.161	0.020	
Selenium, Se	mcg	0.3		0	FLC	4		1.9	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0	FLC	4		9.8	1.2	
Thiamin	mg	0.012		2		1		0.071	0.009	
Riboflavin	mg	0.011		2		1		0.065	0.008	
Niacin	mg	0.035		2		1		0.208	0.026	
Pantothenic acid	mg	0.042		2		1		0.250	0.031	
Vitamin B-6	mg	0.016		2		1		0.095	0.012	
Folate, total	mcg	0		0	FLC	4		1	0	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	0		0	FLC	4		1	0	
Folate, DFE	mcg_DFE	0		0	NC	4		1	0	
Choline, total	mg	2.8		0	FLC	4		16.9	2.1	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	FLC	4		9	1	
Retinol	mcg	0		0	FLC	4		0	0	
Carotene, beta	mcg	10		0	FLC	4		62	8	
Carotene, alpha	mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	mcg	8		0	FLC	4		46	6	
Vitamin A, IU	IU	24		0	FLC	4		142	18	
Lycopene	mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	mcg	11		0	FLC	4		66	8	
Vitamin E (alpha-tocopherol)	mg	0.04		0	FLC	4		0.22	0.03	
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	FLC	4		0.02	0.00	
Tocopherol, gamma	mg	0.00		0	FLC	4		0.00	0.00	
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	FLC	4		2.9	0.4	
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8		0.000	0.000	
4:0	g	0.000		0	FLC	4		0.000	0.000	

NDB No. 19312
Pie fillings, apple, 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	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	
10:0....g	0.000		0	FLC	4		0.000	0.000	
12:0....g	0.000		0	FLC	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLC	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLC	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLC	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:1....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
18:4....g	0.000		0	FLC	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	FLC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 595g: 1 can (21 oz)

Measure 2 = 74g: .125 can

Calories Factors: Protein 3.4 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 44158
Pie fillings, blueberry, 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	54.66		0	FLC	4		143.20		
Energy....kcal	181		0	NC	4		474		
Energy....kJ	757		0	NC	4		1984		
Protein....g	0.41		0	FLC	4		1.08		
Total lipid (fat)....g	0.20		0	FLC	4		0.54		
Ash....g	0.35		0	FLC	4		0.92		
Carbohydrate, by difference....g	44.38		0	NC	4		116.27		
Fiber, total dietary....g	2.6		1	LC	8		6.9		
Sugars, total....g	37.75		1	LC	8		98.90		
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0	FLC	4		69		
Iron, Fe....mg	0.80		0	FLC	4		2.09		
Magnesium, Mg....mg	10		0	FLC	4		26		
Phosphorus, P....mg	12		0	FLC	4		32		
Potassium, K....mg	115		0	FLC	4		301		
Sodium, Na....mg	12		0	FLC	4		32		
Zinc, Zn....mg	0.10		0	FLC	4		0.26		
Copper, Cu....mg	0.112		0	FLC	4		0.292		
Manganese, Mn....mg	0.215		0	FLC	4		0.563		
Selenium, Se....mcg	0.4		0	FLC	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0	FLC	4		1.8		
Thiamin....mg	0.023		0	FLC	4		0.061		
Riboflavin....mg	0.034		0	FLC	4		0.090		
Niacin....mg	0.091		0	FLC	4		0.238		
Pantothenic acid....mg	0.092		0	FLC	4		0.241		
Vitamin B-6....mg	0.029		0	FLC	4		0.077		
Folate, total....mcg	1		0	FLC	4		4		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	1		0	FLC	4		4		
Folate, DFE....mcg_DFE	1		0	NC	4		4		
Choline, total....mg	3.8		0	O	4		9.9		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	1		0	FLC	4		3		
Retinol....mcg	0		0	FLC	4		0		
Carotene, beta....mcg	13		0	FLC	4		35		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	22		0	FLC	4		58		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	33		0	FLC	4		86		
Vitamin E (alpha-tocopherol)....mg	0.23		0	FLC	4		0.61		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	3.9		0	FLC	4		10.3		
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 44158
Pie fillings, blueberry, 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	FLC	4		0.000		
8:0 ... g	0.000		0	FLC	4		0.000		
10:0 ... g	0.000		0	FLC	4		0.000		
12:0 ... g	0.000		0	FLC	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	FLC	4		0.000		
15:0 ... g									
16:0 ... g	0.000		0	FLC	4		0.000		
17:0 ... g									
18:0 ... g	0.000		0	FLC	4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		1	LC	8		0.000		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:1 ... g	0.000		0	FLC	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	FLC	4		0.000		
18:2 undifferentiated ... g	0.000		0	FLC	4		0.000		
18:3 undifferentiated ... g	0.000		0	FLC	4		0.000		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1	LC	8		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	0		0	FLC	4		0		
Theobromine ... mg	0		0	FLC	4		0		

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

Common Measures:

Measure 1 = 262g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19314
Pie fillings, canned, cherry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.23	0.930	5	A	1		423.82	52.71	
Energy....kcal	115		0	NC	4		684	85	
Energy....kJ	481		0		4		2863	356	
Protein (N x 6.25)....g	0.37	0.070	4	A	1		2.20	0.27	
Total lipid (fat)....g	0.07	0.070	4	A	1		0.42	0.05	
Ash....g	0.20	0.010	4	A	1		1.19	0.15	
Carbohydrate, by difference....g	28.00		0	NC	4		166.60	20.72	
Fiber, total dietary....g	0.6		0		1		3.6	0.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		2		1		65	8	
Iron, Fe....mg	0.24		2		1		1.43	0.18	
Magnesium, Mg....mg	7		2		1		42	5	
Phosphorus, P....mg	15		2		1		89	11	
Potassium, K....mg	105		2		1		625	78	
Sodium, Na....mg	18	8.040	4	A	1		107	13	
Zinc, Zn....mg	0.05		2		1		0.30	0.04	
Copper, Cu....mg	0.080		2		1		0.476	0.059	
Manganese, Mn....mg	0.030		2		1		0.179	0.022	
Selenium, Se....mcg	0.4		0	BFSN	4		2.4	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.6		1		4		21.4	2.7	
Thiamin....mg	0.025		2		1		0.149	0.019	
Riboflavin....mg	0.016		2		1		0.095	0.012	
Niacin....mg	0.140		2		1		0.833	0.104	
Pantothenic acid....mg	0.063		2		1		0.375	0.047	
Vitamin B-6....mg	0.037		2		1		0.220	0.027	
Folate, total....mcg	4		2		1		24	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		2		1		24	3	
Folate, DFE....mcg_DFE	4		0	NC	4		24	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	NC	4		61	8	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	205		2		1		1220	152	
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	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	FLC	4		0.0	0.0	
Vitamin D....IU	0		0	FLC	4		0	0	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.018		0	BFFN	4		0.107	0.013	
4:0....g									
6:0....g									
8:0....g									

NDB No. 19314
Pie fillings, canned, cherry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000	
15:0 g									
16:0 g	0.010		0	BFFN	4		0.060	0.007	
17:0 g									
18:0 g	0.004		0	BFFN	4		0.024	0.003	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.021		0	BFFN	4		0.125	0.016	
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	0.021		0	BFFN	4		0.125	0.016	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.021		0	BFFN	4		0.125	0.016	
18:2 undifferentiated g	0.010		0	BFFN	4		0.060	0.007	
18:3 undifferentiated g	0.010		0	BFFN	4		0.060	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		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.002		0		1		0.012	0.001	
Threonine g	0.009		0		1		0.054	0.007	
Isoleucine g	0.009		0		1		0.054	0.007	
Leucine g	0.013		0		1		0.077	0.010	
Lysine g	0.016		0		1		0.095	0.012	
Methionine g	0.002		0		1		0.012	0.001	
Cystine g	0.002		0		1		0.012	0.001	
Phenylalanine g	0.008		0		1		0.048	0.006	
Tyrosine g	0.005		0		1		0.030	0.004	
Valine g	0.012		0		1		0.071	0.009	
Arginine g	0.007		0		1		0.042	0.005	
Histidine g	0.006		0		1		0.036	0.004	
Alanine g	0.013		0		1		0.077	0.010	
Aspartic acid g	0.247		0		1		1.470	0.183	
Glutamic acid g	0.017		0		1		0.101	0.013	
Glycine g	0.010		0		1		0.060	0.007	
Proline g	0.014		0		1		0.083	0.010	
Serine g	0.014		0		1		0.083	0.010	
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 = 595g: 1 can (21 oz)

Measure 2 = 74g: .125 can

NDB No. 19314
Pie fillings, canned, cherry

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

Food Group: 19 Sweets

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

NDB No. 43098
Pie fillings, cherry, low calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.76		0	FLC	4		229.04		
Energy....kcal	53		0	NC	4		139		
Energy....kJ	220		0	NC	4		582		
Protein....g	0.82		0	FLC	4		2.18		
Total lipid (fat)....g	0.16		0	FLC	4		0.42		
Ash....g	0.28		0	FLC	4		0.73		
Carbohydrate, by difference....g	11.98		0	NC	4		31.63		
Fiber, total dietary....g	1.2		1	LC	8		3.1		
Sugars, total....g	9.15		0	O	4		24.16		
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	FLC	4		29		
Iron, Fe....mg	0.33		0	FLC	4		0.86		
Magnesium, Mg....mg	8		0	FLC	4		21		
Phosphorus, P....mg	15		0	FLC	4		40		
Potassium, K....mg	118		0	FLC	4		312		
Sodium, Na....mg	12		1	LC	8		31		
Zinc, Zn....mg	0.07		0	FLC	4		0.19		
Copper, Cu....mg	0.084		0	FLC	4		0.221		
Manganese, Mn....mg	0.057		0	FLC	4		0.149		
Selenium, Se....mcg	0.1		0	FLC	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8		1	LC	8		7.5		
Thiamin....mg	0.020		0	FLC	4		0.053		
Riboflavin....mg	0.039		0	FLC	4		0.102		
Niacin....mg	0.361		0	FLC	4		0.952		
Pantothenic acid....mg	0.000		0	FLC	4		0.000		
Vitamin B-6....mg	0.027		0	FLC	4		0.072		
Folate, total....mcg	4		0	FLC	4		11		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	4		0	NR	4		11		
Folate, DFE....mcg_DFE	4		0	NC	4		11		
Choline, total....mg	4.9		0	O	4		12.9		
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	10		0	NC	4		27		
Retinol....mcg	0		0	FLC	4		0		
Carotene, beta....mcg	125		0	NR	4		330		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	208		0	NC	4		550		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	70		0	NR	4		185		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.0		0	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 43098
Pie fillings, cherry, low calorie

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

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

Common Measures:

Measure 1 = 264g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19333

Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.62		0	RP	4				
Energy	kcal	109		0	NC	4				
Energy	kJ	458		0	NC	4				
Protein	g	0.65		0	RP	4				
Total lipid (fat)	g	1.12		0	RP	4				
Ash	g	0.42		0	RP	4				
Carbohydrate, by difference	g	24.20		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g	13.51		0	RP	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	RP	4				
Iron, Fe	mg	0.13		0	RP	4				
Magnesium, Mg	mg	1		0	RP	4				
Phosphorus, P	mg	16		0	RP	4				
Potassium, K	mg	6		0	RP	4				
Sodium, Na	mg	63		0	RP	4				
Zinc, Zn	mg	0.10		0	RP	4				
Copper, Cu	mg	0.013		0	RP	4				
Manganese, Mn	mg	0.005		0	RP	4				
Selenium, Se	mcg	2.4		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
Thiamin	mg	0.006		0	RP	4				
Riboflavin	mg	0.023		0	RP	4				
Niacin	mg	0.003		0	RP	4				
Pantothenic acid	mg	0.123		0	RP	4				
Vitamin B-6	mg	0.012		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.06		0	RP	4				
Vitamin B-12, added	mcg	0.00		0	RP	4				
Vitamin A, RAE	mcg_RAE	15		0	RP	4				
Retinol	mcg	15		0	RP	4				
Carotene, beta	mcg	4		0	RP	4				
Carotene, alpha	mcg	2		0	RP	4				
Cryptoxanthin, beta	mcg	1		0	RP	4				
Vitamin A, IU	IU	58		0	RP	4				
Lycopene	mcg	0		0	RP	4				
Lutein + zeaxanthin	mcg	44		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.10		0	RP	4				
Vitamin E, added	mg	0.00		0	RP	4				
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	0.0		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.382		0	RP	4				
4:0	g	0.000		0	RP	4				

NDB No. 19333

Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	RP	4				
8:0 ... g	0.000		0	RP	4				
10:0 ... g	0.000		0	RP	4				
12:0 ... g	0.000		0	RP	4				
13:0 ... g									
14:0 ... g	0.004		0	RP	4				
15:0 ... g	0.001		0	RP	4				
16:0 ... g	0.274		0	RP	4				
17:0 ... g	0.002		0	RP	4				
18:0 ... g	0.097		0	RP	4				
20:0 ... g	0.001		0	RP	4				
22:0 ... g	0.002		0	RP	4				
24:0 ... g	0.000		0	RP	4				
Fatty acids, total monounsaturated ... g	0.470		0	RP	4				
14:1 ... g	0.001		0	RP	4				
15:1 ... g									
16:1 undifferentiated ... g	0.037		0	RP	4				
17:1 ... g									
18:1 undifferentiated ... g	0.428		0	RP	4				
20:1 ... g	0.003		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.168		0	RP	4				
18:2 undifferentiated ... g	0.142		0	RP	4				
18:3 undifferentiated ... g	0.004		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.018		0	RP	4				
20:5 n-3 (EPA) ... g	0.000		0	RP	4				
22:5 n-3 (DPA) ... g	0.000		0	RP	4				
22:6 n-3 (DHA) ... g	0.005		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	49		0	RP	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	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: 19 Sweets

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

NDB No. 44260

Puddings, all flavors except chocolate, low calorie, instant, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.84		0	FLM	4		0.55	2.19	
Energy....kcal	350		0	NC	4		28	112	
Energy....kJ	1464		0	NC	4		117	469	
Protein (N x 6.25)....g	0.81		0	FLM	4		0.06	0.26	
Total lipid (fat)....g	0.90		0	FLM	4		0.07	0.29	
Ash....g	6.80		0	NR	4		0.54	2.17	
Carbohydrate, by difference....g	84.66		0	NC	4		6.77	27.09	
Fiber, total dietary....g	0.8		0	FLM	4		0.1	0.3	
Sugars, total....g	0.90		0	FLM	4		0.07	0.29	
Starch....g									
Minerals:									
Calcium, Ca....mg	143		0	FLM	4		11	46	
Iron, Fe....mg	0.38		0	FLM	4		0.03	0.12	
Magnesium, Mg....mg	5		0	FLM	4		0	1	
Phosphorus, P....mg	2368		0	FLM	4		189	758	
Potassium, K....mg	30		0	FLM	4		2	9	
Sodium, Na....mg	4250		1	LC	8		340	1360	
Zinc, Zn....mg	0.10		0	FLM	4		0.01	0.03	
Copper, Cu....mg	0.038		0	FLM	4		0.003	0.012	
Manganese, Mn....mg	0.041		0	FLM	4		0.003	0.013	
Selenium, Se....mcg	0.8		0	BFZN	4		0.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg	0.005		0	FLM	4		0.000	0.002	
Riboflavin....mg	0.021		0	FLM	4		0.002	0.007	
Niacin....mg	0.014		0	FLM	4		0.001	0.005	
Pantothenic acid....mg	0.047		0	FLM	4		0.004	0.015	
Vitamin B-6....mg	0.005		0	FLM	4		0.000	0.002	
Folate, total....mcg	1		0	FLM	4		0	0	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	1		0	FLM	4		0	0	
Folate, DFE....mcg_DFE	1		0	NC	4		0	0	
Choline, total....mg	1.1		0	O	4		0.1	0.3	
Betaine....mg									
Vitamin B-12....mcg	0.05		0	FLM	4		0.00	0.02	
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLM	4		0	0	
Retinol....mcg	0		0	FLM	4		0	0	
Carotene, beta....mcg	0		0	FLM	4		0	0	
Carotene, alpha....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	
Vitamin A, IU....IU	0		0	FLM	4		0	0	
Lycopene....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.08		0	FLM	4		0.01	0.02	
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	1.7		0	FLM	4		0.1	0.5	
Lipids:									
Fatty acids, total saturated....g	0.099		0	FLM	4		0.008	0.032	
4:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 44260

Puddings, all flavors except chocolate, low calorie, instant, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000	0.000	
8:0 ... g	0.000		0	FLM	4		0.000	0.000	
10:0 ... g	0.000		0	FLM	4		0.000	0.000	
12:0 ... g	0.000		0	FLM	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.001		0	FLM	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.078		0	FLM	4		0.006	0.025	
17:0 ... g									
18:0 ... g	0.019		0	FLM	4		0.001	0.006	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.116		0	FLM	4		0.009	0.037	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	FLM	4		0.000	0.001	
17:1 ... g									
18:1 undifferentiated ... g	0.112		0	FLM	4		0.009	0.036	
20:1 ... g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.433		0	FLM	4		0.035	0.139	
18:2 undifferentiated ... g	0.386		0	FLM	4		0.031	0.124	
18:3 undifferentiated ... g	0.047		0	FLM	4		0.004	0.015	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLM	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0	0.0	
Caffeine ... mg	0		0	FLM	4		0	0	
Theobromine ... mg	0		0	FLM	4		0	0	

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

Common Measures:

Measure 1 = 8.0g: 1 serving

Measure 2 = 32g: 1 package 4 servings

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

Food Group: 19 Sweets

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

NDB No. 44259

Puddings, all flavors except chocolate, low calorie, regular, dry mix

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	10.40		0		4				
Energy	kcal	351		0	NC	4				
Energy	kJ	1470		0	NC	4				
Protein (N x 6.25)	g	1.60		0		4				
Total lipid (fat)	g	0.10		0		4				
Ash	g	1.86		0	O	4				
Carbohydrate, by difference	g	86.04		0	NC	4				
Fiber, total dietary	g	0.9		0	MC	9				
Sugars, total	g	2.90		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	49		0		4				
Iron, Fe	mg	0.05		0		4				
Magnesium, Mg	mg	17		0		4				
Phosphorus, P	mg	12		0		4				
Potassium, K	mg	18		0		4				
Sodium, Na	mg	1765		0		4				
Zinc, Zn	mg	0.19		0		4				
Copper, Cu	mg	0.040		0		4				
Manganese, Mn	mg									
Selenium, Se	mcg	0.9		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4				
Thiamin	mg	0.000		0		4				
Riboflavin	mg	0.000		0		4				
Niacin	mg	0.000		0		4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		4				
Folate, total	mcg	0		0		4				
Folic acid	mcg	0		0	BFSN	4				
Folate, food	mcg	0		0	BFSN	4				
Folate, DFE	mcg_DFE	0		0	NC	4				
Choline, total	mg	0.0		0	O	4				
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	BFSN	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		4				
Lycopene	mcg	0		0	BFSN	4				
Lutein + zeaxanthin	mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	0.05		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	1.1		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	0.018		0		4				
4:0	g	0.000		0		4				

NDB No. 44259

Puddings, all flavors except chocolate, low calorie, regular, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.000		0		4				
13:0 ... g									
14:0 ... g	0.000		0		4				
15:0 ... g									
16:0 ... g	0.018		0		4				
17:0 ... g									
18:0 ... g	0.002		0		4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.032		0		4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4				
17:1 ... g									
18:1 undifferentiated ... g	0.032		0		4				
20:1 ... g	0.000		0		4				
22:1 undifferentiated ... g	0.000		0		4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.050		0		4				
18:2 undifferentiated ... g	0.050		0		4				
18:3 undifferentiated ... g	0.000		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		4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7				
Caffeine ... mg	0		0	BFSN	4				
Theobromine ... mg	0		0	BFSN	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 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19318
Puddings, banana, dry mix, instant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.80	0.054	6		1		2.77	0.70	
Energy....kcal	367		0	NC	4		363	92	
Energy....kJ	1536		0		4		1520	384	
Protein (N x 6.4)....g	0.00	0.000	6		1		0.00	0.00	
Total lipid (fat)....g	0.60	0.074	6		1		0.59	0.15	
Ash....g	3.80	0.013	6		1		3.76	0.95	
Carbohydrate, by difference....g	92.70		0	NC	4		91.77	23.18	
Fiber, total dietary....g	0.0		0	FLM	4		0.0	0.0	
Sugars, total....g	76.57		0	O	4		75.80	19.14	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		1		4		6	2	
Iron, Fe....mg	0.12		1		4		0.12	0.03	
Magnesium, Mg....mg	2		1		4		2	1	
Phosphorus, P....mg	804		1		4		796	201	
Potassium, K....mg	15		0		4		15	4	
Sodium, Na....mg	1499		0		4		1484	375	
Zinc, Zn....mg	0.04		1		4		0.04	0.01	
Copper, Cu....mg	0.021		1		4		0.021	0.005	
Manganese, Mn....mg	0.010		1		4		0.010	0.003	
Selenium, Se....mcg	0.8		0	BFZN	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.001		1		4		0.001	0.000	
Riboflavin....mg	0.003		1		4		0.003	0.001	
Niacin....mg	0.002		1		4		0.002	0.001	
Pantothenic acid....mg	0.006		1		4		0.006	0.002	
Vitamin B-6....mg	0.001		1		4		0.001	0.000	
Folate, total....mcg	0		1		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.01		1		4		0.01	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									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.090		0		1		0.089	0.023	
4:0....g	0.000		1		1		0.000	0.000	
6:0....g	0.000		1		1		0.000	0.000	

NDB No. 19318
Puddings, banana, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		1		1		0.000	0.000	
10:0 g	0.000		1		1		0.000	0.000	
12:0 g	0.000		1		1		0.000	0.000	
13:0 g									
14:0 g	0.000		1		1		0.000	0.000	
15:0 g									
16:0 g	0.060		1		1		0.059	0.015	
17:0 g									
18:0 g	0.020		1		1		0.020	0.005	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.140		0		1		0.139	0.035	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		1		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.140		1		1		0.139	0.035	
20:1 g	0.000		1		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.350		0		1		0.347	0.088	
18:2 undifferentiated g	0.310		1		1		0.307	0.078	
18:3 undifferentiated g	0.040		1		1		0.040	0.010	
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		1		4		0	0	
Phytosterols mg									
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:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19121
Puddings, banana, dry mix, instant, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.52		0	RPA	1				
Energy	kcal	105		0	RPI	6				
Energy	kJ	441		0	RPI	6				
Protein	g	2.76		0	RPA	1				
Total lipid (fat)	g	1.70		0	RPA	1				
Ash	g	1.26		0	RPA	1				
Carbohydrate, by difference	g	19.74		0	RPI	6				
Fiber, total dietary	g	0.0		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	102		0	RPI	6				
Iron, Fe	mg	0.06		0	RPI	6				
Magnesium, Mg	mg	12		0	RPI	6				
Phosphorus, P	mg	216		0	RPI	6				
Potassium, K	mg	131		0	RPI	6				
Sodium, Na	mg	296		0	RPI	6				
Zinc, Zn	mg	0.33		0	RPI	6				
Copper, Cu	mg	0.010		0	RPI	6				
Manganese, Mn	mg	0.003		0	RPI	6				
Selenium, Se	mcg	2.0		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	RPI	6				
Thiamin	mg	0.033		0	RPI	6				
Riboflavin	mg	0.137		0	RPI	6				
Niacin	mg	0.072		0	RPI	6				
Pantothenic acid	mg	0.267		0	RPI	6				
Vitamin B-6	mg	0.036		0	RPI	6				
Folate, total	mcg	4		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	4		0	RPI	6				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.30		0	RPI	6				
Vitamin A, RAE	mcg_RAE	46		0	NC	4				
Retinol	mcg	46		0	RPA	1				
Carotene, beta	mcg	10		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	170		0	RPI	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	0.8		0	RPI	6				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	33		0	RPI	6				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.971		0	RPA	1				
4:0	g	0.051		0	RPA	1				
6:0	g	0.031		0	RPA	1				
8:0	g	0.017		0	RPA	1				

NDB No. 19121
Puddings, banana, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.040		0	RPA	1				
12:0 g	0.045		0	RPA	1				
13:0 g									
14:0 g	0.160		0	RPA	1				
15:0 g									
16:0 g	0.429		0	RPA	1				
17:0 g									
18:0 g	0.197		0	RPA	1				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.460		0	RPA	1				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.036		0	RPA	1				
17:1 g									
18:1 undifferentiated g	0.425		0	RPA	1				
20:1 g	0.000		0	RPA	1				
22:1 undifferentiated g	0.000		0	RPA	1				
24:1 c g									
Fatty acids, total polyunsaturated g	0.118		0	RPA	1				
18:2 undifferentiated g	0.088		0	RPA	1				
18:3 undifferentiated g	0.030		0	RPA	1				
18:4 g	0.000		0	RPA	1				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RPA	1				
20:5 n-3 (EPA) g	0.000		0	RPA	1				
22:5 n-3 (DPA) g	0.000		0	RPA	1				
22:6 n-3 (DHA) g	0.000		0	RPA	1				
Fatty acids, total trans g									
Cholesterol mg	6		0	RPI	6				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.039		0	RPA	1				
Threonine g	0.125		0	RPA	1				
Isoleucine g	0.167		0	RPA	1				
Leucine g	0.271		0	RPA	1				
Lysine g	0.219		0	RPA	1				
Methionine g	0.070		0	RPA	1				
Cystine g	0.026		0	RPA	1				
Phenylalanine g	0.134		0	RPA	1				
Tyrosine g	0.134		0	RPA	1				
Valine g	0.185		0	RPA	1				
Arginine g	0.100		0	RPA	1				
Histidine g	0.075		0	RPA	1				
Alanine g	0.095		0	RPA	1				
Aspartic acid g	0.210		0	RPA	1				
Glutamic acid g	0.579		0	RPA	1				
Glycine g	0.058		0	RPA	1				
Proline g	0.268		0	RPA	1				
Serine g	0.150		0	RPA	1				
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RPI	6				
Caffeine mg	0		0	RPI	6				
Theobromine mg	0		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19121

Puddings, banana, dry mix, instant, prepared with 2% milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19319
Puddings, banana, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.62		0	RPA	1				
Energy	kcal	115		0	NC	4				
Energy	kJ	480		0	NC	4				
Protein	g	2.62		0	RPA	1				
Total lipid (fat)	g	2.80		0	RPI	6				
Ash	g	1.20		0	RPA	1				
Carbohydrate, by difference	g	19.76		0	NC	4				
Fiber, total dietary	g	0.0		0	RPI	6				
Sugars, total	g	17.38		0	RPI	6				
Starch	g									
Minerals:										
Calcium, Ca	mg	94		0	RPI	6				
Iron, Fe	mg	0.05		0	RPI	6				
Magnesium, Mg	mg	9		0	RPI	6				
Phosphorus, P	mg	206		0	RPI	6				
Potassium, K	mg	112		0	RPI	6				
Sodium, Na	mg	290		0	RPI	6				
Zinc, Zn	mg	0.32		0	RPI	6				
Copper, Cu	mg	0.024		0	RPI	6				
Manganese, Mn	mg	0.005		0	RPI	6				
Selenium, Se	mcg	3.2		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6				
Thiamin	mg	0.038		0	RPI	6				
Riboflavin	mg	0.140		0	RPI	6				
Niacin	mg	0.074		0	RPI	6				
Pantothenic acid	mg	0.311		0	RPI	6				
Vitamin B-6	mg	0.030		0	RPI	6				
Folate, total	mcg	4		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	4		0	RPI	6				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg	11.9		0	RPA	1				
Betaine	mg	0.5		0	RPA	1				
Vitamin B-12	mcg	0.37		0	RPI	6				
Vitamin B-12, added	mcg	0.00		0	RPI	6				
Vitamin A, RAE	mcg_RAE	38		0	NC	4				
Retinol	mcg	38		0	RPI	6				
Carotene, beta	mcg	6		0	RPA	1				
Carotene, alpha	mcg	0		0	RPA	1				
Cryptoxanthin, beta	mcg	0		0	RPA	1				
Vitamin A, IU	IU	134		0	NC	4				
Lycopene	mcg	0		0	RPA	1				
Lutein + zeaxanthin	mcg	0		0	RPA	1				
Vitamin E (alpha-tocopherol)	mg	0.06		0	RPA	1				
Vitamin E, added	mg	0.00		0	RPI	6				
Tocopherol, beta	mg	0.00		0	RPA	1				
Tocopherol, gamma	mg	0.00		0	RPA	1				
Tocopherol, delta	mg	0.00		0	RPA	1				
Vitamin D (D2 + D3)	mcg	1.1		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.1		0	RPA	1				
Vitamin D	IU	42		0	RPA	1				
Vitamin K (phylloquinone)	mcg	0.2		0	RPA	1				
Lipids:										
Fatty acids, total saturated	g	1.562		0	RPI	6				
4:0	g	0.062		0	RPA	1				

NDB No. 19319
Puddings, banana, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.062		0	RPA	1				
8:0 ... g	0.062		0	RPA	1				
10:0 ... g	0.062		0	RPA	1				
12:0 ... g	0.064		0	RPA	1				
13:0 ... g	0.000		0	RPA	1				
14:0 ... g	0.246		0	RPA	1				
15:0 ... g	0.000		0	RPA	1				
16:0 ... g	0.698		0	RPA	1				
17:0 ... g	0.000		0	RPA	1				
18:0 ... g	0.306		0	RPA	1				
20:0 ... g	0.000		0	RPA	1				
22:0 ... g	0.000		0	RPA	1				
24:0 ... g	0.000		0	RPA	1				
Fatty acids, total monounsaturated ... g	0.698		0	RPI	6				
14:1 ... g	0.000		0	RPA	1				
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RPA	1				
17:1 ... g									
18:1 undifferentiated ... g	0.698		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.221		0	RPI	6				
18:2 undifferentiated ... g	0.152		0	RPA	1				
18:3 undifferentiated ... g	0.069		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 (EPA) ... g	0.000		0	RPA	1				
22:5 n-3 (DPA) ... g	0.000		0	RPA	1				
22:6 n-3 (DHA) ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	9		0	RPI	6				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.061		0	RPA	1				
Threonine ... g	0.116		0	RPA	1				
Isoleucine ... g	0.134		0	RPA	1				
Leucine ... g	0.216		0	RPA	1				
Lysine ... g	0.114		0	RPA	1				
Methionine ... g	0.061		0	RPA	1				
Cystine ... g	0.014		0	RPA	1				
Phenylalanine ... g	0.119		0	RPA	1				
Tyrosine ... g	0.123		0	RPA	1				
Valine ... g	0.156		0	RPA	1				
Arginine ... g	0.061		0	RPA	1				
Histidine ... g	0.061		0	RPA	1				
Alanine ... g	0.083		0	RPA	1				
Aspartic acid ... g	0.193		0	RPA	1				
Glutamic acid ... g	0.526		0	RPA	1				
Glycine ... g	0.061		0	RPA	1				
Proline ... g	0.278		0	RPA	1				
Serine ... g	0.087		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	0		0	RPI	6				
Theobromine ... mg	0		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19319

Puddings, banana, dry mix, instant, prepared with whole milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19705
Puddings, banana, dry mix, instant, with added oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80	0.054	6		1		2.77	0.70	
Energy	kcal	386		0		4		382	97	
Energy	kJ	1615				4		1599	404	
Protein (N x 6.4)	g	0.00	0.000	6		1		0.00	0.00	
Total lipid (fat)	g	4.40		0		1		4.36	1.10	
Ash	g	3.80	0.013	6		1		3.76	0.95	
Carbohydrate, by difference	g	89.00		0		4		88.11	22.25	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		6	2	
Iron, Fe	mg	0.12		0		4		0.12	0.03	
Magnesium, Mg	mg	2		0		4		2	1	
Phosphorus, P	mg	804		0		4		796	201	
Potassium, K	mg	15		0		4		15	4	
Sodium, Na	mg	1499		0		4		1484	375	
Zinc, Zn	mg	0.04		0		4		0.04	0.01	
Copper, Cu	mg	0.021		0		4		0.021	0.005	
Manganese, Mn	mg	0.010		0		4		0.010	0.003	
Selenium, Se	mcg	0.8		0	RA	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.001		0		4		0.001	0.000	
Riboflavin	mg	0.003		0		4		0.003	0.001	
Niacin	mg	0.002		0		4		0.002	0.001	
Pantothenic acid	mg	0.006		0		4		0.006	0.002	
Vitamin B-6	mg	0.001		0		4		0.001	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.01		0		4		0.01	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.790		0		4		0.782	0.198	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 19705
Puddings, banana, dry mix, instant, with added oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		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	0.620		0		4		0.614	0.155	
17:0 ... g									
18:0 ... g	0.160		0		4		0.158	0.040	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.300		0		4		1.287	0.325	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	1.290		0		4		1.277	0.323	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.120		0		4		2.099	0.530	
18:2 undifferentiated ... g	1.990		0		4		1.970	0.498	
18:3 undifferentiated ... g	0.120		0		4		0.119	0.030	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g									
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 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19320
Puddings, banana, dry mix, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.10	0.100	6		1		3.61	0.90	
Energy	kcal	366		0	NC	4		322	81	
Energy	kJ	1532		0	NC	4		1348	337	
Protein (N x 6.2)	g	0.00		0		4		0.00	0.00	
Total lipid (fat)	g	0.40	0.030	3		1		0.35	0.09	
Ash	g	2.50	0.079	6		1		2.20	0.55	
Carbohydrate, by difference	g	93.00		0	NC	4		81.84	20.46	
Fiber, total dietary	g	0.3		0	FLM	4		0.3	0.1	
Sugars, total	g	74.32		0	O	4		65.40	16.35	
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		4		18	4	
Iron, Fe	mg	0.05		1		4		0.04	0.01	
Magnesium, Mg	mg	8		1		4		7	2	
Phosphorus, P	mg	5		1		4		4	1	
Potassium, K	mg	17		0		4		15	4	
Sodium, Na	mg	788		0		4		693	173	
Zinc, Zn	mg	0.09		1		4		0.08	0.02	
Copper, Cu	mg	0.020		1		4		0.018	0.004	
Manganese, Mn	mg	0.013		1		4		0.011	0.003	
Selenium, Se	mcg	0.9		0	BFZN	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.000		1		4		0.000	0.000	
Niacin	mg	0.000		1		4		0.000	0.000	
Pantothenic acid	mg	0.000		1		4		0.000	0.000	
Vitamin B-6	mg	0.000		1		4		0.000	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.090		0		1		0.079	0.020	
4:0	g									
6:0	g									

NDB No. 19320
Puddings, banana, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g									
15:0 g									
16:0 g	0.080		1		1		0.070	0.018	
17:0 g									
18:0 g	0.000		1		1		0.000	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.030		0		1		0.026	0.007	
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.030		1		1		0.026	0.007	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.160		0		1		0.141	0.035	
18:2 undifferentiated g	0.160		1		1		0.141	0.035	
18:3 undifferentiated g	0.010		1		1		0.009	0.002	
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		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.000		0		1		0.000	0.000	
Threonine g	0.001		0		1		0.001	0.000	
Isoleucine g	0.001		0		1		0.001	0.000	
Leucine g	0.005		0		1		0.004	0.001	
Lysine g	0.001		0		1		0.001	0.000	
Methionine g	0.001		0		1		0.001	0.000	
Cystine g	0.001		0		1		0.001	0.000	
Phenylalanine g	0.002		0		1		0.002	0.000	
Tyrosine g	0.001		0		1		0.001	0.000	
Valine g	0.002		0		1		0.002	0.000	
Arginine g	0.002		0		1		0.002	0.000	
Histidine g	0.001		0		1		0.001	0.000	
Alanine g	0.003		0		1		0.003	0.001	
Aspartic acid g	0.003		0		1		0.003	0.001	
Glutamic acid g	0.007		0		1		0.006	0.002	
Glycine g	0.001		0		1		0.001	0.000	
Proline g	0.003		0		1		0.003	0.001	
Serine g	0.002		0		1		0.002	0.000	
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.

