NDB No. 20002
Amaranth grain, cooked
Amaranthus spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	75.16		3	A	1		184.89		
Energy ... kcal	102		0	NC	4		252		
Energy ... kJ	429		0	NC	4		1055		
Protein (N x 5.85) ... g	3.80		3	A	1		9.35		
Total lipid (fat) ... g	1.58		3	A	1		3.89		
Ash ... g	0.77		3	A	1		1.89		
Carbohydrate, by difference ... g	18.69		0	NC	4		45.97		
Fiber, total dietary ... g	2.1		3	A	1		5.2		
Sugars, total ... g									
Starch ... g	16.23		3	A	1		39.93		
Minerals:									
Calcium, Ca ... mg	47		3	A	1		115		
Iron, Fe ... mg	2.10		3	A	1		5.17		
Magnesium, Mg ... mg	65		3	A	1		160		
Phosphorus, P ... mg	148		3	A	1		365		
Potassium, K ... mg	135		3	A	1		331		
Sodium, Na ... mg	6		3	A	1		15		
Zinc, Zn ... mg	0.86		3	A	1		2.11		
Copper, Cu ... mg	0.149		3	A	1		0.367		
Manganese, Mn ... mg	0.854		3	A	1		2.101		
Selenium, Se ... mcg	5.5		3	A	1		13.6		
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.015		3	A	1		0.036		
Riboflavin ... mg	0.022		3	A	1		0.053		
Niacin ... mg	0.235		3	A	1		0.577		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.113		3	A	1		0.279		
Folate, total ... mcg	22		3	A	1		55		
Folic acid ... mcg									
Folate, food ... mcg	22		3	A	1		55		
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	0.19		3	A	1		0.46		
Tocopherol, beta ... mg	0.38		3	A	1		0.93		
Tocopherol, gamma ... mg	0.05		3	A	1		0.12		
Tocopherol, delta ... mg	0.24		3	A	1		0.60		
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... 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.

NDB No. 20002
Amaranth grain, cooked

Common Measures:

Measure 1 = 246g: 1 cup

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

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20001
Amaranth, uncooked
Amaranthus spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.29	0.111	4	A	1		21.79		
Energy....kcal	371		0	NC	4		717		
Energy....kJ	1554		0	NC	4		2999		
Protein (N x 5.85)....g	13.56	0.173	4	A	1		26.17		
Total lipid (fat)....g	7.02	0.376	5	A	1		13.55		
Ash....g	2.88	0.317	4	A	1		5.56		
Carbohydrate, by difference....g	65.25		0	NC	4		125.93		
Fiber, total dietary....g	6.7	0.008	5	A	1		13.0		
Sugars, total....g	1.69	0.146	3	A	1		3.27		
Sucrose....g	1.40	0.152	3	A	1		2.69		
Glucose (dextrose)....g	0.27	0.019	3	A	1		0.52		
Fructose....g	0.01	0.000	3	A	1		0.03		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.01	0.000	3	A	1		0.03		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	57.27	3.727	4	A	1		110.54		
Minerals:									
Calcium, Ca....mg	159	26.102	3	A	1		307		
Iron, Fe....mg	7.61	0.830	3	A	1		14.68		
Magnesium, Mg....mg	248	23.483	3	A	1		479		
Phosphorus, P....mg	557	46.160	3	A	1		1076		
Potassium, K....mg	508	17.039	3	A	1		980		
Sodium, Na....mg	4	0.000	3	A	1		7		
Zinc, Zn....mg	2.87	0.118	3	A	1		5.54		
Copper, Cu....mg	0.525	0.065	3	A	1		1.013		
Manganese, Mn....mg	3.333	0.281	3	A	1		6.433		
Selenium, Se....mcg	18.7	13.964	3	A	1		36.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.2		1		1		8.1		
Thiamin....mg	0.116	0.094	4	A	1		0.224		
Riboflavin....mg	0.200	0.040	4	A	1		0.386		
Niacin....mg	0.923	0.020	3	A	1		1.781		
Pantothenic acid....mg	1.457	0.107	3	A	1		2.811		
Vitamin B-6....mg	0.591	0.040	3	A	1		1.142		
Folate, total....mcg	82	14.380	3	A	1		159		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	82	14.380	3	A	1		159		
Folate, DFE....mcg_DFE	82		0	NC	4		159		
Choline, total....mg	69.8		0	AS	1		134.7		
Betaine....mg	67.6		1	A	1		130.5		
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		1	A	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	1		1	A	1		2		
Carotene, alpha....mcg	0		1	A	1		0		
Cryptoxanthin, beta....mcg	0		1	A	1		1		
Vitamin A, IU....IU	2		1	A	1		4		
Lycopene....mcg	0		1	A	1		0		
Lutein + zeaxanthin....mcg	28		1	A	1		54		
Vitamin E (alpha-tocopherol)....mg	1.19	0.422	5	A	1		2.29		
Tocopherol, beta....mg	0.96	0.487	5	A	1		1.85		
Tocopherol, gamma....mg	0.19	0.111	5	A	1		0.37		
Tocopherol, delta....mg	0.69	0.348	5	A	1		1.34		
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									