NDB No. 19320

Puddings, banana, dry mix, regular

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19122
Puddings, banana, dry mix, regular, prepared with 2% milk

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	75.90		0	RP	4				
Energy	kcal	101		0	RP	4				
Energy	kJ	422		0	RP	4				
Protein	g	2.90		0	RP	4				
Total lipid (fat)	g	1.73		0	RP	4				
Ash	g	1.03		0	RP	4				
Carbohydrate, by difference	g	18.43		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	109		0	RP	4				
Iron, Fe	mg	0.05		0	RP	4				
Magnesium, Mg	mg	13		0	RP	4				
Phosphorus, P	mg	83		0	RP	4				
Potassium, K	mg	137		0	RP	4				
Sodium, Na	mg	164		0	RP	4				
Zinc, Zn	mg	0.35		0	RP	4				
Copper, Cu	mg	0.010		0	RP	4				
Manganese, Mn	mg	0.004		0	RP	4				
Selenium, Se	mcg	2.1		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.031		0	RP	4				
Riboflavin	mg	0.144		0	RP	4				
Niacin	mg	0.075		0	RP	4				
Pantothenic acid	mg	0.278		0	RP	4				
Vitamin B-6	mg	0.034		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.25		0	RP	4				
Vitamin A, RAE	mcg_RAE	50		0	NC	4				
Retinol	mcg	49		0	RP	4				
Carotene, beta	mcg	10		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	178		0	RP	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	0.9		0	RP	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	35		0	RP	4				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.015		0	RP	4				
4:0	g	0.054		0	RP	4				
6:0	g	0.032		0	RP	4				
8:0	g	0.018		0	RP	4				

NDB No. 19122
Puddings, banana, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.042		0	RP	4				
12:0 g	0.047		0	RP	4				
13:0 g									
14:0 g	0.168		0	RP	4				
15:0 g									
16:0 g	0.452		0	RP	4				
17:0 g									
18:0 g	0.203		0	RP	4				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.462		0	RP	4				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.037		0	RP	4				
17:1 g									
18:1 undifferentiated g	0.425		0	RP	4				
20:1 g	0.000		0	RP	4				
22:1 undifferentiated g	0.000		0	RP	4				
24:1 c g									
Fatty acids, total polyunsaturated g	0.088		0	RP	4				
18:2 undifferentiated g	0.062		0	RP	4				
18:3 undifferentiated g	0.026		0	RP	4				
18:4 g	0.000		0	RP	4				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RP	4				
20:5 n-3 (EPA) g	0.000		0	RP	4				
22:5 n-3 (DPA) g	0.000		0	RP	4				
22:6 n-3 (DHA) g	0.000		0	RP	4				
Fatty acids, total trans g									
Cholesterol mg	7		0	RP	4				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.041		0	RP	4				
Threonine g	0.131		0	RP	4				
Isoleucine g	0.175		0	RP	4				
Leucine g	0.284		0	RP	4				
Lysine g	0.230		0	RP	4				
Methionine g	0.073		0	RP	4				
Cystine g	0.027		0	RP	4				
Phenylalanine g	0.140		0	RP	4				
Tyrosine g	0.140		0	RP	4				
Valine g	0.194		0	RP	4				
Arginine g	0.106		0	RP	4				
Histidine g	0.078		0	RP	4				
Alanine g	0.100		0	RP	4				
Aspartic acid g	0.221		0	RP	4				
Glutamic acid g	0.607		0	RP	4				
Glycine g	0.061		0	RP	4				
Proline g	0.281		0	RP	4				
Serine g	0.158		0	RP	4				
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RP	4				
Caffeine mg	0		0	RP	4				
Theobromine mg	0		0	RP	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. 19122

Puddings, banana, dry mix, regular, prepared with 2% milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19321
Puddings, banana, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.96		0	RP	4				
Energy	kcal	111		0	NC	4				
Energy	kJ	463		0	NC	4				
Protein	g	2.74		0	RP	4				
Total lipid (fat)	g	2.89		0	RP	4				
Ash	g	0.97		0	RP	4				
Carbohydrate, by difference	g	18.44		0	NC	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g	15.98		0	RP	4				
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	101		0	RP	4				
Iron, Fe	mg	0.04		0	RP	4				
Magnesium, Mg	mg	10		0	RP	4				
Phosphorus, P	mg	74		0	RP	4				
Potassium, K	mg	118		0	RP	4				
Sodium, Na	mg	158		0	RP	4				
Zinc, Zn	mg	0.34		0	RP	4				
Copper, Cu	mg	0.025		0	RP	4				
Manganese, Mn	mg	0.006		0	RP	4				
Selenium, Se	mcg	3.3		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
Thiamin	mg	0.036		0	RP	4				
Riboflavin	mg	0.147		0	RP	4				
Niacin	mg	0.077		0	RP	4				
Pantothenic acid	mg	0.324		0	RP	4				
Vitamin B-6	mg	0.028		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg	11.2		0	RP	4				
Betaine	mg	0.5		0	RP	4				
Vitamin B-12	mcg	0.31		0	RP	4				
Vitamin B-12, added	mcg	0.00		0	RP	4				
Vitamin A, RAE	mcg_RAE	40		0	NC	4				
Retinol	mcg	39		0	RP	4				
Carotene, beta	mcg	6		0	RP	4				
Carotene, alpha	mcg	0		0	RP	4				
Cryptoxanthin, beta	mcg	0		0	RP	4				
Vitamin A, IU	IU	141		0	NC	4				
Lycopene	mcg	0		0	RP	4				
Lutein + zeaxanthin	mcg	0		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.06		0	RP	4				
Vitamin E, added	mg	0.00		0	RP	4				
Tocopherol, beta	mg	0.00		0	RP	4				
Tocopherol, gamma	mg	0.00		0	RP	4				
Tocopherol, delta	mg	0.00		0	RP	4				
Vitamin D (D2 + D3)	mcg	1.1		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19321

Puddings, banana, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	1.1		0	RP	4				
Vitamin D....IU	44		0	RP	4				
Vitamin K (phylloquinone)....mcg	0.2		0	RP	4				
Lipids:									
Fatty acids, total saturated....g	1.634		0	RP	4				
4:0....g	0.065		0	RP	4				
6:0....g	0.065		0	RP	4				
8:0....g	0.065		0	RP	4				
10:0....g	0.065		0	RP	4				
12:0....g	0.067		0	RP	4				
13:0....g	0.000		0	RP	4				
14:0....g	0.258		0	RP	4				
15:0....g	0.000		0	RP	4				
16:0....g	0.733		0	RP	4				
17:0....g	0.000		0	RP	4				
18:0....g	0.317		0	RP	4				
20:0....g	0.000		0	RP	4				
22:0....g	0.000		0	RP	4				
24:0....g	0.000		0	RP	4				
Fatty acids, total monounsaturated....g	0.711		0	RP	4				
14:1....g	0.000		0	RP	4				
15:1....g									
16:1 undifferentiated....g	0.000		0	RP	4				
17:1....g									
18:1 undifferentiated....g	0.711		0	RP	4				
20:1....g	0.000		0	RP	4				
22:1 undifferentiated....g	0.000		0	RP	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.195		0	RP	4				
18:2 undifferentiated....g	0.129		0	RP	4				
18:3 undifferentiated....g	0.066		0	RP	4				
18:4....g	0.000		0	RP	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4				
20:5 n-3 (EPA)....g	0.000		0	RP	4				
22:5 n-3 (DPA)....g	0.000		0	RP	4				
22:6 n-3 (DHA)....g	0.000		0	RP	4				
Fatty acids, total trans....g									
Cholesterol....mg	9		0	RP	4				
Phytosterols....mg	0		0	Z	7				
Amino Acids:									
Tryptophan....g	0.064		0	RP	4				
Threonine....g	0.122		0	RP	4				
Isoleucine....g	0.141		0	RP	4				
Leucine....g	0.227		0	RP	4				
Lysine....g	0.120		0	RP	4				
Methionine....g	0.064		0	RP	4				
Cystine....g	0.014		0	RP	4				
Phenylalanine....g	0.125		0	RP	4				
Tyrosine....g	0.129		0	RP	4				
Valine....g	0.164		0	RP	4				
Arginine....g	0.064		0	RP	4				
Histidine....g	0.064		0	RP	4				
Alanine....g	0.088		0	RP	4				
Aspartic acid....g	0.202		0	RP	4				
Glutamic acid....g	0.553		0	RP	4				
Glycine....g	0.064		0	RP	4				
Proline....g	0.291		0	RP	4				
Serine....g	0.091		0	RP	4				
Hydroxyproline....g									
Others:									

NDB No. 19321

Puddings, banana, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	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: 19 Sweets

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

NDB No. 19706
Puddings, banana, dry mix, regular, with added oil

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.10	0.100	6		1		3.61	0.90	
Energy	kcal	387		0	NC	4		341	85	
Energy	kJ	1619				4		1425	356	
Protein (N x 6.2)	g	0.00		0		4		0.00	0.00	
Total lipid (fat)	g	5.00		0		1		4.40	1.10	
Ash	g	2.50	0.079	6		1		2.20	0.55	
Carbohydrate, by difference	g	88.40		0		4		77.79	19.45	
Fiber, total dietary	g	0.3		0	BFZN	4		0.3	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		4		18	4	
Iron, Fe	mg	0.05		1		4		0.04	0.01	
Magnesium, Mg	mg	8		1		4		7	2	
Phosphorus, P	mg	5		1		4		4	1	
Potassium, K	mg	17		0		4		15	4	
Sodium, Na	mg	788		0		4		693	173	
Zinc, Zn	mg	0.09		1		4		0.08	0.02	
Copper, Cu	mg	0.020		1		4		0.018	0.004	
Manganese, Mn	mg	0.013		1		4		0.011	0.003	
Selenium, Se	mcg	0.9		0	RA	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000		1		4		0.000	0.000	
Riboflavin	mg	0.000		1		4		0.000	0.000	
Niacin	mg	0.000		1		4		0.000	0.000	
Pantothenic acid	mg	0.000		1		4		0.000	0.000	
Vitamin B-6	mg	0.000		1		4		0.000	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		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		1		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.900		0		1		0.792	0.198	
4:0	g									
6:0	g									
8:0	g									

NDB No. 19706
Puddings, banana, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g									
15:0 ... g									
16:0 ... g	0.700		0		1		0.616	0.154	
17:0 ... g									
18:0 ... g	0.180		0		1		0.158	0.040	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.480		0		1		1.302	0.326	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g									
17:1 ... g									
18:1 undifferentiated ... g	1.470		0		1		1.294	0.323	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.410		0		1		2.121	0.530	
18:2 undifferentiated ... g	2.270		0		1		1.998	0.499	
18:3 undifferentiated ... g	0.140		0		1		0.123	0.031	
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		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	0.001		0		1		0.001	0.000	
Isoleucine ... g	0.001		0		1		0.001	0.000	
Leucine ... g	0.005		0		1		0.004	0.001	
Lysine ... g	0.001		0		1		0.001	0.000	
Methionine ... g	0.001		0		1		0.001	0.000	
Cystine ... g	0.001		0		1		0.001	0.000	
Phenylalanine ... g	0.002		0		1		0.002	0.000	
Tyrosine ... g	0.001		0		1		0.001	0.000	
Valine ... g	0.002		0		1		0.002	0.000	
Arginine ... g	0.002		0		1		0.002	0.000	
Histidine ... g	0.001		0		1		0.001	0.000	
Alanine ... g	0.003		0		1		0.003	0.001	
Aspartic acid ... g	0.003		0		1		0.003	0.001	
Glutamic acid ... g	0.007		0		1		0.006	0.002	
Glycine ... g	0.001		0		1		0.001	0.000	
Proline ... g	0.003		0		1		0.003	0.001	
Serine ... g	0.002		0		1		0.002	0.000	
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. 19706

Puddings, banana, dry mix, regular, with added oil

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 44061
Puddings, chocolate flavor, low calorie, instant, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.20		0		4		0.42	1.68	
Energy	kcal	356		0	NC	4		35	142	
Energy	kJ	1488		0	NC	4		147	595	
Protein (N x 6.25)	g	5.30		0		4		0.52	2.12	
Total lipid (fat)	g	2.40		0	FLM	4		0.24	0.96	
Ash	g	9.90		0	MC	9		0.98	3.96	
Carbohydrate, by difference	g	78.20		0	NC	4		7.74	31.28	
Fiber, total dietary	g	6.1		0	FLM	4		0.6	2.5	
Sugars, total	g	0.70		0	FLM	4		0.07	0.28	
Starch	g									
Minerals:										
Calcium, Ca	mg	126		0	MC	9		12	50	
Iron, Fe	mg	3.11		0	FLM	4		0.31	1.24	
Magnesium, Mg	mg	89		0	FLM	4		9	36	
Phosphorus, P	mg	1660		0		4		164	664	
Potassium, K	mg	1279		0		4		127	512	
Sodium, Na	mg	2838		0		4		281	1135	
Zinc, Zn	mg	0.41		0		4		0.04	0.16	
Copper, Cu	mg	0.838		0		4		0.083	0.335	
Manganese, Mn	mg	0.703		0	FLM	4		0.070	0.281	
Selenium, Se	mcg	3.9		0	BFPN	4		0.4	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.020		0		4		0.002	0.008	
Riboflavin	mg	0.090		0		4		0.009	0.036	
Niacin	mg	0.400		0		4		0.040	0.160	
Pantothenic acid	mg	0.055		0	FLM	4		0.005	0.022	
Vitamin B-6	mg	0.040		0		4		0.004	0.016	
Folate, total	mcg	6		0	FLM	4		1	2	
Folic acid	mcg	0		0	FLM	4		0	0	
Folate, food	mcg	6		0	FLM	4		1	2	
Folate, DFE	mcg_DFE	6		0	NC	4		1	2	
Choline, total	mg	3.3		0	O	4		0.3	1.3	
Betaine	mg									
Vitamin B-12	mcg	0.01		0	FLM	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	FLM	4		0	0	
Retinol	mcg	0		0	FLM	4		0	0	
Carotene, beta	mcg	0		0	FLM	4		0	0	
Carotene, alpha	mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLM	4		0	0	
Vitamin A, IU	IU	0		0	FLM	4		0	0	
Lycopene	mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin	mcg	7		0	FLM	4		1	3	
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLM	4		0.00	0.01	
Vitamin E, added	mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	0.4		0	FLM	4		0.0	0.2	
Lipids:										
Fatty acids, total saturated	g	0.984		0	FLM	4		0.097	0.394	
4:0	g	0.000		0	FLM	4		0.000	0.000	

NDB No. 44061

Puddings, chocolate flavor, low calorie, instant, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000	0.000	
8:0 ... g	0.000		0	FLM	4		0.000	0.000	
10:0 ... g	0.000		0	FLM	4		0.000	0.000	
12:0 ... g	0.000		0	FLM	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.003		0	FLM	4		0.000	0.001	
15:0 ... g									
16:0 ... g	0.459		0	FLM	4		0.045	0.183	
17:0 ... g									
18:0 ... g	0.523		0	FLM	4		0.052	0.209	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.154		0	FLM	4		0.114	0.462	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	1.154		0	FLM	4		0.114	0.461	
20:1 ... g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.131		0	FLM	4		0.013	0.053	
18:2 undifferentiated ... g	0.131		0	FLM	4		0.013	0.053	
18:3 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLM	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0	0.0	
Caffeine ... mg	14		0	FLM	4		1	6	
Theobromine ... mg	473		0	FLM	4		47	189	

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

Common Measures:

Measure 1 = 9.9g: 1 serving

Measure 2 = 40g: 1 package 1.4 oz box, 4 servings

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

Food Group: 19 Sweets

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

NDB No. 44258
Puddings, chocolate flavor, low calorie, regular, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.80		0	FLM	4		0.67	2.72	
Energy....kcal	365		0	NC	4		36	146	
Energy....kJ	1527		0	NC	4		151	611	
Protein (N x 6.25)....g	10.08		1	LC	8		1.00	4.03	
Total lipid (fat)....g	3.00		0	FLM	4		0.30	1.20	
Ash....g	5.70		0	NR	4		0.56	2.28	
Carbohydrate, by difference....g	74.42		0	NC	4		7.37	29.77	
Fiber, total dietary....g	10.1		1	LC	8		1.0	4.0	
Sugars, total....g	0.70		0	FLM	4		0.07	0.28	
Starch....g									
Minerals:									
Calcium, Ca....mg	1512		1	LC	8		150	605	
Iron, Fe....mg	3.87		0	FLM	4		0.38	1.55	
Magnesium, Mg....mg	110		0	FLM	4		11	44	
Phosphorus, P....mg	174		0	FLM	4		17	70	
Potassium, K....mg	570		0	FLM	4		56	228	
Sodium, Na....mg	3326		1	LC	8		329	1330	
Zinc, Zn....mg	1.49		0	FLM	4		0.15	0.60	
Copper, Cu....mg	0.854		0	FLM	4		0.085	0.341	
Manganese, Mn....mg	0.887		0	FLM	4		0.088	0.355	
Selenium, Se....mcg	5.1		0	FLM	4		0.5	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLM	4		0.0	0.0	
Thiamin....mg	0.025		0	FLM	4		0.002	0.010	
Riboflavin....mg	0.105		0	FLM	4		0.010	0.042	
Niacin....mg	0.545		0	FLM	4		0.054	0.218	
Pantothenic acid....mg	0.058		0	FLM	4		0.006	0.023	
Vitamin B-6....mg	0.027		0	FLM	4		0.003	0.011	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	FLM	4		0	0	
Folate, food....mcg	0		0	BFSN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	3.3		0	O	4		0.3	1.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NR	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	NR	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	O	4		0	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	9		0	BFSN	4		1	3	
Vitamin E (alpha-tocopherol)....mg	0.02		0	FLM	4		0.00	0.01	
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.5		0	FLM	4		0.1	0.2	
Lipids:									
Fatty acids, total saturated....g	1.578		0	FLM	4		0.156	0.631	
4:0....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 44258

Puddings, chocolate flavor, low calorie, regular, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLM	4		0.000	0.000	
8:0 ... g	0.000		0	FLM	4		0.000	0.000	
10:0 ... g	0.000		0	FLM	4		0.000	0.000	
12:0 ... g	0.000		0	FLM	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.004		0	FLM	4		0.000	0.002	
15:0 ... g									
16:0 ... g	0.735		0	FLM	4		0.073	0.294	
17:0 ... g									
18:0 ... g	0.839		0	FLM	4		0.083	0.335	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.150		0	FLM	4		0.114	0.460	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	1.150		0	FLM	4		0.114	0.460	
20:1 ... g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.130		0	FLM	4		0.013	0.052	
18:2 undifferentiated ... g	0.130		0	FLM	4		0.013	0.052	
18:3 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLM	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0	0.0	
Caffeine ... mg	18		0	FLM	4		2	7	
Theobromine ... mg	596		0	FLM	4		59	238	

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

Common Measures:

Measure 1 = 9.9g: 1 serving

Measure 2 = 40g: 1 package

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

Food Group: 19 Sweets

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

NDB No. 19184
Puddings, chocolate, dry mix, instant

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.20	0.067	8		1		3.17	0.80	
Energy	kcal	378		0	NC	4		374	94	
Energy	kJ	1581		0	NC	4		1565	395	
Protein (N x 6.25)	g	2.30	0.122	8		1		2.28	0.58	
Total lipid (fat)	g	1.90	0.117	8		1		1.88	0.48	
Ash	g	4.70	0.025	8		1		4.65	1.18	
Carbohydrate, by difference	g	87.90		0	O	4		87.02	21.98	
Fiber, total dietary	g	3.6		1	LC	8		3.5	0.9	
Sugars, total	g	67.86		1	LC	8		67.18	16.96	
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	FLC	4		12	3	
Iron, Fe	mg	1.29		1	LC	8		1.27	0.32	
Magnesium, Mg	mg	45		0	FLC	4		45	11	
Phosphorus, P	mg	72		0	FLC	4		72	18	
Potassium, K	mg	236	10.534	17		1		234	59	
Sodium, Na	mg	1429	30.403	17		1		1415	357	
Zinc, Zn	mg	0.62		0	FLC	4		0.61	0.15	
Copper, Cu	mg	0.354		0	FLC	4		0.350	0.088	
Manganese, Mn	mg	0.367		0	FLC	4		0.364	0.092	
Selenium, Se	mcg	2.5		0	FLC	4		2.5	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0	0.0	
Thiamin	mg	0.010		0	FLC	4		0.010	0.003	
Riboflavin	mg	0.055		0	FLC	4		0.054	0.014	
Niacin	mg	0.234		0	FLC	4		0.232	0.058	
Pantothenic acid	mg	0.025		0	FLC	4		0.024	0.006	
Vitamin B-6	mg	0.012		0	FLC	4		0.012	0.003	
Folate, total	mcg	3		0	FLC	4		3	1	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food	mcg	3		0	FLC	4		3	1	
Folate, DFE	mcg_DFE	3		0	NC	4		3	1	
Choline, total	mg	3.4		0	FLC	4		3.3	0.8	
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added	mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0	0	
Retinol	mcg	0		0	FLC	4		0	0	
Carotene, beta	mcg	0		0	FLC	4		0	0	
Carotene, alpha	mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLC	4		0	0	
Vitamin A, IU	IU	0		0	FLC	4		0	0	
Lycopene	mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	mcg	4		0	FLC	4		3	1	
Vitamin E (alpha-tocopherol)	mg	0.07		0	FLC	4		0.07	0.02	
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	1.5		0	FLC	4		1.5	0.4	
Lipids:										
Fatty acids, total saturated	g	0.825		0	FLC	4		0.817	0.206	
4:0	g	0.000		0	FLC	4		0.000	0.000	

NDB No. 19184
Puddings, chocolate, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4		0.000	0.000	
8:0 ... g	0.000		0	FLC	4		0.000	0.000	
10:0 ... g	0.000		0	FLC	4		0.000	0.000	
12:0 ... g	0.000		0	FLC	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.003		0	FLC	4		0.003	0.001	
15:0 ... g									
16:0 ... g	0.413		0	FLC	4		0.409	0.103	
17:0 ... g									
18:0 ... g	0.400		0	FLC	4		0.396	0.100	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.487		0	FLC	4		0.482	0.122	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.003		0	FLC	4		0.003	0.001	
17:1 ... g									
18:1 undifferentiated ... g	0.485		0	FLC	4		0.480	0.121	
20:1 ... g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.348		0	FLC	4		0.345	0.087	
18:2 undifferentiated ... g	0.314		0	FLC	4		0.311	0.078	
18:3 undifferentiated ... g	0.034		0	FLC	4		0.034	0.009	
18:4 ... g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLC	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0	0.0	
Caffeine ... mg	7		0	FLC	4		7	2	
Theobromine ... mg	245		0	FLC	4		243	61	

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

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19123
Puddings, chocolate, dry mix, instant, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.59		0	RPA	1				
Energy	kcal	105		0	RPI	6				
Energy	kJ	441		0	RPI	6				
Protein	g	3.15		0	RPA	1				
Total lipid (fat)	g	1.92		0	RPA	1				
Ash	g	1.41		0	RPA	1				
Carbohydrate, by difference	g	18.89		0	RPI	6				
Fiber, total dietary	g	0.4		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	104		0	RPI	6				
Iron, Fe	mg	0.40		0	RPI	6				
Magnesium, Mg	mg	19		0	RPI	6				
Phosphorus, P	mg	238		0	RPI	6				
Potassium, K	mg	168		0	RPA	1				
Sodium, Na	mg	284		0	RPA	1				
Zinc, Zn	mg	0.43		0	RPI	6				
Copper, Cu	mg	0.068		0	RPI	6				
Manganese, Mn	mg	0.062		0	RPI	6				
Selenium, Se	mcg	2.3		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	RPI	6				
Thiamin	mg	0.034		0	RPI	6				
Riboflavin	mg	0.147		0	RPI	6				
Niacin	mg	0.108		0	RPI	6				
Pantothenic acid	mg	0.274		0	RPI	6				
Vitamin B-6	mg	0.038		0	RPI	6				
Folate, total	mcg	5		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	5		0	RPI	6				
Folate, DFE	mcg_DFE	5		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.31		0	RPI	6				
Vitamin A, RAE	mcg_RAE	46		0	NC	4				
Retinol	mcg	46		0	RPA	1				
Carotene, beta	mcg	10		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	170		0	RPI	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	0.8		0	RPI	6				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	33		0	RPI	6				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.064		0	RPA	1				
4:0	g	0.051		0	RPA	1				
6:0	g	0.031		0	RPA	1				
8:0	g	0.017		0	RPA	1				

NDB No. 19123
Puddings, chocolate, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.040		0	RPA	1				
12:0 ... g	0.045		0	RPA	1				
13:0 ... g									
14:0 ... g	0.160		0	RPA	1				
15:0 ... g									
16:0 ... g	0.472		0	RPA	1				
17:0 ... g									
18:0 ... g	0.248		0	RPA	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.561		0	RPA	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.037		0	RPA	1				
17:1 ... g									
18:1 undifferentiated ... g	0.523		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.132		0	RPA	1				
18:2 undifferentiated ... g	0.104		0	RPA	1				
18:3 undifferentiated ... g	0.028		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 (EPA) ... g	0.000		0	RPA	1				
22:5 n-3 (DPA) ... g	0.000		0	RPA	1				
22:6 n-3 (DHA) ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0	RPI	6				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.044		0	RPA	1				
Threonine ... g	0.139		0	RPA	1				
Isoleucine ... g	0.182		0	RPA	1				
Leucine ... g	0.295		0	RPA	1				
Lysine ... g	0.239		0	RPA	1				
Methionine ... g	0.074		0	RPA	1				
Cystine ... g	0.030		0	RPA	1				
Phenylalanine ... g	0.151		0	RPA	1				
Tyrosine ... g	0.148		0	RPA	1				
Valine ... g	0.208		0	RPA	1				
Arginine ... g	0.121		0	RPA	1				
Histidine ... g	0.082		0	RPA	1				
Alanine ... g	0.112		0	RPA	1				
Aspartic acid ... g	0.246		0	RPA	1				
Glutamic acid ... g	0.636		0	RPA	1				
Glycine ... g	0.074		0	RPA	1				
Proline ... g	0.286		0	RPA	1				
Serine ... g	0.167		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	1		0	RPI	6				
Theobromine ... mg	39		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19123

Puddings, chocolate, dry mix, instant, prepared with 2% milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19185

Puddings, chocolate, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.60		0		1		108.19	432.03	
Energy	kcal	111		0	NC	4		163	652	
Energy	kJ	464		0		4		683	2726	
Protein (N x 0)	g	3.10		0		1		4.56	18.20	
Total lipid (fat)	g	3.10		0		1		4.56	18.20	
Ash	g	1.40		0		1		2.06	8.22	
Carbohydrate, by difference	g	18.80		0	NC	4		27.64	110.36	
Fiber, total dietary	g	1.0		0		4		1.5	5.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	102		0		1		150	599	
Iron, Fe	mg	0.29		0		1		0.43	1.70	
Magnesium, Mg	mg	18		0		1		26	106	
Phosphorus, P	mg	239		0		1		351	1403	
Potassium, K	mg	166		0		1		244	974	
Sodium, Na	mg	284		0		1		417	1667	
Zinc, Zn	mg	0.42		0		1		0.62	2.47	
Copper, Cu	mg	0.064		0		1		0.094	0.376	
Manganese, Mn	mg	0.042		0		1		0.062	0.247	
Selenium, Se	mcg	1.7	0.309	12	A	1		2.5	10.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		1.3	5.3	
Thiamin	mg	0.033		0		1		0.049	0.194	
Riboflavin	mg	0.141		0		1		0.207	0.828	
Niacin	mg	0.096		0		1		0.141	0.564	
Pantothenic acid	mg	0.269		0		1		0.395	1.579	
Vitamin B-6	mg	0.038		0		1		0.056	0.223	
Folate, total	mcg	4		0		1		6	23	
Folic acid	mcg	0		0	O	4		0	0	
Folate, food	mcg	4		0		1		6	23	
Folate, DFE	mcg_DFE	4		0	NC	4		6	23	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.30		0		1		0.44	1.76	
Vitamin A, RAE	mcg_RAE	26		0	NC	4		38	153	
Retinol	mcg	24		0	O	4		35	141	
Carotene, beta	mcg	24		0	O	4		35	141	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	120		0	O	4		176	704	
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	1.830		0		1		2.690	10.742	
4:0	g	0.090		0		1		0.132	0.528	
6:0	g	0.050		0		1		0.074	0.294	
8:0	g	0.030		0		1		0.044	0.176	

NDB No. 19185

Puddings, chocolate, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.070		0		1		0.103	0.411	
12:0 ... g	0.080		0		1		0.118	0.470	
13:0 ... g									
14:0 ... g	0.290		0		1		0.426	1.702	
15:0 ... g									
16:0 ... g	0.820		0		1		1.205	4.813	
17:0 ... g									
18:0 ... g	0.410		0		1		0.603	2.407	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.920		0		1		1.352	5.400	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.070		0		1		0.103	0.411	
17:1 ... g									
18:1 undifferentiated ... g	0.850		0		1		1.250	4.990	
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	0.180		0		1		0.265	1.057	
18:2 undifferentiated ... g	0.130		0		1		0.191	0.763	
18:3 undifferentiated ... g	0.050		0		1		0.074	0.294	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	11		0		1		16	65	
Phytosterols ... mg	0		0		1		0	0	
Amino Acids:									
Tryptophan ... g	0.042		0		1		0.062	0.247	
Threonine ... g	0.132		0		1		0.194	0.775	
Isoleucine ... g	0.173		0		1		0.254	1.016	
Leucine ... g	0.279		0		1		0.410	1.638	
Lysine ... g	0.226		0		1		0.332	1.327	
Methionine ... g	0.069		0		1		0.101	0.405	
Cystine ... g	0.029		0		1		0.043	0.170	
Phenylalanine ... g	0.143		0		1		0.210	0.839	
Tyrosine ... g	0.140		0		1		0.206	0.822	
Valine ... g	0.197		0		1		0.290	1.156	
Arginine ... g	0.115		0		1		0.169	0.675	
Histidine ... g	0.078		0		1		0.115	0.458	
Alanine ... g	0.107		0		1		0.157	0.628	
Aspartic acid ... g	0.234		0		1		0.344	1.374	
Glutamic acid ... g	0.603		0		1		0.886	3.540	
Glycine ... g	0.071		0		1		0.104	0.417	
Proline ... g	0.270		0		1		0.397	1.585	
Serine ... g	0.158		0		1		0.232	0.927	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	2		0	BFZN	4		3	12	
Theobromine ... mg	62		0	BFZN	4		91	364	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19185

Puddings, chocolate, dry mix, instant, prepared with whole milk

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19188
Puddings, chocolate, dry mix, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.00	0.061	11		1		3.96	1.00	
Energy....kcal	362		0	NC	4		358	90	
Energy....kJ	1514		0	NC	4		1499	379	
Protein (N x 5.6)....g	2.60	0.109	11		1		2.57	0.65	
Total lipid (fat)....g	2.10	0.148	11		1		2.08	0.53	
Ash....g	2.00	0.056	11		1		1.98	0.50	
Carbohydrate, by difference....g	89.30		0	NC	4		88.41	22.33	
Fiber, total dietary....g	4.5		0	FLA	4		4.4	1.1	
Sugars, total....g	42.88		0	FLA	4		42.45	10.72	
Starch....g									
Minerals:									
Calcium, Ca....mg	53	2.086	4		1		52	13	
Iron, Fe....mg	1.82	0.031	4		1		1.80	0.46	
Magnesium, Mg....mg	67		0	FLA	4		66	17	
Phosphorus, P....mg	88	9.481	4		1		87	22	
Potassium, K....mg	209	13.072	20		1		207	52	
Sodium, Na....mg	353	23.265	18		1		349	88	
Zinc, Zn....mg	0.90		0	FLA	4		0.89	0.23	
Copper, Cu....mg	0.518		0	FLA	4		0.512	0.129	
Manganese, Mn....mg	0.537		0	FLA	4		0.532	0.134	
Selenium, Se....mcg	3.3		0	FLA	4		3.2	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.015		0	FLA	4		0.015	0.004	
Riboflavin....mg	0.071		0	FLA	4		0.071	0.018	
Niacin....mg	0.330		0	FLA	4		0.327	0.083	
Pantothenic acid....mg	0.035		0	FLA	4		0.035	0.009	
Vitamin B-6....mg	0.016		0	FLA	4		0.016	0.004	
Folate, total....mcg	4		0	FLA	4		4	1	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	4		0	FLA	4		4	1	
Folate, DFE....mcg_DFE	4		0	NC	4		4	1	
Choline, total....mg	1.6		0	FLA	4		1.6	0.4	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	5		0	FLA	4		5	1	
Vitamin E (alpha-tocopherol)....mg	0.01		0	FLA	4		0.01	0.00	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0			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	0.3		0	FLA	4		0.3	0.1	
Lipids:									
Fatty acids, total saturated....g	1.234		0	FLA	4		1.221	0.308	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19188
Puddings, chocolate, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLA	4		0.000	0.000	
8:0 ... g	0.000		0	FLA	4		0.000	0.000	
10:0 ... g	0.000		0	FLA	4		0.000	0.000	
12:0 ... g	0.000		0	FLA	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.003		0	FLA	4		0.003	0.001	
15:0 ... g									
16:0 ... g	0.567		0	FLA	4		0.561	0.142	
17:0 ... g									
18:0 ... g	0.647		0	FLA	4		0.640	0.162	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.703		0	FLA	4		0.696	0.176	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.703		0	FLA	4		0.696	0.176	
20:1 ... g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.079		0	FLA	4		0.078	0.020	
18:2 undifferentiated ... g	0.079		0	FLA	4		0.078	0.020	
18:3 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLA	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0	0.0	
Caffeine ... mg	11		0	FLA	4		11	3	
Theobromine ... mg	362		0	FLA	4		359	91	

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

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 1.9 **Fat** 8.4 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19190
Puddings, chocolate, dry mix, regular, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.94		0	RP	4				
Energy	kcal	111		0	NC	4				
Energy	kJ	463		0	NC	4				
Protein	g	3.28		0	RP	4				
Total lipid (fat)	g	2.06		0	RP	4				
Ash	g	0.96		0	RP	4				
Carbohydrate, by difference	g	19.76		0	RP	4				
Fiber, total dietary	g	0.8		0	RP	4				
Sugars, total	g	11.85		0	RP	4				
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	112		0	RP	4				
Iron, Fe	mg	0.34		0	RP	4				
Magnesium, Mg	mg	21		0	RP	4				
Phosphorus, P	mg	94		0	RP	4				
Potassium, K	mg	156		0	RP	4				
Sodium, Na	mg	102		0	RP	4				
Zinc, Zn	mg	0.57		0	RP	4				
Copper, Cu	mg	0.095		0	RP	4				
Manganese, Mn	mg	0.106		0	RP	4				
Selenium, Se	mcg	2.7		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RP	4				
Thiamin	mg	0.033		0	RP	4				
Riboflavin	mg	0.171		0	RP	4				
Niacin	mg	0.136		0	RP	4				
Pantothenic acid	mg	0.310		0	RP	4				
Vitamin B-6	mg	0.032		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg	12.9		0	RP	4				
Betaine	mg	0.8		0	RP	4				
Vitamin B-12	mcg	0.37		0	RP	4				
Vitamin B-12, added	mcg	0.00		0	RP	4				
Vitamin A, RAE	mcg_RAE	47		0	NC	4				
Retinol	mcg	47		0	RP	4				
Carotene, beta	mcg	3		0	RP	4				
Carotene, alpha	mcg	0		0	RP	4				
Cryptoxanthin, beta	mcg	0		0	RP	4				
Vitamin A, IU	IU	163		0	NC	4				
Lycopene	mcg	0		0	RP	4				
Lutein + zeaxanthin	mcg	1		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.03		0	RP	4				
Vitamin E, added	mg	0.00		0	RP	4				
Tocopherol, beta	mg	0.00		0	RP	4				
Tocopherol, gamma	mg	0.00		0	RP	4				
Tocopherol, delta	mg	0.00		0	RP	4				
Vitamin D (D2 + D3)	mcg	1.0		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19190

Puddings, chocolate, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.0		0	RP	4				
Vitamin D....IU	42		0	RP	4				
Vitamin K (phylloquinone)....mcg	0.2		0	RP	4				
Lipids:									
Fatty acids, total saturated....g	1.290		0	RP	4				
4:0....g	0.066		0	RP	4				
6:0....g	0.034		0	RP	4				
8:0....g	0.017		0	RP	4				
10:0....g	0.042		0	RP	4				
12:0....g	0.047		0	RP	4				
13:0....g	0.002		0	RP	4				
14:0....g	0.151		0	RP	4				
15:0....g	0.017		0	RP	4				
16:0....g	0.577		0	RP	4				
17:0....g	0.010		0	RP	4				
18:0....g	0.321		0	RP	4				
20:0....g	0.003		0	RP	4				
22:0....g	0.002		0	RP	4				
24:0....g									
Fatty acids, total monounsaturated....g	0.579		0	RP	4				
14:1....g	0.012		0	RP	4				
15:1....g	0.004		0	RP	4				
16:1 undifferentiated....g	0.028		0	RP	4				
17:1....g	0.004		0	RP	4				
18:1 undifferentiated....g	0.528		0	RP	4				
20:1....g	0.002		0	RP	4				
22:1 undifferentiated....g	0.000		0	RP	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.086		0	RP	4				
18:2 undifferentiated....g	0.072		0	RP	4				
18:3 undifferentiated....g	0.011		0	RP	4				
18:4....g	0.000		0	RP	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.003		0	RP	4				
20:4 undifferentiated....g	0.000		0	RP	4				
20:5 n-3 (EPA)....g	0.000		0	RP	4				
22:5 n-3 (DPA)....g	0.000		0	RP	4				
22:6 n-3 (DHA)....g	0.000		0	RP	4				
Fatty acids, total trans....g	0.073		0	RP	4				
Fatty acids, total trans-monoenoic....g	0.067		0	RP	4				
Fatty acids, total trans-polyenoic....g	0.006		0	RP	4				
Cholesterol....mg	7		0	RP	4				
Phytosterols....mg									
Stigmasterol....mg	0		0	RP	4				
Campesterol....mg	0		0	RP	4				
Beta-sitosterol....mg	0		0	RP	4				
Amino Acids:									
Tryptophan....g	0.035		0	RP	4				
Threonine....g	0.088		0	RP	4				
Isoleucine....g	0.156		0	RP	4				
Leucine....g	0.283		0	RP	4				
Lysine....g	0.199		0	RP	4				
Methionine....g	0.071		0	RP	4				
Cystine....g	0.092		0	RP	4				
Phenylalanine....g	0.139		0	RP	4				
Tyrosine....g	0.131		0	RP	4				
Valine....g	0.186		0	RP	4				
Arginine....g	0.092		0	RP	4				
Histidine....g	0.062		0	RP	4				
Alanine....g	0.095		0	RP	4				
Aspartic acid....g	0.256		0	RP	4				
Glutamic acid....g	0.667		0	RP	4				

NDB No. 19190
Puddings, chocolate, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.052		0	RP	4				
Proline.....g	0.315		0	RP	4				
Serine.....g	0.170		0	RP	4				
Hydroxyproline.....g	0.000		0	RP	4				
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	2		0	RP	4				
Theobromine.....mg	63		0	RP	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: 19 Sweets

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

NDB No. 19189

Puddings, chocolate, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.13		0	RP	4		103.85	416.85	
Energy	kcal	120		0	NC	4		170	681	
Energy	kJ	500		0	NC	4		710	2851	
Protein	g	3.16		0	RP	4		4.48	17.99	
Total lipid (fat)	g	3.15		0	RP	4		4.47	17.96	
Ash	g	0.92		0	RP	4		1.31	5.27	
Carbohydrate, by difference	g	19.64		0	RP	4		27.89	111.94	
Fiber, total dietary	g	0.8		0	RP	4		1.1	4.4	
Sugars, total	g	11.96		0	RP	4		16.99	68.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	106		0	RP	4		150	603	
Iron, Fe	mg	0.34		0	RP	4		0.49	1.96	
Magnesium, Mg	mg	20		0	RP	4		29	115	
Phosphorus, P	mg	87		0	RP	4		124	497	
Potassium, K	mg	150		0	RP	4		213	853	
Sodium, Na	mg	98		0	RP	4		139	558	
Zinc, Zn	mg	0.48		0	RP	4		0.68	2.72	
Copper, Cu	mg	0.111		0	RP	4		0.158	0.635	
Manganese, Mn	mg	0.097		0	RP	4		0.138	0.554	
Selenium, Se	mcg	3.7		0	RP	4		5.3	21.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0	0.0	
Thiamin	mg	0.038		0	RP	4		0.054	0.218	
Riboflavin	mg	0.157		0	RP	4		0.223	0.894	
Niacin	mg	0.133		0	RP	4		0.189	0.760	
Pantothenic acid	mg	0.326		0	RP	4		0.462	1.856	
Vitamin B-6	mg	0.030		0	RP	4		0.043	0.173	
Folate, total	mcg	4		0	RP	4		6	25	
Folic acid	mcg	0		0	RP	4		0	0	
Folate, food	mcg	4		0	RP	4		6	25	
Folate, DFE	mcg_DFE	4		0	NC	4		6	25	
Choline, total	mg	11.3		0	RP	4		16.0	64.4	
Betaine	mg									
Vitamin B-12	mcg	0.31		0	RP	4		0.44	1.75	
Vitamin B-12, added	mcg	0.00		0	RP	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	39		0	NC	4		56	224	
Retinol	mcg	39		0	RP	4		55	221	
Carotene, beta	mcg	6		0	RP	4		8	32	
Carotene, alpha	mcg	0		0	RP	4		0	0	
Cryptoxanthin, beta	mcg	0		0	RP	4		0	0	
Vitamin A, IU	IU	139		0	RP	4		197	791	
Lycopene	mcg	0		0	RP	4		0	0	
Lutein + zeaxanthin	mcg	1		0	RP	4		1	5	
Vitamin E (alpha-tocopherol)	mg	0.06		0	RP	4		0.09	0.36	
Vitamin E, added	mg	0.00		0	RP	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.1		0	RP	4		1.6	6.2	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	1.1		0	RP	4		1.6	6.2	
Vitamin D	IU	44		0	RP	4		62	249	
Vitamin K (phylloquinone)	mcg	0.3		0	RP	4		0.4	1.6	
Lipids:										
Fatty acids, total saturated	g	1.810		0	RP	4		2.570	10.318	
4:0	g	0.064		0	RP	4		0.091	0.364	

NDB No. 19189

Puddings, chocolate, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.064		0	RP	4		0.091	0.364	
8:0 ... g	0.064		0	RP	4		0.091	0.364	
10:0 ... g	0.064		0	RP	4		0.091	0.364	
12:0 ... g	0.066		0	RP	4		0.093	0.374	
13:0 ... g	0.000		0	RP	4		0.000	0.000	
14:0 ... g	0.255		0	RP	4		0.362	1.453	
15:0 ... g	0.000		0	RP	4		0.000	0.000	
16:0 ... g	0.809		0	RP	4		1.149	4.611	
17:0 ... g	0.000		0	RP	4		0.000	0.000	
18:0 ... g	0.425		0	RP	4		0.604	2.423	
20:0 ... g	0.000		0	RP	4		0.000	0.000	
22:0 ... g	0.000		0	RP	4		0.000	0.000	
24:0 ... g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total monounsaturated ... g	0.819		0	RP	4		1.162	4.666	
14:1 ... g	0.000		0	RP	4		0.000	0.000	
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RP	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.819		0	RP	4		1.162	4.666	
20:1 ... g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	RP	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.180		0	RP	4		0.256	1.029	
18:2 undifferentiated ... g	0.117		0	RP	4		0.166	0.665	
18:3 undifferentiated ... g	0.064		0	RP	4		0.091	0.364	
18:4 ... g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	9		0	RP	4		13	51	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0	0.0	
Caffeine ... mg	2		0	RP	4		3	11	
Theobromine ... mg	63		0	RP	4		89	359	

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

Common Measures:

Measure 1 = 142g: .5 cup

Measure 2 = 570g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19183
Puddings, chocolate, ready-to-eat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.46	0.880	4	A	1	C	19.69	75.02	68.07
Energy	kcal	142		0	NC	4		40	153	139
Energy	kJ	593		0	NC	4		168	641	581
Protein (N x 6.25)	g	2.09	0.230	4	A	1	C	0.59	2.26	2.05
Total lipid (fat)	g	4.60	0.537	4	A	1	C	1.30	4.97	4.51
Ash	g	0.84	0.083	4	A	1	C	0.24	0.91	0.82
Carbohydrate, by difference	g	23.01		0	NC	4		6.52	24.85	22.55
Fiber, total dietary	g	0.0	0.000	3	A	1	C	0.0	0.0	0.0
Sugars, total	g	17.17	0.752	4	A	1	C	4.87	18.54	16.82
Sucrose	g	15.47	0.699	4	A	1	C	4.38	16.70	15.16
Glucose (dextrose)	g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Fructose	g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Lactose	g	1.70	0.331	4	A	1	C	0.48	1.84	1.67
Maltose	g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Galactose	g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	51	10.822	4	A	1	C	15	56	50
Iron, Fe	mg	1.27	0.167	4	A	1	C	0.36	1.37	1.24
Magnesium, Mg	mg	18	0.749	4	A	1	C	5	19	17
Phosphorus, P	mg	56	8.580	4	A	1	C	16	61	55
Potassium, K	mg	184	14.857	4	A	1	C	52	198	180
Sodium, Na	mg	152	3.750	4	A	1	C	43	164	149
Zinc, Zn	mg	0.34	0.031	4	A	1	C	0.10	0.37	0.33
Copper, Cu	mg	0.092	0.009	4	A	1	C	0.026	0.100	0.090
Manganese, Mn	mg	0.118	0.008	4	A	1	C	0.033	0.127	0.116
Selenium, Se	mcg	0.0	0.000	4	A	1	C	0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	FLA	4		0.1	0.3	0.2
Thiamin	mg	0.024	0.008	4	A	1	C	0.007	0.026	0.023
Riboflavin	mg	0.072	0.014	4	A	1	C	0.020	0.078	0.070
Niacin	mg	0.123	0.013	4	A	1	C	0.035	0.133	0.120
Pantothenic acid	mg	0.244	0.064	4	A	1	C	0.069	0.263	0.239
Vitamin B-6	mg	0.018	0.004	4	A	1	C	0.005	0.019	0.017
Folate, total	mcg	3		0	FLA	4		1	3	3
Folic acid	mcg	0		0	NR	4		0	0	0
Folate, food	mcg	3		0	FLA	4		1	3	3
Folate, DFE	mcg_DFE	3		0	NC	4		1	3	3
Choline, total	mg	9.5		0	AS	1		2.7	10.2	9.3
Betaine	mg	0.9		2	A	1		0.3	1.0	0.9
Vitamin B-12	mcg	0.09	0.000	4	A	1	C	0.03	0.10	0.09
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	14		0	FLA	4		4	15	13
Retinol	mcg	14		0	FLA	4		4	15	13
Carotene, beta	mcg	0	0.000	4	A	1	C	0	0	0
Carotene, alpha	mcg	0	0.000	4	A	1	C	0	0	0
Cryptoxanthin, beta	mcg	0	0.000	4	A	1	C	0	0	0
Vitamin A, IU	IU	46		0	FLA	4		13	49	45
Lycopene	mcg	0	0.000	4	A	1	C	0	0	0
Lutein + zeaxanthin	mcg	1		0	FLA	4		0	1	1
Vitamin E (alpha-tocopherol)	mg	0.31	0.130	4	A	1	C	0.09	0.34	0.31
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta	mg	0.01	0.005	4	A	1	C	0.00	0.01	0.01
Tocopherol, gamma	mg	1.64	0.469	4	A	1	C	0.47	1.78	1.61
Tocopherol, delta	mg	0.63	0.272	4	A	1	C	0.18	0.68	0.62
Vitamin D (D2 + D3)	mcg	0.0		0	NR	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19183
Puddings, chocolate, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.0		0	NR	4		0.0	0.0	0.0
Vitamin D....IU	0		0	FLA	4		0	0	0
Vitamin K (phylloquinone)....mcg	0.6	0.104	4	A	1	C	0.2	0.7	0.6
Lipids:									
Fatty acids, total saturated....g	1.263		0	NC	4		0.358	1.364	1.238
4:0....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
13:0....g									
14:0....g	0.006	0.006	4	A	1	C	0.002	0.006	0.006
15:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
16:0....g	0.580	0.091	4	A	1	C	0.164	0.626	0.568
17:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:0....g	0.646	0.090	4	A	1	C	0.183	0.697	0.633
20:0....g	0.019	0.002	4	A	1	C	0.005	0.020	0.018
22:0....g	0.012	0.003	4	A	1	C	0.004	0.013	0.012
24:0....g									
Fatty acids, total monounsaturated....g	2.731		0	NC	4		0.774	2.950	2.677
14:1....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
16:1 undifferentiated....g	0.004	0.003	4	A	1	C	0.001	0.005	0.004
17:1....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:1 undifferentiated....g	2.718	0.370	4	A	1	C	0.770	2.935	2.663
20:1....g	0.009	0.005	4	A	1	C	0.003	0.010	0.009
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.105		0	NC	4		0.030	0.113	0.103
18:2 undifferentiated....g	0.103	0.013	4	A	1	C	0.029	0.111	0.101
18:3 undifferentiated....g	0.002	0.002	4	AS	1		0.001	0.002	0.002
18:3 n-3 c,c,c (ALA)....g	0.002	0.002	4	A	1	C	0.001	0.002	0.002
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	1		0	FLA	4		0	1	1
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	2		0	FLA	4		1	2	2
Theobromine....mg	70		0	FLA	4		20	76	69

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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. 19183

Puddings, chocolate, ready-to-eat

Measure 2 = 108g: 1 container refrigerated, 4 oz container

Measure 3 = 98g: 1 container shelf stable, 3.5 oz container

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

Food Group: 19 Sweets

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

NDB No. 19235
Puddings, chocolate, ready-to-eat, 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	76.23		0	FLC	4				
Energy	kcal	93	3.849	3	LC	8				
Energy	kJ	390		0	LC	8				
Protein (N x 6.25)	g	1.93	0.084	3	LC	8				
Total lipid (fat)	g	0.30		0	FLC	4				
Ash	g	0.70		0	FLC	4				
Carbohydrate, by difference	g	20.87	0.652	3	LC	8				
Fiber, total dietary	g	0.3	0.294	3	LC	8				
Sugars, total	g	15.75	0.694	3	LC	8				
Starch	g									
Minerals:										
Calcium, Ca	mg	39	17.688	3	LC	8				
Iron, Fe	mg	1.69	1.176	3	LC	8				
Magnesium, Mg	mg	15		0	FLC	4				
Phosphorus, P	mg	54		0	FLC	4				
Potassium, K	mg	208		0	BFZN	4				
Sodium, Na	mg	110	55.130	3	LC	8				
Zinc, Zn	mg	0.30		0	FLC	4				
Copper, Cu	mg	0.083		0	FLC	4				
Manganese, Mn	mg	0.078		0	FLC	4				
Selenium, Se	mcg	1.6		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	LC	8				
Thiamin	mg	0.018		0	FLC	4				
Riboflavin	mg	0.074		0	FLC	4				
Niacin	mg	0.087		0	FLC	4				
Pantothenic acid	mg	0.148		0	FLC	4				
Vitamin B-6	mg	0.016		0	FLC	4				
Folate, total	mcg	3		0	FLC	4				
Folic acid	mcg	0		0	NR	4				
Folate, food	mcg	3		0	FLC	4				
Folate, DFE	mcg_DFE	3		0	NC	4				
Choline, total	mg	7.0		0	FLC	4				
Betaine	mg									
Vitamin B-12	mcg	0.15		0	FLC	4				
Vitamin B-12, added	mcg	0.00		0	FLC	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	FLC	4				
Carotene, beta	mcg	0		0	FLC	4				
Carotene, alpha	mcg	0		0	FLC	4				
Cryptoxanthin, beta	mcg	0		0	FLC	4				
Vitamin A, IU	IU	1		0	NR	4				
Lycopene	mcg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	1		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4				
Vitamin E, added	mg	0.00		0	FLC	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	FLA	4				
Vitamin D	IU	0		0	FLA	4				
Vitamin K (phylloquinone)	mcg	0.1		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	0.000	0.000	3	LC	8				
4:0	g	0.000		0	FLC	4				

NDB No. 19235
Puddings, chocolate, ready-to-eat, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLC	4				
8:0 ... g	0.000		0	FLC	4				
10:0 ... g	0.000		0	FLC	4				
12:0 ... g	0.000		0	FLC	4				
13:0 ... g									
14:0 ... g	0.000		0	FLC	4				
15:0 ... g									
16:0 ... g	0.000		0	FLC	4				
17:0 ... g									
18:0 ... g	0.000		0	FLC	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	FLC	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLC	4				
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	FLC	4				
20:1 ... g	0.000		0	FLC	4				
22:1 undifferentiated ... g	0.000		0	FLC	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	FLC	4				
18:2 undifferentiated ... g	0.000		0	FLC	4				
18:3 undifferentiated ... g	0.000		0	FLC	4				
18:4 ... g	0.000		0	FLC	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLC	4				
20:5 n-3 (EPA) ... g	0.000		0	FLC	4				
22:5 n-3 (DPA) ... g	0.000		0	FLC	4				
22:6 n-3 (DHA) ... g	0.000		0	FLC	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0	FLM	4				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4				
Caffeine ... mg	2		0	FLC	4				
Theobromine ... mg	53		0	FLC	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 4 **Fat** 9 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19322
Puddings, coconut cream, dry mix, instant

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	2.20	0.496	4		1		2.18	0.55	
Energy....kcal	389		0	NC	4		385	97	
Energy....kJ	1628		0	NC	4		1612	407	
Protein (N x 6.25)....g	0.90	0.159	4		1		0.89	0.23	
Total lipid (fat)....g	2.30		0	O	4		2.28	0.58	
Ash....g	3.40	0.194	4		1		3.37	0.85	
Carbohydrate, by difference....g	91.20		0	NC	4		90.29	22.80	
Fiber, total dietary....g	4.0		1	LC	8		4.0	1.0	
Sugars, total....g	64.00		1	LC	8		63.36	16.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	FLA	4		8	2	
Iron, Fe....mg	0.72		0	FLA	4		0.71	0.18	
Magnesium, Mg....mg	17		0	FLA	4		17	4	
Phosphorus, P....mg	721		1		4		714	180	
Potassium, K....mg	96		0	FLA	4		95	24	
Sodium, Na....mg	1040		1	LC	8		1030	260	
Zinc, Zn....mg	0.30		1		1		0.30	0.08	
Copper, Cu....mg	0.151		0	FLA	4		0.149	0.038	
Manganese, Mn....mg	0.489		0	FLA	4		0.484	0.122	
Selenium, Se....mcg	4.0		0	FLA	4		4.0	1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.3	0.1	
Thiamin....mg	0.013		0	FLA	4		0.013	0.003	
Riboflavin....mg	0.053		0	FLA	4		0.052	0.013	
Niacin....mg	0.219		0	FLA	4		0.217	0.055	
Pantothenic acid....mg	0.115		1		1		0.114	0.029	
Vitamin B-6....mg	0.041		1		1		0.041	0.010	
Folate, total....mcg	2		0	FLA	4		2	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	2		0	FLA	4		2	0	
Folate, DFE....mcg_DFE	2		0	NC	4		2	0	
Choline, total....mg	3.9		0	FLA	4		3.8	1.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.08		0	FLA	4		0.08	0.02	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.1		0	FLA	4		0.1	0.0	
Lipids:									
Fatty acids, total saturated....g	2.200		0		1		2.178	0.550	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19322
Puddings, coconut cream, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.014		0	FLA	4		0.014	0.004	
8:0....g	0.174		0	FLA	4		0.172	0.043	
10:0....g	0.138		0	FLA	4		0.137	0.035	
12:0....g	1.100		0	FLA	4		1.089	0.275	
13:0....g									
14:0....g	0.434		0	FLA	4		0.430	0.109	
15:0....g									
16:0....g	0.211		0	FLA	4		0.209	0.053	
17:0....g									
18:0....g	0.128		0	FLA	4		0.127	0.032	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	Z	7		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g	0.036		0		1		0.036	0.009	
Proline....g	0.042		0		1		0.042	0.011	
Serine....g	0.043		0		1		0.043	0.011	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

NDB No. 19322

Puddings, coconut cream, dry mix, instant

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19191

Puddings, coconut cream, dry mix, instant, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.40		0		1		109.37	436.73	
Energy	kcal	107		0	NC	4		157	628	
Energy	kJ	448				4		658	2628	
Protein	g	2.90		0		1		4.26	17.02	
Total lipid (fat)	g	2.30		0		1		3.38	13.50	
Ash	g	1.20		0		1		1.76	7.04	
Carbohydrate, by difference	g	19.20		0	NC	4		28.22	112.70	
Fiber, total dietary	g	0.1		0		4		0.1	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	102		0		1		150	599	
Iron, Fe	mg	0.15		0		1		0.22	0.88	
Magnesium, Mg	mg	14		0		1		21	82	
Phosphorus, P	mg	201		0		1		295	1180	
Potassium, K	mg	132		0		1		194	775	
Sodium, Na	mg	246		0		1		362	1444	
Zinc, Zn	mg	0.33		0		1		0.49	1.94	
Copper, Cu	mg	0.025		0		1		0.037	0.147	
Manganese, Mn	mg	0.019		0		1		0.028	0.112	
Selenium, Se	mcg	2.0		0	BFZN	4		2.9	11.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.2	4.7	
Thiamin	mg	0.034		0		1		0.050	0.200	
Riboflavin	mg	0.138		0		1		0.203	0.810	
Niacin	mg	0.086		0		1		0.126	0.505	
Pantothenic acid	mg	0.271		0		1		0.398	1.591	
Vitamin B-6	mg	0.038		0		1		0.056	0.223	
Folate, total	mcg	4		0		1		6	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	23	
Folate, DFE	mcg_DFE	4		0	NC	4		6	23	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.30		0		1		0.44	1.76	
Vitamin A, RAE	mcg_RAE	45		0	NC	4		66	264	
Retinol	mcg	45		0	O	4		66	264	
Carotene, beta	mcg	0		0	O	4		0	0	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	150		0	O	4		221	881	
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	1.370		0		1		2.014	8.042	
4:0	g	0.050		0		1		0.074	0.294	
6:0	g	0.030		0		1		0.044	0.176	
8:0	g	0.050		0		1		0.074	0.294	

NDB No. 19191

Puddings, coconut cream, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.060		0		1		0.088	0.352	
12:0 ... g	0.210		0		1		0.309	1.233	
13:0 ... g									
14:0 ... g	0.230		0		1		0.338	1.350	
15:0 ... g									
16:0 ... g	0.500		0		1		0.735	2.935	
17:0 ... g									
18:0 ... g	0.230		0		1		0.338	1.350	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.620		0		1		0.911	3.639	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.040		0		1		0.059	0.235	
17:1 ... g									
18:1 undifferentiated ... g	0.580		0		1		0.853	3.405	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.190		0		1		0.279	1.115	
18:2 undifferentiated ... g	0.160		0		1		0.235	0.939	
18:3 undifferentiated ... g	0.030		0		1		0.044	0.176	
18:4 ... g									
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									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0		1		9	35	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.038		0		1		0.056	0.223	
Threonine ... g	0.124		0		1		0.182	0.728	
Isoleucine ... g	0.165		0		1		0.243	0.969	
Leucine ... g	0.269		0		1		0.395	1.579	
Lysine ... g	0.216		0		1		0.318	1.268	
Methionine ... g	0.069		0		1		0.101	0.405	
Cystine ... g	0.027		0		1		0.040	0.158	
Phenylalanine ... g	0.134		0		1		0.197	0.787	
Tyrosine ... g	0.132		0		1		0.194	0.775	
Valine ... g	0.185		0		1		0.272	1.086	
Arginine ... g	0.115		0		1		0.169	0.675	
Histidine ... g	0.075		0		1		0.110	0.440	
Alanine ... g	0.098		0		1		0.144	0.575	
Aspartic acid ... g	0.213		0		1		0.313	1.250	
Glutamic acid ... g	0.583		0		1		0.857	3.422	
Glycine ... g	0.062		0		1		0.091	0.364	
Proline ... g	0.262		0		1		0.385	1.538	
Serine ... g	0.150		0		1		0.221	0.881	
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.

NDB No. 19191

Puddings, coconut cream, dry mix, instant, prepared with 2% milk

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19323

Puddings, coconut cream, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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		0		1		107.90	430.86	
Energy	kcal	117		0	NC	4		172	687	
Energy	kJ	490				4		720	2874	
Protein	g	2.90		0		1		4.26	17.02	
Total lipid (fat)	g	3.50		0		1		5.15	20.55	
Ash	g	1.20		0		1		1.76	7.04	
Carbohydrate, by difference	g	19.10		0	NC	4		28.08	112.12	
Fiber, total dietary	g	0.1		0		4		0.1	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	100		0		1		147	587	
Iron, Fe	mg	0.15		0		1		0.22	0.88	
Magnesium, Mg	mg	14		0		1		21	82	
Phosphorus, P	mg	200		0		1		294	1174	
Potassium, K	mg	129		0		1		190	757	
Sodium, Na	mg	246		0		1		362	1444	
Zinc, Zn	mg	0.33		0		1		0.49	1.94	
Copper, Cu	mg	0.026		0		1		0.038	0.153	
Manganese, Mn	mg	0.019		0		1		0.028	0.112	
Selenium, Se	mcg	2.0		0	RP	4		2.9	11.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.2	4.7	
Thiamin	mg	0.033		0		1		0.049	0.194	
Riboflavin	mg	0.136		0		1		0.200	0.798	
Niacin	mg	0.084		0		1		0.123	0.493	
Pantothenic acid	mg	0.266		0		1		0.391	1.561	
Vitamin B-6	mg	0.037		0		1		0.054	0.217	
Folate, total	mcg	4		0		1		6	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	23	
Folate, DFE	mcg_DFE	4		0	NC	4		6	23	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.30		0		1		0.44	1.76	
Vitamin A, RAE	mcg_RAE	24		0	NC	4		36	144	
Retinol	mcg	23		0	O	4		34	136	
Carotene, beta	mcg	15		0	O	4		22	88	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	105		0		1		154	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 D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.100		0		1		3.087	12.327	
4:0	g	0.090		0		1		0.132	0.528	
6:0	g	0.050		0		1		0.074	0.294	
8:0	g	0.060		0		1		0.088	0.352	

NDB No. 19323

Puddings, coconut cream, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.090		0		1		0.132	0.528	
12:0 g	0.250		0		1		0.368	1.468	
13:0 g									
14:0 g	0.350		0		1		0.515	2.055	
15:0 g									
16:0 g	0.830		0		1		1.220	4.872	
17:0 g									
18:0 g	0.380		0		1		0.559	2.231	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.960		0		1		1.411	5.635	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		0		1		0.103	0.411	
17:1 g									
18:1 undifferentiated g	0.890		0		1		1.308	5.224	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.240		0		1		0.353	1.409	
18:2 undifferentiated g	0.190		0		1		0.279	1.115	
18:3 undifferentiated g	0.050		0		1		0.074	0.294	
18:4 g									
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									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	11		0		1		16	65	
Phytosterols mg	0		0		1		0	0	
Amino Acids:									
Tryptophan g	0.038		0		1		0.056	0.223	
Threonine g	0.123		0		1		0.181	0.722	
Isoleucine g	0.164		0		1		0.241	0.963	
Leucine g	0.266		0		1		0.391	1.561	
Lysine g	0.213		0		1		0.313	1.250	
Methionine g	0.068		0		1		0.100	0.399	
Cystine g	0.027		0		1		0.040	0.158	
Phenylalanine g	0.133		0		1		0.196	0.781	
Tyrosine g	0.130		0		1		0.191	0.763	
Valine g	0.183		0		1		0.269	1.074	
Arginine g	0.114		0		1		0.168	0.669	
Histidine g	0.074		0		1		0.109	0.434	
Alanine g	0.097		0		1		0.143	0.569	
Aspartic acid g	0.211		0		1		0.310	1.239	
Glutamic acid g	0.577		0		1		0.848	3.387	
Glycine g	0.061		0		1		0.090	0.358	
Proline g	0.259		0		1		0.381	1.520	
Serine g	0.149		0		1		0.219	0.875	
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: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

NDB No. 19323

Puddings, coconut cream, dry mix, instant, prepared with whole milk

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

Food Group: 19 Sweets

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

NDB No. 19324
Puddings, coconut cream, dry mix, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.70	0.051	6		1		3.26	0.93	
Energy....kcal	434		0	NC	4		382	108	
Energy....kJ	1814		0	NC	4		1597	454	
Protein (N x 6.25)....g	1.00		1		1		0.88	0.25	
Total lipid (fat)....g	11.36		1	LC	8		10.00	2.84	
Ash....g	2.10	0.075	6		1		1.85	0.53	
Carbohydrate, by difference....g	81.84		0	NC	4		72.02	20.46	
Fiber, total dietary....g	1.6		0	FLA	4		1.4	0.4	
Sugars, total....g	80.54		0	FLA	4		70.88	20.14	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	FLA	4		7	2	
Iron, Fe....mg	0.57		0	FLA	4		0.50	0.14	
Magnesium, Mg....mg	15		0	FLA	4		13	4	
Phosphorus, P....mg	35		0	FLA	4		31	9	
Potassium, K....mg	133		0	FLA	4		117	33	
Sodium, Na....mg	682		1	LC	8		600	170	
Zinc, Zn....mg	0.35		0	FLA	4		0.31	0.09	
Copper, Cu....mg	0.143		0	FLA	4		0.126	0.036	
Manganese, Mn....mg	0.462		0	FLA	4		0.407	0.116	
Selenium, Se....mcg	3.6		0	FLA	4		3.2	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.2	0.1	
Thiamin....mg	0.010		0	FLA	4		0.009	0.003	
Riboflavin....mg	0.029		0	FLA	4		0.026	0.007	
Niacin....mg	0.102		0	FLA	4		0.090	0.025	
Pantothenic acid....mg	0.135		0	FLA	4		0.118	0.034	
Vitamin B-6....mg	0.050		0	FLA	4		0.044	0.013	
Folate, total....mcg	2		0	FLA	4		1	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	2		0	FLA	4		1	0	
Folate, DFE....mcg_DFE	2		0	NC	4		1	0	
Choline, total....mg	3.7		0	FLA	4		3.3	0.9	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.07		0	FLA	4		0.06	0.02	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.1		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	11.364		1	LC	8		10.000	2.841	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19324
Puddings, coconut cream, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.073		0	FLA	4		0.064	0.018	
8:0....g	0.898		0	FLA	4		0.790	0.224	
10:0....g	0.713		0	FLA	4		0.628	0.178	
12:0....g	5.684		0	FLA	4		5.002	1.421	
13:0....g									
14:0....g	2.244		0	FLA	4		1.975	0.561	
15:0....g									
16:0....g	1.088		0	FLA	4		0.957	0.272	
17:0....g									
18:0....g	0.663		0	FLA	4		0.584	0.166	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	Z	7		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
20:1....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19219

Puddings, coconut cream, dry mix, regular, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.60		0		1		105.84	422.60	
Energy	kcal	104		0	NC	4		146	581	
Energy	kJ	435				4		609	2432	
Protein	g	3.10		0		1		4.34	17.33	
Total lipid (fat)	g	2.50		0		1		3.50	13.98	
Ash	g	1.00		0		1		1.40	5.59	
Carbohydrate, by difference	g	17.80		0	NC	4		24.92	99.50	
Fiber, total dietary	g	0.2		0		4		0.3	1.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	113		0		1		158	632	
Iron, Fe	mg	0.20		0		1		0.28	1.12	
Magnesium, Mg	mg	16		0		1		22	89	
Phosphorus, P	mg	89		0		1		125	498	
Potassium, K	mg	159		0		1		223	889	
Sodium, Na	mg	163		0		1		228	911	
Zinc, Zn	mg	0.37		0		1		0.52	2.07	
Copper, Cu	mg	0.025		0		1		0.035	0.140	
Manganese, Mn	mg	0.037		0		1		0.052	0.207	
Selenium, Se	mcg	2.3		0	RP	4		3.2	12.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.0	3.9	
Thiamin	mg	0.032		0		1		0.045	0.179	
Riboflavin	mg	0.146		0		1		0.204	0.816	
Niacin	mg	0.091		0		1		0.127	0.509	
Pantothenic acid	mg	0.290		0		1		0.406	1.621	
Vitamin B-6	mg	0.145		0		1		0.203	0.811	
Folate, total	mcg	4		0		1		6	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	22	
Folate, DFE	mcg_DFE	4		0	NC	4		6	22	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.26		0		1		0.36	1.45	
Vitamin A, RAE	mcg_RAE	49		0	NC	4		69	274	
Retinol	mcg	48		0	O	4		67	268	
Carotene, beta	mcg	12		0	O	4		17	67	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	170		0	O	4		238	950	
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	1.800		0		1		2.520	10.062	
4:0	g	0.060		0		1		0.084	0.335	
6:0	g	0.040		0		1		0.056	0.224	
8:0	g	0.080		0		1		0.112	0.447	

NDB No. 19219
Puddings, coconut cream, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.090		0		1		0.126	0.503	
12:0 g	0.420		0		1		0.588	2.348	
13:0 g									
14:0 g	0.320		0		1		0.448	1.789	
15:0 g									
16:0 g	0.530		0		1		0.742	2.963	
17:0 g									
18:0 g	0.260		0		1		0.364	1.453	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.520		0		1		0.728	2.907	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.040		0		1		0.056	0.224	
17:1 g									
18:1 undifferentiated g	0.470		0		1		0.658	2.627	
20:1 g	0.000		0		7		0.000	0.000	
22:1 undifferentiated g	0.000		0		7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.070		0		1		0.098	0.391	
18:2 undifferentiated g	0.050		0		1		0.070	0.280	
18:3 undifferentiated g	0.030		0		1		0.042	0.168	
18:4 g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		7		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		7		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	7		0		1		10	39	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.041		0		1		0.057	0.229	
Threonine g	0.131		0		1		0.183	0.732	
Isoleucine g	0.174		0		1		0.244	0.973	
Leucine g	0.283		0		1		0.396	1.582	
Lysine g	0.227		0		1		0.318	1.269	
Methionine g	0.072		0		1		0.101	0.402	
Cystine g	0.028		0		1		0.039	0.157	
Phenylalanine g	0.141		0		1		0.197	0.788	
Tyrosine g	0.138		0		1		0.193	0.771	
Valine g	0.195		0		1		0.273	1.090	
Arginine g	0.123		0		1		0.172	0.688	
Histidine g	0.079		0		1		0.111	0.442	
Alanine g	0.103		0		1		0.144	0.576	
Aspartic acid g	0.225		0		1		0.315	1.258	
Glutamic acid g	0.614		0		1		0.860	3.432	
Glycine g	0.066		0		1		0.092	0.369	
Proline g	0.275		0		1		0.385	1.537	
Serine g	0.158		0		1		0.221	0.883	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

NDB No. 19219

Puddings, coconut cream, dry mix, regular, prepared with 2% milk

Common Measures:

Measure 1 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19325

Puddings, coconut cream, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.60		0		1		104.44	417.01	
Energy	kcal	114		0	NC	4		160	637	
Energy	kJ	477				4		668	2666	
Protein	g	3.00		0		1		4.20	16.77	
Total lipid (fat)	g	3.80		0		1		5.32	21.24	
Ash	g	1.00		0		1		1.40	5.59	
Carbohydrate, by difference	g	17.70		0	NC	4		24.78	98.94	
Fiber, total dietary	g	0.2		0		4		0.3	1.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	111		0		1		155	620	
Iron, Fe	mg	0.20		0		1		0.28	1.12	
Magnesium, Mg	mg	16		0		1		22	89	
Phosphorus, P	mg	88		0		1		123	492	
Potassium, K	mg	157		0		1		220	878	
Sodium, Na	mg	162		0		1		227	906	
Zinc, Zn	mg	0.36		0		1		0.50	2.01	
Copper, Cu	mg	0.027		0		1		0.038	0.151	
Manganese, Mn	mg	0.037		0		1		0.052	0.207	
Selenium, Se	mcg	2.3		0	BFZN	4		3.2	12.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.0	3.9	
Thiamin	mg	0.032		0		1		0.045	0.179	
Riboflavin	mg	0.143		0		1		0.200	0.799	
Niacin	mg	0.089		0		1		0.125	0.498	
Pantothenic acid	mg	0.285		0		1		0.399	1.593	
Vitamin B-6	mg	0.144		0		1		0.202	0.805	
Folate, total	mcg	4		0		1		6	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	22	
Folate, DFE	mcg_DFE	4		0	NC	4		6	22	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.25		0		1		0.35	1.40	
Vitamin A, RAE	mcg_RAE	26		0	NC	4		36	145	
Retinol	mcg	25		0	O	4		34	138	
Carotene, beta	mcg	16		0	O	4		22	87	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	110		0		1		154	615	
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	2.570		0		1		3.598	14.366	
4:0	g	0.090		0		1		0.126	0.503	
6:0	g	0.060		0		1		0.084	0.335	
8:0	g	0.090		0		1		0.126	0.503	

NDB No. 19325

Puddings, coconut cream, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.120		0		1		0.168	0.671	
12:0 g	0.460		0		1		0.644	2.571	
13:0 g									
14:0 g	0.450		0		1		0.630	2.516	
15:0 g									
16:0 g	0.880		0		1		1.232	4.919	
17:0 g									
18:0 g	0.420		0		1		0.588	2.348	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.880		0		1		1.232	4.919	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		0		1		0.098	0.391	
17:1 g									
18:1 undifferentiated g	0.810		0		1		1.134	4.528	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.120		0		1		0.168	0.671	
18:2 undifferentiated g	0.080		0		1		0.112	0.447	
18:3 undifferentiated g	0.050		0		1		0.070	0.280	
18:4 g									
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									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	12		0		1		17	67	
Phytosterols mg	0		0		1		0	0	
Amino Acids:									
Tryptophan g	0.040		0		1		0.056	0.224	
Threonine g	0.129		0		1		0.181	0.721	
Isoleucine g	0.172		0		1		0.241	0.961	
Leucine g	0.280		0		1		0.392	1.565	
Lysine g	0.224		0		1		0.314	1.252	
Methionine g	0.072		0		1		0.101	0.402	
Cystine g	0.028		0		1		0.039	0.157	
Phenylalanine g	0.140		0		1		0.196	0.783	
Tyrosine g	0.137		0		1		0.192	0.766	
Valine g	0.193		0		1		0.270	1.079	
Arginine g	0.122		0		1		0.171	0.682	
Histidine g	0.078		0		1		0.109	0.436	
Alanine g	0.102		0		1		0.143	0.570	
Aspartic acid g	0.223		0		1		0.312	1.247	
Glutamic acid g	0.608		0		1		0.851	3.399	
Glycine g	0.065		0		1		0.091	0.363	
Proline g	0.272		0		1		0.381	1.520	
Serine g	0.157		0		1		0.220	0.878	
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 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

NDB No. 19325

Puddings, coconut cream, dry mix, regular, prepared with whole milk

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

Food Group: 19 Sweets

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

NDB No. 19330
Puddings, lemon, dry mix, instant

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.70		2		1		0.69	0.18	
Energy	kcal	378		0	NC	4		374	95	
Energy	kJ	1582		0		4		1566	395	
Protein (N x 6.4)	g	0.00		2		1		0.00	0.00	
Total lipid (fat)	g	0.70		2		1		0.69	0.18	
Ash	g	3.20		2		1		3.17	0.80	
Carbohydrate, by difference	g	95.40		0	NC	4		94.45	23.85	
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1		4		2	1	
Iron, Fe	mg	0.08		1		4		0.08	0.02	
Magnesium, Mg	mg	0		1		4		0	0	
Phosphorus, P	mg	752		2		1		744	188	
Potassium, K	mg	8	1.932	12		1		8	2	
Sodium, Na	mg	1332	32.979	13		1		1319	333	
Zinc, Zn	mg	0.05		1		4		0.05	0.01	
Copper, Cu	mg	0.015		1		4		0.015	0.004	
Manganese, Mn	mg	0.009		1		4		0.009	0.002	
Selenium, Se	mcg	0.8		0		1		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.001		1		4		0.001	0.000	
Riboflavin	mg	0.003		1		4		0.003	0.001	
Niacin	mg	0.001		1		4		0.001	0.000	
Pantothenic acid	mg	0.006		1		4		0.006	0.002	
Vitamin B-6	mg	0.001		1		4		0.001	0.000	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.01		1		4		0.01	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									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.100		0		1		0.099	0.025	
4:0	g	0.000		1		1		0.000	0.000	
6:0	g	0.000		1		1		0.000	0.000	

NDB No. 19330
Puddings, lemon, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.000		1		1		0.000	0.000	
10:0 g	0.000		1		1		0.000	0.000	
12:0 g	0.000		1		1		0.000	0.000	
13:0 g									
14:0 g	0.000		1		1		0.000	0.000	
15:0 g									
16:0 g	0.070		1		1		0.069	0.018	
17:0 g									
18:0 g	0.030		1		1		0.030	0.008	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.280		0		1		0.277	0.070	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		1		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.280		1		1		0.277	0.070	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.250		0		1		0.248	0.063	
18:2 undifferentiated g	0.230		1		1		0.228	0.058	
18:3 undifferentiated g	0.020		1		1		0.020	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		1		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.000		0		1		0.000	0.000	
Threonine g	0.000		0		1		0.000	0.000	
Isoleucine g	0.000		0		1		0.000	0.000	
Leucine g	0.000		0		1		0.000	0.000	
Lysine g	0.000		0		1		0.000	0.000	
Methionine g	0.000		0		1		0.000	0.000	
Cystine g	0.000		0		1		0.000	0.000	
Phenylalanine g	0.000		0		1		0.000	0.000	
Tyrosine g	0.000		0		1		0.000	0.000	
Valine g	0.000		0		1		0.000	0.000	
Arginine g	0.000		0		1		0.000	0.000	
Histidine g	0.000		0		1		0.000	0.000	
Alanine g	0.000		0		1		0.000	0.000	
Aspartic acid g	0.000		0		1		0.000	0.000	
Glutamic acid g	0.000		0		1		0.000	0.000	
Glycine g	0.000		0		1		0.000	0.000	
Proline g	0.000		0		1		0.000	0.000	
Serine g	0.000		0		1		0.000	0.000	
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.