NDB No. 20001
Amaranth, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	1.459		0	NC	4		2.815		
4:0....g									
6:0....g									
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.011	0.001	3	A	1		0.022		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	1.154	0.123	4	A	1		2.228		
17:0....g	0.000	0.000	3	A	1		0.000		
18:0....g	0.223	0.009	4	A	1		0.430		
20:0....g	0.052	0.003	3	A	1		0.100		
22:0....g	0.018	0.001	3	A	1		0.035		
24:0....g									
Fatty acids, total monounsaturated....g	1.685		0	NC	4		3.253		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	1.671	0.024	4	A	1		3.225		
20:1....g	0.014	0.001	3	A	1		0.027		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.778		0	NC	4		5.362		
18:2 undifferentiated....g	2.736	0.120	4	A	1		5.281		
18:3 undifferentiated....g	0.042	0.006	4	JA	6		0.081		
18:3 n-3 c,c,c (ALA)....g	0.042	0.002	3	A	1		0.081		
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	3	A	1		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		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	24		1		1		46		
Amino Acids:									
Tryptophan....g	0.181		10		1		0.349		
Threonine....g	0.558		38		1		1.077		
Isoleucine....g	0.582		38		1		1.123		
Leucine....g	0.879		38		1		1.696		
Lysine....g	0.747		38		1		1.442		
Methionine....g	0.226		32		1		0.436		
Cystine....g	0.191		28		1		0.369		
Phenylalanine....g	0.542		32		1		1.046		
Tyrosine....g	0.329		32		1		0.635		
Valine....g	0.679		38		1		1.310		
Arginine....g	1.060		30		1		2.046		
Histidine....g	0.389		32		1		0.751		
Alanine....g	0.799		30		1		1.542		

NDB No. 20001
Amaranth, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	1.261		30		1		2.434		
Glutamic acid.....g	2.259		30		1		4.360		
Glycine.....g	1.636		32		1		3.157		
Proline.....g	0.698		28		1		1.347		
Serine.....g	1.148		32		1		2.216		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 193g: 1 cup

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

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20003
Arrowroot flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.37		2		1		14.55		
Energy....kcal	357		0	NC	4		457		
Energy....kJ	1494				4		1912		
Protein (N x 6.25)....g	0.30		2		1		0.38		
Total lipid (fat)....g	0.10	0.100	3		1		0.13		
Ash....g	0.08		2		1		0.10		
Carbohydrate, by difference....g	88.15		0	NC	4		112.83		
Fiber, total dietary....g	3.4		0		1		4.4		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	40		2		1		51		
Iron, Fe....mg	0.33		2		1		0.42		
Magnesium, Mg....mg	3		2		1		4		
Phosphorus, P....mg	5		2		1		6		
Potassium, K....mg	11		2		1		14		
Sodium, Na....mg	2		2		1		3		
Zinc, Zn....mg	0.07		2		1		0.09		
Copper, Cu....mg	0.040		2		1		0.051		
Manganese, Mn....mg	0.470		2		1		0.602		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.001		2		1		0.001		
Riboflavin....mg	0.000		2		1		0.000		
Niacin....mg	0.000		2		1		0.000		
Pantothenic acid....mg	0.130		2		1		0.166		
Vitamin B-6....mg	0.005		2		1		0.006		
Folate, total....mcg	7		2		1		9		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		2		1		9		
Folate, DFE....mcg_DFE	7		0	NC	4		9		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.019		0		1		0.024		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20003
Arrowroot flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		1		1		0.001		
15:0....g									
16:0....g	0.017		1		1		0.022		
17:0....g									
18:0....g	0.001		1		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.003		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.002		1		1		0.003		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.045		0		1		0.058		
18:2 undifferentiated....g	0.036		1		1		0.046		
18:3 undifferentiated....g	0.009		1		1		0.012		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.004		1		1		0.005		
Threonine....g	0.012		1		1		0.015		
Isoleucine....g	0.010		1		1		0.013		
Leucine....g	0.019		1		1		0.024		
Lysine....g	0.013		1		1		0.017		
Methionine....g	0.006		0		1		0.008		
Cystine....g	0.006		1		1		0.008		
Phenylalanine....g	0.012		1		1		0.015		
Tyrosine....g	0.009		1		1		0.012		
Valine....g	0.014		1		1		0.018		
Arginine....g	0.012		1		1		0.015		
Histidine....g	0.004		1		1		0.005		
Alanine....g	0.014		1		1		0.018		
Aspartic acid....g	0.047		1		1		0.060		
Glutamic acid....g	0.050		1		1		0.064		
Glycine....g	0.014		1		1		0.018		
Proline....g	0.009		1		1		0.012		
Serine....g	0.013		1		1		0.017		
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 = 128g: 1 cup