NDB No. 19330

Puddings, lemon, dry mix, instant

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19204
Puddings, lemon, dry mix, instant, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.16		0	RPA	1				
Energy	kcal	107		0	RPI	6				
Energy	kJ	449		0	RPI	6				
Protein	g	2.76		0	RPA	1				
Total lipid (fat)	g	1.71		0	RPA	1				
Ash	g	1.16		0	RPA	1				
Carbohydrate, by difference	g	20.20		0	RPI	6				
Fiber, total dietary	g	0.0		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	101		0	RPI	6				
Iron, Fe	mg	0.06		0	RPI	6				
Magnesium, Mg	mg	11		0	RPI	6				
Phosphorus, P	mg	207		0	RPA	1				
Potassium, K	mg	130		0	RPA	1				
Sodium, Na	mg	268		0	RPA	1				
Zinc, Zn	mg	0.33		0	RPI	6				
Copper, Cu	mg	0.009		0	RPI	6				
Manganese, Mn	mg	0.003		0	RPI	6				
Selenium, Se	mcg	2.0		0	RPA	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	RPI	6				
Thiamin	mg	0.033		0	RPI	6				
Riboflavin	mg	0.137		0	RPI	6				
Niacin	mg	0.072		0	RPI	6				
Pantothenic acid	mg	0.267		0	RPI	6				
Vitamin B-6	mg	0.036		0	RPI	6				
Folate, total	mcg	4		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	4		0	RPI	6				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.30		0	RPI	6				
Vitamin A, RAE	mcg_RAE	46		0	NC	4				
Retinol	mcg	45		0	RPA	1				
Carotene, beta	mcg	10		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	170		0	RPI	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	0.8		0	RPI	6				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	33		0	RPI	6				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.974		0	RPA	1				
4:0	g	0.051		0	RPA	1				
6:0	g	0.031		0	RPA	1				
8:0	g	0.017		0	RPA	1				

NDB No. 19204
Puddings, lemon, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.040		0	RPA	1				
12:0 ... g	0.045		0	RPA	1				
13:0 ... g									
14:0 ... g	0.160		0	RPA	1				
15:0 ... g									
16:0 ... g	0.431		0	RPA	1				
17:0 ... g									
18:0 ... g	0.198		0	RPA	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.484		0	RPA	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.036		0	RPA	1				
17:1 ... g									
18:1 undifferentiated ... g	0.448		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.101		0	RPA	1				
18:2 undifferentiated ... g	0.075		0	RPA	1				
18:3 undifferentiated ... g	0.027		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 (EPA) ... g	0.000		0	RPA	1				
22:5 n-3 (DPA) ... g	0.000		0	RPA	1				
22:6 n-3 (DHA) ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0	RPI	6				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.039		0	RPA	1				
Threonine ... g	0.125		0	RPA	1				
Isoleucine ... g	0.167		0	RPA	1				
Leucine ... g	0.271		0	RPA	1				
Lysine ... g	0.219		0	RPA	1				
Methionine ... g	0.070		0	RPA	1				
Cystine ... g	0.026		0	RPA	1				
Phenylalanine ... g	0.134		0	RPA	1				
Tyrosine ... g	0.134		0	RPA	1				
Valine ... g	0.185		0	RPA	1				
Arginine ... g	0.100		0	RPA	1				
Histidine ... g	0.075		0	RPA	1				
Alanine ... g	0.095		0	RPA	1				
Aspartic acid ... g	0.210		0	RPA	1				
Glutamic acid ... g	0.579		0	RPA	1				
Glycine ... g	0.058		0	RPA	1				
Proline ... g	0.268		0	RPA	1				
Serine ... g	0.150		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	0		0	RPI	6				
Theobromine ... mg	0		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19204

Puddings, lemon, dry mix, instant, prepared with 2% milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19331
Puddings, lemon, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.20		0		1		107.60	429.68	
Energy	kcal	115		0	NC	4		169	675	
Energy	kJ	481		0		4		707	2824	
Protein	g	2.70		0		1		3.97	15.85	
Total lipid (fat)	g	2.90		0		1		4.26	17.02	
Ash	g	1.10		0		1		1.62	6.46	
Carbohydrate, by difference	g	20.10		0	NC	4		29.55	117.99	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	99		0		1		146	581	
Iron, Fe	mg	0.06		0		1		0.09	0.35	
Magnesium, Mg	mg	11		0		1		16	65	
Phosphorus, P	mg	205		0		1		301	1203	
Potassium, K	mg	127		0		1		187	745	
Sodium, Na	mg	267		0		1		392	1567	
Zinc, Zn	mg	0.32		0		1		0.47	1.88	
Copper, Cu	mg	0.011		0		1		0.016	0.065	
Manganese, Mn	mg	0.003		0		1		0.004	0.018	
Selenium, Se	mcg	1.8		0	BFZN	4		2.6	10.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.2	4.7	
Thiamin	mg	0.032		0		1		0.047	0.188	
Riboflavin	mg	0.135		0		1		0.198	0.792	
Niacin	mg	0.070		0		1		0.103	0.411	
Pantothenic acid	mg	0.262		0		1		0.385	1.538	
Vitamin B-6	mg	0.035		0		1		0.051	0.205	
Folate, total	mcg	4		0		1		6	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	23	
Folate, DFE	mcg_DFE	4		0	NC	4		6	23	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.30		0		1		0.44	1.76	
Vitamin A, RAE	mcg_RAE	24		0	NC	4		36	144	
Retinol	mcg	23		0	O	4		34	136	
Carotene, beta	mcg	15		0	O	4		22	88	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	105		0		1		154	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 D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.740		0		1		2.558	10.214	
4:0	g	0.090		0		1		0.132	0.528	
6:0	g	0.050		0		1		0.074	0.294	
8:0	g	0.030		0		1		0.044	0.176	

NDB No. 19331
Puddings, lemon, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.070		0		1		0.103	0.411	
12:0 g	0.080		0		1		0.118	0.470	
13:0 g									
14:0 g	0.290		0		1		0.426	1.702	
15:0 g									
16:0 g	0.770		0		1		1.132	4.520	
17:0 g									
18:0 g	0.360		0		1		0.529	2.113	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.850		0		1		1.250	4.990	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		0		1		0.103	0.411	
17:1 g									
18:1 undifferentiated g	0.780		0		1		1.147	4.579	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.150		0		1		0.221	0.881	
18:2 undifferentiated g	0.100		0		1		0.147	0.587	
18:3 undifferentiated g	0.050		0		1		0.074	0.294	
18:4 g									
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									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	11		0		1		16	65	
Phytosterols mg	0		0		1		0	0	
Amino Acids:									
Tryptophan g	0.036		0		1		0.053	0.211	
Threonine g	0.117		0		1		0.172	0.687	
Isoleucine g	0.158		0		1		0.232	0.927	
Leucine g	0.255		0		1		0.375	1.497	
Lysine g	0.207		0		1		0.304	1.215	
Methionine g	0.065		0		1		0.096	0.382	
Cystine g	0.024		0		1		0.035	0.141	
Phenylalanine g	0.126		0		1		0.185	0.740	
Tyrosine g	0.126		0		1		0.185	0.740	
Valine g	0.174		0		1		0.256	1.021	
Arginine g	0.094		0		1		0.138	0.552	
Histidine g	0.071		0		1		0.104	0.417	
Alanine g	0.090		0		1		0.132	0.528	
Aspartic acid g	0.198		0		1		0.291	1.162	
Glutamic acid g	0.545		0		1		0.801	3.199	
Glycine g	0.055		0		1		0.081	0.323	
Proline g	0.252		0		1		0.370	1.479	
Serine g	0.141		0		1		0.207	0.828	
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: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

NDB No. 19331
Puddings, lemon, dry mix, instant, prepared with whole milk

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

Food Group: 19 Sweets

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

NDB No. 19332
Puddings, lemon, dry mix, regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.20		2		1		4.42	1.09	
Energy	kcal	363		0	NC	4		309	76	
Energy	kJ	1519		0		4		1291	319	
Protein (N x 6.25)	g	0.10		2		1		0.09	0.02	
Total lipid (fat)	g	0.50		1		4		0.43	0.11	
Ash	g	2.40		2		1		2.04	0.50	
Carbohydrate, by difference	g	91.80		0	NC	4		78.03	19.28	
Fiber, total dietary	g	0.1		0	FLM	4		0.1	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		1		4		4	1	
Iron, Fe	mg	0.17		1		4		0.14	0.04	
Magnesium, Mg	mg	4		1		4		3	1	
Phosphorus, P	mg	3		1		4		3	1	
Potassium, K	mg	5		1		4		4	1	
Sodium, Na	mg	506		1		4		430	106	
Zinc, Zn	mg	0.02		1		4		0.02	0.00	
Copper, Cu	mg	0.024		1		4		0.020	0.005	
Manganese, Mn	mg	0.025		1		4		0.021	0.005	
Selenium, Se	mcg	1.1		0	BFFN	4		0.9	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.005		1		4		0.004	0.001	
Riboflavin	mg	0.024		1		4		0.020	0.005	
Niacin	mg	0.019		1		4		0.016	0.004	
Pantothenic acid	mg	0.030		1		4		0.026	0.006	
Vitamin B-6	mg	0.005		1		4		0.004	0.001	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									

NDB No. 19332
Puddings, lemon, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0		1		0.000	0.000	
Threonine....g	0.002		0		1		0.002	0.000	
Isoleucine....g	0.002		0		1		0.002	0.000	
Leucine....g	0.008		0		1		0.007	0.002	
Lysine....g	0.001		0		1		0.001	0.000	
Methionine....g	0.001		0		1		0.001	0.000	
Cystine....g	0.001		0		1		0.001	0.000	
Phenylalanine....g	0.003		0		1		0.003	0.001	
Tyrosine....g	0.002		0		1		0.002	0.000	
Valine....g	0.003		0		1		0.003	0.001	
Arginine....g	0.003		0		1		0.003	0.001	
Histidine....g	0.002		0		1		0.002	0.000	
Alanine....g	0.004		0		1		0.003	0.001	
Aspartic acid....g	0.004		0		1		0.003	0.001	
Glutamic acid....g	0.011		0		1		0.009	0.002	
Glycine....g	0.002		0		1		0.002	0.000	
Proline....g	0.005		0		1		0.004	0.001	
Serine....g	0.002		0		1		0.002	0.000	
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:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19708

Puddings, lemon, dry mix, regular, with added oil, potassium, 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	5.20		2		1		4.42	1.09	
Energy	kcal	366		0	NC	4		311	77	
Energy	kJ	1531				4		1302	322	
Protein (N x 6.25)	g	0.10		2		1		0.09	0.02	
Total lipid (fat)	g	1.50		0		1		1.28	0.32	
Ash	g	2.40		2		1		2.04	0.50	
Carbohydrate, by difference	g	90.30		0	NC	4		76.76	18.96	
Fiber, total dietary	g	0.1		0	BFZN	4		0.1	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	0.17		1		4		0.14	0.04	
Magnesium, Mg	mg	4		1		4		3	1	
Phosphorus, P	mg	3		1		4		3	1	
Potassium, K	mg	257		0		1		218	54	
Sodium, Na	mg	849		0		1		722	178	
Zinc, Zn	mg	0.02		1		4		0.02	0.00	
Copper, Cu	mg	0.024		1		4		0.020	0.005	
Manganese, Mn	mg	0.025		1		4		0.021	0.005	
Selenium, Se	mcg	0.7		0	RA	4		0.6	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.005		1		4		0.004	0.001	
Riboflavin	mg	0.024		1		4		0.020	0.005	
Niacin	mg	0.019		1		4		0.016	0.004	
Pantothenic acid	mg	0.030		1		4		0.026	0.006	
Vitamin B-6	mg	0.005		1		4		0.004	0.001	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		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		1		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.270		0		1		0.230	0.057	
4:0	g									
6:0	g									
8:0	g									

NDB No. 19708
Puddings, lemon, dry mix, regular, with added oil, potassium, 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
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.000		1		1		0.000	0.000	
15:0 ... g									
16:0 ... g	0.210		0		1		0.179	0.044	
17:0 ... g									
18:0 ... g	0.050		0		1		0.043	0.011	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.440		0		1		0.374	0.092	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.010		1		1		0.009	0.002	
17:1 ... g									
18:1 undifferentiated ... g	0.440		0		1		0.374	0.092	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.720		0		1		0.612	0.151	
18:2 undifferentiated ... g	0.680		0		1		0.578	0.143	
18:3 undifferentiated ... g	0.040		0		1		0.034	0.008	
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		1		4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.000		0		1		0.000	0.000	
Threonine ... g	0.002		0		1		0.002	0.000	
Isoleucine ... g	0.002		0		1		0.002	0.000	
Leucine ... g	0.008		0		1		0.007	0.002	
Lysine ... g	0.001		0		1		0.001	0.000	
Methionine ... g	0.001		0		1		0.001	0.000	
Cystine ... g	0.001		0		1		0.001	0.000	
Phenylalanine ... g	0.003		0		1		0.003	0.001	
Tyrosine ... g	0.002		0		1		0.002	0.000	
Valine ... g	0.003		0		1		0.003	0.001	
Arginine ... g	0.003		0		1		0.003	0.001	
Histidine ... g	0.002		0		1		0.002	0.000	
Alanine ... g	0.004		0		1		0.003	0.001	
Aspartic acid ... g	0.004		0		1		0.003	0.001	
Glutamic acid ... g	0.011		0		1		0.009	0.002	
Glycine ... g	0.002		0		1		0.002	0.000	
Proline ... g	0.005		0		1		0.004	0.001	
Serine ... g	0.002		0		1		0.002	0.000	
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. 19708

Puddings, lemon, dry mix, regular, with added oil, potassium, sodium

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19194
Puddings, rice, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.80		1		4		5.09	1.30	
Energy	kcal	376		0		4		399	102	
Energy	kJ	1573		0		4		1668	425	
Protein (N x 6)	g	2.70		1		4		2.86	0.73	
Total lipid (fat)	g	0.10		1		4		0.11	0.03	
Ash	g	1.10		1		4		1.17	0.30	
Carbohydrate, by difference	g	91.20		0	NC	4		96.67	24.62	
Fiber, total dietary	g	0.7		0	FLM	4		0.7	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		1		4		15	4	
Iron, Fe	mg	1.79		1		4		1.90	0.48	
Magnesium, Mg	mg	8		1		4		8	2	
Phosphorus, P	mg	39		1		4		41	11	
Potassium, K	mg	5		1		4		5	1	
Sodium, Na	mg	366		1		4		388	99	
Zinc, Zn	mg	0.31		1		1		0.33	0.08	
Copper, Cu	mg	0.062		1		4		0.066	0.017	
Manganese, Mn	mg	0.300		1		4		0.318	0.081	
Selenium, Se	mcg	0.5		0	FLM	4		0.5	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.248		1		4		0.263	0.067	
Riboflavin	mg	0.012		1		4		0.013	0.003	
Niacin	mg	2.013		1		4		2.134	0.544	
Pantothenic acid	mg	0.108		1		4		0.114	0.029	
Vitamin B-6	mg	0.013		1		4		0.014	0.004	
Folate, total	mcg	1		1		4		1	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		1		4		1	0	
Folate, DFE	mcg_DFE	1		0	NC	4		1	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		1		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									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									

NDB No. 19194
Puddings, rice, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 106g: 1 package

Measure 2 = 27g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.8 **Fat** 8.4 **Carbohydrate** 4

Food Group: 19 Sweets

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

NDB No. 19208
Puddings, rice, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.43		0	RP	4				
Energy	kcal	111		0	RP	4				
Energy	kJ	465		0	RP	4				
Protein	g	3.29		0	RP	4				
Total lipid (fat)	g	1.63		0	RP	4				
Ash	g	0.82		0	RP	4				
Carbohydrate, by difference	g	20.81		0	RP	4				
Fiber, total dietary	g	0.1		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	105		0	RP	4				
Iron, Fe	mg	0.37		0	RP	4				
Magnesium, Mg	mg	13		0	RP	4				
Phosphorus, P	mg	87		0	RP	4				
Potassium, K	mg	130		0	RP	4				
Sodium, Na	mg	109		0	RP	4				
Zinc, Zn	mg	0.38		0	RP	4				
Copper, Cu	mg	0.018		0	RP	4				
Manganese, Mn	mg	0.057		0	RP	4				
Selenium, Se	mcg	1.9		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.075		0	RP	4				
Riboflavin	mg	0.141		0	RP	4				
Niacin	mg	0.443		0	RP	4				
Pantothenic acid	mg	0.288		0	RP	4				
Vitamin B-6	mg	0.035		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.24		0	RP	4				
Vitamin A, RAE	mcg_RAE	46		0	NC	4				
Retinol	mcg	45		0	RP	4				
Carotene, beta	mcg	10		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	172		0	RP	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	0.8		0	RP	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	34		0	RP	4				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.967		0	RP	4				
4:0	g	0.052		0	RP	4				
6:0	g	0.031		0	RP	4				
8:0	g	0.018		0	RP	4				

NDB No. 19208
Puddings, rice, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.040		0	RP	4				
12:0 ... g	0.045		0	RP	4				
13:0 ... g									
14:0 ... g	0.162		0	RP	4				
15:0 ... g									
16:0 ... g	0.423		0	RP	4				
17:0 ... g									
18:0 ... g	0.195		0	RP	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.441		0	RP	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.036		0	RP	4				
17:1 ... g									
18:1 undifferentiated ... g	0.405		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.060		0	RP	4				
18:2 undifferentiated ... g	0.036		0	RP	4				
18:3 undifferentiated ... g	0.023		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 (EPA) ... g	0.000		0	RP	4				
22:5 n-3 (DPA) ... g	0.000		0	RP	4				
22:6 n-3 (DHA) ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0	RP	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.039		0	RP	4				
Threonine ... g	0.126		0	RP	4				
Isoleucine ... g	0.169		0	RP	4				
Leucine ... g	0.273		0	RP	4				
Lysine ... g	0.221		0	RP	4				
Methionine ... g	0.070		0	RP	4				
Cystine ... g	0.026		0	RP	4				
Phenylalanine ... g	0.135		0	RP	4				
Tyrosine ... g	0.135		0	RP	4				
Valine ... g	0.187		0	RP	4				
Arginine ... g	0.101		0	RP	4				
Histidine ... g	0.075		0	RP	4				
Alanine ... g	0.096		0	RP	4				
Aspartic acid ... g	0.212		0	RP	4				
Glutamic acid ... g	0.584		0	RP	4				
Glycine ... g	0.059		0	RP	4				
Proline ... g	0.271		0	RP	4				
Serine ... g	0.152		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	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. 19208

Puddings, rice, dry mix, prepared with 2% milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19195
Puddings, rice, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.42		0	RP	4				
Energy	kcal	121		0	RP	4				
Energy	kJ	507		0	RP	4				
Protein	g	3.25		0	RP	4				
Total lipid (fat)	g	2.82		0	RP	4				
Ash	g	0.81		0	RP	4				
Carbohydrate, by difference	g	20.68		0	RP	4				
Fiber, total dietary	g	0.1		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	103		0	RP	4				
Iron, Fe	mg	0.37		0	RP	4				
Magnesium, Mg	mg	13		0	RP	4				
Phosphorus, P	mg	85		0	RP	4				
Potassium, K	mg	128		0	RP	4				
Sodium, Na	mg	108		0	RP	4				
Zinc, Zn	mg	0.38		0	RP	4				
Copper, Cu	mg	0.020		0	RP	4				
Manganese, Mn	mg	0.059		0	RP	4				
Selenium, Se	mcg	1.8		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.074		0	RP	4				
Riboflavin	mg	0.138		0	RP	4				
Niacin	mg	0.441		0	RP	4				
Pantothenic acid	mg	0.283		0	RP	4				
Vitamin B-6	mg	0.034		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.24		0	RP	4				
Vitamin A, RAE	mcg_RAE	29		0	NC	4				
Retinol	mcg	28		0	RP	4				
Carotene, beta	mcg	15		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	115		0	O	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	0.8		0	RP	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	34		0	RP	4				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.682		0	RP	4				
4:0	g	0.091		0	RP	4				
6:0	g	0.054		0	RP	4				
8:0	g	0.031		0	RP	4				

NDB No. 19195
Puddings, rice, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.070		0	RP	4				
12:0 ... g	0.079		0	RP	4				
13:0 ... g									
14:0 ... g	0.282		0	RP	4				
15:0 ... g									
16:0 ... g	0.737		0	RP	4				
17:0 ... g									
18:0 ... g	0.339		0	RP	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.767		0	RP	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.063		0	RP	4				
17:1 ... g									
18:1 undifferentiated ... g	0.704		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.104		0	RP	4				
18:2 undifferentiated ... g	0.063		0	RP	4				
18:3 undifferentiated ... g	0.041		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 (EPA) ... g	0.000		0	RP	4				
22:5 n-3 (DPA) ... g	0.000		0	RP	4				
22:6 n-3 (DHA) ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	11		0	RP	4				
Phytosterols ... mg	0		0	RP	4				
Amino Acids:									
Tryptophan ... g	0.039		0	RP	4				
Threonine ... g	0.125		0	RP	4				
Isoleucine ... g	0.167		0	RP	4				
Leucine ... g	0.270		0	RP	4				
Lysine ... g	0.219		0	RP	4				
Methionine ... g	0.070		0	RP	4				
Cystine ... g	0.025		0	RP	4				
Phenylalanine ... g	0.133		0	RP	4				
Tyrosine ... g	0.133		0	RP	4				
Valine ... g	0.184		0	RP	4				
Arginine ... g	0.100		0	RP	4				
Histidine ... g	0.075		0	RP	4				
Alanine ... g	0.095		0	RP	4				
Aspartic acid ... g	0.210		0	RP	4				
Glutamic acid ... g	0.577		0	RP	4				
Glycine ... g	0.059		0	RP	4				
Proline ... g	0.267		0	RP	4				
Serine ... g	0.150		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	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. 19195

Puddings, rice, dry mix, prepared with whole milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19193
Puddings, rice, ready-to-eat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.34		0	NR	4		20.79	82.87	72.61
Energy....kcal	118		1	NC	4		33	133	116
Energy....kJ	492		0	NC	4		139	556	487
Protein (N x 6.25)....g	3.53		1	LC	8		1.00	3.99	3.49
Total lipid (fat)....g	2.65		1	LC	8		0.75	2.99	2.62
Ash....g	0.80		0	FLC	4		0.23	0.90	0.79
Carbohydrate, by difference....g	19.40		1	LC	8		5.50	21.92	19.21
Fiber, total dietary....g	0.9		1	LC	8		0.3	1.0	0.9
Sugars, total....g	14.11		1	LC	8		4.00	15.94	13.97
Starch....g									
Minerals:									
Calcium, Ca....mg	52	1.429	15		1		15	59	51
Iron, Fe....mg	0.11		0	FLC	4		0.03	0.13	0.11
Magnesium, Mg....mg	8		1		4		2	9	8
Phosphorus, P....mg	68		1		4		19	77	67
Potassium, K....mg	60		1		4		17	68	59
Sodium, Na....mg	123		1	LC	8		35	140	122
Zinc, Zn....mg	0.49		1		1		0.14	0.55	0.49
Copper, Cu....mg	0.025		0	FLC	4		0.007	0.028	0.024
Manganese, Mn....mg	0.126		1		1		0.036	0.142	0.125
Selenium, Se....mcg	4.8		0	FLC	4		1.4	5.4	4.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin....mg	0.018	0.001	15		1		0.005	0.020	0.018
Riboflavin....mg	0.072	0.002	15		1		0.020	0.081	0.071
Niacin....mg	0.161	0.006	14		1		0.046	0.182	0.159
Pantothenic acid....mg	0.354		0	FLC	4		0.100	0.400	0.350
Vitamin B-6....mg	0.041		0	FLC	4		0.011	0.046	0.040
Folate, total....mcg	4		0	FLC	4		1	5	4
Folic acid....mcg	0		0	FLC	4		0	0	0
Folate, food....mcg	4		0	FLC	4		1	5	4
Folate, DFE....mcg_DFE	4		0	NC	4		1	5	4
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.18		0	FLC	4		0.05	0.21	0.18
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	22		0	NC	4		6	25	22
Retinol....mcg	22		0	FLC	4		6	25	22
Carotene, beta....mcg	4		0	FLC	4		1	4	4
Carotene, alpha....mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	0
Vitamin A, IU....IU	79		0	FLC	4		22	89	78
Lycopene....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin....mcg	9		0	FLC	4		2	10	8
Vitamin E (alpha-tocopherol)....mg	0.07		0	FLC	4		0.02	0.08	0.07
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		0	FLC	4		0.0	0.2	0.2
Lipids:									
Fatty acids, total saturated....g	1.764		1	LC	8		0.500	1.993	1.746
4:0....g	0.065		0	FLC	4		0.019	0.074	0.065

NDB No. 19193
Puddings, rice, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.065		0	FLC	4		0.019	0.074	0.065
8:0 g	0.065		0	FLC	4		0.019	0.074	0.065
10:0 g	0.065		0	FLC	4		0.019	0.074	0.065
12:0 g	0.067		0	FLC	4		0.019	0.076	0.067
13:0 g	0.000		0	FLC	4		0.000	0.000	0.000
14:0 g	0.262		0	FLC	4		0.074	0.296	0.259
15:0 g	0.000		0	FLC	4		0.000	0.000	0.000
16:0 g	0.823		0	FLC	4		0.233	0.930	0.814
17:0 g	0.001		0	FLC	4		0.000	0.001	0.001
18:0 g	0.348		0	FLC	4		0.099	0.394	0.345
20:0 g	0.000		0	FLC	4		0.000	0.000	0.000
22:0 g	0.000		0	FLC	4		0.000	0.000	0.000
24:0 g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total monounsaturated g	0.438		0	FLC	4		0.124	0.495	0.433
14:1 g	0.000		0	FLC	4		0.000	0.000	0.000
15:1 g									
16:1 undifferentiated g	0.005		0	FLC	4		0.002	0.006	0.005
17:1 g									
18:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
20:1 g	0.000		0	FLC	4		0.000	0.001	0.000
22:1 undifferentiated g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.120		0	FLC	4		0.034	0.136	0.119
18:2 undifferentiated g	0.082		0	FLC	4		0.023	0.092	0.081
18:3 undifferentiated g	0.035		0	FLC	4		0.010	0.040	0.035
18:4 g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		0	FLC	4		0.001	0.003	0.002
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.001		0	FLC	4		0.000	0.001	0.001
Fatty acids, total trans g									
Cholesterol mg	18		1	LC	8		5	20	17
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 serving 4 oz refrigerated

Measure 3 = 99g: 1 serving 3.5 oz shelf stable

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

Food Group: 19 Sweets

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

NDB No. 19198
Puddings, tapioca, dry mix

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	4.00	0.043	6		1		3.68	0.92	
Energy....kcal	369		0		4		339	85	
Energy....kJ	1544		0		4		1420	355	
Protein (N x 6.25)....g	0.10		0		4		0.09	0.02	
Total lipid (fat)....g	0.10		0		4		0.09	0.02	
Ash....g	1.40	0.040	6		1		1.29	0.32	
Carbohydrate, by difference....g	94.30		0	NC	4		86.76	21.69	
Fiber, total dietary....g	0.2		0	FLM	4		0.2	0.0	
Sugars, total....g	65.00		0	LC	8		59.80	14.95	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		4		4	1	
Iron, Fe....mg	0.12		0		4		0.11	0.03	
Magnesium, Mg....mg	2		0		4		2	0	
Phosphorus, P....mg	4		0		4		4	1	
Potassium, K....mg	5		0		4		5	1	
Sodium, Na....mg	477		0		4		439	110	
Zinc, Zn....mg	0.08		0		4		0.07	0.02	
Copper, Cu....mg	0.029		0		4		0.027	0.007	
Manganese, Mn....mg	0.033		0		4		0.030	0.008	
Selenium, Se....mcg	0.9		0	FLM	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.001		0		4		0.001	0.000	
Riboflavin....mg	0.006		0		4		0.006	0.001	
Niacin....mg	0.004		0		4		0.004	0.001	
Pantothenic acid....mg	0.015		0		4		0.014	0.003	
Vitamin B-6....mg	0.001		0	FLM	4		0.001	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0			Z	7		0	0	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									

NDB No. 19198
Puddings, tapioca, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.002	0.000	
Threonine....g	0.004		0		1		0.004	0.001	
Isoleucine....g	0.004		0		1		0.004	0.001	
Leucine....g	0.009		0		1		0.008	0.002	
Lysine....g	0.004		0		1		0.004	0.001	
Methionine....g	0.002		0		1		0.002	0.000	
Cystine....g	0.003		0		1		0.003	0.001	
Phenylalanine....g	0.004		0		1		0.004	0.001	
Tyrosine....g	0.003		0		1		0.003	0.001	
Valine....g	0.005		0		1		0.005	0.001	
Arginine....g	0.012		0		1		0.011	0.003	
Histidine....g	0.003		0		1		0.003	0.001	
Alanine....g	0.006		0		1		0.006	0.001	
Aspartic acid....g	0.009		0		1		0.008	0.002	
Glutamic acid....g	0.024		0		1		0.022	0.006	
Glycine....g	0.004		0		1		0.004	0.001	
Proline....g	0.007		0		1		0.006	0.002	
Serine....g	0.004		0		1		0.004	0.001	
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 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19209
Puddings, tapioca, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.01		0	RP	4				
Energy	kcal	105		0	RP	4				
Energy	kJ	438		0	RP	4				
Protein	g	2.88		0	RP	4				
Total lipid (fat)	g	1.67		0	RP	4				
Ash	g	0.87		0	RP	4				
Carbohydrate, by difference	g	19.56		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	105		0	RP	4				
Iron, Fe	mg	0.06		0	RP	4				
Magnesium, Mg	mg	12		0	RP	4				
Phosphorus, P	mg	82		0	RP	4				
Potassium, K	mg	133		0	RP	4				
Sodium, Na	mg	121		0	RP	4				
Zinc, Zn	mg	0.35		0	RP	4				
Copper, Cu	mg	0.012		0	RP	4				
Manganese, Mn	mg	0.007		0	RP	4				
Selenium, Se	mcg	2.0		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.030		0	RP	4				
Riboflavin	mg	0.143		0	RP	4				
Niacin	mg	0.075		0	RP	4				
Pantothenic acid	mg	0.277		0	RP	4				
Vitamin B-6	mg	0.033		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.25		0	RP	4				
Vitamin A, RAE	mcg_RAE	47		0	NC	4				
Retinol	mcg	46		0	RP	4				
Carotene, beta	mcg	10		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	160		0	O	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	0.9		0	RP	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	34		0	RP	4				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.991		0	RP	4				
4:0	g	0.053		0	RP	4				
6:0	g	0.032		0	RP	4				
8:0	g	0.018		0	RP	4				

NDB No. 19209
Puddings, tapioca, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.041		0	RP	4				
12:0 ... g	0.046		0	RP	4				
13:0 ... g									
14:0 ... g	0.166		0	RP	4				
15:0 ... g									
16:0 ... g	0.434		0	RP	4				
17:0 ... g									
18:0 ... g	0.200		0	RP	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.452		0	RP	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.037		0	RP	4				
17:1 ... g									
18:1 undifferentiated ... g	0.415		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.061		0	RP	4				
18:2 undifferentiated ... g	0.037		0	RP	4				
18:3 undifferentiated ... g	0.024		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 (EPA) ... g	0.000		0	RP	4				
22:5 n-3 (DPA) ... g	0.000		0	RP	4				
22:6 n-3 (DHA) ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0	RP	4				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.041		0	RP	4				
Threonine ... g	0.130		0	RP	4				
Isoleucine ... g	0.173		0	RP	4				
Leucine ... g	0.282		0	RP	4				
Lysine ... g	0.228		0	RP	4				
Methionine ... g	0.073		0	RP	4				
Cystine ... g	0.027		0	RP	4				
Phenylalanine ... g	0.139		0	RP	4				
Tyrosine ... g	0.139		0	RP	4				
Valine ... g	0.192		0	RP	4				
Arginine ... g	0.106		0	RP	4				
Histidine ... g	0.078		0	RP	4				
Alanine ... g	0.100		0	RP	4				
Aspartic acid ... g	0.219		0	RP	4				
Glutamic acid ... g	0.603		0	RP	4				
Glycine ... g	0.061		0	RP	4				
Proline ... g	0.279		0	RP	4				
Serine ... g	0.156		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	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. 19209

Puddings, tapioca, dry mix, prepared with 2% milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19199
Puddings, tapioca, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.97		0	RP	4				
Energy	kcal	115		0	RP	4				
Energy	kJ	481		0	RP	4				
Protein	g	2.84		0	RP	4				
Total lipid (fat)	g	2.89		0	RP	4				
Ash	g	0.85		0	RP	4				
Carbohydrate, by difference	g	19.43		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	103		0	RP	4				
Iron, Fe	mg	0.06		0	RP	4				
Magnesium, Mg	mg	12		0	RP	4				
Phosphorus, P	mg	81		0	RP	4				
Potassium, K	mg	131		0	RP	4				
Sodium, Na	mg	120		0	RP	4				
Zinc, Zn	mg	0.34		0	RP	4				
Copper, Cu	mg	0.013		0	RP	4				
Manganese, Mn	mg	0.009		0	RP	4				
Selenium, Se	mcg	1.9		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.030		0	RP	4				
Riboflavin	mg	0.140		0	RP	4				
Niacin	mg	0.073		0	RP	4				
Pantothenic acid	mg	0.272		0	RP	4				
Vitamin B-6	mg	0.033		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.25		0	RP	4				
Vitamin A, RAE	mcg_RAE	25		0	NC	4				
Retinol	mcg	24		0	RP	4				
Carotene, beta	mcg	15		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	108		0	RP	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	0.9		0	RP	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	34		0	RP	4				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.724		0	RP	4				
4:0	g	0.093		0	RP	4				
6:0	g	0.055		0	RP	4				
8:0	g	0.032		0	RP	4				

NDB No. 19199
Puddings, tapioca, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.072		0	RP	4				
12:0 ... g	0.081		0	RP	4				
13:0 ... g									
14:0 ... g	0.289		0	RP	4				
15:0 ... g									
16:0 ... g	0.755		0	RP	4				
17:0 ... g									
18:0 ... g	0.348		0	RP	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.786		0	RP	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.064		0	RP	4				
17:1 ... g									
18:1 undifferentiated ... g	0.722		0	RP	4				
20:1 ... g	0.000		0	RP	4				
22:1 undifferentiated ... g	0.000		0	RP	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.107		0	RP	4				
18:2 undifferentiated ... g	0.064		0	RP	4				
18:3 undifferentiated ... g	0.042		0	RP	4				
18:4 ... g	0.000		0	RP	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4				
20:5 n-3 (EPA) ... g	0.000		0	RP	4				
22:5 n-3 (DPA) ... g	0.000		0	RP	4				
22:6 n-3 (DHA) ... g	0.000		0	RP	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	12		0	RP	4				
Phytosterols ... mg	0		0	RP	4				
Amino Acids:									
Tryptophan ... g	0.040		0	RP	4				
Threonine ... g	0.129		0	RP	4				
Isoleucine ... g	0.172		0	RP	4				
Leucine ... g	0.278		0	RP	4				
Lysine ... g	0.225		0	RP	4				
Methionine ... g	0.072		0	RP	4				
Cystine ... g	0.026		0	RP	4				
Phenylalanine ... g	0.137		0	RP	4				
Tyrosine ... g	0.137		0	RP	4				
Valine ... g	0.190		0	RP	4				
Arginine ... g	0.104		0	RP	4				
Histidine ... g	0.077		0	RP	4				
Alanine ... g	0.098		0	RP	4				
Aspartic acid ... g	0.216		0	RP	4				
Glutamic acid ... g	0.596		0	RP	4				
Glycine ... g	0.061		0	RP	4				
Proline ... g	0.275		0	RP	4				
Serine ... g	0.154		0	RP	4				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4				
Caffeine ... mg	0		0	RP	4				
Theobromine ... mg	0		0	RP	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. 19199

Puddings, tapioca, dry mix, prepared with whole milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19709
Puddings, tapioca, dry mix, with no added 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	4.00	0.043	6		1		3.68	0.92	
Energy....kcal	369		0		4		339	85	
Energy....kJ	1544				4		1420	355	
Protein (N x 6.25)....g	0.10		1		4		0.09	0.02	
Total lipid (fat)....g	0.10		1		4		0.09	0.02	
Ash....g	1.40	0.040	6		1		1.29	0.32	
Carbohydrate, by difference....g	94.30		0	NC	4		86.76	21.69	
Fiber, total dietary....g	0.2		0	BFZN	4		0.2	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		1		4		4	1	
Iron, Fe....mg	0.12		1		4		0.11	0.03	
Magnesium, Mg....mg	2		1		4		2	0	
Phosphorus, P....mg	4		1		4		4	1	
Potassium, K....mg	5		1		4		5	1	
Sodium, Na....mg	8		0		1		7	2	
Zinc, Zn....mg	0.08		1		4		0.07	0.02	
Copper, Cu....mg	0.029		1		4		0.027	0.007	
Manganese, Mn....mg	0.033		1		4		0.030	0.008	
Selenium, Se....mcg	0.1		0	BFZN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.001		1		4		0.001	0.000	
Riboflavin....mg	0.006		1		4		0.006	0.001	
Niacin....mg	0.004		1		4		0.004	0.001	
Pantothenic acid....mg	0.015		1		4		0.014	0.003	
Vitamin B-6....mg	0.032		1		4		0.029	0.007	
Folate, total....mcg	0		1		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		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		1		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 19709
Puddings, tapioca, dry mix, with no added salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.002	0.000	
Threonine....g	0.004		0		1		0.004	0.001	
Isoleucine....g	0.004		0		1		0.004	0.001	
Leucine....g	0.009		0		1		0.008	0.002	
Lysine....g	0.004		0		1		0.004	0.001	
Methionine....g	0.002		0		1		0.002	0.000	
Cystine....g	0.003		0		1		0.003	0.001	
Phenylalanine....g	0.004		0		1		0.004	0.001	
Tyrosine....g	0.003		0		1		0.003	0.001	
Valine....g	0.005		0		1		0.005	0.001	
Arginine....g	0.012		0		1		0.011	0.003	
Histidine....g	0.003		0		1		0.003	0.001	
Alanine....g	0.006		0		1		0.006	0.001	
Aspartic acid....g	0.009		0		1		0.008	0.002	
Glutamic acid....g	0.024		0		1		0.022	0.006	
Glycine....g	0.004		0		1		0.004	0.001	
Proline....g	0.007		0		1		0.006	0.002	
Serine....g	0.004		0		1		0.004	0.001	
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:

Measure 1 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19218
Puddings, tapioca, ready-to-eat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.84		2	A	1		20.37	79.02	69.68
Energy....kcal	130		0	NC	4		37	142	126
Energy....kJ	542		0	NC	4		154	596	526
Protein (N x 6.25)....g	1.95		2	A	1		0.55	2.15	1.89
Total lipid (fat)....g	3.88		2	A	1		1.10	4.27	3.77
Ash....g	0.64		2	A	1		0.18	0.70	0.62
Carbohydrate, by difference....g	21.69		0	NC	4		6.15	23.86	21.04
Fiber, total dietary....g	0.0		2	A	1		0.0	0.0	0.0
Sugars, total....g	14.91		2	A	1		4.23	16.40	14.46
Sucrose....g	12.55		2	A	1		3.56	13.80	12.17
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	0.00
Fructose....g	0.00		2	A	1		0.00	0.00	0.00
Lactose....g	2.36		2	A	1		0.67	2.59	2.29
Maltose....g	0.00		2	A	1		0.00	0.00	0.00
Galactose....g	0.00		2	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	71		2	A	1		20	79	69
Iron, Fe....mg	0.11		2	A	1		0.03	0.12	0.10
Magnesium, Mg....mg	6		2	A	1		2	7	6
Phosphorus, P....mg	60		2	A	1		17	66	58
Potassium, K....mg	92		2	A	1		26	101	89
Sodium, Na....mg	145		2	A	1		41	160	141
Zinc, Zn....mg	0.22		2	A	1		0.06	0.24	0.21
Copper, Cu....mg	0.018		2	A	1		0.005	0.020	0.018
Manganese, Mn....mg	0.011		2	A	1		0.003	0.012	0.011
Selenium, Se....mcg	0.0		2	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.1	0.4	0.3
Thiamin....mg	0.024		2	A	1		0.007	0.027	0.023
Riboflavin....mg	0.097		2	A	1		0.027	0.107	0.094
Niacin....mg	0.065		2	A	1		0.018	0.071	0.063
Pantothenic acid....mg	0.235		2	A	1		0.067	0.258	0.228
Vitamin B-6....mg	0.024		2	A	1		0.007	0.026	0.023
Folate, total....mcg	3		0	FLA	4		1	3	3
Folic acid....mcg	0		0	FLA	4		0	0	0
Folate, food....mcg	3		0	FLA	4		1	3	3
Folate, DFE....mcg_DFE	3		0	NC	4		1	3	3
Choline, total....mg	6.2		0	O	4		1.8	6.8	6.0
Betaine....mg									
Vitamin B-12....mcg	0.21		2	A	1		0.06	0.23	0.20
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	FLA	4		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		2	A	1		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.15		2	A	1		0.04	0.17	0.15
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.02		2	A	1		0.00	0.02	0.02
Tocopherol, gamma....mg	1.79		2	A	1		0.51	1.97	1.74
Tocopherol, delta....mg	0.83		2	A	1		0.23	0.91	0.80
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 19218
Puddings, tapioca, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.0		0	FLA	4		0.0	0.0	0.0
Vitamin D....IU	0		0	FLA	4		0	0	0
Vitamin K (phylloquinone)....mcg	0.4		2	A	1		0.1	0.4	0.4
Lipids:									
Fatty acids, total saturated....g	0.962		0	NC	4		0.273	1.058	0.933
4:0....g	0.001		0	FLA	4		0.000	0.002	0.001
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.006		2	A	1		0.002	0.007	0.006
15:0....g	0.001		0	FLA	4		0.000	0.002	0.001
16:0....g	0.417		2	A	1		0.118	0.459	0.404
17:0....g	0.002		2	A	1		0.001	0.003	0.002
18:0....g	0.511		2	A	1		0.145	0.562	0.495
20:0....g	0.013		2	A	1		0.004	0.015	0.013
22:0....g	0.012		2	A	1		0.004	0.014	0.012
24:0....g									
Fatty acids, total monounsaturated....g	2.538		0	NC	4		0.719	2.792	2.462
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	2.530		2	A	1		0.717	2.783	2.454
20:1....g	0.007		2	A	1		0.002	0.008	0.007
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.072		0	NC	4		0.020	0.079	0.070
18:2 undifferentiated....g	0.072		2	A	1		0.020	0.079	0.070
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g	0.000		2	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	1		0	FLA	4		0	1	1
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 19218
Puddings, tapioca, ready-to-eat

Measure 2 = 110g: 1 container refrigerated 4 oz
Measure 3 = 97g: 1 container shelf stable 3.5 oz

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

Food Group: 19 Sweets

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

NDB No. 19234
Puddings, tapioca, ready-to-eat, fat free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.25		1	A	1		85.40		
Energy....kcal	94		0	NC	4		105		
Energy....kJ	394		0	NC	4		441		
Protein (N x 6.25)....g	1.44		1	A	1		1.62		
Total lipid (fat)....g	0.35		1	A	1		0.39		
Ash....g	0.64		1	A	1		0.72		
Carbohydrate, by difference....g	21.31		0	NC	4		23.87		
Fiber, total dietary....g	0.0		1	A	1		0.0		
Sugars, total....g	14.18		1	A	1		15.88		
Starch....g									
Minerals:									
Calcium, Ca....mg	52		1	A	1		58		
Iron, Fe....mg	0.11		1	A	1		0.12		
Magnesium, Mg....mg	5		1	A	1		5		
Phosphorus, P....mg	66		1	A	1		74		
Potassium, K....mg	70		1	A	1		78		
Sodium, Na....mg	187		1	A	1		209		
Zinc, Zn....mg	0.17		1	A	1		0.19		
Copper, Cu....mg	0.018		1	A	1		0.021		
Manganese, Mn....mg	0.011		1	A	1		0.012		
Selenium, Se....mcg	0.0		1	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		0.3		
Thiamin....mg	0.013		1	A	1		0.015		
Riboflavin....mg	0.075		1	A	1		0.084		
Niacin....mg	0.101		1	A	1		0.113		
Pantothenic acid....mg	0.030		1	A	1		0.033		
Vitamin B-6....mg	0.020		1	A	1		0.023		
Folate, total....mcg	2		0	FLA	4		2		
Folic acid....mcg	0		0	NR	4		0		
Folate, food....mcg	2		0	FLA	4		2		
Folate, DFE....mcg_DFE	2		0	NC	4		2		
Choline, total....mg	6.5		0	O	4		7.3		
Betaine....mg									
Vitamin B-12....mcg	0.31		1	A	1		0.35		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0		
Retinol....mcg	0		0	FLA	4		0		
Carotene, beta....mcg	0		1	A	1		0		
Carotene, alpha....mcg	0		1	A	1		0		
Cryptoxanthin, beta....mcg	0		1	A	1		0		
Vitamin A, IU....IU	1		0	FLA	4		1		
Lycopene....mcg	0		1	A	1		0		
Lutein + zeaxanthin....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.01		1	A	1		0.02		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.01		1	A	1		0.02		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	FLA	4		0.0		
Vitamin D....IU	0		0	FLA	4		0		
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.122		0	NC	4		0.137		
4:0....g	0.007		0	FLA	4		0.007		

NDB No. 19234
Puddings, tapioca, ready-to-eat, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.001		0	FLA	4		0.002		
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									
14:0 ... g	0.002		1	A	1		0.002		
15:0 ... g	0.000		1	A	1		0.000		
16:0 ... g	0.014		1	A	1		0.016		
17:0 ... g	0.000		1	A	1		0.000		
18:0 ... g	0.105		1	A	1		0.117		
20:0 ... g	0.001		1	A	1		0.001		
22:0 ... g	0.000		1	A	1		0.000		
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.012		0	NC	4		0.013		
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	0.012		1	A	1		0.013		
20:1 ... g	0.000		1	A	1		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.002		0	NC	4		0.002		
18:2 undifferentiated ... g	0.002		1	A	1		0.002		
18:3 undifferentiated ... g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA) ... g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c ... g	0.000		1	A	1		0.000		
18:3i ... g									
18:4 ... g	0.000		0	FLA	4		0.000		
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		0	FLA	4		0.000		
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0	FLA	4		1		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0		
Caffeine ... mg	0		0	FLA	4		0		
Theobromine ... mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 112g: 1 container refrigerated 4 oz

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

Food Group: 19 Sweets

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

NDB No. 19202
Puddings, vanilla, dry mix, instant

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	2.60	0.158	20		1		2.57	0.65	
Energy....kcal	377		0	NC	4		373	94	
Energy....kJ	1577		0	NC	4		1562	394	
Protein (N x 6.25)....g	0.00	0.000	20		1		0.00	0.00	
Total lipid (fat)....g	0.60	0.024	20		1		0.59	0.15	
Ash....g	3.90	0.067	20		1		3.86	0.98	
Carbohydrate, by difference....g	92.90		0	NC	4		91.97	23.22	
Fiber, total dietary....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total....g	92.90		0	NR	4		91.97	23.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	1.932	3		1		12	3	
Iron, Fe....mg	0.01		0	FLA	4		0.01	0.00	
Magnesium, Mg....mg	1		0	FLA	4		1	0	
Phosphorus, P....mg	705	9.672	3		1		698	176	
Potassium, K....mg	12	1.856	16		1		12	3	
Sodium, Na....mg	1441	33.880	16		1		1427	360	
Zinc, Zn....mg	0.06	0.002	4		1		0.06	0.02	
Copper, Cu....mg	0.093		2		1		0.092	0.023	
Manganese, Mn....mg	0.000		0	FLA	4		0.000	0.000	
Selenium, Se....mcg	0.7		0	FLA	4		0.7	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.002		0	FLA	4		0.002	0.001	
Riboflavin....mg	0.028		0	FLA	4		0.028	0.007	
Niacin....mg	0.006		0	FLA	4		0.006	0.001	
Pantothenic acid....mg	0.026		0	FLA	4		0.025	0.006	
Vitamin B-6....mg	0.002		0	FLA	4		0.002	0.001	
Folate, total....mcg	0		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	1.1		0	O	4		1.1	0.3	
Betaine....mg									
Vitamin B-12....mcg	0.02		0	FLA	4		0.02	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	FLA	4		1	0	
Retinol....mcg	1		0	FLA	4		1	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	2		0	FLA	4		2	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		0	FLA	4		0.02	0.00	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.1		0	FLA	4		0.1	0.0	
Lipids:									
Fatty acids, total saturated....g	0.432		0	FLA	4		0.428	0.108	
4:0....g	0.002		0	FLA	4		0.002	0.001	

NDB No. 19202
Puddings, vanilla, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.002		0	FLA	4		0.002	0.000	
8:0 ... g	0.011		0	FLA	4		0.011	0.003	
10:0 ... g	0.010		0	FLA	4		0.010	0.003	
12:0 ... g	0.123		0	FLA	4		0.121	0.031	
13:0 ... g									
14:0 ... g	0.044		0	FLA	4		0.044	0.011	
15:0 ... g									
16:0 ... g	0.105		0	FLA	4		0.104	0.026	
17:0 ... g									
18:0 ... g	0.136		0	FLA	4		0.134	0.034	
20:0 ... g	0.000		0	FLA	4		0.000	0.000	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.120		0	FLA	4		0.119	0.030	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	FLA	4		0.002	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.118		0	FLA	4		0.117	0.030	
20:1 ... g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.010		0	FLA	4		0.010	0.003	
18:2 undifferentiated ... g	0.009		0	FLA	4		0.009	0.002	
18:3 undifferentiated ... g	0.001		0	FLA	4		0.001	0.000	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLA	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0	0.0	
Caffeine ... mg	0		0	FLA	4		0	0	
Theobromine ... mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19203
Puddings, vanilla, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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		1		104.37	418.22	
Energy	kcal	114		0	NC	4		162	649	
Energy	kJ	477		0		4		677	2714	
Protein (N x 0)	g	2.70		0		1		3.83	15.36	
Total lipid (fat)	g	2.90		0		1		4.12	16.50	
Ash	g	1.30		0		1		1.85	7.40	
Carbohydrate, by difference	g	19.70		0	NC	4		27.97	112.09	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	18.03		0	BFCN	4		25.60	102.57	
Starch	g									
Minerals:										
Calcium, Ca	mg	101		0		1		143	575	
Iron, Fe	mg	0.07		0		1		0.10	0.40	
Magnesium, Mg	mg	12		0		1		17	68	
Phosphorus, P	mg	197		0		1		280	1121	
Potassium, K	mg	128		0		1		182	728	
Sodium, Na	mg	286		0		1		406	1627	
Zinc, Zn	mg	0.33		0		1		0.47	1.88	
Copper, Cu	mg	0.024		0		1		0.034	0.137	
Manganese, Mn	mg	0.007		0		1		0.010	0.040	
Selenium, Se	mcg	1.6		0	BFPN	4		2.3	9.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.1	4.6	
Thiamin	mg	0.033		0		1		0.047	0.188	
Riboflavin	mg	0.136		0		1		0.193	0.774	
Niacin	mg	0.074		0		1		0.105	0.421	
Pantothenic acid	mg	0.262		0		1		0.372	1.491	
Vitamin B-6	mg	0.036		0		1		0.051	0.205	
Folate, total	mcg	4		0		1		6	23	
Folic acid	mcg	0		0	O	4		0	0	
Folate, food	mcg	4		0		1		6	23	
Folate, DFE	mcg_DFE	4		0	NC	4		6	23	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.30		0		1		0.43	1.71	
Vitamin A, RAE	mcg_RAE	25		0	NC	4		35	141	
Retinol	mcg	23		0	O	4		33	133	
Carotene, beta	mcg	18		0	O	4		26	102	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	105		0		1		149	597	
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	1.740		0		1		2.471	9.901	
4:0	g	0.090		0		1		0.128	0.512	
6:0	g	0.050		0		1		0.071	0.285	
8:0	g	0.030		0		1		0.043	0.171	

NDB No. 19203
Puddings, vanilla, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.070		0		1		0.099	0.398	
12:0 ... g	0.080		0		1		0.114	0.455	
13:0 ... g									
14:0 ... g	0.290		0		1		0.412	1.650	
15:0 ... g									
16:0 ... g	0.770		0		1		1.093	4.381	
17:0 ... g									
18:0 ... g	0.360		0		1		0.511	2.048	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.840		0		1		1.193	4.780	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.070		0		1		0.099	0.398	
17:1 ... g									
18:1 undifferentiated ... g	0.780		0		1		1.108	4.438	
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	0.150		0		1		0.213	0.854	
18:2 undifferentiated ... g	0.100		0		1		0.142	0.569	
18:3 undifferentiated ... g	0.050		0		1		0.071	0.285	
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	11		0		1		16	63	
Phytosterols ... mg	0		0		1		0	0	
Amino Acids:									
Tryptophan ... g	0.036		0		1		0.051	0.205	
Threonine ... g	0.117		0		1		0.166	0.666	
Isoleucine ... g	0.158		0		1		0.224	0.899	
Leucine ... g	0.255		0		1		0.362	1.451	
Lysine ... g	0.207		0		1		0.294	1.178	
Methionine ... g	0.065		0		1		0.092	0.370	
Cystine ... g	0.024		0		1		0.034	0.137	
Phenylalanine ... g	0.126		0		1		0.179	0.717	
Tyrosine ... g	0.126		0		1		0.179	0.717	
Valine ... g	0.174		0		1		0.247	0.990	
Arginine ... g	0.094		0		1		0.133	0.535	
Histidine ... g	0.071		0		1		0.101	0.404	
Alanine ... g	0.090		0		1		0.128	0.512	
Aspartic acid ... g	0.198		0		1		0.281	1.127	
Glutamic acid ... g	0.545		0		1		0.774	3.101	
Glycine ... g	0.055		0		1		0.078	0.313	
Proline ... g	0.252		0		1		0.358	1.434	
Serine ... g	0.141		0		1		0.200	0.802	
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. 19203

Puddings, vanilla, dry mix, instant, prepared with whole milk

Common Measures:

Measure 1 = 142g: .5 cup

Measure 2 = 569g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19206
Puddings, vanilla, dry mix, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.90	0.165	22		1		3.43	0.86	
Energy....kcal	379		0	NC	4		333	83	
Energy....kJ	1585		0	NC	4		1395	349	
Protein (N x 6.25)....g	0.30		1		1		0.26	0.07	
Total lipid (fat)....g	0.40	0.037	11		1		0.35	0.09	
Ash....g	2.00	0.087	22		1		1.76	0.44	
Carbohydrate, by difference....g	93.50		0	NC	4		82.28	20.57	
Fiber, total dietary....g	0.6		0	FLA	4		0.5	0.1	
Sugars, total....g	79.34		0	FLA	4		69.82	17.46	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	FLA	4		4	1	
Iron, Fe....mg	0.08		0	FLA	4		0.07	0.02	
Magnesium, Mg....mg	0		0	FLA	4		0	0	
Phosphorus, P....mg	2		0	FLA	4		2	0	
Potassium, K....mg	20	1.431	17		1		18	4	
Sodium, Na....mg	754	17.337	17		1		664	166	
Zinc, Zn....mg	0.02		0	FLA	4		0.02	0.01	
Copper, Cu....mg	0.021		0	FLA	4		0.018	0.005	
Manganese, Mn....mg	0.008		0	FLA	4		0.007	0.002	
Selenium, Se....mcg	0.9		0	FLA	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin....mg	0.013		0	FLA	4		0.011	0.003	
Niacin....mg	0.001		0	FLA	4		0.001	0.000	
Pantothenic acid....mg	0.000		0	FLA	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	FLA	4		0.000	0.000	
Folate, total....mcg	0		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	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	FLA	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.090		0		1		0.079	0.020	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19206
Puddings, vanilla, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		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	0.090		1		1		0.079	0.020	
17:0 ... g									
18:0 ... g	0.000		1		1		0.000	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.030		0		1		0.026	0.007	
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	0.030		1		1		0.026	0.007	
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	0.170		0		1		0.150	0.037	
18:2 undifferentiated ... g	0.160		1		1		0.141	0.035	
18:3 undifferentiated ... g	0.010		1		1		0.009	0.002	
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	FLA	4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.001		0		1		0.001	0.000	
Threonine ... g	0.009		0		1		0.008	0.002	
Isoleucine ... g	0.010		0		1		0.009	0.002	
Leucine ... g	0.035		0		1		0.031	0.008	
Lysine ... g	0.006		0		1		0.005	0.001	
Methionine ... g	0.005		0		1		0.004	0.001	
Cystine ... g	0.006		0		1		0.005	0.001	
Phenylalanine ... g	0.013		0		1		0.011	0.003	
Tyrosine ... g	0.010		0		1		0.009	0.002	
Valine ... g	0.013		0		1		0.011	0.003	
Arginine ... g	0.012		0		1		0.011	0.003	
Histidine ... g	0.008		0		1		0.007	0.002	
Alanine ... g	0.019		0		1		0.017	0.004	
Aspartic acid ... g	0.020		0		1		0.018	0.004	
Glutamic acid ... g	0.052		0		1		0.046	0.011	
Glycine ... g	0.009		0		1		0.008	0.002	
Proline ... g	0.024		0		1		0.021	0.005	
Serine ... g	0.011		0		1		0.010	0.002	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0	0.0	
Caffeine ... mg	0		0	FLA	4		0	0	
Theobromine ... mg	0		0	FLA	4		0	0	

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

NDB No. 19206

Puddings, vanilla, dry mix, regular

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

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

Food Group: 19 Sweets

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

NDB No. 19212
Puddings, vanilla, dry mix, regular, prepared with 2% milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.86		0	RP	4				
Energy	kcal	101		0	RP	4				
Energy	kJ	425		0	RP	4				
Protein	g	2.94		0	RP	4				
Total lipid (fat)	g	1.73		0	RP	4				
Ash	g	0.95		0	RP	4				
Carbohydrate, by difference	g	18.53		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	108		0	RP	4				
Iron, Fe	mg	0.06		0	RP	4				
Magnesium, Mg	mg	12		0	RP	4				
Phosphorus, P	mg	83		0	RP	4				
Potassium, K	mg	137		0	RP	4				
Sodium, Na	mg	159		0	RP	4				
Zinc, Zn	mg	0.34		0	RP	4				
Copper, Cu	mg	0.013		0	RP	4				
Manganese, Mn	mg	0.004		0	RP	4				
Selenium, Se	mcg	2.1		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4				
Thiamin	mg	0.031		0	RP	4				
Riboflavin	mg	0.146		0	RP	4				
Niacin	mg	0.075		0	RP	4				
Pantothenic acid	mg	0.278		0	RP	4				
Vitamin B-6	mg	0.034		0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food	mcg	4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.25		0	RP	4				
Vitamin A, RAE	mcg_RAE	48		0	NC	4				
Retinol	mcg	47		0	RP	4				
Carotene, beta	mcg	10		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	160		0	O	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	0.9		0	RP	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	35		0	RP	4				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.017		0	RP	4				
4:0	g	0.054		0	RP	4				
6:0	g	0.032		0	RP	4				
8:0	g	0.018		0	RP	4				

NDB No. 19212
Puddings, vanilla, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.042		0	RP	4				
12:0....g	0.047		0	RP	4				
13:0....g									
14:0....g	0.168		0	RP	4				
15:0....g									
16:0....g	0.453		0	RP	4				
17:0....g									
18:0....g	0.203		0	RP	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.462		0	RP	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		0	RP	4				
17:1....g									
18:1 undifferentiated....g	0.425		0	RP	4				
20:1....g	0.000		0	RP	4				
22:1 undifferentiated....g	0.000		0	RP	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.088		0	RP	4				
18:2 undifferentiated....g	0.062		0	RP	4				
18:3 undifferentiated....g	0.026		0	RP	4				
18:4....g	0.000		0	RP	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4				
20:5 n-3 (EPA)....g	0.000		0	RP	4				
22:5 n-3 (DPA)....g	0.000		0	RP	4				
22:6 n-3 (DHA)....g	0.000		0	RP	4				
Fatty acids, total trans....g									
Cholesterol....mg	7		0	RP	4				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0	RP	4				
Threonine....g	0.132		0	RP	4				
Isoleucine....g	0.176		0	RP	4				
Leucine....g	0.289		0	RP	4				
Lysine....g	0.231		0	RP	4				
Methionine....g	0.074		0	RP	4				
Cystine....g	0.028		0	RP	4				
Phenylalanine....g	0.142		0	RP	4				
Tyrosine....g	0.142		0	RP	4				
Valine....g	0.196		0	RP	4				
Arginine....g	0.107		0	RP	4				
Histidine....g	0.080		0	RP	4				
Alanine....g	0.103		0	RP	4				
Aspartic acid....g	0.223		0	RP	4				
Glutamic acid....g	0.614		0	RP	4				
Glycine....g	0.062		0	RP	4				
Proline....g	0.285		0	RP	4				
Serine....g	0.159		0	RP	4				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4				
Caffeine....mg	0		0	RP	4				
Theobromine....mg	0		0	RP	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. 19212

Puddings, vanilla, dry mix, regular, prepared with 2% milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19207
Puddings, vanilla, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.49		0	RP	4		104.29	416.41	
Energy....kcal	113		0	RP	4		158	632	
Energy....kJ	473		0	RP	4		662	2643	
Protein....g	2.80		0	RP	4		3.92	15.66	
Total lipid (fat)....g	2.90		0	RP	4		4.06	16.22	
Ash....g	0.90		0	RP	4		1.26	5.04	
Carbohydrate, by difference....g	18.92		0	RP	4		26.48	105.75	
Fiber, total dietary....g	0.1		0	RP	4		0.1	0.5	
Sugars, total....g	17.09		0	RP	4		23.93	95.53	
Starch....g									
Minerals:									
Calcium, Ca....mg	99		0	RP	4		139	554	
Iron, Fe....mg	0.04		0	RP	4		0.06	0.23	
Magnesium, Mg....mg	9		0	RP	4		12	50	
Phosphorus, P....mg	74		0	RP	4		103	412	
Potassium, K....mg	119		0	RP	4		166	663	
Sodium, Na....mg	156		0	RP	4		218	871	
Zinc, Zn....mg	0.33		0	RP	4		0.46	1.84	
Copper, Cu....mg	0.025		0	RP	4		0.035	0.140	
Manganese, Mn....mg	0.005		0	RP	4		0.007	0.028	
Selenium, Se....mcg	3.3		0	RP	4		4.7	18.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RP	4		0.0	0.0	
Thiamin....mg	0.036		0	RP	4		0.051	0.202	
Riboflavin....mg	0.149		0	RP	4		0.209	0.834	
Niacin....mg	0.078		0	RP	4		0.109	0.433	
Pantothenic acid....mg	0.326		0	RP	4		0.456	1.821	
Vitamin B-6....mg	0.028		0	RP	4		0.039	0.157	
Folate, total....mcg	4		0	RP	4		5	21	
Folic acid....mcg	0		0	RP	4		0	0	
Folate, food....mcg	4		0	RP	4		5	21	
Folate, DFE....mcg_DFE	4		0	NC	4		5	21	
Choline, total....mg	11.2		0	RP	4		15.7	62.8	
Betaine....mg									
Vitamin B-12....mcg	0.31		0	RP	4		0.44	1.75	
Vitamin B-12, added....mcg	0.00		0	RP	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	40		0	NC	4		56	224	
Retinol....mcg	40		0	RP	4		55	221	
Carotene, beta....mcg	6		0	RP	4		8	32	
Carotene, alpha....mcg	0		0	RP	4		0	0	
Cryptoxanthin, beta....mcg	0		0	RP	4		0	0	
Vitamin A, IU....IU	141		0	NC	4		198	790	
Lycopene....mcg	0		0	RP	4		0	0	
Lutein + zeaxanthin....mcg	0		0	RP	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.06		0	RP	4		0.09	0.35	
Vitamin E, added....mg	0.00		0	RP	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		0	AS	1		1.6	6.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	1.1		0	RP	4		1.6	6.2	
Vitamin D....IU	45		0	RP	4		62	249	
Vitamin K (phylloquinone)....mcg	0.2		0	RP	4		0.3	1.3	
Lipids:									
Fatty acids, total saturated....g	1.643		0	RP	4		2.301	9.186	
4:0....g	0.065		0	RP	4		0.091	0.364	

NDB No. 19207

Puddings, vanilla, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.065		0	RP	4		0.091	0.364	
8:0 ... g	0.065		0	RP	4		0.091	0.364	
10:0 ... g	0.065		0	RP	4		0.091	0.364	
12:0 ... g	0.067		0	RP	4		0.094	0.374	
13:0 ... g	0.000		0	RP	4		0.000	0.000	
14:0 ... g	0.259		0	RP	4		0.363	1.449	
15:0 ... g	0.000		0	RP	4		0.000	0.000	
16:0 ... g	0.738		0	RP	4		1.033	4.126	
17:0 ... g	0.000		0	RP	4		0.000	0.000	
18:0 ... g	0.319		0	RP	4		0.446	1.781	
20:0 ... g	0.000		0	RP	4		0.000	0.000	
22:0 ... g	0.000		0	RP	4		0.000	0.000	
24:0 ... g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total monounsaturated ... g	0.714		0	RP	4		1.000	3.993	
14:1 ... g	0.000		0	RP	4		0.000	0.000	
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	RP	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.714		0	RP	4		1.000	3.993	
20:1 ... g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	RP	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.197		0	RP	4		0.275	1.100	
18:2 undifferentiated ... g	0.130		0	RP	4		0.182	0.727	
18:3 undifferentiated ... g	0.067		0	RP	4		0.093	0.373	
18:4 ... g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RP	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	RP	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	RP	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	9		0	RP	4		13	51	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	RP	4		0.0	0.0	
Caffeine ... mg	0		0	RP	4		0	0	
Theobromine ... mg	0		0	RP	4		0	0	

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

Common Measures:

Measure 1 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

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

Food Group: 19 Sweets

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

NDB No. 19710
Puddings, vanilla, dry mix, regular, with added oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.90	0.165	22		1		3.43	0.86	
Energy....kcal	369		0	NC	4		325	81	
Energy....kJ	1544				4		1359	340	
Protein (N x 6.25)....g	0.30		1		1		0.26	0.07	
Total lipid (fat)....g	1.10		0		1		0.97	0.24	
Ash....g	2.00	0.087	22		1		1.76	0.44	
Carbohydrate, by difference....g	92.40		0	NC	4		81.31	20.33	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0		4		13	3	
Iron, Fe....mg	0.05		0		4		0.04	0.01	
Magnesium, Mg....mg	5		0		4		4	1	
Phosphorus, P....mg	3		0		4		3	1	
Potassium, K....mg	20	1.431	17		1		18	4	
Sodium, Na....mg	754	17.337	17		1		664	166	
Zinc, Zn....mg	0.09		0		4		0.08	0.02	
Copper, Cu....mg	0.020		0		4		0.018	0.004	
Manganese, Mn....mg	0.013		1		4		0.011	0.003	
Selenium, Se....mcg	0.9		0	BFZN	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.004		1		4		0.004	0.001	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		1		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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		0		1		0.176	0.044	
4:0....g									
6:0....g									
8:0....g									

NDB No. 19710
Puddings, vanilla, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g									
15:0 g									
16:0 g	0.160		0		1		0.141	0.035	
17:0 g									
18:0 g	0.040		0		1		0.035	0.009	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.320		0		1		0.282	0.070	
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.320		0		1		0.282	0.070	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.530		0		1		0.466	0.117	
18:2 undifferentiated g	0.500		0		1		0.440	0.110	
18:3 undifferentiated g	0.030		0		1		0.026	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		4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.001		0		1		0.001	0.000	
Threonine g	0.009		0		1		0.008	0.002	
Isoleucine g	0.010		0		1		0.009	0.002	
Leucine g	0.035		0		1		0.031	0.008	
Lysine g	0.006		0		1		0.005	0.001	
Methionine g	0.005		0		1		0.004	0.001	
Cystine g	0.006		0		1		0.005	0.001	
Phenylalanine g	0.013		0		1		0.011	0.003	
Tyrosine g	0.010		0		1		0.009	0.002	
Valine g	0.013		0		1		0.011	0.003	
Arginine g	0.012		0		1		0.011	0.003	
Histidine g	0.008		0		1		0.007	0.002	
Alanine g	0.019		0		1		0.017	0.004	
Aspartic acid g	0.020		0		1		0.018	0.004	
Glutamic acid g	0.052		0		1		0.046	0.011	
Glycine g	0.009		0		1		0.008	0.002	
Proline g	0.024		0		1		0.021	0.005	
Serine g	0.011		0		1		0.010	0.002	
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. 19710

Puddings, vanilla, dry mix, regular, with added oil

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19201
Puddings, vanilla, ready-to-eat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.66	0.657	4	A	1	C	20.32	78.83	69.51
Energy	kcal	130		0	NC	4		37	143	126
Energy	kJ	545		0	NC	4		154	599	528
Protein (N x 6.25)	g	1.45	0.050	4	A	1	C	0.41	1.59	1.41
Total lipid (fat)	g	3.78	0.345	4	A	1	C	1.07	4.15	3.66
Ash	g	0.51	0.007	4	A	1	C	0.14	0.56	0.49
Carbohydrate, by difference	g	22.60		0	NC	4		6.41	24.86	21.93
Fiber, total dietary	g	0.0	0.000	4	A	1	C	0.0	0.0	0.0
Sugars, total	g	16.97	1.135	4	A	1	C	4.81	18.67	16.47
Sucrose	g	15.17	1.118	4	A	1	C	4.30	16.69	14.72
Glucose (dextrose)	g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Fructose	g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Lactose	g	1.80	0.017	4	A	1	C	0.51	1.98	1.75
Maltose	g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Galactose	g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	49	0.400	4	A	1	C	14	54	47
Iron, Fe	mg	0.09	0.007	4	A	1	C	0.03	0.10	0.09
Magnesium, Mg	mg	4	0.058	4	A	1	C	1	5	4
Phosphorus, P	mg	41	2.325	4	A	1	C	12	45	40
Potassium, K	mg	65	1.200	4	A	1	C	18	71	63
Sodium, Na	mg	142	0.500	4	A	1	C	40	156	138
Zinc, Zn	mg	0.16	0.004	4	A	1	C	0.04	0.17	0.15
Copper, Cu	mg	0.018	0.000	4	A	1	C	0.005	0.020	0.018
Manganese, Mn	mg	0.011	0.000	4	A	1	C	0.003	0.012	0.011
Selenium, Se	mcg	0.0	0.000	4	A	1	C	0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLA	4		0.1	0.2	0.2
Thiamin	mg	0.019	0.005	4	A	1	C	0.005	0.021	0.018
Riboflavin	mg	0.071	0.004	4	A	1	C	0.020	0.079	0.069
Niacin	mg	0.057		3	A	1	C	0.016	0.063	0.055
Pantothenic acid	mg	0.153	0.010	4	A	1	C	0.043	0.168	0.148
Vitamin B-6	mg	0.019	0.000	4	A	1	C	0.005	0.020	0.018
Folate, total	mcg	2		0	FLA	4		0	2	2
Folic acid	mcg	0		0	FLA	4		0	0	0
Folate, food	mcg	2		0	FLA	4		0	2	2
Folate, DFE	mcg_DFE	2		0	NC	4		0	2	2
Choline, total	mg	6.2		0	FLA	4		1.8	6.8	6.0
Betaine	mg									
Vitamin B-12	mcg	0.15	0.038	4	A	1	C	0.04	0.17	0.15
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	2		0	FLA	4		0	2	2
Retinol	mcg	2		0	FLA	4		0	2	2
Carotene, beta	mcg	0	0.000	4	A	1	C	0	0	0
Carotene, alpha	mcg	0	0.000	4	A	1	C	0	0	0
Cryptoxanthin, beta	mcg	0	0.000	4	A	1	C	0	0	0
Vitamin A, IU	IU	6		0	FLA	4		2	7	6
Lycopene	mcg	0	0.000	4	A	1	C	0	0	0
Lutein + zeaxanthin	mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.30		0	FLA	4		0.08	0.33	0.29
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta	mg	0.01	0.005	4	A	1	C	0.00	0.01	0.01
Tocopherol, gamma	mg	1.13	0.383	4	A	1	C	0.32	1.24	1.10
Tocopherol, delta	mg	0.45	0.193	4	A	1	C	0.13	0.50	0.44
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 19201
Puddings, vanilla, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.0		0	FLA	4		0.0	0.0	0.0
Vitamin D....IU	0		0	FLA	4		0	0	0
Vitamin K (phylloquinone)....mcg	0.6	0.025	4	A	1	C	0.2	0.7	0.6
Lipids:									
Fatty acids, total saturated....g	1.016		0	FLA	4		0.288	1.118	0.986
4:0....g	0.005		0	FLA	4		0.001	0.005	0.005
6:0....g	0.004		0	FLA	4		0.001	0.004	0.004
8:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
13:0....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0....g	0.010	0.000	4	A	1	C	0.003	0.011	0.009
15:0....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
16:0....g	0.508	0.054	4	A	1	C	0.144	0.559	0.493
17:0....g	0.001	0.001	4	A	1	C	0.000	0.001	0.001
18:0....g	0.473	0.037	4	A	1	C	0.134	0.521	0.459
20:0....g	0.015	0.000	4	A	1	C	0.004	0.016	0.014
22:0....g	0.009	0.001	4	A	1	C	0.003	0.010	0.009
24:0....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	2.286		0	FLA	4		0.648	2.515	2.218
14:1....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
16:1 undifferentiated....g	0.005	0.002	4	A	1	C	0.001	0.005	0.004
17:1....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:1 undifferentiated....g	2.275	0.171	4	A	1	C	0.645	2.502	2.206
20:1....g	0.007	0.003	4	A	1	C	0.002	0.008	0.007
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.087		0	FLA	4		0.025	0.095	0.084
18:2 undifferentiated....g	0.087	0.004	4	A	1	C	0.025	0.095	0.084
18:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	1		0	FLA	4		0	1	1
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 19201

Puddings, vanilla, ready-to-eat

Measure 2 = 110g: 1 container refrigerated 4 oz

Measure 3 = 97g: 1 container shelf stable 3.5 oz

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

Food Group: 19 Sweets

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

NDB No. 19233
Puddings, vanilla, ready-to-eat, fat free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.93		0	O	4		76.16		
Energy....kcal	89		0	NC	4		88		
Energy....kJ	371		0	NC	4		367		
Protein (N x 6.25)....g	2.02		1	LC	8		2.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.90		0	FLC	4		0.89		
Carbohydrate, by difference....g	20.16		1	LC	8		19.95		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	15.12		1	LC	8		14.97		
Starch....g									
Minerals:									
Calcium, Ca....mg	40		1	LC	8		40		
Iron, Fe....mg	0.36		1	LC	8		0.36		
Magnesium, Mg....mg	7		0	FLC	4		7		
Phosphorus, P....mg	54		0	FLC	4		53		
Potassium, K....mg	108		0	FLC	4		107		
Sodium, Na....mg	191		1	LC	8		190		
Zinc, Zn....mg	0.23		0	FLC	4		0.23		
Copper, Cu....mg	0.013		0	FLC	4		0.013		
Manganese, Mn....mg	0.004		0	FLC	4		0.004		
Selenium, Se....mcg	1.7		0	FLC	4		1.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		1	LC	8		1.2		
Thiamin....mg	0.022		0	FLC	4		0.021		
Riboflavin....mg	0.088		0	FLC	4		0.087		
Niacin....mg	0.052		0	FLC	4		0.052		
Pantothenic acid....mg	0.196		0	FLC	4		0.194		
Vitamin B-6....mg	0.019		0	FLC	4		0.019		
Folate, total....mcg	3		0	FLC	4		3		
Folic acid....mcg	0		0	FLC	4		0		
Folate, food....mcg	3		0	FLC	4		3		
Folate, DFE....mcg_DFE	3		0	NC	4		3		
Choline, total....mg	4.8		0	O	4		4.8		
Betaine....mg									
Vitamin B-12....mcg	0.21		0	FLC	4		0.21		
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		1		
Retinol....mcg	0		0	FLC	4		0		
Carotene, beta....mcg	5		0	FLC	4		5		
Carotene, alpha....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta....mcg	0		0	FLC	4		0		
Vitamin A, IU....IU	1		0	NR	4		1		
Lycopene....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma....mg	0.00		0	FLC	4		0.00		
Tocopherol, delta....mg	0.00		0	FLC	4		0.00		
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	FLA	4		0.0		
Vitamin D....IU	0		0	FLA	4		0		
Vitamin K (phylloquinone)....mcg	0.0		0	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 19233
Puddings, vanilla, ready-to-eat, fat free