NDB No. 20003
Arrowroot flour

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20130
Barley flour or meal

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.11		2	A	1		17.92		
Energy....kcal	345		0	NC	4		511		
Energy....kJ	1443		0	NC	4		2136		
Protein (N x 5.83)....g	10.50		2	A	1		15.54		
Total lipid (fat)....g	1.60		2	A	1		2.37		
Ash....g	1.28		2	A	1		1.89		
Carbohydrate, by difference....g	74.52		0	NC	4		110.29		
Fiber, total dietary....g	10.1		2	A	1		14.9		
Sugars, total....g	0.80		0	BFZN	4		1.18		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		2	A	1		47		
Iron, Fe....mg	2.68		2	A	1		3.97		
Magnesium, Mg....mg	96		2	A	1		142		
Phosphorus, P....mg	296		2	A	1		438		
Potassium, K....mg	309		2	A	1		457		
Sodium, Na....mg	4		2	A	1		6		
Zinc, Zn....mg	2.00		2	A	1		2.96		
Copper, Cu....mg	0.343		2	A	1		0.508		
Manganese, Mn....mg	1.034		2	A	1		1.530		
Selenium, Se....mcg	37.7		0	BFZN	4		55.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0		
Thiamin....mg	0.370		2	A	1		0.548		
Riboflavin....mg	0.114		2	A	1		0.169		
Niacin....mg	6.269		2	A	1		9.278		
Pantothenic acid....mg	0.145		2	A	1		0.215		
Vitamin B-6....mg	0.396		2	A	1		0.586		
Folate, total....mcg	8		2	A	1		12		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		2	A	1		12		
Folate, DFE....mcg_DFE	8		0	NC	4		12		
Choline, total....mg	37.8		0	AS	1		56.0		
Betaine....mg	65.5		1	A	1		96.9		
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	0.000	3	A	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0	0.000	3	A	1		0		
Carotene, alpha....mcg	0		2	A	1		0		
Cryptoxanthin, beta....mcg	0		2	A	1		0		
Vitamin A, IU....IU	0	0.000	3	A	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	160		1	A	1		237		
Vitamin E (alpha-tocopherol)....mg	0.57		0	BFZN	4		0.84		
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		1	A	1		3.3		
Lipids:									
Fatty acids, total saturated....g	0.335		0	BFFN	4		0.496		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 20130
Barley flour or meal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.004		0	BFFN	4		0.006		
13:0....g									
14:0....g	0.008		0	BFFN	4		0.012		
15:0....g									
16:0....g	0.286		0	BFFN	4		0.423		
17:0....g									
18:0....g	0.012		0	BFFN	4		0.018		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.205		0	BFFN	4		0.303		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	BFFN	4		0.006		
17:1....g									
18:1 undifferentiated....g	0.168		0	BFFN	4		0.249		
20:1....g	0.000		0	Z	7		0.000		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.771		0	BFFN	4		1.141		
18:2 undifferentiated....g	0.695		0	BFFN	4		1.029		
18:3 undifferentiated....g	0.077		0	BFFN	4		0.114		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.175		0		1		0.259		
Threonine....g	0.356		0		1		0.527		
Isoleucine....g	0.383		0		1		0.567		
Leucine....g	0.713		0		1		1.055		
Lysine....g	0.391		0		1		0.579		
Methionine....g	0.202		0		1		0.299		
Cystine....g	0.232		0		1		0.343		
Phenylalanine....g	0.589		0		1		0.872		
Tyrosine....g	0.301		0		1		0.445		
Valine....g	0.515		0		1		0.762		
Arginine....g	0.526		0		1		0.778		
Histidine....g	0.236		0		1		0.349		
Alanine....g	0.409		0		1		0.605		
Aspartic acid....g	0.655		0		1		0.969		
Glutamic acid....g	2.741		0		1		4.057		
Glycine....g	0.380		0		1		0.562		
Proline....g	1.247		0		1		1.846		
Serine....g	0.443		0		1		0.656		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

NDB No. 20130
Barley flour or meal

Common Measures:

Measure 1 = 148g: 1 cup

Calories Factors: Protein 3.55 **Fat** 8.37 **Carbohydrate** 3.95

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20131
Barley malt flour

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.21		2	A	1		13.30		
Energy	kcal	361		0	NC	4		585		
Energy	kJ	1510				4		2447		
Protein (N x 5.83)	g	10.28		2	A	1		16.65		
Total lipid (fat)	g	1.84		2	A	1		2.98		
Ash	g	1.37		2	A	1		2.22		
Carbohydrate, by difference	g	78.30		0	NC	4		126.85		
Fiber, total dietary	g	7.1		2	A	1		11.5		
Sugars, total	g	0.80		0	BFZN	4		1.30		
Starch	g									
Minerals:										
Calcium, Ca	mg	37		2	A	1		60		
Iron, Fe	mg	4.71		2	A	1		7.63		
Magnesium, Mg	mg	97		2	A	1		157		
Phosphorus, P	mg	303		2	A	1		491		
Potassium, K	mg	224		2	A	1		363		
Sodium, Na	mg	11		2	A	1		18		
Zinc, Zn	mg	2.06		2	A	1		3.34		
Copper, Cu	mg	0.270		2	A	1		0.437		
Manganese, Mn	mg	1.193		2	A	1		1.933		
Selenium, Se	mcg	37.7		0	BFZN	4		61.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		2	A	1		1.0		
Thiamin	mg	0.309		2	A	1		0.501		
Riboflavin	mg	0.308		2	A	1		0.499		
Niacin	mg	5.636		2	A	1		9.130		
Pantothenic acid	mg	0.577		2	A	1		0.935		
Vitamin B-6	mg	0.655		2	A	1		1.061		
Folate, total	mcg	38		2	A	1		62		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	38		2	A	1		62		
Folate, DFE	mcg_DFE	38		0	NC	4		62		
Choline, total	mg									
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	1		2	A	1		2		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	11		0	O	4		18		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	19		2	A	1		31		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	160		0	BFZN	4		259		
Vitamin E (alpha-tocopherol)	mg	0.57		0	BFZN	4		0.92		
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	BFZN	4		3.6		
Lipids:										
Fatty acids, total saturated	g	0.386		0	BFFN	4		0.625		
4:0	g	0.000		0	BFFN	4		0.000		

NDB No. 20131
Barley malt flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.000		0	BFFN	4		0.000		
12:0 g	0.005		0	BFFN	4		0.008		
13:0 g									
14:0 g	0.009		0	BFFN	4		0.015		
15:0 g									
16:0 g	0.353		0	BFFN	4		0.572		
17:0 g									
18:0 g	0.015		0	BFFN	4		0.024		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.254		0	BFFN	4		0.411		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.005		0	BFFN	4		0.008		
17:1 g									
18:1 undifferentiated g	0.207		0	BFFN	4		0.335		
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	0.953		0	BFFN	4		1.544		
18:2 undifferentiated g	0.859		0	BFFN	4		1.392		
18:3 undifferentiated g	0.095		0	BFFN	4		0.154		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.132		0		1		0.214		
Threonine g	0.407		0		1		0.659		
Isoleucine g	0.361		0		1		0.585		
Leucine g	0.746		0		1		1.209		
Lysine g	0.535		0		1		0.867		
Methionine g	0.294		0		1		0.476		
Cystine g	0.157		0		1		0.254		
Phenylalanine g	0.225		0		1		0.365		
Tyrosine g	0.341		0		1		0.552		
Valine g	0.503		0		1		0.815		
Arginine g	0.836		0		1		1.354		
Histidine g	0.275		0		1		0.446		
Alanine g	0.516		0		1		0.836		
Aspartic acid g	0.776		0		1		1.257		
Glutamic acid g	1.825		0		1		2.957		
Glycine g	0.440		0		1		0.713		
Proline g	1.123		0		1		1.819		
Serine g	0.465		0		1		0.753		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

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

NDB No. 20131
Barley malt flour

Common Measures:

Measure 1 = 162g: 1 cup

Calories Factors: Protein 3.55 **Fat** 8.37 **Carbohydrate** 3.95

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20004
Barley, hulled
Hordeum vulgare L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.44	0.554	7		1		17.37		
Energy....kcal	354		0	NC	4		651		
Energy....kJ	1481		0		4		2725		
Protein (N x 5.83)....g	12.48	0.574	12		1		22.96		
Total lipid (fat)....g	2.30	0.253	6		1		4.23		
Ash....g	2.29	0.077	14		1		4.21		
Carbohydrate, by difference....g	73.48		0	NC	4		135.20		
Fiber, total dietary....g	17.3		0		1		31.8		
Sugars, total....g	0.80		0	BFZN	4		1.47		
Starch....g									
Minerals:									
Calcium, Ca....mg	33	1.773	16		1		61		
Iron, Fe....mg	3.60	0.154	19		1		6.62		
Magnesium, Mg....mg	133	3.571	16		1		245		
Phosphorus, P....mg	264	24.799	9		1		486		
Potassium, K....mg	452	8.962	16		1		832		
Sodium, Na....mg	12	1.241	15		1		22		
Zinc, Zn....mg	2.77	0.081	28		1		5.10		
Copper, Cu....mg	0.498	0.021	25		1		0.916		
Manganese, Mn....mg	1.943	0.149	21		1		3.575		
Selenium, Se....mcg	37.7		0	BFZN	4		69.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.646		2		1		1.189		
Riboflavin....mg	0.285		2		1		0.524		
Niacin....mg	4.604		0		4		8.471		
Pantothenic acid....mg	0.282		0		4		0.519		
Vitamin B-6....mg	0.318	0.038	3		1		0.585		
Folate, total....mcg	19	1.847	6		1		35		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	19	1.847	6		1		35		
Folate, DFE....mcg_DFE	19		0	NC	4		35		
Choline, total....mg									
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	1		0	NC	4		2		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	13		0	O	4		24		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	22		0		4		40		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	160		0	BFZN	4		294		
Vitamin E (alpha-tocopherol)....mg	0.57		0		1		1.05		
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	2.2		0	BFZN	4		4.0		
Lipids:									
Fatty acids, total saturated....g	0.482		0		1		0.887		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 20004
Barley, hulled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.000		0	Z	7		0.000		
12:0 g	0.006		299		1		0.011		
13:0 g									
14:0 g	0.011		299		1		0.020		
15:0 g									
16:0 g	0.411		299		1		0.756		
17:0 g									
18:0 g	0.017		299		1		0.031		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.295		0		1		0.543		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.006		299		1		0.011		
17:1 g									
18:1 undifferentiated g	0.241		299		1		0.443		
20:1 g	0.000		0	Z	7		0.000		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.108		0		1		2.039		
18:2 undifferentiated g	0.999		299		1		1.838		
18:3 undifferentiated g	0.110		299		1		0.202		
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.208		28		1		0.383		
Threonine g	0.424		60		1		0.780		
Isoleucine g	0.456		60		1		0.839		
Leucine g	0.848		60		1		1.560		
Lysine g	0.465		65		1		0.856		
Methionine g	0.240		61		1		0.442		
Cystine g	0.276		38		1		0.508		
Phenylalanine g	0.700		60		1		1.288		
Tyrosine g	0.358		58		1		0.659		
Valine g	0.612		60		1		1.126		
Arginine g	0.625		60		1		1.150		
Histidine g	0.281		60		1		0.517		
Alanine g	0.486		58		1		0.894		
Aspartic acid g	0.779		58		1		1.433		
Glutamic acid g	3.261		58		1		6.000		
Glycine g	0.452		58		1		0.832		
Proline g	1.484		58		1		2.731		
Serine g	0.527		54		1		0.970		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

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

NDB No. 20004
Barley, hulled

Common Measures:

Measure 1 = 184g: 1 cup

Calories Factors: Protein 3.55 **Fat** 8.37 **Carbohydrate** 3.95

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20006
Barley, pearled, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.80	2.514	5		1		108.02		
Energy....kcal	123		0	NC	4		193		
Energy....kJ	515		0	NC	4		809		
Protein (N x 5.83)....g	2.26	0.151	4		1		3.55		
Total lipid (fat)....g	0.44	0.058	5		1		0.69		
Ash....g	0.27	0.011	5		1		0.42		
Carbohydrate, by difference....g	28.22		0	NC	4		44.31		
Fiber, total dietary....g	3.8		0		1		6.0		
Sugars, total....g	0.28		0	BFSN	4		0.44		
Starch....g									
Minerals:									
Calcium, Ca....mg	11	2.387	4		1		17		
Iron, Fe....mg	1.33	0.331	5		1		2.09		
Magnesium, Mg....mg	22	2.160	5		1		35		
Phosphorus, P....mg	54	2.338	5		1		85		
Potassium, K....mg	93	21.316	5		1		146		
Sodium, Na....mg	3		1		4		5		
Zinc, Zn....mg	0.82	0.125	5		1		1.29		
Copper, Cu....mg	0.105	0.032	5		1		0.165		
Manganese, Mn....mg	0.259		2		1		0.407		
Selenium, Se....mcg	8.6		0	BFSN	4		13.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.083	0.017	4		1		0.130		
Riboflavin....mg	0.062	0.002	3		1		0.097		
Niacin....mg	2.063	0.630	3		1		3.239		
Pantothenic acid....mg	0.135	0.063	3		1		0.212		
Vitamin B-6....mg	0.115	0.032	3		1		0.181		
Folate, total....mcg	16	8.849	3		1		25		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	16	8.849	3		1		25		
Folate, DFE....mcg_DFE	16		0	NC	4		25		
Choline, total....mg	13.4		0	BFSN	4		21.1		
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	NC	4		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	5		0	BFSN	4		7		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	7		0		4		11		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	56		0	BFSN	4		87		
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFSN	4		0.01		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.8		0	BFSN	4		1.2		
Lipids:									
Fatty acids, total saturated....g	0.093		0		1		0.146		
4:0....g	0.000		0		1		0.000		

NDB No. 20006
Barley, pearled, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0		1		0.000		
8:0 ....g	0.000		0		1		0.000		
10:0 ....g	0.000		0		1		0.000		
12:0 ....g	0.001		0		1		0.002		
13:0 ....g									
14:0 ....g	0.002		0		1		0.003		
15:0 ....g									
16:0 ....g	0.079		0		1		0.124		
17:0 ....g									
18:0 ....g	0.003		0		1		0.005		
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.057		0		1		0.089		
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.001		0		1		0.002		
17:1 ....g									
18:1 undifferentiated ....g	0.047		0		1		0.074		
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	0.214		0		1		0.336		
18:2 undifferentiated ....g	0.193		0		1		0.303		
18:3 undifferentiated ....g	0.021		0		1		0.033		
18:4 ....g	0.000		0		1		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000		
20:5 n-3 (EPA) ....g	0.000		0		1		0.000		
22:5 n-3 (DPA) ....g	0.000		0		1		0.000		
22:6 n-3 (DHA) ....g	0.000		0		1		0.000		
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0	Z	7		0		
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.038		0		1		0.060		
Threonine ....g	0.077		0		1		0.121		
Isoleucine ....g	0.083		0		1		0.130		
Leucine ....g	0.154		0		1		0.242		
Lysine ....g	0.084		0		1		0.132		
Methionine ....g	0.043		0		1		0.068		
Cystine ....g	0.050		0		1		0.079		
Phenylalanine ....g	0.127		0		1		0.199		
Tyrosine ....g	0.065		0		1		0.102		
Valine ....g	0.111		0		1		0.174		
Arginine ....g	0.113		0		1		0.177		
Histidine ....g	0.051		0		1		0.080		
Alanine ....g	0.088		0		1		0.138		
Aspartic acid ....g	0.141		0		1		0.221		
Glutamic acid ....g	0.591		0		1		0.928		
Glycine ....g	0.082		0		1		0.129		
Proline ....g	0.269		0		1		0.422		
Serine ....g	0.095		0		1		0.149		
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. 20006
Barley, pearled, cooked