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

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

Common Measures:

Measure 1 = 99g: 1 serving 3.5 oz shelf stable

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

Food Group: 19 Sweets

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

NDB No. 19213
Rennin, chocolate, dry mix, prepared with 2% milk

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	80.39		0	RPI	6				
Energy	kcal	85		0	RPI	6				
Energy	kJ	357		0	RPI	6				
Protein	g	3.24		0	RPI	6				
Total lipid (fat)	g	2.06		0	RPI	6				
Ash	g	0.81		0	RPI	6				
Carbohydrate, by difference	g	13.47		0	RPI	6				
Fiber, total dietary	g	0.5		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	126		0	RPI	6				
Iron, Fe	mg	0.30		0	RPI	6				
Magnesium, Mg	mg	20		0	RPI	6				
Phosphorus, P	mg	98		0	RPI	6				
Potassium, K	mg	182		0	RPI	6				
Sodium, Na	mg	52		0	RPI	6				
Zinc, Zn	mg	0.51		0	RPI	6				
Copper, Cu	mg	0.081		0	RPI	6				
Manganese, Mn	mg	0.066		0	RPI	6				
Selenium, Se	mcg	2.3		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	RPI	6				
Thiamin	mg	0.037		0	RPI	6				
Riboflavin	mg	0.155		0	RPI	6				
Niacin	mg	0.108		0	RPI	6				
Pantothenic acid	mg	0.292		0	RPI	6				
Vitamin B-6	mg	0.042		0	RPI	6				
Folate, total	mcg	5		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	5		0	RPI	6				
Folate, DFE	mcg_DFE	5		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.33		0	RPI	6				
Vitamin A, RAE	mcg_RAE	50		0	NC	4				
Retinol	mcg	50		0	RPI	6				
Carotene, beta	mcg	11		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	170		0	O	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	0.9		0	RPI	6				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	36		0	RPI	6				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.231		0	RPA	1				
4:0	g	0.056		0	RPA	1				
6:0	g	0.033		0	RPA	1				
8:0	g	0.019		0	RPA	1				

NDB No. 19213
Rennin, chocolate, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.043		0	RPA	1				
12:0 ... g	0.049		0	RPA	1				
13:0 ... g									
14:0 ... g	0.174		0	RPA	1				
15:0 ... g									
16:0 ... g	0.539		0	RPA	1				
17:0 ... g									
18:0 ... g	0.319		0	RPA	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.581		0	RPA	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.040		0	RPA	1				
17:1 ... g									
18:1 undifferentiated ... g	0.542		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.073		0	RPA	1				
18:2 undifferentiated ... g	0.048		0	RPA	1				
18:3 undifferentiated ... g	0.025		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 (EPA) ... g	0.000		0	RPA	1				
22:5 n-3 (DPA) ... g	0.000		0	RPA	1				
22:6 n-3 (DHA) ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0	RPI	6				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.045		0	RPA	1				
Threonine ... g	0.144		0	RPA	1				
Isoleucine ... g	0.189		0	RPA	1				
Leucine ... g	0.307		0	RPA	1				
Lysine ... g	0.250		0	RPA	1				
Methionine ... g	0.078		0	RPA	1				
Cystine ... g	0.030		0	RPA	1				
Phenylalanine ... g	0.156		0	RPA	1				
Tyrosine ... g	0.153		0	RPA	1				
Valine ... g	0.214		0	RPA	1				
Arginine ... g	0.124		0	RPA	1				
Histidine ... g	0.085		0	RPA	1				
Alanine ... g	0.117		0	RPA	1				
Aspartic acid ... g	0.251		0	RPA	1				
Glutamic acid ... g	0.662		0	RPA	1				
Glycine ... g	0.082		0	RPA	1				
Proline ... g	0.306		0	RPA	1				
Serine ... g	0.173		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	1		0	RPI	6				
Theobromine ... mg	42		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19213

Rennin, chocolate, dry mix, prepared with 2% milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19221
Rennin, chocolate, dry mix, prepared with whole milk

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	79.29		0	RPI	6				
Energy	kcal	96		0	RPI	6				
Energy	kJ	403		0	RPI	6				
Protein	g	3.20		0	RPI	6				
Total lipid (fat)	g	3.34		0	RPI	6				
Ash	g	0.79		0	RPI	6				
Carbohydrate, by difference	g	13.34		0	RPI	6				
Fiber, total dietary	g	0.5		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	124		0	RPI	6				
Iron, Fe	mg	0.30		0	RPI	6				
Magnesium, Mg	mg	20		0	RPI	6				
Phosphorus, P	mg	97		0	RPI	6				
Potassium, K	mg	179		0	RPI	6				
Sodium, Na	mg	51		0	RPI	6				
Zinc, Zn	mg	0.50		0	RPI	6				
Copper, Cu	mg	0.083		0	RPI	6				
Manganese, Mn	mg	0.068		0	RPI	6				
Selenium, Se	mcg	2.1		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	RPI	6				
Thiamin	mg	0.036		0	RPI	6				
Riboflavin	mg	0.152		0	RPI	6				
Niacin	mg	0.106		0	RPI	6				
Pantothenic acid	mg	0.287		0	RPI	6				
Vitamin B-6	mg	0.041		0	RPI	6				
Folate, total	mcg	5		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	5		0	RPI	6				
Folate, DFE	mcg_DFE	5		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.32		0	RPI	6				
Vitamin A, RAE	mcg_RAE	27		0	NC	4				
Retinol	mcg	25		0	RPI	6				
Carotene, beta	mcg	16		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	110		0	O	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	0.9		0	RPI	6				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	36		0	RPI	6				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.999		0	RPA	1				
4:0	g	0.097		0	RPA	1				
6:0	g	0.058		0	RPA	1				
8:0	g	0.033		0	RPA	1				

NDB No. 19221
Rennin, chocolate, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.076		0	RPA	1				
12:0 g	0.085		0	RPA	1				
13:0 g									
14:0 g	0.302		0	RPA	1				
15:0 g									
16:0 g	0.875		0	RPA	1				
17:0 g									
18:0 g	0.474		0	RPA	1				
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.932		0	RPA	1				
14:1 g									
15:1 g									
16:1 undifferentiated g	0.069		0	RPA	1				
17:1 g									
18:1 undifferentiated g	0.863		0	RPA	1				
20:1 g	0.000		0	RPA	1				
22:1 undifferentiated g	0.000		0	RPA	1				
24:1 c g									
Fatty acids, total polyunsaturated g	0.121		0	RPA	1				
18:2 undifferentiated g	0.077		0	RPA	1				
18:3 undifferentiated g	0.044		0	RPA	1				
18:4 g	0.000		0	RPA	1				
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	RPA	1				
20:5 n-3 (EPA) g	0.000		0	RPA	1				
22:5 n-3 (DPA) g	0.000		0	RPA	1				
22:6 n-3 (DHA) g	0.000		0	RPA	1				
Fatty acids, total trans g									
Cholesterol mg	12		0	RPI	6				
Phytosterols mg	0		0	RPA	1				
Amino Acids:									
Tryptophan g	0.044		0	RPA	1				
Threonine g	0.143		0	RPA	1				
Isoleucine g	0.188		0	RPA	1				
Leucine g	0.303		0	RPA	1				
Lysine g	0.247		0	RPA	1				
Methionine g	0.077		0	RPA	1				
Cystine g	0.030		0	RPA	1				
Phenylalanine g	0.154		0	RPA	1				
Tyrosine g	0.151		0	RPA	1				
Valine g	0.211		0	RPA	1				
Arginine g	0.122		0	RPA	1				
Histidine g	0.084		0	RPA	1				
Alanine g	0.115		0	RPA	1				
Aspartic acid g	0.248		0	RPA	1				
Glutamic acid g	0.655		0	RPA	1				
Glycine g	0.082		0	RPA	1				
Proline g	0.302		0	RPA	1				
Serine g	0.171		0	RPA	1				
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RPI	6				
Caffeine mg	1		0	RPI	6				
Theobromine mg	42		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19221

Rennin, chocolate, dry mix, prepared with whole milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19214
Rennin, vanilla, dry mix, prepared with 2% milk

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	82.11		0	RPI	6				
Energy	kcal	77		0	RPI	6				
Energy	kJ	324		0	RPI	6				
Protein	g	3.06		0	RPI	6				
Total lipid (fat)	g	1.77		0	RPI	6				
Ash	g	0.73		0	RPI	6				
Carbohydrate, by difference	g	12.34		0	RPI	6				
Fiber, total dietary	g	0.0		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	121		0	RPI	6				
Iron, Fe	mg	0.05		0	RPI	6				
Magnesium, Mg	mg	13		0	RPI	6				
Phosphorus, P	mg	95		0	RPI	6				
Potassium, K	mg	142		0	RPI	6				
Sodium, Na	mg	46		0	RPI	6				
Zinc, Zn	mg	0.36		0	RPI	6				
Copper, Cu	mg	0.012		0	RPI	6				
Manganese, Mn	mg	0.003		0	RPI	6				
Selenium, Se	mcg	2.1		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	RPI	6				
Thiamin	mg	0.036		0	RPI	6				
Riboflavin	mg	0.153		0	RPI	6				
Niacin	mg	0.079		0	RPI	6				
Pantothenic acid	mg	0.294		0	RPI	6				
Vitamin B-6	mg	0.040		0	RPI	6				
Folate, total	mcg	5		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	5		0	RPI	6				
Folate, DFE	mcg_DFE	5		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.33		0	RPI	6				
Vitamin A, RAE	mcg_RAE	51		0	NC	4				
Retinol	mcg	51		0	RPI	6				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	170		0	O	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	0.9		0	RPI	6				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	37		0	RPI	6				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.061		0	RPA	1				
4:0	g	0.057		0	RPA	1				
6:0	g	0.034		0	RPA	1				
8:0	g	0.019		0	RPA	1				

NDB No. 19214
Rennin, vanilla, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.044		0	RPA	1				
12:0 ... g	0.050		0	RPA	1				
13:0 ... g									
14:0 ... g	0.178		0	RPA	1				
15:0 ... g									
16:0 ... g	0.465		0	RPA	1				
17:0 ... g									
18:0 ... g	0.214		0	RPA	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.484		0	RPA	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.040		0	RPA	1				
17:1 ... g									
18:1 undifferentiated ... g	0.444		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.065		0	RPA	1				
18:2 undifferentiated ... g	0.040		0	RPA	1				
18:3 undifferentiated ... g	0.026		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 (EPA) ... g	0.000		0	RPA	1				
22:5 n-3 (DPA) ... g	0.000		0	RPA	1				
22:6 n-3 (DHA) ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0	RPI	6				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.043		0	RPA	1				
Threonine ... g	0.138		0	RPA	1				
Isoleucine ... g	0.185		0	RPA	1				
Leucine ... g	0.300		0	RPA	1				
Lysine ... g	0.243		0	RPA	1				
Methionine ... g	0.077		0	RPA	1				
Cystine ... g	0.029		0	RPA	1				
Phenylalanine ... g	0.148		0	RPA	1				
Tyrosine ... g	0.148		0	RPA	1				
Valine ... g	0.205		0	RPA	1				
Arginine ... g	0.111		0	RPA	1				
Histidine ... g	0.083		0	RPA	1				
Alanine ... g	0.106		0	RPA	1				
Aspartic acid ... g	0.233		0	RPA	1				
Glutamic acid ... g	0.641		0	RPA	1				
Glycine ... g	0.064		0	RPA	1				
Proline ... g	0.297		0	RPA	1				
Serine ... g	0.167		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	0		0	RPI	6				
Theobromine ... mg	0		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19214

Rennin, vanilla, dry mix, prepared with 2% milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19223
Rennin, vanilla, dry mix, prepared with whole milk

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	80.98		0	RPI	6				
Energy	kcal	89		0	RPI	6				
Energy	kJ	371		0	RPI	6				
Protein	g	3.03		0	RPI	6				
Total lipid (fat)	g	3.07		0	RPI	6				
Ash	g	0.71		0	RPI	6				
Carbohydrate, by difference	g	12.21		0	RPI	6				
Fiber, total dietary	g	0.0		0	RPI	6				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	119		0	RPI	6				
Iron, Fe	mg	0.05		0	RPI	6				
Magnesium, Mg	mg	12		0	RPI	6				
Phosphorus, P	mg	93		0	RPI	6				
Potassium, K	mg	140		0	RPI	6				
Sodium, Na	mg	46		0	RPI	6				
Zinc, Zn	mg	0.35		0	RPI	6				
Copper, Cu	mg	0.014		0	RPI	6				
Manganese, Mn	mg	0.004		0	RPI	6				
Selenium, Se	mcg	1.9		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	RPI	6				
Thiamin	mg	0.035		0	RPI	6				
Riboflavin	mg	0.151		0	RPI	6				
Niacin	mg	0.077		0	RPI	6				
Pantothenic acid	mg	0.289		0	RPI	6				
Vitamin B-6	mg	0.039		0	RPI	6				
Folate, total	mcg	5		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food	mcg	5		0	RPI	6				
Folate, DFE	mcg_DFE	5		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.33		0	RPI	6				
Vitamin A, RAE	mcg_RAE	27		0	NC	4				
Retinol	mcg	26		0	RPI	6				
Carotene, beta	mcg	17		0	O	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	115		0	O	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	0.9		0	RPI	6				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	37		0	RPI	6				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.846		0	RPA	1				
4:0	g	0.099		0	RPA	1				
6:0	g	0.059		0	RPA	1				
8:0	g	0.034		0	RPA	1				

NDB No. 19223
Rennin, vanilla, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.077		0	RPA	1				
12:0 ... g	0.086		0	RPA	1				
13:0 ... g									
14:0 ... g	0.309		0	RPA	1				
15:0 ... g									
16:0 ... g	0.809		0	RPA	1				
17:0 ... g									
18:0 ... g	0.373		0	RPA	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.842		0	RPA	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.069		0	RPA	1				
17:1 ... g									
18:1 undifferentiated ... g	0.773		0	RPA	1				
20:1 ... g	0.000		0	RPA	1				
22:1 undifferentiated ... g	0.000		0	RPA	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.114		0	RPA	1				
18:2 undifferentiated ... g	0.069		0	RPA	1				
18:3 undifferentiated ... g	0.045		0	RPA	1				
18:4 ... g	0.000		0	RPA	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	RPA	1				
20:5 n-3 (EPA) ... g	0.000		0	RPA	1				
22:5 n-3 (DPA) ... g	0.000		0	RPA	1				
22:6 n-3 (DHA) ... g	0.000		0	RPA	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0	RPI	6				
Phytosterols ... mg	0		0	RPA	1				
Amino Acids:									
Tryptophan ... g	0.042		0	RPA	1				
Threonine ... g	0.137		0	RPA	1				
Isoleucine ... g	0.183		0	RPA	1				
Leucine ... g	0.296		0	RPA	1				
Lysine ... g	0.240		0	RPA	1				
Methionine ... g	0.076		0	RPA	1				
Cystine ... g	0.028		0	RPA	1				
Phenylalanine ... g	0.146		0	RPA	1				
Tyrosine ... g	0.146		0	RPA	1				
Valine ... g	0.202		0	RPA	1				
Arginine ... g	0.109		0	RPA	1				
Histidine ... g	0.082		0	RPA	1				
Alanine ... g	0.104		0	RPA	1				
Aspartic acid ... g	0.230		0	RPA	1				
Glutamic acid ... g	0.634		0	RPA	1				
Glycine ... g	0.064		0	RPA	1				
Proline ... g	0.293		0	RPA	1				
Serine ... g	0.165		0	RPA	1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	RPI	6				
Caffeine ... mg	0		0	RPI	6				
Theobromine ... mg	0		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19223

Rennin, vanilla, dry mix, prepared with whole milk

Common Measures:

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

Food Group: 19 Sweets

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

NDB No. 19097
Sherbet, orange

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	0.297	40		1		48.91	43.63	
Energy....kcal	144		0	NC	4		107	95	
Energy....kJ	602		0	NC	4		446	398	
Protein (N x 6.25)....g	1.10	0.330	41		1		0.81	0.73	
Total lipid (fat)....g	2.00	0.057	23		1		1.48	1.32	
Ash....g	0.40		1		1		0.30	0.26	
Carbohydrate, by difference....g	30.40		0	NC	4		22.50	20.06	
Fiber, total dietary....g	1.3		0	FLA	4		1.0	0.9	
Sugars, total....g	24.32		0	LC	8		18.00	16.05	
Starch....g									
Minerals:									
Calcium, Ca....mg	54	4.021	10		1		40	36	
Iron, Fe....mg	0.14	0.027	6		1		0.10	0.09	
Magnesium, Mg....mg	8	1.167	8		1		6	5	
Phosphorus, P....mg	40	4.817	7		1		30	26	
Potassium, K....mg	96	13.153	12		1		71	63	
Sodium, Na....mg	46	5.938	12		1		34	30	
Zinc, Zn....mg	0.48	0.292	10		1		0.36	0.32	
Copper, Cu....mg	0.028	0.005	5		1		0.021	0.018	
Manganese, Mn....mg	0.011	0.002	4		1		0.008	0.007	
Selenium, Se....mcg	1.5		0	FLA	4		1.1	1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.3		0	FLA	4		1.7	1.5	
Thiamin....mg	0.027		0	FLA	4		0.020	0.018	
Riboflavin....mg	0.097		0	FLA	4		0.072	0.064	
Niacin....mg	0.063		0	FLA	4		0.047	0.041	
Pantothenic acid....mg	0.224		0	FLA	4		0.166	0.148	
Vitamin B-6....mg	0.023		0	FLA	4		0.017	0.015	
Folate, total....mcg	4		0	FLA	4		3	2	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	4		0	FLA	4		3	2	
Folate, DFE....mcg_DFE	4		0	NC	4		3	2	
Choline, total....mg	7.7		0	O	4		5.7	5.1	
Betaine....mg									
Vitamin B-12....mcg	0.13		0	FLA	4		0.10	0.09	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	FLA	4		9	8	
Retinol....mcg	12		0	FLA	4		9	8	
Carotene, beta....mcg	1		0	FLA	4		1	1	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	5		0	FLA	4		4	3	
Vitamin A, IU....IU	46		0	FLA	4		34	30	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	7		0	FLA	4		5	4	
Vitamin E (alpha-tocopherol)....mg	0.01		0	FLA	4		0.01	0.01	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.160		0	FLA	4		0.858	0.766	
4:0....g	0.094		0	FLA	4		0.070	0.062	

NDB No. 19097
Sherbet, orange

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.013		0	FLA	4		0.010	0.009	
8:0....g	0.018		0	FLA	4		0.013	0.012	
10:0....g	0.033		0	FLA	4		0.025	0.022	
12:0....g	0.023		0	FLA	4		0.017	0.015	
13:0....g									
14:0....g	0.170		0	FLA	4		0.126	0.113	
15:0....g									
16:0....g	0.585		0	FLA	4		0.433	0.386	
17:0....g									
18:0....g	0.170		0	FLA	4		0.126	0.113	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.530		0	FLA	4		0.392	0.350	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.052		0	FLA	4		0.038	0.034	
17:1....g									
18:1 undifferentiated....g	0.470		0	FLA	4		0.347	0.310	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.080		0	FLA	4		0.059	0.053	
18:2 undifferentiated....g	0.065		0	FLA	4		0.048	0.043	
18:3 undifferentiated....g	0.015		0	FLA	4		0.011	0.010	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 74g: .5 cup (4 fl oz)

Measure 2 = 66g: 1 bar (2.75 fl oz)

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

Food Group: 19 Sweets

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

NDB No. 19013
Snacks, fruit leather, pieces

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.30	0.676	8		1		3.49	3.32	2.58
Energy	kcal	359		0	NC	4		102	97	75
Energy	kJ	1504		0	NC	4		426	406	316
Protein (N x 6.25)	g	1.00	0.084	8		1		0.28	0.27	0.21
Total lipid (fat)	g	2.68		0	NR	4		0.76	0.72	0.56
Ash	g	1.20	0.143	8		1		0.34	0.32	0.25
Carbohydrate, by difference	g	82.82		0	NC	4		23.48	22.36	17.39
Fiber, total dietary	g	0.0	0.000	4	LC	8		0.0	0.0	0.0
Sugars, total	g	57.58	2.507	4	LC	8		16.32	15.55	12.09
Starch	g									
Minerals:										
Calcium, Ca	mg	18		2		1		5	5	4
Iron, Fe	mg	0.75		2		1		0.21	0.20	0.16
Magnesium, Mg	mg	14	0.949	7		1		4	4	3
Phosphorus, P	mg	24	3.157	6		1		7	6	5
Potassium, K	mg	164	6.462	7		1		46	44	34
Sodium, Na	mg	403	27.419	7		1		114	109	85
Zinc, Zn	mg	0.19		0		4		0.05	0.05	0.04
Copper, Cu	mg	0.171		0		4		0.048	0.046	0.036
Manganese, Mn	mg	0.184		0		4		0.052	0.050	0.039
Selenium, Se	mcg	2.7		0	BFSN	4		0.8	0.7	0.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	56.0	0.000	7		1		15.9	15.1	11.8
Thiamin	mg	0.043		0		4		0.012	0.012	0.009
Riboflavin	mg	0.100		1		1		0.028	0.027	0.021
Niacin	mg	0.100		1		1		0.028	0.027	0.021
Pantothenic acid	mg	0.319		0		4		0.090	0.086	0.067
Vitamin B-6	mg	0.300		0		4		0.085	0.081	0.063
Folate, total	mcg	4		0	BFZN	4		1	1	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0	BFZN	4		1	1	1
Folate, DFE	mcg_DFE	4		0	NC	4		1	1	1
Choline, total	mg	12.9		0	O	4		3.7	3.5	2.7
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	6		0	BFZN	4		2	2	1
Retinol	mcg	0		0	O	4		0	0	0
Carotene, beta	mcg	34		0	BFZN	4		10	9	7
Carotene, alpha	mcg	1		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	58		0	BFZN	4		16	16	12
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	51		0	BFZN	4		14	14	11
Vitamin E (alpha-tocopherol)	mg	0.56		0	BFZN	4		0.16	0.15	0.12
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	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	18.2		0	BFZN	4		5.2	4.9	3.8
Lipids:										
Fatty acids, total saturated	g	0.650		0	BFZN	4		0.184	0.176	0.137
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 19013
Snacks, fruit leather, pieces

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0 g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.010		0	BFZN	4		0.003	0.003	0.002
15:0 g									
16:0 g	0.340		0	BFZN	4		0.096	0.092	0.071
17:0 g									
18:0 g	0.300		0	BFZN	4		0.085	0.081	0.063
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.480		0	NC	4		0.420	0.400	0.311
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	1.480		0	BFZN	4		0.420	0.400	0.311
20:1 g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.550		0	NC	4		0.156	0.149	0.116
18:2 undifferentiated g	0.430		0	BFZN	4		0.122	0.116	0.090
18:3 undifferentiated g	0.120		0	BFZN	4		0.034	0.032	0.025
18:4 g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0	0.000	4	LC	8		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 package

Measure 3 = 21g: 1 packet (.75 oz)

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

Food Group: 19 Sweets

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

NDB No. 19014
Snacks, fruit leather, rolls

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	10.20		1	AI	13		2.14	1.43	
Energy....kcal	371		0	NC	4		78	52	
Energy....kJ	1551		0	NC	4		326	217	
Protein (N x 6.25)....g	0.10		1	AI	13		0.02	0.01	
Total lipid (fat)....g	3.00	0.510	17		1		0.63	0.42	
Ash....g	0.90	0.042	17		1		0.19	0.13	
Carbohydrate, by difference....g	85.80		0	NC	4		18.02	12.01	
Fiber, total dietary....g	0.0		0	LC	8		0.0	0.0	
Sugars, total....g	49.16		0	NR	4		10.32	6.88	
Starch....g									
Minerals:									
Calcium, Ca....mg	32	1.164	17		1		7	4	
Iron, Fe....mg	1.01	0.115	17		1		0.21	0.14	
Magnesium, Mg....mg	20	0.843	17		1		4	3	
Phosphorus, P....mg	31	1.230	16		1		7	4	
Potassium, K....mg	294	11.212	17		1		62	41	
Sodium, Na....mg	317		1	AI	13		67	44	
Zinc, Zn....mg	0.19	0.012	7		1		0.04	0.03	
Copper, Cu....mg	0.171	0.006	7		1		0.036	0.024	
Manganese, Mn....mg	0.184	0.020	7		1		0.039	0.026	
Selenium, Se....mcg	0.4		0	FLA	4		0.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	120.0		1	AI	13		25.2	16.8	
Thiamin....mg	0.084		0	FLA	4		0.018	0.012	
Riboflavin....mg	0.020		1		1		0.004	0.003	
Niacin....mg	0.100		1		1		0.021	0.014	
Pantothenic acid....mg	0.029		0	FLA	4		0.006	0.004	
Vitamin B-6....mg	0.300	0.073	6		1		0.063	0.042	
Folate, total....mcg	2		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	2		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	2		0	NC	4		0	0	
Choline, total....mg	13.2		0	O	4		2.8	1.8	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	6		0	FLA	4		1	1	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	34		0	FLA	4		7	5	
Carotene, alpha....mcg	1		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	57		0	FLA	4		12	8	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	41		0	FLA	4		9	6	
Vitamin E (alpha-tocopherol)....mg	0.56		0	FLA	4		0.12	0.08	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	18.2		0	FLA	4		3.8	2.5	
Lipids:									
Fatty acids, total saturated....g	0.672		0	NR	4		0.141	0.094	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 19014
Snacks, fruit leather, rolls

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1		4		0.000	0.000	
13:0 g									
14:0 g	0.010		1		4		0.002	0.001	
15:0 g	0.002		1	AI	13		0.000	0.000	
16:0 g	0.340		1		4		0.071	0.048	
17:0 g	0.004		1	AI	13		0.001	0.001	
18:0 g	0.300		1		4		0.063	0.042	
20:0 g	0.010		1	AI	13		0.002	0.001	
22:0 g	0.006		1	AI	13		0.001	0.001	
24:0 g									
Fatty acids, total monounsaturated g	1.480		0		4		0.311	0.207	
14:1 g	0.002		1	AI	13		0.000	0.000	
15:1 g									
16:1 undifferentiated g	0.000		1		4		0.000	0.000	
17:1 g	0.004		1	AI	13		0.001	0.001	
18:1 undifferentiated g	1.480		1		4		0.311	0.207	
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	0.552		0	NR	4		0.116	0.077	
18:2 undifferentiated g	0.430		1		4		0.090	0.060	
18:3 undifferentiated g	0.120		1		4		0.025	0.017	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g	0.002		1	AI	13		0.000	0.000	
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	FLA	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g									
Isoleucine g									
Leucine g									
Lysine g									
Methionine g									
Cystine g									
Phenylalanine g									
Tyrosine g									
Valine g									
Arginine g									
Histidine g									
Alanine g									
Aspartic acid g									
Glutamic acid g									
Glycine g									
Proline g									
Serine g									
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

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

NDB No. 19014
Snacks, fruit leather, rolls

Common Measures:

Measure 1 = 21g: 1 large

Measure 2 = 14.0g: 1 small

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

Food Group: 19 Sweets

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

NDB No. 19908
Sugar, turbinado

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	0.03	0.008	6	A	1				
Energy....kcal	399		0	NC	4				
Energy....kJ	1670		0	NC	4				
Protein....g	0.00	0.000	6	A	1				
Total lipid (fat)....g	0.00		2	A	1				
Ash....g	0.17	0.042	6	A	1				
Carbohydrate, by difference....g	99.80		0	NC	4				
Fiber, total dietary....g									
Sugars, total....g	99.19	0.372	6	A	1				
Sucrose....g	99.19	0.372	6	A	1				
Glucose (dextrose)....g	0.00	0.000	6	A	1				
Fructose....g	0.00	0.000	6	A	1				
Lactose....g	0.00	0.000	6	A	1				
Maltose....g	0.00	0.000	6	A	1				
Galactose....g	0.00	0.000	6	A	1				
Starch....g									
Minerals:									
Calcium, Ca....mg	12	4.096	6	A	1				
Iron, Fe....mg	0.37	0.135	6	A	1				
Magnesium, Mg....mg	2	0.555	6	A	1				
Phosphorus, P....mg	1	0.121	6	A	1				
Potassium, K....mg	29	11.458	6	A	1				
Sodium, Na....mg	3	0.730	6	A	1				
Zinc, Zn....mg	0.03	0.014	6	A	1				
Copper, Cu....mg	0.009	0.001	6	A	1				
Manganese, Mn....mg	0.046	0.017	6	A	1				
Selenium, Se....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

NDB No. 19334
Sugars, brown

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.34	0.064	15	A	1		2.94	1.94	0.04
Energy	kcal	380		0	NC	4		836	551	12
Energy	kJ	1590		0	NC	4		3499	2306	51
Protein (N x 6.25)	g	0.12	0.018	15	A	1		0.27	0.18	0.00
Total lipid (fat)	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Ash	g	0.45	0.070	15	A	1		0.99	0.65	0.01
Carbohydrate, by difference	g	98.09		0	NC	4		215.80	142.23	3.14
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	97.02	0.506	15	A	1		213.44	140.68	3.10
Sucrose	g	94.56	0.457	15	A	1		208.02	137.11	3.03
Glucose (dextrose)	g	1.35	0.107	15	A	1		2.98	1.96	0.04
Fructose	g	1.11	0.094	15	A	1		2.44	1.61	0.04
Lactose	g	0.00	0.000	15	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	15	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	15	A	1		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	83	16.518	14	A	1		183	120	3
Iron, Fe	mg	0.71	0.067	15	A	1		1.56	1.03	0.02
Magnesium, Mg	mg	9	0.579	15	A	1		21	14	0
Phosphorus, P	mg	4	1.579	15	A	1		9	6	0
Potassium, K	mg	133	15.039	15	A	1		293	193	4
Sodium, Na	mg	28	4.559	15	A	1		61	40	1
Zinc, Zn	mg	0.03	0.006	15	A	1		0.07	0.05	0.00
Copper, Cu	mg	0.047	0.007	15	A	1		0.102	0.067	0.001
Manganese, Mn	mg	0.064	0.024	15	A	1		0.141	0.093	0.002
Selenium, Se	mcg	1.2	0.433	4	AI	13		2.7	1.8	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Niacin	mg	0.110	0.031	4	A	1		0.241	0.159	0.004
Pantothenic acid	mg	0.132	0.009	4	A	1		0.291	0.192	0.004
Vitamin B-6	mg	0.041	0.009	4	A	1		0.091	0.060	0.001
Folate, total	mcg	1		2		1		2	1	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		2		1		2	1	0
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	0
Choline, total	mg	2.3		0	AS	1		5.1	3.3	0.1
Betaine	mg	0.1		2	A	1		0.2	0.1	0.0
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	NR	4		0	0	0
Carotene, alpha	mcg	0		0	NR	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	NR	4		0	0	0
Vitamin A, IU	IU	0		1		1		0	0	0
Lycopene	mcg	0		0	NR	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	NR	4		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									

NDB No. 19334
Sugars, brown

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		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 = 220g: 1 cup packed

Measure 2 = 145g: 1 cup unpacked

Measure 3 = 3.2g: 1 tsp brownulated

Calories Factors: Protein 4 **Fat** 0 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19335
Sugars, granulated

sucrose
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.02	0.007	8	A	1		0.00	0.00	0.04
Energy....kcal	387		0	NC	4		11	16	773
Energy....kJ	1618		0	NC	4		45	68	3236
Protein (N x 6.25)....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	A	1		0.00	0.00	0.00
Ash....g	0.01		0	NR	4		0.00	0.00	0.01
Carbohydrate, by difference....g	99.98		0	NC	4		2.80	4.20	199.95
Fiber, total dietary....g	0.0		0		4		0.0	0.0	0.0
Sugars, total....g	99.80	0.109	7	A	1		2.79	4.19	199.60
Sucrose....g	99.80	0.096	8	A	1		2.79	4.19	199.60
Glucose (dextrose)....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	1	0.302	8	A	1		0	0	2
Iron, Fe....mg	0.05	0.007	8	A	1		0.00	0.00	0.10
Magnesium, Mg....mg	0	0.000	8	A	1		0	0	1
Phosphorus, P....mg	0	0.000	8	A	1		0	0	1
Potassium, K....mg	2	0.220	8	A	1		0	0	4
Sodium, Na....mg	1	0.000	8	A	1		0	0	3
Zinc, Zn....mg	0.01	0.001	8	A	1		0.00	0.00	0.02
Copper, Cu....mg	0.007	0.000	8	A	1		0.000	0.000	0.015
Manganese, Mn....mg	0.004	0.000	8	A	1		0.000	0.000	0.009
Selenium, Se....mcg	0.6		2	A	1		0.0	0.0	1.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	0.0
Thiamin....mg	0.000		1		4		0.000	0.000	0.000
Riboflavin....mg	0.019	0.006	3		1		0.001	0.001	0.038
Niacin....mg	0.000	0.000	3		1		0.000	0.000	0.000
Pantothenic acid....mg	0.000	0.000	3		1		0.000	0.000	0.000
Vitamin B-6....mg	0.000	0.000	3		1		0.000	0.000	0.000
Folate, total....mcg	0	0.000	3		1		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0	0.000	3		1		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		1		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	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									

NDB No. 19335
Sugars, granulated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		2	JA	6		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		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 = 2.8g: 1 serving packet

Measure 2 = 4.2g: 1 tsp

Measure 3 = 200g: 1 cup

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

Food Group: 19 Sweets

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

NDB No. 19340
Sugars, maple

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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		1		4		0.24	2.27	2.24
Energy	kcal	354		0		4		11	100	99
Energy	kJ	1481		0		4		44	420	415
Protein (N x 6.25)	g	0.10		1		4		0.00	0.03	0.03
Total lipid (fat)	g	0.20		1		4		0.01	0.06	0.06
Ash	g	0.80		1		4		0.02	0.23	0.22
Carbohydrate, by difference	g	90.90		0	NC	4		2.73	25.77	25.45
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	84.87		0	FLA	4		2.55	24.06	23.76
Starch	g									
Minerals:										
Calcium, Ca	mg	90		1		4		3	26	25
Iron, Fe	mg	1.61		1		4		0.05	0.46	0.45
Magnesium, Mg	mg	19		1		4		1	5	5
Phosphorus, P	mg	3		1		4		0	1	1
Potassium, K	mg	274		1		4		8	78	77
Sodium, Na	mg	11		1		4		0	3	3
Zinc, Zn	mg	6.06		1		4		0.18	1.72	1.70
Copper, Cu	mg	0.099		1		4		0.003	0.028	0.028
Manganese, Mn	mg	4.422		1		4		0.133	1.254	1.238
Selenium, Se	mcg	0.8		0	BFSN	4		0.0	0.2	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	0.0
Thiamin	mg	0.009		1		4		0.000	0.003	0.003
Riboflavin	mg	0.013		1		4		0.000	0.004	0.004
Niacin	mg	0.040		1		4		0.001	0.011	0.011
Pantothenic acid	mg	0.048		1		4		0.001	0.014	0.013
Vitamin B-6	mg	0.003		1		4		0.000	0.001	0.001
Folate, total	mcg	0		0	FLA	4		0	0	0
Folic acid	mcg	0		0	FLA	4		0	0	0
Folate, food	mcg	0		0	FLA	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	2.1		0	O	4		0.1	0.6	0.6
Betaine	mg									
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	FLA	4		0	0	0
Carotene, beta	mcg	0		0	FLA	4		0	0	0
Carotene, alpha	mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	FLA	4		0	0	0
Vitamin A, IU	IU	0		0	FLA	4		0	0	0
Lycopene	mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (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	FLA	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.036		0		4		0.001	0.010	0.010
4:0	g	0.000		0		4		0.000	0.000	0.000

NDB No. 19340
Sugars, maple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	0.000
15:0 g									
16:0 g	0.036		0		4		0.001	0.010	0.010
17:0 g									
18:0 g	0.004		0		4		0.000	0.001	0.001
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.064		0		4		0.002	0.018	0.018
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.064		0		4		0.002	0.018	0.018
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.100		0		4		0.003	0.028	0.028
18:2 undifferentiated g	0.100		0		4		0.003	0.028	0.028
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		1		4		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 3.0g: 1 tsp

Measure 2 = 28.35g: 1 oz

Measure 3 = 28g: 1 piece (1-3/4" x 1-1/4" x 1/2")