Common Measures:

Measure 1 = 157g: 1 cup

Calories Factors: Protein 3.55 **Fat** 8.37 **Carbohydrate** 3.95

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20005
Barley, pearled, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.09	0.366	18		1		20.18		
Energy	kcal	352		0	NC	4		704		
Energy	kJ	1473		0		4		2946		
Protein (N x 5.83)	g	9.91	0.425	23		1		19.82		
Total lipid (fat)	g	1.16	0.060	18		1		2.32		
Ash	g	1.11	0.063	18		1		2.22		
Carbohydrate, by difference	g	77.72		0	NC	4		155.44		
Fiber, total dietary	g	15.6		0		1		31.2		
Sugars, total	g	0.80		0	BFZN	4		1.60		
Starch	g									
Minerals:										
Calcium, Ca	mg	29	1.599	11		1		58		
Iron, Fe	mg	2.50	0.137	27		1		5.00		
Magnesium, Mg	mg	79	3.972	11		1		158		
Phosphorus, P	mg	221	11.212	15		1		442		
Potassium, K	mg	280	10.233	13		1		560		
Sodium, Na	mg	9	2.228	13		1		18		
Zinc, Zn	mg	2.13	0.108	23		1		4.26		
Copper, Cu	mg	0.420	0.025	22		1		0.840		
Manganese, Mn	mg	1.322	0.080	20		1		2.644		
Selenium, Se	mcg	37.7		6	A	1		75.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.191	0.015	15		1		0.382		
Riboflavin	mg	0.114	0.021	10		1		0.228		
Niacin	mg	4.604	0.222	12		1		9.208		
Pantothenic acid	mg	0.282	0.056	10		1		0.564		
Vitamin B-6	mg	0.260	0.020	11		1		0.520		
Folate, total	mcg	23	1.222	8		1		46		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	23	1.222	8		1		46		
Folate, DFE	mcg_DFE	23		0	NC	4		46		
Choline, total	mg	37.8		0	BFZN	4		75.6		
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	1		0	NC	4		2		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	13		0	O	4		26		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	22		2		1		44		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	160		0	BFZN	4		320		
Vitamin E (alpha-tocopherol)	mg	0.02		0		1		0.04		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	2.2		0	BFZN	4		4.4		
Lipids:										
Fatty acids, total saturated	g	0.244		0		1		0.488		
4:0	g	0.000		0		1		0.000		

NDB No. 20005
Barley, pearled, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.003		0		1		0.006		
13:0 g									
14:0 g	0.006		0		1		0.012		
15:0 g									
16:0 g	0.208		0		1		0.416		
17:0 g									
18:0 g	0.008		0		1		0.016		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.149		0		1		0.298		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.003		0		1		0.006		
17:1 g									
18:1 undifferentiated g	0.122		0		1		0.244		
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	0.560		0		1		1.120		
18:2 undifferentiated g	0.505		0		1		1.010		
18:3 undifferentiated g	0.055		0		1		0.110		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.165		0		1		0.330		
Threonine g	0.337		0		1		0.674		
Isoleucine g	0.362		0		1		0.724		
Leucine g	0.673		0		1		1.346		
Lysine g	0.369		0		1		0.738		
Methionine g	0.190		0		1		0.380		
Cystine g	0.219		0		1		0.438		
Phenylalanine g	0.556		0		1		1.112		
Tyrosine g	0.284		0		1		0.568		
Valine g	0.486		0		1		0.972		
Arginine g	0.496		0		1		0.992		
Histidine g	0.223		0		1		0.446		
Alanine g	0.386		0		1		0.772		
Aspartic acid g	0.619		0		1		1.238		
Glutamic acid g	2.588		0		1		5.176		
Glycine g	0.359		0		1		0.718		
Proline g	1.178		0		1		2.356		
Serine g	0.418		0		1		0.836		
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. 20005
Barley, pearled, raw

Common Measures:

Measure 1 = 200g: 1 cup

Calories Factors: Protein 3.55 **Fat** 8.37 **Carbohydrate** 3.95

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20008
Buckwheat
Fagopyrum esculentum Moench

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.75		2		1		16.58		
Energy....kcal	343		0	NC	4		583		
Energy....kJ	1435		0		4		2440		
Protein (N x 6.25)....g	13.25		2		1		22.53		
Total lipid (fat)....g	3.40		2		1		5.78		
Ash....g	2.10		2		1		3.57		
Carbohydrate, by difference....g	71.50		0	NC	4		121.55		
Fiber, total dietary....g	10.0		0		4		17.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		1		1		31		
Iron, Fe....mg	2.20		1		1		3.74		
Magnesium, Mg....mg	231		1		1		393		
Phosphorus, P....mg	347		1		1		590		
Potassium, K....mg	460		1		1		782		
Sodium, Na....mg	1		1		1		2		
Zinc, Zn....mg	2.40		1		1		4.08		
Copper, Cu....mg	1.100		1		1		1.870		
Manganese, Mn....mg	1.300		1		1		2.210		
Selenium, Se....mcg	8.3		0	BFSN	4		14.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.101		1		1		0.172		
Riboflavin....mg	0.425		1		1		0.723		
Niacin....mg	7.020		1		1		11.934		
Pantothenic acid....mg	1.233		0		4		2.096		
Vitamin B-6....mg	0.210		1		1		0.357		
Folate, total....mcg	30		1		1		51		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	30		1		1		51		
Folate, DFE....mcg_DFE	30		0	NC	4		51		
Choline, total....mg									
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		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.741		0		1		1.260		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		

NDB No. 20008
Buckwheat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.035		13		1		0.060		
10:0....g	0.018		13		1		0.031		
12:0....g	0.010		13		1		0.017		
13:0....g									
14:0....g	0.025		13		1		0.043		
15:0....g									
16:0....g	0.450		13		1		0.765		
17:0....g									
18:0....g	0.047		13		1		0.080		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.040		0		1		1.768		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.023		13		1		0.039		
17:1....g									
18:1 undifferentiated....g	0.988		13		1		1.680		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.012		13		1		0.020		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.039		0		1		1.766		
18:2 undifferentiated....g	0.961		13		1		1.634		
18:3 undifferentiated....g	0.078		13		1		0.133		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		5		1		0.326		
Threonine....g	0.506		17		1		0.860		
Isoleucine....g	0.498		17		1		0.847		
Leucine....g	0.832		17		1		1.414		
Lysine....g	0.672		17		1		1.142		
Methionine....g	0.172		17		1		0.292		
Cystine....g	0.229		10		1		0.389		
Phenylalanine....g	0.520		16		1		0.884		
Tyrosine....g	0.241		15		1		0.410		
Valine....g	0.678		17		1		1.153		
Arginine....g	0.982		17		1		1.669		
Histidine....g	0.309		16		1		0.525		
Alanine....g	0.748		14		1		1.272		
Aspartic acid....g	1.133		13		1		1.926		
Glutamic acid....g	2.046		14		1		3.478		
Glycine....g	1.031		14		1		1.753		
Proline....g	0.507		14		1		0.862		
Serine....g	0.685		14		1		1.165		
Hydroxyproline....g									
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.