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19336
Sugars, powdered

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	0.23	0.010	8	A	1		0.27	0.23	0.02
Energy....kcal	389		0	NC	4		467	389	31
Energy....kJ	1627		0	NC	4		1952	1627	130
Protein (N x 6.25)....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Total lipid (fat)....g	0.00		1	A	1		0.00	0.00	0.00
Ash....g	0.01		0	NR	4		0.01	0.01	0.00
Carbohydrate, by difference....g	99.77		0	NC	4		119.72	99.77	7.98
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total....g	97.81	0.303	8	A	1		117.37	97.81	7.82
Sucrose....g									
Glucose (dextrose)....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Starch....g	1.26	0.266	4	A	1		1.51	1.26	0.10
Minerals:									
Calcium, Ca....mg	1	0.153	8	A	1		2	1	0
Iron, Fe....mg	0.06	0.008	8	A	1		0.07	0.06	0.00
Magnesium, Mg....mg	0	0.000	8	A	1		0	0	0
Phosphorus, P....mg	0	0.033	8	A	1		1	0	0
Potassium, K....mg	2	0.106	8	A	1		2	2	0
Sodium, Na....mg	2	0.096	8	A	1		2	2	0
Zinc, Zn....mg	0.01	0.005	8	A	1		0.02	0.01	0.00
Copper, Cu....mg	0.007	0.000	8	A	1		0.009	0.007	0.001
Manganese, Mn....mg	0.004	0.000	8	A	1		0.005	0.004	0.000
Selenium, Se....mcg	0.6		0	FLA	4		0.8	0.6	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.000		0	FLA	4		0.000	0.000	0.000
Riboflavin....mg	0.019		0	FLA	4		0.022	0.019	0.001
Niacin....mg	0.000	0.000	4		1		0.000	0.000	0.000
Pantothenic acid....mg	0.000	0.000	4		1		0.000	0.000	0.000
Vitamin B-6....mg	0.000	0.000	4		1		0.000	0.000	0.000
Folate, total....mcg	0	0.000	4		1		0	0	0
Folic acid....mcg	0		0	FLA	4		0	0	0
Folate, food....mcg	0		0	FLA	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	FLA	4		0	0	0
Carotene, beta....mcg	0		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0	FLA	4		0	0	0
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 19336
Sugars, powdered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	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	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0

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

Common Measures:

Measure 1 = 120g: 1 cup unsifted

Measure 2 = 100g: 1 cup sifted

Measure 3 = 8.0g: 1 tbsp unsifted

Calories Factors: Protein 3.5 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 19 Sweets

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

NDB No. 19906

Sweeteners, for baking, brown, contains sugar and sucralose

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.44	0.198	4	A	1				
Energy	kcal	388		0	NC	4				
Energy	kJ	1625		0	NC	4				
Protein	g	0.00		2	A	1				
Total lipid (fat)	g	0.00		0	Z	7				
Ash	g	0.45	0.012	4	A	1				
Carbohydrate, by difference	g	97.11		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g	45.66	0.690	4	A	1				
Sucrose	g	44.35	0.445	4	A	1				
Glucose (dextrose)	g	0.80	0.253	4	A	1				
Fructose	g	0.51	0.149	4	A	1				
Lactose	g									
Maltose	g	0.00	0.000	4	A	1				
Galactose	g	0.00	0.000	4	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg	63	2.418	4	A	1				
Iron, Fe	mg	1.64	0.043	4	A	1				
Magnesium, Mg	mg	10	0.431	4	A	1				
Phosphorus, P	mg	2	0.107	4	A	1				
Potassium, K	mg	130	4.171	4	A	1				
Sodium, Na	mg	11	0.924	4	A	1				
Zinc, Zn	mg	0.08	0.005	4	A	1				
Copper, Cu	mg	0.083	0.005	4	A	1				
Manganese, Mn	mg	0.066	0.003	4	A	1				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.015		1	A	1				
Riboflavin	mg	0.015		1	A	1				
Niacin	mg	0.080		1	A	1				
Pantothenic acid	mg	0.120		1	A	1				
Vitamin B-6	mg	0.040		1	A	1				
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									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19906

Sweeteners, for baking, brown, contains sugar and sucralose

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

Food Group: 19 Sweets

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

NDB No. 19907
Sweeteners, for baking, contains sugar and sucralose

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.43	0.114	4	A	1				
Energy....kcal	398		0	NC	4				
Energy....kJ	1666		0	NC	4				
Protein....g	0.00	0.000	3	A	1				
Total lipid (fat)....g	0.00		0	Z	7				
Ash....g	0.04	0.010	4	A	1				
Carbohydrate, by difference....g	99.53		0	NC	4				
Fiber, total dietary....g									
Sugars, total....g	47.05	0.427	4	A	1				
Sucrose....g	47.05	0.427	4	A	1				
Glucose (dextrose)....g	0.00	0.000	4	A	1				
Fructose....g	0.00	0.000	4	A	1				
Lactose....g	0.00	0.000	4	A	1				
Maltose....g	0.00	0.000	4	A	1				
Galactose....g	0.00	0.000	4	A	1				
Starch....g									
Minerals:									
Calcium, Ca....mg	1	0.098	4	A	1				
Iron, Fe....mg	0.06	0.023	4	A	1				
Magnesium, Mg....mg	0	0.004	4	A	1				
Phosphorus, P....mg	0	0.004	4	A	1				
Potassium, K....mg	2	0.439	4	A	1				
Sodium, Na....mg	2	0.199	4	A	1				
Zinc, Zn....mg	0.01	0.001	4	A	1				
Copper, Cu....mg	0.008	0.000	4	A	1				
Manganese, Mn....mg	0.004	0.000	4	A	1				
Selenium, Se....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

NDB No. 19909
Sweeteners, sugar substitute, granulated, brown

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.14	1.164	3	A	1				
Energy	kcal	347		0	NC	4				
Energy	kJ	1453		0	NC	4				
Protein	g	2.06	0.157	3	A	1				
Total lipid (fat)	g	0.00		2	A	1				
Ash	g	4.03	0.026	3	A	1				
Carbohydrate, by difference	g	84.77		0	NC	4				
Fiber, total dietary	g	0.6		1	A	1				
Sugars, total	g	4.03		1	A	1				
Sucrose	g	0.00		1	A	1				
Glucose (dextrose)	g	1.09	0.368	3	A	1				
Fructose	g	0.00	0.000	3	A	1				
Lactose	g	0.00	0.000	3	A	1				
Maltose	g	2.94	2.412	3	A	1				
Galactose	g	0.00	0.000	3	A	1				
Starch	g	3.52	1.041	4	A	1				
Minerals:										
Calcium, Ca	mg	879	20.867	3	A	1				
Iron, Fe	mg	0.16	0.022	3	A	1				
Magnesium, Mg	mg	6	0.266	3	A	1				
Phosphorus, P	mg	8	0.425	3	A	1				
Potassium, K	mg	39	2.003	3	A	1				
Sodium, Na	mg	572	30.024	3	A	1				
Zinc, Zn	mg	0.04	0.022	3	A	1				
Copper, Cu	mg	0.007	0.000	3	A	1				
Manganese, Mn	mg	0.022	0.001	3	A	1				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.015		1	A	1				
Riboflavin	mg	0.015		1	A	1				
Niacin	mg									
Pantothenic acid	mg	0.080		1	A	1				
Vitamin B-6	mg	0.015		1	A	1				
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									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19909
Sweeteners, sugar substitute, granulated, brown

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

Food Group: 19 Sweets

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

NDB No. 19337

Sweeteners, tabletop, aspartame, EQUAL, packets

Merisant 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	8.75	0.047	3	A	1		0.31	0.09	
Energy....kcal	365		0	NC	4		13	4	
Energy....kJ	1527		0	NC	4		53	15	
Protein (N x 6.25)....g	2.17		1	A	1		0.08	0.02	
Total lipid (fat)....g	0.00	0.000	3	A	1		0.00	0.00	
Ash....g	0.00		2	A	1		0.00	0.00	
Carbohydrate, by difference....g	89.08		0	NC	4		3.12	0.89	
Fiber, total dietary....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total....g	80.70		0	O	4		2.82	0.81	
Starch....g	8.36		2	A	1		0.29	0.08	
Minerals:									
Calcium, Ca....mg	0	0.000	3	A	1		0	0	
Iron, Fe....mg	0.04	0.038	3	A	1		0.00	0.00	
Magnesium, Mg....mg	0	0.000	3	A	1		0	0	
Phosphorus, P....mg	0	0.000	3	A	1		0	0	
Potassium, K....mg	4	0.621	3	A	1		0	0	
Sodium, Na....mg	0		2	A	1		0	0	
Zinc, Zn....mg	0.01	0.007	3	A	1		0.00	0.00	
Copper, Cu....mg	0.000	0.000	3	A	1		0.000	0.000	
Manganese, Mn....mg	0.000	0.000	3	A	1		0.000	0.000	
Selenium, Se....mcg	0.5		0	FLA	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin....mg	0.000		0	FLA	4		0.000	0.000	
Niacin....mg	0.000		0	FLA	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	FLA	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	FLA	4		0.000	0.000	
Folate, total....mcg	0		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	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	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLA	4		0.000	0.000	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19337
Sweeteners, tabletop, aspartame, EQUAL, packets

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLA	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLA	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLA	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.000		0	A	1		0.000	0.000	
Threonine....g	0.000		0	A	1		0.000	0.000	
Isoleucine....g	0.000		0	A	1		0.000	0.000	
Leucine....g	0.000		0	A	1		0.000	0.000	
Lysine....g	0.000		0	A	1		0.000	0.000	
Methionine....g	0.000		0	A	1		0.000	0.000	
Cystine....g	0.000		0	A	1		0.000	0.000	
Phenylalanine....g	1.186		0	O	4		0.042	0.012	
Tyrosine....g	0.000		0	A	1		0.000	0.000	
Valine....g	0.000		0	A	1		0.000	0.000	
Arginine....g	0.000		0	A	1		0.000	0.000	
Histidine....g	0.000		0	A	1		0.000	0.000	
Alanine....g	0.000		0	A	1		0.000	0.000	
Aspartic acid....g	0.983		0	O	4		0.034	0.010	
Glutamic acid....g	0.000		0	A	1		0.000	0.000	
Glycine....g	0.000		0	A	1		0.000	0.000	
Proline....g	0.000		0	A	1		0.000	0.000	
Serine....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

NDB No. 19337

Sweeteners, tabletop, aspartame, EQUAL, packets

Common Measures:

Measure 1 = 3.5g: 1 tsp

Measure 2 = 1.0g: 1 serving 1 packet

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

Food Group: 19 Sweets

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

NDB No. 43216
Sweeteners, tabletop, fructose, dry, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		4		0.00	0.00	0.00
Energy	kcal	368		0		4		721	15	11
Energy	kJ	1540		0		4		3018	65	46
Protein	g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0		4		0.00	0.00	0.00
Ash	g	0.00		0	BFSN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	100.00		0		4		196.00	4.20	3.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	92.70		0	O	4		181.69	3.89	2.78
Starch	g	7.30		0	O	4		14.31	0.31	0.22
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.10		1		1		0.20	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	12		0		4		23	1	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.221		0		4		0.433	0.009	0.007
Manganese, Mn	mg									
Selenium, Se	mcg	0.6		0	BFSN	4		1.2	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.000		0		4		0.000	0.000	0.000
Niacin	mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	BFSN	4		0	0	0
Folate, food	mcg	0		0	BFSN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Choline, total	mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine	mg									
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	BFSN	4		0	0	0
Retinol	mcg	0		0	BFSN	4		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	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (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	0.000		0		7		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000

NDB No. 43216
Sweeteners, tabletop, fructose, dry, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.000		0		4		0.000	0.000	0.000
12:0 g	0.000		0		4		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		4		0.000	0.000	0.000
15:0 g									
16:0 g	0.000		0		4		0.000	0.000	0.000
17:0 g									
18:0 g	0.000		0		4		0.000	0.000	0.000
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.000		0		7		0.000	0.000	0.000
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated g	0.000		0		4		0.000	0.000	0.000
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		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 = 196g: 1 cup

Measure 2 = 4.2g: 1 tsp

Measure 3 = 3.0g: 1 individual packet

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

Food Group: 19 Sweets

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

NDB No. 44018
Sweeteners, tabletop, fructose, 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	23.90		0		1				
Energy	kcal	279		0	NC	4				
Energy	kJ	1165		0	NC	4				
Protein	g	0.00		0		1				
Total lipid (fat)	g	0.00		0		1				
Ash	g	0.00		0	BFSN	4				
Carbohydrate, by difference	g	76.10		0	NC	4				
Fiber, total dietary	g	0.1		0		1				
Sugars, total	g	76.00		0	NR	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0		1				
Iron, Fe	mg	0.11		0		1				
Magnesium, Mg	mg	0		0		1				
Phosphorus, P	mg	0		0		1				
Potassium, K	mg	0		0		1				
Sodium, Na	mg	2		0		1				
Zinc, Zn	mg	0.09		0		1				
Copper, Cu	mg	0.037		0		1				
Manganese, Mn	mg									
Selenium, Se	mcg	0.5		0	BFSN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1				
Thiamin	mg	0.000		0		1				
Riboflavin	mg	0.020		0		1				
Niacin	mg	0.000		0		1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		1				
Folate, total	mcg	0		0		1				
Folic acid	mcg	0		0	BFSN	4				
Folate, food	mcg	0		0		1				
Folate, DFE	mcg_DFE	0		0	NC	4				
Choline, total	mg	0.0		0	Z	7				
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	BFSN	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		1				
Lycopene	mcg	0		0	BFSN	4				
Lutein + zeaxanthin	mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	0.00		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	0.0		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	0.000		0		4				
4:0	g	0.000		0		4				

NDB No. 44018
Sweeteners, tabletop, fructose, liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.000		0		4				
15:0....g									
16:0....g	0.000		0		4				
17:0....g									
18:0....g	0.000		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4				
17:1....g									
18:1 undifferentiated....g	0.000		0		4				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		4				
18:2 undifferentiated....g	0.000		0		4				
18:3 undifferentiated....g	0.000		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	BFSN	4				
Theobromine....mg	0		0	BFSN	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 0 **Fat** 0 **Carbohydrate** 3.66

Food Group: 19 Sweets

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

NDB No. 43158
Sweeteners, tabletop, saccharin

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	8.75	0.047	3	A	1		0.09	0.07	
Energy....kcal	360		0	NC	4		4	3	
Energy....kJ	1507		0	NC	4		15	12	
Protein (N x 6.25)....g	0.94		2	A	1		0.01	0.01	
Total lipid (fat)....g	0.00	0.000	3	A	1		0.00	0.00	
Ash....g	1.19		1	A	1		0.01	0.01	
Carbohydrate, by difference....g	89.11		0	NC	4		0.89	0.71	
Fiber, total dietary....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total....g	85.19		0	O	4		0.85	0.68	
Starch....g	3.91		1	A	1		0.04	0.03	
Minerals:									
Calcium, Ca....mg	0	0.000	3	A	1		0	0	
Iron, Fe....mg	0.04	0.038	3	A	1		0.00	0.00	
Magnesium, Mg....mg	0	0.000	3	A	1		0	0	
Phosphorus, P....mg	0	0.000	3	A	1		0	0	
Potassium, K....mg	4	0.621	3	A	1		0	0	
Sodium, Na....mg	428		1	A	1		4	3	
Zinc, Zn....mg	0.01	0.007	3	A	1		0.00	0.00	
Copper, Cu....mg	0.000	0.000	3	A	1		0.000	0.000	
Manganese, Mn....mg	0.000	0.000	3	A	1		0.000	0.000	
Selenium, Se....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin....mg	0.000		0	FLA	4		0.000	0.000	
Niacin....mg	0.000		0	FLA	4		0.000	0.000	
Pantothenic acid....mg	0.000		0	FLA	4		0.000	0.000	
Vitamin B-6....mg	0.000		0	FLA	4		0.000	0.000	
Folate, total....mcg	0		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
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		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	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	FLA	4		0.000	0.000	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 43158
Sweeteners, tabletop, saccharin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0 ... g	0.000		0	FLA	4		0.000	0.000	
10:0 ... g	0.000		0	FLA	4		0.000	0.000	
12:0 ... g	0.000		0	FLA	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.000		0	FLA	4		0.000	0.000	
15:0 ... g									
16:0 ... g	0.000		0	FLA	4		0.000	0.000	
17:0 ... g									
18:0 ... g	0.000		0	FLA	4		0.000	0.000	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	FLA	4		0.000	0.000	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:1 ... g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLA	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0	0.0	
Caffeine ... mg	0		0	FLA	4		0	0	
Theobromine ... mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 1.0g: 1 serving 1 packet

Measure 2 = 0.8g: 1 serving 1 packet SUGAR TWIN

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

Food Group: 19 Sweets

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

NDB No. 19868

Sweeteners, tabletop, sucralose, SPLENDA packets

McNeil Nutritionals/McNeil_PPC, 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	8.83		1	A	1		0.09		
Energy	kcal	336		0	NC	4		3		
Energy	kJ	1404		0	NC	4		14		
Protein (N x 6.25)	g	0.00		0	O	4		0.00		
Total lipid (fat)	g	0.00		1	A	1		0.00		
Ash	g	0.00		0	NR	4		0.00		
Carbohydrate, by difference (1)	g	91.17		0	NC	4		0.91		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total (2)	g	80.33		0	NR	4		0.80		
Starch	g	9.64		1	A	1		0.10		
Minerals:										
Calcium, Ca	mg	0		1	A	1		0		
Iron, Fe	mg	0.00		1	A	1		0.00		
Magnesium, Mg	mg	0		1	A	1		0		
Phosphorus, P	mg	0		1	A	1		0		
Potassium, K	mg	4		1	A	1		0		
Sodium, Na	mg	0		1	A	1		0		
Zinc, Zn	mg	0.00		1	A	1		0.00		
Copper, Cu	mg	0.000		1	A	1		0.000		
Manganese, Mn	mg	0.000		1	A	1		0.000		
Selenium, Se	mcg	0.0		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0		
Thiamin	mg	0.000		0	FLA	4		0.000		
Riboflavin	mg	0.000		0	FLA	4		0.000		
Niacin	mg	0.000		0	FLA	4		0.000		
Pantothenic acid	mg	0.000		0	FLA	4		0.000		
Vitamin B-6	mg	0.000		0	FLA	4		0.000		
Folate, total	mcg	0		0	FLA	4		0		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	0		0	FLA	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Choline, total	mg	0.0		0	Z	7		0.0		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added	mcg	0.00		0	NR	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	FLA	4		0		
Carotene, beta	mcg	0		0	FLA	4		0		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	0		0	FLA	4		0		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Vitamin E, added	mg	0.00		0	NR	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	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		0	FLA	4		0.000		
4:0	g	0.000		0	FLA	4		0.000		

NDB No. 19868
Sweeteners, tabletop, sucralose, SPLENDA packets

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000		
8:0 ... g	0.000		0	FLA	4		0.000		
10:0 ... g	0.000		0	FLA	4		0.000		
12:0 ... g	0.000		0	FLA	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	FLA	4		0.000		
15:0 ... g									
16:0 ... g	0.000		0	FLA	4		0.000		
17:0 ... g									
18:0 ... g	0.000		0	FLA	4		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.000		0	FLA	4		0.000		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:1 ... g	0.000		0	FLA	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	FLA	4		0.000		
18:2 undifferentiated ... g	0.000		0	FLA	4		0.000		
18:3 undifferentiated ... g	0.000		0	FLA	4		0.000		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLA	4		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLA	4		0.0		
Caffeine ... mg	0		0	FLA	4		0		
Theobromine ... mg	0		0	FLA	4		0		

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

Common Measures:

Measure 1 = 1.0g: 1 serving 1 packet

Footnotes:

1 Adjusted. Subtracted non-digestible, non-caloric sucralose.
2 Sucralose not included.

Calories Factors: Protein 0 **Fat** 0 **Carbohydrate** 3.68

Food Group: 19 Sweets

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

NDB No. 19345

Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup

Hershey Food Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.16		0	FLM	4		21.76		
Energy	kcal	153		0	NC	4		53		
Energy	kJ	638		0	NC	4		223		
Protein	g	1.40		0	FLM	4		0.49		
Total lipid (fat)	g	0.97		0	FLM	4		0.34		
Ash	g	0.91		0	FLM	4		0.32		
Carbohydrate, by difference	g	34.56		0	NC	4		12.10		
Fiber, total dietary	g	0.0		1	LC	8		0.0		
Sugars, total	g	28.57		1	LC	8		10.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1	MA	12		4		
Iron, Fe	mg	0.00		1	MA	12		0.00		
Magnesium, Mg	mg	36		0	FLM	4		13		
Phosphorus, P	mg	54		0	FLM	4		19		
Potassium, K	mg	187		0	FLM	4		65		
Sodium, Na	mg	100		1	LC	8		35		
Zinc, Zn	mg	0.48		0	FLM	4		0.17		
Copper, Cu	mg	0.276		0	FLM	4		0.096		
Manganese, Mn	mg	0.278		0	FLM	4		0.097		
Selenium, Se	mcg	1.2		0	FLM	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg	0.008		0	FLM	4		0.003		
Riboflavin	mg	0.040		0	FLM	4		0.014		
Niacin	mg	0.178		0	FLM	4		0.062		
Pantothenic acid	mg	0.019		0	FLM	4		0.007		
Vitamin B-6	mg	0.009		0	FLM	4		0.003		
Folate, total	mcg	2		0	FLM	4		1		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	2		0	FLM	4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Choline, total	mg	0.8		0	FLM	4		0.3		
Betaine	mg									
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added	mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLM	4		0		
Retinol	mcg	0		0	FLM	4		0		
Carotene, beta	mcg	0		0	FLM	4		0		
Carotene, alpha	mcg	0		0	FLM	4		0		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0		
Vitamin A, IU	IU	0		1	LC	8		0		
Lycopene	mcg	0		0	FLM	4		0		
Lutein + zeaxanthin	mcg	3		0	FLM	4		1		
Vitamin E (alpha-tocopherol)	mg	0.01		0	FLM	4		0.00		
Vitamin E, added	mg	0.00		0	FLM	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	0.2		0	FLM	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8		0.000		
4:0	g	0.000		0	FLM	4		0.000		

NDB No. 19345

Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.000		0	FLM	4		0.000		
13:0....g									
14:0....g	0.000		0	FLM	4		0.000		
15:0....g									
16:0....g	0.000		0	FLM	4		0.000		
17:0....g									
18:0....g	0.000		0	FLM	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLM	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLM	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLM	4		0.000		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLM	4		0.000		
18:2 undifferentiated....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated....g	0.000		0	FLM	4		0.000		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0		
Caffeine....mg	6		0	FLM	4		2		
Theobromine....mg	195		0	FLM	4		68		

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

Common Measures:

Measure 1 = 35g: 2 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19348
Syrups, chocolate, fudge-type

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	21.80		2	A	1		66.27	8.28	
Energy	kcal	350		0	NC	4		1064	133	
Energy	kJ	1465		0	NC	4		4453	557	
Protein (N x 6.25)	g	4.60		1	A	1		13.98	1.75	
Total lipid (fat)	g	8.90		1	A	1		27.06	3.38	
Ash	g	1.80		1	A	1		5.47	0.68	
Carbohydrate, by difference	g	62.90		0	NC	4		191.22	23.90	
Fiber, total dietary	g	2.8		1	A	1		8.5	1.1	
Sugars, total	g	34.82		0	FLM	4		105.85	13.23	
Starch	g									
Minerals:										
Calcium, Ca	mg	49		0	FLM	4		149	19	
Iron, Fe	mg	1.30		0	FLA	4		3.95	0.49	
Magnesium, Mg	mg	48		0	FLM	4		146	18	
Phosphorus, P	mg	97		0	FLM	4		295	37	
Potassium, K	mg	284		0	FLM	4		862	108	
Sodium, Na	mg	346		1	A	1		1052	131	
Zinc, Zn	mg	0.83		0	FLM	4		2.53	0.32	
Copper, Cu	mg	0.348		0	FLM	4		1.058	0.132	
Manganese, Mn	mg	0.371		0	FLM	4		1.129	0.141	
Selenium, Se	mcg	2.3		0	FLM	4		7.0	0.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	FLM	4		0.5	0.1	
Thiamin	mg	0.034		0	FLM	4		0.103	0.013	
Riboflavin	mg	0.091		0	FLM	4		0.276	0.035	
Niacin	mg	0.250		0	FLM	4		0.761	0.095	
Pantothenic acid	mg	0.119		0	FLM	4		0.363	0.045	
Vitamin B-6	mg	0.020		0	FLM	4		0.060	0.007	
Folate, total	mcg	4		0	FLM	4		13	2	
Folic acid	mcg	0		0	FLM	4		0	0	
Folate, food	mcg	4		0	FLM	4		13	2	
Folate, DFE	mcg_DFE	4		0	NC	4		13	2	
Choline, total	mg	5.5		0	O	4		16.7	2.1	
Betaine	mg									
Vitamin B-12	mcg	0.06		0	FLM	4		0.18	0.02	
Vitamin B-12, added	mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	FLM	4		2	0	
Retinol	mcg	1		0	FLM	4		2	0	
Carotene, beta	mcg	0		0	FLM	4		0	0	
Carotene, alpha	mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta	mcg	0		0	FLM	4		0	0	
Vitamin A, IU	IU	2		0	FLM	4		6	1	
Lycopene	mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin	mcg	4		0	FLM	4		11	1	
Vitamin E (alpha-tocopherol)	mg	2.63		0	FLM	4		8.00	1.00	
Vitamin E, added	mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	mcg	2.5		0	FLM	4		7.6	0.9	
Lipids:										
Fatty acids, total saturated	g	3.980		1	A	1		12.099	1.512	
4:0	g	0.000		1	A	1		0.000	0.000	

NDB No. 19348
Syrups, chocolate, fudge-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
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.018		1	A	1		0.055	0.007	
10:0....g	0.047		1	A	1		0.143	0.018	
12:0....g	0.056		1	A	1		0.170	0.021	
13:0....g									
14:0....g	0.237		1	A	1		0.720	0.090	
15:0....g									
16:0....g	1.801		1	A	1		5.475	0.684	
17:0....g									
18:0....g	0.756		1	A	1		2.298	0.287	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.857		0		4		11.725	1.466	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.067		1	A	1		0.204	0.025	
17:1....g									
18:1 undifferentiated....g	3.780		1	A	1		11.491	1.436	
20:1....g	0.010		1	A	1		0.030	0.004	
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.278		0		4		0.845	0.106	
18:2 undifferentiated....g	0.249		1	A	1		0.757	0.095	
18:3 undifferentiated....g	0.024		1	A	1		0.073	0.009	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.005		1	A	1		0.015	0.002	
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0	FLM	4		2	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLM	4		0.0	0.0	
Caffeine....mg	7		0	FLM	4		22	3	
Theobromine....mg	247		0	FLM	4		752	94	

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

Common Measures:

Measure 1 = 304g: 1 cup

Measure 2 = 38g: 2 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19349
Syrups, corn, dark

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.01	0.790	6	JO	11		72.19	4.40	
Energy....kcal	286		0	NC	4		937	57	
Energy....kJ	1195		0	NC	4		3918	239	
Protein (N x 6.25)....g	0.00		1		4		0.00	0.00	
Total lipid (fat)....g	0.00	0.037	5		1		0.00	0.00	
Ash....g	0.40	0.074	4		1		1.31	0.08	
Carbohydrate, by difference....g	77.59		0	NC	4		254.50	15.52	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	26.70		0	NR	4		87.58	5.34	
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		1		1		59	4	
Iron, Fe....mg	0.37		1		1		1.21	0.07	
Magnesium, Mg....mg	8		1		1		26	2	
Phosphorus, P....mg	11		1		1		36	2	
Potassium, K....mg	44		1		1		144	9	
Sodium, Na....mg	155		2		1		508	31	
Zinc, Zn....mg	0.04	0.014	5		1		0.13	0.01	
Copper, Cu....mg	0.053	0.009	5		1		0.174	0.011	
Manganese, Mn....mg	0.100	0.007	5		1		0.328	0.020	
Selenium, Se....mcg	2.9		1	AI	13		9.5	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.011		2		1		0.036	0.002	
Riboflavin....mg	0.009		2		1		0.030	0.002	
Niacin....mg	0.020		2		1		0.066	0.004	
Pantothenic acid....mg	0.023		2		1		0.075	0.005	
Vitamin B-6....mg	0.009		2		1		0.030	0.002	
Folate, total....mcg	0		2		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		2		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	13.3		0	O	4		43.5	2.7	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	NR	4		0	0	
Carotene, alpha....mcg	0		0	NR	4		0	0	
Cryptoxanthin, beta....mcg	0		0	NR	4		0	0	
Vitamin A, IU....IU	0		1		4		0	0	
Lycopene....mcg	0		0	NR	4		0	0	
Lutein + zeaxanthin....mcg	0		0	NR	4		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									

NDB No. 19349
Syrups, corn, dark

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.000		0		7		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		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 = 328g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 0 **Fat** 0 **Carbohydrate** 3.68

Food Group: 19 Sweets

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

NDB No. 19351
Syrups, corn, high-fructose

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	24.00	1.499	6		1		74.40	4.56	
Energy....kcal	281		0	NC	4		871	53	
Energy....kJ	1176		0		4		3645	223	
Protein (N x 6.25)....g	0.00	0.000	3		1		0.00	0.00	
Total lipid (fat)....g	0.00	0.000	3		1		0.00	0.00	
Ash....g	0.00	0.004	6		1		0.00	0.00	
Carbohydrate, by difference....g	76.00		0	NC	4		235.60	14.44	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	26.36		0	BFSN	4		81.71	5.01	
Starch....g									
Minerals:									
Calcium, Ca....mg	0	0.051	19		1		0	0	
Iron, Fe....mg	0.03	0.009	19		1		0.09	0.01	
Magnesium, Mg....mg	0	0.015	19		1		0	0	
Phosphorus, P....mg	0		1		4		0	0	
Potassium, K....mg	0	0.005	16		1		0	0	
Sodium, Na....mg	2	0.491	19		1		6	0	
Zinc, Zn....mg	0.02	0.008	19		1		0.06	0.00	
Copper, Cu....mg	0.029	0.005	10		1		0.090	0.006	
Manganese, Mn....mg	0.094		1		4		0.291	0.018	
Selenium, Se....mcg	0.7		0	BFSN	4		2.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.000		1		4		0.000	0.000	
Riboflavin....mg	0.019	0.009	3		1		0.059	0.004	
Niacin....mg	0.000	0.000	3		1		0.000	0.000	
Pantothenic acid....mg	0.011	0.011	3		1		0.034	0.002	
Vitamin B-6....mg	0.000	0.000	3		1		0.000	0.000	
Folate, total....mcg	0		1		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	NR	4		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	NR	4		0	0	
Vitamin A, IU....IU	0		1		4		0	0	
Lycopene....mcg	0		0	NR	4		0	0	
Lutein + zeaxanthin....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	NR	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	0.000		0		1		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 19351
Syrups, corn, high-fructose

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		7		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		7		0.000	0.000	
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		4		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 = 310g: 1 cup

Measure 2 = 19g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19350
Syrups, corn, light

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.81		1	A	1		77.78	5.02	
Energy....kcal	283		0	NC	4		964	62	
Energy....kJ	1182		0	NC	4		4032	260	
Protein (N x 6.25)....g	0.00		1	A	1		0.00	0.00	
Total lipid (fat)....g	0.20		1	A	1		0.68	0.04	
Ash....g	0.20		1	A	1		0.68	0.04	
Carbohydrate, by difference....g	76.79		0	NC	4		261.85	16.89	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	26.77		1	A	1		91.29	5.89	
Sucrose....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1	A	1		45	3	
Iron, Fe....mg	0.00		1	A	1		0.00	0.00	
Magnesium, Mg....mg	1		1	A	1		2	0	
Phosphorus, P....mg	0		1	A	1		0	0	
Potassium, K....mg	1		1	A	1		3	0	
Sodium, Na....mg	62		1	A	1		213	14	
Zinc, Zn....mg	0.44		1	A	1		1.50	0.10	
Copper, Cu....mg	0.000		1	A	1		0.000	0.000	
Manganese, Mn....mg	0.000		1	A	1		0.000	0.000	
Selenium, Se....mcg	0.7		0	BFSN	4		2.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.059		1	A	1		0.202	0.013	
Riboflavin....mg	0.000		1	A	1		0.000	0.000	
Niacin....mg	0.000		1	A	1		0.000	0.000	
Pantothenic acid....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6....mg	0.000		1	A	1		0.000	0.000	
Folate, total....mcg	0		2		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		2		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	NR	4		0	0	
Carotene, alpha....mcg	0		0	NR	4		0	0	
Cryptoxanthin, beta....mcg	0		0	NR	4		0	0	
Vitamin A, IU....IU	0		1		4		0	0	
Lycopene....mcg	0		0	NR	4		0	0	
Lutein + zeaxanthin....mcg	0		0	NR	4		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									

NDB No. 19350
Syrups, corn, light

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin 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	0.000		0		4		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		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		1		4		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 = 341g: 1 cup

Measure 2 = 22g: 1 tbsp

Calories Factors: Protein 0 **Fat** 0 **Carbohydrate** 3.68

Food Group: 19 Sweets

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

NDB No. 43026
Syrups, dietetic

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.00		0		4		120.00	7.50	
Energy....kcal	40		1		1		96	6	
Energy....kJ	167		1		1		402	25	
Protein....g	0.80		1		1		1.92	0.12	
Total lipid (fat)....g	0.00		1		1		0.00	0.00	
Ash....g	0.07		0	FLC	4		0.17	0.01	
Carbohydrate, by difference....g	49.20		0		4		118.08	7.38	
Fiber, total dietary....g	3.0		0	FLC	4		7.2	0.5	
Sugars, total....g	0.01		0	FLC	4		0.01	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0		4		0	0	
Iron, Fe....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg....mg	0		0		4		0	0	
Phosphorus, P....mg	0		0		4		0	0	
Potassium, K....mg	0		0		4		0	0	
Sodium, Na....mg	21		0		4		50	3	
Zinc, Zn....mg	0.00		0		4		0.00	0.00	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.000		0	FLC	4		0.001	0.000	
Selenium, Se....mcg	0.5		0	BFSN	4		1.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.000		0		4		0.000	0.000	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg	0.002		0	FLC	4		0.004	0.000	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	0		0	FLC	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLC	4		0	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	FLC	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		0	Z	7		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 43026
Syrups, dietetic

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	Z	7		0.000	0.000	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	FLC	4		0	0	
Theobromine ... mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 42040
Syrups, grenadine

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	32.40		0		4		6.48	2.17	
Energy....kcal	268		0	NC	4		54	18	
Energy....kJ	1120		0	NC	4		224	75	
Protein (N x 6.25)....g	0.00		0		4		0.00	0.00	
Total lipid (fat)....g	0.00		0		4		0.00	0.00	
Ash....g	0.69		0	O	4		0.14	0.05	
Carbohydrate, by difference....g	66.91		0	NC	4		13.38	4.48	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	46.55		0	FLC	4		9.31	3.12	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		4		1	0	
Iron, Fe....mg	0.05		0		4		0.01	0.00	
Magnesium, Mg....mg	4		0		4		1	0	
Phosphorus, P....mg	4		0		4		1	0	
Potassium, K....mg	28		0		4		6	2	
Sodium, Na....mg	27		0		4		5	2	
Zinc, Zn....mg	0.13		0		4		0.03	0.01	
Copper, Cu....mg	0.026		0		4		0.005	0.002	
Manganese, Mn....mg									
Selenium, Se....mcg	0.6		0	BFSN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.000		0		4		0.000	0.000	
Riboflavin....mg	0.010		0		4		0.002	0.001	
Niacin....mg	0.000		0		4		0.000	0.000	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....mcg	0		0		4		0	0	
Folic acid....mcg	0		0	BFSN	4		0	0	
Folate, food....mcg	0		0		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	Z	7		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0		7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFSN	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		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	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	0.000		0		4		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 42040
Syrups, grenadine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	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 = 20g: 1 tbsp

Measure 2 = 6.7g: 1 tsp

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

Food Group: 19 Sweets

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

NDB No. 19352
Syrups, malt

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	21.10		1		1		81.02	5.06	
Energy....kcal	318		0	NC	4		1221	76	
Energy....kJ	1331		0		4		5109	319	
Protein (N x 6.25)....g	6.20		1		1		23.81	1.49	
Total lipid (fat)....g	0.00		1		1		0.00	0.00	
Ash....g	1.30		1		1		4.99	0.31	
Carbohydrate, by difference....g	71.30		0	NC	4		273.79	17.11	
Fiber, total dietary....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total....g	71.30		0	NR	4		273.79	17.11	
Starch....g									
Minerals:									
Calcium, Ca....mg	61		1		1		234	15	
Iron, Fe....mg	0.96		1		1		3.69	0.23	
Magnesium, Mg....mg	72		1		1		276	17	
Phosphorus, P....mg	236		1		1		906	57	
Potassium, K....mg	320		1		1		1229	77	
Sodium, Na....mg	35		1		1		134	8	
Zinc, Zn....mg	0.14		1		1		0.54	0.03	
Copper, Cu....mg	0.200		1		1		0.768	0.048	
Manganese, Mn....mg	0.100		1		1		0.384	0.024	
Selenium, Se....mcg	12.3		0	BFSN	4		47.2	3.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.011		1		4		0.042	0.003	
Riboflavin....mg	0.393		1		1		1.509	0.094	
Niacin....mg	8.120		1		1		31.181	1.949	
Pantothenic acid....mg	0.171		1		1		0.657	0.041	
Vitamin B-6....mg	0.500		1		1		1.920	0.120	
Folate, total....mcg	12		1		1		46	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		1		1		46	3	
Folate, DFE....mcg_DFE	12		0	NC	4		46	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
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									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.000		0	CAFN	4		0.000	0.000	

NDB No. 19352
Syrups, malt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Cholesterol....mg	0		1		4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.075		0		1		0.288	0.018	
Threonine....g	0.208		0		1		0.799	0.050	
Isoleucine....g	0.210		0		1		0.806	0.050	
Leucine....g	0.378		0		1		1.452	0.091	
Lysine....g	0.267		0		1		1.025	0.064	
Methionine....g	0.110		0		1		0.422	0.026	
Cystine....g	0.065		0		1		0.250	0.016	
Phenylalanine....g	0.260		0		1		0.998	0.062	
Tyrosine....g	0.169		0		1		0.649	0.041	
Valine....g	0.304		0		1		1.167	0.073	
Arginine....g	0.283		0		1		1.087	0.068	
Histidine....g	0.132		0		1		0.507	0.032	
Alanine....g	0.271		0		1		1.041	0.065	
Aspartic acid....g	0.558		0		1		2.143	0.134	
Glutamic acid....g	1.006		0		1		3.863	0.241	
Glycine....g	0.252		0		1		0.968	0.060	
Proline....g	0.459		0		1		1.763	0.110	
Serine....g	0.232		0		1		0.891	0.056	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 384g: 1 cup

Measure 2 = 24g: 1 tbsp

Calories Factors: Protein 3.87 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 19 Sweets

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

NDB No. 19353
Syrups, maple

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	32.11	0.429	7	JA	6		103.41	6.42	
Energy....kcal	261		0	NC	4		841	52	
Energy....kJ	1093		0	NC	4		3520	219	
Protein (N x 6.25)....g	0.00	0.010	3		1		0.00	0.00	
Total lipid (fat)....g	0.20	0.116	3		1		0.64	0.04	
Ash....g	0.60	0.019	3		1		1.93	0.12	
Carbohydrate, by difference....g	67.09		0	NC	4		216.02	13.42	
Fiber, total dietary....g	0.0		2	LC	8		0.0	0.0	
Sugars, total....g	59.52		0	NR	4		191.67	11.90	
Sucrose....g	56.28	1.650	9	AI	13		181.21	11.26	
Glucose (dextrose)....g	2.37	0.591	9	AI	13		7.64	0.47	
Fructose....g	0.88	0.190	9	AI	13		2.82	0.18	
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	67	3.466	10		1		216	13	
Iron, Fe....mg	1.20		1		4		3.86	0.24	
Magnesium, Mg....mg	14	2.204	11		1		45	3	
Phosphorus, P....mg	2	0.929	3		1		6	0	
Potassium, K....mg	204	12.020	10		1		657	41	
Sodium, Na....mg	9	3.455	13		1		29	2	
Zinc, Zn....mg	4.16	0.700	10		1		13.40	0.83	
Copper, Cu....mg	0.074	0.015	10		1		0.238	0.015	
Manganese, Mn....mg	3.298	0.974	10		1		10.620	0.660	
Selenium, Se....mcg	0.6		0	BFSN	4		1.9	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	LC	8		0.0	0.0	
Thiamin....mg	0.006	0.001	3		1		0.019	0.001	
Riboflavin....mg	0.010	0.004	3		1		0.032	0.002	
Niacin....mg	0.030	0.000	3		1		0.097	0.006	
Pantothenic acid....mg	0.036	0.003	3		1		0.116	0.007	
Vitamin B-6....mg	0.002	0.002	3		1		0.006	0.000	
Folate, total....mcg	0	0.167	3		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0	0.167	3		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	1.6		0	O	4		5.1	0.3	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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	NR	4		0	0	
Carotene, alpha....mcg	0		0	NR	4		0	0	
Cryptoxanthin, beta....mcg	0		0	NR	4		0	0	
Vitamin A, IU....IU	0		2	LC	8		0	0	
Lycopene....mcg	0		0	NR	4		0	0	
Lutein + zeaxanthin....mcg	0		0	NR	4		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									

NDB No. 19353
Syrups, maple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.036		0		4		0.116	0.007	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.036		0		4		0.116	0.007	
17:0.....g									
18:0.....g	0.004		0		4		0.013	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.064		0		4		0.206	0.013	
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	0.064		0		4		0.206	0.013	
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	0.100		0		4		0.322	0.020	
18:2 undifferentiated.....g	0.100		0		4		0.322	0.020	
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		2	LC	8		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 = 322g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.87

Food Group: 19 Sweets

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

NDB No. 19355
Syrups, sorghum

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.70		0	O	4		74.91	4.77	
Energy....kcal	290		0	NC	4		957	61	
Energy....kJ	1213		0	NC	4		4002	255	
Protein (N x 6.25)....g	0.00		1		4		0.00	0.00	
Total lipid (fat)....g	0.00		1		4		0.00	0.00	
Ash....g	2.40		1		1		7.92	0.50	
Carbohydrate, by difference....g	74.90		0	NC	4		247.17	15.73	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	74.90		0	NR	4		247.17	15.73	
Starch....g									
Minerals:									
Calcium, Ca....mg	150		1		1		495	32	
Iron, Fe....mg	3.80		1		1		12.54	0.80	
Magnesium, Mg....mg	100		1		1		330	21	
Phosphorus, P....mg	56		1		1		185	12	
Potassium, K....mg	1000		1		1		3300	210	
Sodium, Na....mg	8		1		1		26	2	
Zinc, Zn....mg	0.41		1		1		1.35	0.09	
Copper, Cu....mg	0.130		1		1		0.429	0.027	
Manganese, Mn....mg	1.530		1		4		5.049	0.321	
Selenium, Se....mcg	1.7		1	AI	13		5.6	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.100		1		4		0.330	0.021	
Riboflavin....mg	0.155		1		1		0.512	0.033	
Niacin....mg	0.100		1		4		0.330	0.021	
Pantothenic acid....mg	0.804		1		4		2.653	0.169	
Vitamin B-6....mg	0.670		1		4		2.211	0.141	
Folate, total....mcg	0		1		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		1		4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	13.3		0	O	4		43.9	2.8	
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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		1		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		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	0.000		0		7		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 19355
Syrups, sorghum

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		7		0.000	0.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.000		0		4		0.000	0.000	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.000		0		7		0.000	0.000	
18:2 undifferentiated g	0.000		0		4		0.000	0.000	
18:3 undifferentiated g	0.000		0		4		0.000	0.000	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		1		4		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 = 330g: 1 cup

Measure 2 = 21g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19361
Syrups, table blends, cane and 15% maple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.10		0	BFZN	4		94.82	6.02	
Energy....kcal	278		0	NC	4		877	56	
Energy....kJ	1165		0	NC	4		3669	233	
Protein (N x 6.25)....g	0.00		0	FLA	4		0.00	0.00	
Total lipid (fat)....g	0.10		0	T	4		0.32	0.02	
Ash....g	0.35		0	FLA	4		1.10	0.07	
Carbohydrate, by difference....g	69.52		0	NC	4		218.98	13.90	
Fiber, total dietary....g	0.1		0	FLA	4		0.5	0.0	
Sugars, total....g	68.20		0	FLA	4		214.84	13.64	
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	FLA	4		39	2	
Iron, Fe....mg	0.19		0	FLA	4		0.59	0.04	
Magnesium, Mg....mg	2		0	FLA	4		7	0	
Phosphorus, P....mg	0		0	FLA	4		1	0	
Potassium, K....mg	53		0	FLA	4		166	11	
Sodium, Na....mg	104		0	FLA	4		328	21	
Zinc, Zn....mg	0.63		0	FLA	4		1.98	0.13	
Copper, Cu....mg	0.017		0	FLA	4		0.053	0.003	
Manganese, Mn....mg	0.495		0	FLA	4		1.559	0.099	
Selenium, Se....mcg	0.5		0	FLA	4		1.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin....mg	0.001		0	FLA	4		0.003	0.000	
Riboflavin....mg	0.014		0	FLA	4		0.044	0.003	
Niacin....mg	0.005		0	FLA	4		0.015	0.001	
Pantothenic acid....mg	0.005		0	FLA	4		0.017	0.001	
Vitamin B-6....mg	0.000		0	FLA	4		0.001	0.000	
Folate, total....mcg	0		0	FLA	4		0	0	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	0		0	FLA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.2		0	O	4		0.7	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	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	FLA	4		0	0	
Carotene, beta....mcg	0		0	FLA	4		0	0	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.020		0	NC	4		0.062	0.004	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19361
Syrups, table blends, cane and 15% maple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLA	4		0.000	0.000	
15:0....g									
16:0....g	0.018		0	FLA	4		0.056	0.004	
17:0....g									
18:0....g	0.002		0	FLA	4		0.006	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.032		0	NC	4		0.101	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.031		0	FLA	4		0.098	0.006	
20:1....g	0.000		0	FLA	4		0.001	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.050		0	NC	4		0.157	0.010	
18:2 undifferentiated....g	0.046		0	FLA	4		0.144	0.009	
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.001	0.000	
20:5 n-3 (EPA)....g	0.004		0	FLA	4		0.012	0.001	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19362
Syrups, table blends, corn, refiner, and sugar

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	15.60		1		1		49.30	3.12	
Energy....kcal	319		0		4		1008	64	
Energy....kJ	1335		0		4		4218	267	
Protein (N x 6.25)....g	0.00		1		4		0.00	0.00	
Total lipid (fat)....g	0.00		1		4		0.00	0.00	
Ash....g	0.50		1		1		1.58	0.10	
Carbohydrate, by difference....g	83.90		0	NC	4		265.12	16.78	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23		1		1		73	5	
Iron, Fe....mg	0.74		1		1		2.34	0.15	
Magnesium, Mg....mg	9		1		1		28	2	
Phosphorus, P....mg	8		1		1		25	2	
Potassium, K....mg	63		1		1		199	13	
Sodium, Na....mg	71		1		1		224	14	
Zinc, Zn....mg	0.03		1		1		0.09	0.01	
Copper, Cu....mg	0.060		1		1		0.190	0.012	
Manganese, Mn....mg	0.088		1		4		0.278	0.018	
Selenium, Se....mcg	0.8		0	BFSN	4		2.5	0.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.006		1		1		0.019	0.001	
Riboflavin....mg	0.047		1		1		0.149	0.009	
Niacin....mg	0.020		1		1		0.063	0.004	
Pantothenic acid....mg	0.035		1		1		0.111	0.007	
Vitamin B-6....mg	0.009		1		4		0.028	0.002	
Folate, total....mcg	3		1		1		9	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		1		1		9	1	
Folate, DFE....mcg_DFE	3		0	NC	4		9	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									

NDB No. 19362
Syrups, table blends, corn, refiner, and 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
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 316g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19129
Syrups, table blends, pancake

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.98		0	FLC	4		119.25	7.60	
Energy....kcal	234		0	NC	4		733	47	
Energy....kJ	977		0	NC	4		3069	195	
Protein (N x 6.25)....g	0.00		2		1		0.00	0.00	
Total lipid (fat)....g	0.00		2		1		0.00	0.00	
Ash....g	0.20		2		1		0.63	0.04	
Carbohydrate, by difference....g	61.47		1	LC	8		193.00	12.29	
Fiber, total dietary....g	0.0		0	FLC	4		0.1	0.0	
Sugars, total....g	21.47		0	FLC	4		67.42	4.29	
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.246	18	A	1		10	1	
Iron, Fe....mg	0.03	0.011	18	A	1		0.10	0.01	
Magnesium, Mg....mg	2	0.166	18	A	1		6	0	
Phosphorus, P....mg	9	1.462	18	A	1		29	2	
Potassium, K....mg	15	1.432	18	A	1		48	3	
Sodium, Na....mg	82	7.230	18	A	1		259	16	
Zinc, Zn....mg	0.08	0.017	18	A	1		0.24	0.02	
Copper, Cu....mg	0.000	0.000	18	A	1		0.000	0.000	
Manganese, Mn....mg	0.068	0.013	18	A	1		0.213	0.014	
Selenium, Se....mcg	0.0	0.037	20	JA	6		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.024		0	FLC	4		0.075	0.005	
Riboflavin....mg	0.008		0	FLC	4		0.024	0.002	
Niacin....mg	0.000		0	FLC	4		0.000	0.000	
Pantothenic acid....mg	0.004		0	FLC	4		0.014	0.001	
Vitamin B-6....mg	0.000		0	FLC	4		0.000	0.000	
Folate, total....mcg	0		0	FLC	4		0	0	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	0		0	FLC	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	FLC	4		0.0	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLC	4		0	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0	FLC	4		0	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
4:0....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 19129
Syrups, table blends, pancake

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

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

Common Measures:

Measure 1 = 314g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19128
Syrups, table blends, pancake, reduced-calorie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.90		0	FLA	4		131.76	8.24	15.56
Energy....kcal	165		0	NC	4		396	25	47
Energy....kJ	690		0	NC	4		1655	103	196
Protein (N x 6.25)....g	0.00		2	LC	8		0.00	0.00	0.00
Total lipid (fat)....g	0.00		2	LC	8		0.00	0.00	0.00
Ash....g	0.55		0	FLA	4		1.32	0.08	0.16
Carbohydrate, by difference....g	44.55		0	NC	4		106.92	6.68	12.63
Fiber, total dietary....g	0.0		2	LC	8		0.0	0.0	0.0
Sugars, total....g	32.80		2	LC	8		78.72	4.92	9.30
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	FLA	4		24	2	3
Iron, Fe....mg	0.03		0	FLA	4		0.06	0.00	0.01
Magnesium, Mg....mg	2		0	FLA	4		4	0	0
Phosphorus, P....mg	43		1		4		103	6	12
Potassium, K....mg	3		0	O	4		7	0	1
Sodium, Na....mg	178		2	LC	8		426	27	50
Zinc, Zn....mg	0.20		0	FLA	4		0.47	0.03	0.06
Copper, Cu....mg	0.018		0	FLA	4		0.042	0.003	0.005
Manganese, Mn....mg	0.022		0	FLA	4		0.052	0.003	0.006
Selenium, Se....mcg	0.5		0	FLA	4		1.1	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin....mg	0.025		0	FLA	4		0.060	0.004	0.007
Riboflavin....mg	0.003		0	FLA	4		0.007	0.000	0.001
Niacin....mg	0.004		0	FLA	4		0.011	0.001	0.001
Pantothenic acid....mg	0.005		0	FLA	4		0.012	0.001	0.001
Vitamin B-6....mg	0.003		0	FLA	4		0.007	0.000	0.001
Folate, total....mcg	0		0	FLA	4		0	0	0
Folic acid....mcg	0		0	FLA	4		0	0	0
Folate, food....mcg	0		0	FLA	4		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	0.1		0	FLA	4		0.1	0.0	0.0
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	FLA	4		0	0	0
Carotene, beta....mcg	0		0	FLA	4		0	0	0
Carotene, alpha....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0	FLA	4		0	0	0
Lycopene....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....mcg	0.0		0	FLA	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.000		2	LC	8		0.000	0.000	0.000
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 19128
Syrups, table blends, pancake, reduced-calorie

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

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 28.35g: 1 oz

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

Food Group: 19 Sweets

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

NDB No. 19360
Syrups, table blends, pancake, with 2% maple

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	30.10	1.274	3		1		94.82	6.02	
Energy....kcal	265		0	NC	4		835	53	
Energy....kJ	1109		0		4		3493	222	
Protein (N x 6.25)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	0.10	0.060	3		1		0.32	0.02	
Ash....g	0.20	0.064	3		1		0.63	0.04	
Carbohydrate, by difference....g	69.60		0	NC	4		219.24	13.92	
Fiber, total dietary....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total....g	42.00		0	FLC	4		132.30	8.40	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2		1		16	1	
Iron, Fe....mg	0.07		2		1		0.22	0.01	
Magnesium, Mg....mg	2		2		1		6	0	
Phosphorus, P....mg	10		2		1		32	2	
Potassium, K....mg	6		1		1		19	1	
Sodium, Na....mg	61	10.136	7		1		192	12	
Zinc, Zn....mg	0.23		2		1		0.72	0.05	
Copper, Cu....mg	0.045		2		1		0.142	0.009	
Manganese, Mn....mg	0.185		2		1		0.583	0.037	
Selenium, Se....mcg	0.4		0	FLC	4		1.4	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin....mg	0.005		2		1		0.016	0.001	
Riboflavin....mg	0.017		2		1		0.054	0.003	
Niacin....mg	0.003		0	FLC	4		0.009	0.001	
Pantothenic acid....mg	0.008		2		1		0.025	0.002	
Vitamin B-6....mg	0.000		2		1		0.000	0.000	
Folate, total....mcg	0		2		1		0	0	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	0		0	FLC	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	0.0		0	O	4		0.1	0.0	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	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	FLC	4		0	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	0		0	FLC	4		0	0	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	0		0	FLC	4		0	0	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (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	FLC	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.018		0		4		0.057	0.004	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 19360
Syrups, table blends, pancake, with 2% maple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.018		0		4		0.057	0.004	
17:0....g									
18:0....g	0.002		0		4		0.006	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.032		0		4		0.101	0.006	
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	0.032		0		4		0.101	0.006	
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	0.050		0		4		0.158	0.010	
18:2 undifferentiated....g	0.050		0		4		0.158	0.010	
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		1	LC	8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19720

Syrups, table blends, pancake, with 2% maple, with added potassium

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	30.10	1.274	3		1		94.82	6.02	
Energy....kcal	265		0	NC	4		835	53	
Energy....kJ	1109				4		3493	222	
Protein (N x 6.25)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	0.10	0.060	3		1		0.32	0.02	
Ash....g	0.20	0.064	3		1		0.63	0.04	
Carbohydrate, by difference....g	69.60		0	NC	4		219.24	13.92	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2		1		16	1	
Iron, Fe....mg	0.07		2		1		0.22	0.01	
Magnesium, Mg....mg	2		2		1		6	0	
Phosphorus, P....mg	10		2		1		32	2	
Potassium, K....mg	22		0		1		69	4	
Sodium, Na....mg	61	10.136	7		1		192	12	
Zinc, Zn....mg	0.23		2		1		0.72	0.05	
Copper, Cu....mg	0.045		2		1		0.142	0.009	
Manganese, Mn....mg	0.185		2		1		0.583	0.037	
Selenium, Se....mcg	0.6		0	BFSN	4		1.9	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		4		0.0	0.0	
Thiamin....mg	0.005		2		1		0.016	0.001	
Riboflavin....mg	0.017		2		1		0.054	0.003	
Niacin....mg	0.020		1		4		0.063	0.004	
Pantothenic acid....mg	0.008		2		1		0.025	0.002	
Vitamin B-6....mg	0.000		2		1		0.000	0.000	
Folate, total....mcg	0		2		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		2		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		1		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									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									

NDB No. 19720

Syrups, table blends, pancake, with 2% maple, with added potassium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		4		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19113
Syrups, table blends, pancake, with butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	24.00		0		1		75.60	4.80	
Energy....kcal	296		0	NC	4		932	59	
Energy....kJ	1238				4		3901	248	
Protein (N x 0)....g	0.00		0		1		0.00	0.00	
Total lipid (fat)....g	1.60		0		1		5.04	0.32	
Ash....g	0.20		0		1		0.63	0.04	
Carbohydrate, by difference....g	74.10		0	NC	4		233.42	14.82	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		1		6	0	
Iron, Fe....mg	0.09		0		1		0.28	0.02	
Magnesium, Mg....mg	2		0		1		6	0	
Phosphorus, P....mg	10		0		1		32	2	
Potassium, K....mg	3		0		1		9	1	
Sodium, Na....mg	98		0		1		309	20	
Zinc, Zn....mg	0.04		0		1		0.13	0.01	
Copper, Cu....mg	0.209		0		1		0.658	0.042	
Manganese, Mn....mg	0.086		0		1		0.271	0.017	
Selenium, Se....mcg	0.7		0	RA	4		2.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.011		0		1		0.035	0.002	
Riboflavin....mg	0.009		0		1		0.028	0.002	
Niacin....mg	0.020		0		1		0.063	0.004	
Pantothenic acid....mg	0.025		0		1		0.079	0.005	
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....mcg	0		0	RA	4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0	RA	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	14		0	NC	4		44	3	
Retinol....mcg	13		0	NC	4		41	3	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	61		0		1		192	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 D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.010		0		1		3.182	0.202	
4:0....g	0.050		0		1		0.158	0.010	
6:0....g	0.030		0		1		0.095	0.006	
8:0....g	0.020		0		1		0.063	0.004	

NDB No. 19113
Syrups, table blends, pancake, with butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.040		0		1		0.126	0.008	
12:0 g	0.050		0		1		0.158	0.010	
13:0 g									
14:0 g	0.160		0		1		0.504	0.032	
15:0 g									
16:0 g	0.430		0		1		1.355	0.086	
17:0 g									
18:0 g	0.200		0		1		0.630	0.040	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.470		0		1		1.481	0.094	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.040		0		1		0.126	0.008	
17:1 g									
18:1 undifferentiated g	0.410		0		1		1.292	0.082	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.060		0		1		0.189	0.012	
18:2 undifferentiated g	0.040		0		1		0.126	0.008	
18:3 undifferentiated g	0.020		0		1		0.063	0.004	
18:4 g									
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									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	4		0		1		13	1	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.000		0		1		0.000	0.000	
Threonine g	0.001		0		1		0.003	0.000	
Isoleucine g	0.001		0		1		0.003	0.000	
Leucine g	0.002		0		1		0.006	0.000	
Lysine g	0.001		0		1		0.003	0.000	
Methionine g	0.000		0		1		0.000	0.000	
Cystine g	0.000		0		1		0.000	0.000	
Phenylalanine g	0.001		0		1		0.003	0.000	
Tyrosine g	0.001		0		1		0.003	0.000	
Valine g	0.001		0		1		0.003	0.000	
Arginine g	0.001		0		1		0.003	0.000	
Histidine g	0.000		0		1		0.000	0.000	
Alanine g	0.001		0		1		0.003	0.000	
Aspartic acid g	0.001		0		1		0.003	0.000	
Glutamic acid g	0.004		0		1		0.013	0.001	
Glycine g	0.000		0		1		0.000	0.000	
Proline g	0.002		0		1		0.006	0.000	
Serine g	0.001		0		1		0.003	0.000	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

NDB No. 19113
Syrups, table blends, pancake, with butter

Calories Factors:	Protein	Fat	Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19364
Toppings, butterscotch or caramel

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.00		1		4		13.12		
Energy	kcal	252		0		4		103		
Energy	kJ	1054		0		4		432		
Protein (N x 6.38)	g	1.50		2		1		0.62		
Total lipid (fat)	g	0.10		2		1		0.04		
Ash	g	0.50		1		4		0.21		
Carbohydrate, by difference	g	65.90		0	NC	4		27.02		
Fiber, total dietary	g	0.9		0		4		0.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	53		2		1		22		
Iron, Fe	mg	0.20		2		1		0.08		
Magnesium, Mg	mg	7		1		1		3		
Phosphorus, P	mg	47		1		4		19		
Potassium, K	mg	84		1		4		34		
Sodium, Na	mg	349		1		4		143		
Zinc, Zn	mg	0.19		1		4		0.08		
Copper, Cu	mg	0.024		1		4		0.010		
Manganese, Mn	mg	0.050		1		4		0.021		
Selenium, Se	mcg	0.0		0	BFFN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1		4		0.1		
Thiamin	mg	0.012		1		4		0.005		
Riboflavin	mg	0.095		2		1		0.039		
Niacin	mg	0.039		1		4		0.016		
Pantothenic acid	mg	0.158		1		4		0.065		
Vitamin B-6	mg	0.014		1		4		0.006		
Folate, total	mcg	2		1		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		1		4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.09		1		4		0.04		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	27		0	NC	4		11		
Retinol	mcg	27		0	O	4		11		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	90		1		4		37		
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	FLC	4		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.110		0		1		0.045		
4:0	g	0.000		1		1		0.000		
6:0	g	0.000		1		1		0.000		

NDB No. 19364
Toppings, butterscotch or caramel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g	0.010		1		1		0.004		
10:0....g	0.010		1		1		0.004		
12:0....g	0.040		1		1		0.016		
13:0....g									
14:0....g	0.020		1		1		0.008		
15:0....g									
16:0....g	0.020		1		1		0.008		
17:0....g									
18:0....g	0.010		1		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.008		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.020		1		1		0.008		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		1		0.000		
18:2 undifferentiated....g	0.000		1		1		0.000		
18:3 undifferentiated....g	0.000		1		1		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	1		1		4		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.008		
Threonine....g	0.066		0		1		0.027		
Isoleucine....g	0.088		0		1		0.036		
Leucine....g	0.143		0		1		0.059		
Lysine....g	0.116		0		1		0.048		
Methionine....g	0.036		0		1		0.015		
Cystine....g	0.013		0		1		0.005		
Phenylalanine....g	0.070		0		1		0.029		
Tyrosine....g	0.070		0		1		0.029		
Valine....g	0.098		0		1		0.040		
Arginine....g	0.053		0		1		0.022		
Histidine....g	0.040		0		1		0.016		
Alanine....g	0.050		0		1		0.021		
Aspartic acid....g	0.111		0		1		0.046		
Glutamic acid....g	0.305		0		1		0.125		
Glycine....g	0.031		0		1		0.013		
Proline....g	0.141		0		1		0.058		
Serine....g	0.079		0		1		0.032		
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 = 41g: 2 tbsp

NDB No. 19364
Toppings, butterscotch or caramel

Calories Factors: Protein 4.27 **Fat** 8.8 **Carbohydrate** 3.7

Food Group: 19 Sweets

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

NDB No. 19365
Toppings, marshmallow cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	19.80		1	A	1		5.61	39.20	
Energy....kcal	322		0	NC	4		91	638	
Energy....kJ	1347		0		4		382	2668	
Protein (N x 0)....g	0.80		1	A	1		0.23	1.58	
Total lipid (fat)....g	0.30		1	A	1		0.09	0.59	
Ash....g	0.10		1	A	1		0.03	0.20	
Carbohydrate, by difference....g	79.00		0	NC	4		22.40	156.42	
Fiber, total dietary....g	0.1		0	BFSN	4		0.0	0.2	
Sugars, total....g	46.80		1	A	1		13.27	92.66	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0	BFSN	4		1	6	
Iron, Fe....mg	0.22		0	BFSN	4		0.06	0.44	
Magnesium, Mg....mg	2		0	BFSN	4		1	4	
Phosphorus, P....mg	8		0	BFSN	4		2	16	
Potassium, K....mg	5		0	BFSN	4		1	10	
Sodium, Na....mg	80	12.963	3	LC	8		23	158	
Zinc, Zn....mg	0.04		0	BFSN	4		0.01	0.08	
Copper, Cu....mg	0.095		0	BFSN	4		0.027	0.188	
Manganese, Mn....mg	0.008		0	BFSN	4		0.002	0.016	
Selenium, Se....mcg	1.9		0	BFZN	4		0.5	3.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFSN	4		0.0	0.0	
Thiamin....mg	0.001		0	BFSN	4		0.000	0.002	
Riboflavin....mg	0.001		0	BFSN	4		0.000	0.002	
Niacin....mg	0.076		0	BFSN	4		0.022	0.150	
Pantothenic acid....mg	0.005		0	BFSN	4		0.001	0.010	
Vitamin B-6....mg	0.002		0	BFSN	4		0.001	0.004	
Folate, total....mcg	1		0	BFSN	4		0	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0	BFSN	4		0	2	
Folate, DFE....mcg_DFE	1		0	NC	4		0	2	
Choline, total....mg	0.1		0	O	4		0.0	0.2	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	BFSN	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	1		0	BFSN	4		0	2	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0		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	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.056		0	BFFN	4		0.016	0.111	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 19365
Toppings, marshmallow cream

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.000		0	BFFN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.001		0	BFFN	4		0.000	0.002	
15:0 ... g									
16:0 ... g	0.040		0	BFFN	4		0.011	0.079	
17:0 ... g									
18:0 ... g	0.015		0	BFFN	4		0.004	0.030	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.080		0	BFFN	4		0.023	0.158	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	BFFN	4		0.001	0.008	
17:1 ... g									
18:1 undifferentiated ... g	0.076		0	BFFN	4		0.022	0.150	
20:1 ... g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.047		0	BFFN	4		0.013	0.093	
18:2 undifferentiated ... g	0.045		0	BFFN	4		0.013	0.089	
18:3 undifferentiated ... g	0.001		0	BFFN	4		0.000	0.002	
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	0.001		0	BFFN	4		0.000	0.002	
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	BFSN	4		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g									
Isoleucine ... g									
Leucine ... g									
Lysine ... g									
Methionine ... g									
Cystine ... g									
Phenylalanine ... g									
Tyrosine ... g									
Valine ... g									
Arginine ... g									
Histidine ... g									
Alanine ... g									
Aspartic acid ... g									
Glutamic acid ... g									
Glycine ... g									
Proline ... g									
Serine ... g									
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	BFSN	4		0	0	
Theobromine ... mg	0		0	BFSN	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. 19365
Toppings, marshmallow cream

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 jar

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

Food Group: 19 Sweets

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

NDB No. 19367
Toppings, nuts in syrup

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	14.69		0	FLA	4		48.19	6.02	
Energy....kcal	448		0	NC	4		1470	184	
Energy....kJ	1876		0	NC	4		6152	769	
Protein (N x 6.25)....g	4.50		2		1		14.76	1.85	
Total lipid (fat)....g	22.00		2		1		72.16	9.02	
Ash....g	0.73		0	FLA	4		2.40	0.30	
Carbohydrate, by difference....g	58.08		0	NC	4		190.49	23.81	
Fiber, total dietary....g	2.3		0	FLA	4		7.4	0.9	
Sugars, total....g	36.72		1	LC	8		120.44	15.06	
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0	FLA	4		114	14	
Iron, Fe....mg	1.05		2		1		3.44	0.43	
Magnesium, Mg....mg	54		0	FLA	4		178	22	
Phosphorus, P....mg	118		0	FLA	4		386	48	
Potassium, K....mg	151		0	FLA	4		495	62	
Sodium, Na....mg	42		1		4		138	17	
Zinc, Zn....mg	1.05		0	FLA	4		3.45	0.43	
Copper, Cu....mg	0.540		0	FLA	4		1.771	0.221	
Manganese, Mn....mg	1.207		0	FLA	4		3.958	0.495	
Selenium, Se....mcg	2.1		0	FLA	4		6.9	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3		0	FLA	4		1.1	0.1	
Thiamin....mg	0.180		2		1		0.590	0.074	
Riboflavin....mg	0.120		1		1		0.394	0.049	
Niacin....mg	0.373		0	FLA	4		1.223	0.153	
Pantothenic acid....mg	0.207		0	FLA	4		0.679	0.085	
Vitamin B-6....mg	0.178		0	FLA	4		0.583	0.073	
Folate, total....mcg	26		0	FLA	4		86	11	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	26		0	FLA	4		86	11	
Folate, DFE....mcg_DFE	26		0	NC	4		86	11	
Choline, total....mg	11.8		0	O	4		38.6	4.8	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLA	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	FLA	4		1	0	
Retinol....mcg	0		0	FLA	4		0	0	
Carotene, beta....mcg	4		0	FLA	4		13	2	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	7		0	FLA	4		21	3	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	3		0	FLA	4		9	1	
Vitamin E (alpha-tocopherol)....mg	0.23		0	FLA	4		0.77	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	0.9		0	FLA	4		2.9	0.4	
Lipids:									
Fatty acids, total saturated....g	1.960		0		1		6.429	0.804	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 19367
Toppings, nuts in syrup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.070		1		1		0.230	0.029	
15:0 g									
16:0 g	1.510		1		1		4.953	0.619	
17:0 g									
18:0 g	0.380		1		1		1.246	0.156	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.970		0		1		16.302	2.038	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		1		1		0.197	0.025	
17:1 g									
18:1 undifferentiated g	4.730		1		1		15.514	1.939	
20:1 g	0.190		1		1		0.623	0.078	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	13.730		0		1		45.034	5.629	
18:2 undifferentiated g	11.300		1		1		37.064	4.633	
18:3 undifferentiated g	2.420		1		1		7.938	0.992	
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	0.010		1		1		0.033	0.004	
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	FLA	4		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.059		0		1		0.194	0.024	
Threonine g	0.139		0		1		0.456	0.057	
Isoleucine g	0.176		0		1		0.577	0.072	
Leucine g	0.309		0		1		1.014	0.127	
Lysine g	0.121		0		1		0.397	0.050	
Methionine g	0.087		0		1		0.285	0.036	
Cystine g	0.108		0		1		0.354	0.044	
Phenylalanine g	0.196		0		1		0.643	0.080	
Tyrosine g	0.137		0		1		0.449	0.056	
Valine g	0.225		0		1		0.738	0.092	
Arginine g	0.655		0		1		2.148	0.269	
Histidine g	0.112		0		1		0.367	0.046	
Alanine g	0.190		0		1		0.623	0.078	
Aspartic acid g	0.459		0		1		1.506	0.188	
Glutamic acid g	0.875		0		1		2.870	0.359	
Glycine g	0.235		0		1		0.771	0.096	
Proline g	0.172		0		1		0.564	0.071	
Serine g	0.244		0		1		0.800	0.100	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	

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

NDB No. 19367
Toppings, nuts in syrup

Common Measures:

Measure 1 = 328g: 1 cup

Measure 2 = 41g: 2 tbsp

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

Food Group: 19 Sweets

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

NDB No. 19366
Toppings, pineapple

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.00		1		4		112.20	13.86	
Energy....kcal	253		0		4		860	106	
Energy....kJ	1059		0		4		3599	445	
Protein (N x 6.25)....g	0.10		0		4		0.34	0.04	
Total lipid (fat)....g	0.10		1		4		0.34	0.04	
Ash....g	0.40		1		4		1.36	0.17	
Carbohydrate, by difference....g	66.40		0	NC	4		225.76	27.89	
Fiber, total dietary....g	0.4		0	FLC	4		1.5	0.2	
Sugars, total....g	21.01		0	FLC	4		71.43	8.82	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	FLC	4		21	3	
Iron, Fe....mg	0.12		0	FLC	4		0.42	0.05	
Magnesium, Mg....mg	6		0	FLC	4		19	2	
Phosphorus, P....mg	3		0	FLC	4		10	1	
Potassium, K....mg	43		0	FLC	4		146	18	
Sodium, Na....mg	42		0	FLC	4		141	17	
Zinc, Zn....mg	0.05		0	FLC	4		0.17	0.02	
Copper, Cu....mg	0.052		0	FLC	4		0.175	0.022	
Manganese, Mn....mg	0.070		0	FLC	4		0.239	0.030	
Selenium, Se....mcg	0.7		0	FLC	4		2.3	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.1		0	FLC	4		10.7	1.3	
Thiamin....mg	0.038		0	FLC	4		0.128	0.016	
Riboflavin....mg	0.018		0	FLC	4		0.062	0.008	
Niacin....mg	0.101		0	FLC	4		0.345	0.043	
Pantothenic acid....mg	0.012		0	FLC	4		0.042	0.005	
Vitamin B-6....mg	0.028		0	FLC	4		0.096	0.012	
Folate, total....mcg	2		0	FLC	4		6	1	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	2		0	FLC	4		6	1	
Folate, DFE....mcg_DFE	2		0	NC	4		6	1	
Choline, total....mg	1.6		0	O	4		5.3	0.7	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		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	FLC	4		3	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	10		0	FLC	4		34	4	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	17		0	FLC	4		57	7	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	FLC	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		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	0.2		0	FLC	4		0.8	0.1	
Lipids:									
Fatty acids, total saturated....g	0.018		0		4		0.061	0.008	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 19366
Toppings, pineapple

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.018		0		4		0.061	0.008	
17:0 ... g									
18:0 ... g	0.002		0		4		0.007	0.001	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.032		0		4		0.109	0.013	
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	0.032		0		4		0.109	0.013	
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	0.050		0		4		0.170	0.021	
18:2 undifferentiated ... g	0.050		0		4		0.170	0.021	
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	FLC	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0	0.0	
Caffeine ... mg	0		0	FLC	4		0	0	
Theobromine ... mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 340g: 1 cup

Measure 2 = 42g: 2 tbsp

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

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

NDB No. 19137
Toppings, strawberry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	33.00		1		4		112.20	13.86	
Energy....kcal	254		0		4		864	107	
Energy....kJ	1063		0		4		3613	446	
Protein (N x 6.25)....g	0.20		0		4		0.68	0.08	
Total lipid (fat)....g	0.10		0		4		0.34	0.04	
Ash....g	0.40		1		4		1.36	0.17	
Carbohydrate, by difference....g	66.30		0	NC	4		225.42	27.85	
Fiber, total dietary....g	0.7		0	FLC	4		2.4	0.3	
Sugars, total....g	27.38		0	FLC	4		93.08	11.50	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	FLC	4		22	3	
Iron, Fe....mg	0.28		0	FLC	4		0.95	0.12	
Magnesium, Mg....mg	4		0	FLC	4		15	2	
Phosphorus, P....mg	5		0	FLC	4		17	2	
Potassium, K....mg	51		0	FLC	4		172	21	
Sodium, Na....mg	21		0		4		71	9	
Zinc, Zn....mg	0.06		0	FLC	4		0.20	0.02	
Copper, Cu....mg	0.032		0	FLC	4		0.110	0.014	
Manganese, Mn....mg	0.167		0	FLC	4		0.568	0.070	
Selenium, Se....mcg	0.8		0	FLC	4		2.6	0.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.7		0	FLC	4		46.7	5.8	
Thiamin....mg	0.011		0	FLC	4		0.037	0.005	
Riboflavin....mg	0.024		0	FLC	4		0.080	0.010	
Niacin....mg	0.161		0	FLC	4		0.546	0.067	
Pantothenic acid....mg	0.048		0	FLC	4		0.165	0.020	
Vitamin B-6....mg	0.012		0	FLC	4		0.042	0.005	
Folate, total....mcg	6		0	FLC	4		19	2	
Folic acid....mcg	0		0	FLC	4		0	0	
Folate, food....mcg	6		0	FLC	4		19	2	
Folate, DFE....mcg_DFE	6		0	NC	4		19	2	
Choline, total....mg	9.8		0	BFSN	4		33.5	4.1	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	FLC	4		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	FLC	4		3	0	
Retinol....mcg	0		0	FLC	4		0	0	
Carotene, beta....mcg	9		0	FLC	4		31	4	
Carotene, alpha....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....mcg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	18		0		4		61	8	
Lycopene....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....mcg	9		0	FLC	4		30	4	
Vitamin E (alpha-tocopherol)....mg	0.10		0	FLC	4		0.32	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	0.7		0	FLC	4		2.5	0.3	
Lipids:									
Fatty acids, total saturated....g	0.005		0		4		0.017	0.002	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 19137
Toppings, strawberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.004		0		4		0.014	0.002	
17:0....g									
18:0....g	0.001		0		4		0.003	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		4		0.048	0.006	
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	0.014		0		4		0.048	0.006	
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	0.050		0		4		0.170	0.021	
18:2 undifferentiated....g	0.029		0		4		0.099	0.012	
18:3 undifferentiated....g	0.021		0		4		0.071	0.009	
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	FLC	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 340g: 1 cup

Measure 2 = 42g: 2 tbsp

Calories Factors: Protein 3.36 **Fat** 8.37 **Carbohydrate** 3.8

Food Group: 19 Sweets

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