NDB No. 20008
Buckwheat

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.37 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20011
Buckwheat flour, whole-groat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.15	0.404	6		1		13.38		
Energy	kcal	335		0	NC	4		402		
Energy	kJ	1402		0		4		1682		
Protein (N x 6.25)	g	12.62	0.213	6		1		15.14		
Total lipid (fat)	g	3.10	0.088	6		1		3.72		
Ash	g	2.54	0.161	6		1		3.05		
Carbohydrate, by difference	g	70.59		0	NC	4		84.71		
Fiber, total dietary	g	10.0		0		1		12.0		
Sugars, total	g	2.60		0	T	4		3.12		
Sucrose	g	1.70		1		1		2.04		
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	41	4.070	4		1		49		
Iron, Fe	mg	4.06	1.473	4		1		4.87		
Magnesium, Mg	mg	251	19.246	4		1		301		
Phosphorus, P	mg	337	101.189	4		1		404		
Potassium, K	mg	577	18.677	4		1		692		
Sodium, Na	mg	11		0		4		13		
Zinc, Zn	mg	3.12	0.127	4		1		3.74		
Copper, Cu	mg	0.515	0.090	4		1		0.618		
Manganese, Mn	mg	2.030		2		1		2.436		
Selenium, Se	mcg	5.7		1	A	1		6.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.417	0.103	4		1		0.500		
Riboflavin	mg	0.190	0.044	5		1		0.228		
Niacin	mg	6.150	0.528	4		1		7.380		
Pantothenic acid	mg	0.440	0.060	4		1		0.528		
Vitamin B-6	mg	0.582	0.016	5		1		0.698		
Folate, total	mcg	54	6.750	8		1		65		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	54	6.750	8		1		65		
Folate, DFE	mcg_DFE	54		0	NC	4		65		
Choline, total	mg	54.2		0	BFZN	4		65.0		
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	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	220		0	BFZN	4		264		
Vitamin E (alpha-tocopherol)	mg	0.32		1		1		0.38		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg	7.14		1		1		8.57		
Tocopherol, delta	mg	0.45		1		1		0.54		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20011
Buckwheat flour, whole-groat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	7.0		0	T	4		8.4		
Lipids:									
Fatty acids, total saturated.....g	0.677		0		1		0.812		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.032		0		1		0.038		
10:0.....g	0.016		0		1		0.019		
12:0.....g	0.009		0		1		0.011		
13:0.....g									
14:0.....g	0.023		0		1		0.028		
15:0.....g									
16:0.....g	0.411		0		1		0.493		
17:0.....g									
18:0.....g	0.043		0		1		0.052		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.949		0		1		1.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.025		
17:1.....g									
18:1 undifferentiated.....g	0.902		0		1		1.082		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.011		0		1		0.013		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.949		0		1		1.139		
18:2 undifferentiated.....g	0.877		0		1		1.052		
18:3 undifferentiated.....g	0.071		0		1		0.085		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.220		
Threonine.....g	0.482		0		1		0.578		
Isoleucine.....g	0.474		0		1		0.569		
Leucine.....g	0.792		0		1		0.950		
Lysine.....g	0.640		0		1		0.768		
Methionine.....g	0.164		0		1		0.197		
Cystine.....g	0.218		0		1		0.262		
Phenylalanine.....g	0.495		0		1		0.594		
Tyrosine.....g	0.230		0		1		0.276		
Valine.....g	0.646		0		1		0.775		
Arginine.....g	0.935		0		1		1.122		
Histidine.....g	0.294		0		1		0.353		
Alanine.....g	0.712		0		1		0.854		
Aspartic acid.....g	1.078		0		1		1.294		
Glutamic acid.....g	1.948		0		1		2.338		
Glycine.....g	0.981		0		1		1.177		
Proline.....g	0.482		0		1		0.578		
Serine.....g	0.652		0		1		0.782		
Hydroxyproline.....g									
Others:									

NDB No. 20011
Buckwheat flour, whole-groat

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

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

Common Measures:

Measure 1 = 120g: 1 cup

Calories Factors: Protein 3.37 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20010
Buckwheat groats, roasted, cooked

kasha
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.63	2.133	5		1		127.06		
Energy	kcal	92		0	NC	4		155		
Energy	kJ	385		0		4		647		
Protein (N x 6.25)	g	3.38	0.114	5		1		5.68		
Total lipid (fat)	g	0.62	0.051	8		1		1.04		
Ash	g	0.43	0.043	5		1		0.72		
Carbohydrate, by difference	g	19.94		0	NC	4		33.50		
Fiber, total dietary	g	2.7		0		4		4.5		
Sugars, total	g	0.90		1	A	1		1.51		
Sucrose	g	0.40		1	A	1		0.67		
Glucose (dextrose)	g	0.20		1	A	1		0.34		
Fructose	g	0.10		1	A	1		0.17		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.664	5		1		12		
Iron, Fe	mg	0.80	0.126	5		1		1.34		
Magnesium, Mg	mg	51	7.520	5		1		86		
Phosphorus, P	mg	70	19.311	4		1		118		
Potassium, K	mg	88	19.635	4		1		148		
Sodium, Na	mg	4	0.198	5		1		7		
Zinc, Zn	mg	0.61	0.039	5		1		1.02		
Copper, Cu	mg	0.146	0.009	5		1		0.245		
Manganese, Mn	mg	0.403		2		1		0.677		
Selenium, Se	mcg	2.2		0	BFSN	4		3.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.040	0.017	6		1		0.067		
Riboflavin	mg	0.039	0.007	6		1		0.066		
Niacin	mg	0.940	0.106	4		1		1.579		
Pantothenic acid	mg	0.359	0.025	5		1		0.603		
Vitamin B-6	mg	0.077	0.020	4		1		0.129		
Folate, total	mcg	14	7.187	4		1		24		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	14	7.187	4		1		24		
Folate, DFE	mcg_DFE	14		0	NC	4		24		
Choline, total	mg	20.1		0	AS	1		33.7		
Betaine	mg	0.5		1	A	1		0.9		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	60		0	BFSN	4		100		
Vitamin E (alpha-tocopherol)	mg	0.09		0	BFSN	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									

NDB No. 20010
Buckwheat groats, roasted, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....mcg	1.9		0	BFSN	4		3.2		
Lipids:									
Fatty acids, total saturated.....g	0.134		0		1		0.225		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.006		0		1		0.010		
10:0.....g	0.003		0		1		0.005		
12:0.....g	0.002		0		1		0.003		
13:0.....g									
14:0.....g	0.004		0		1		0.007		
15:0.....g									
16:0.....g	0.082		0		1		0.138		
17:0.....g									
18:0.....g	0.009		0		1		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.188		0		1		0.316		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.179		0		1		0.301		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.002		0		1		0.003		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.188		0		1		0.316		
18:2 undifferentiated.....g	0.174		0		1		0.292		
18:3 undifferentiated.....g	0.014		0		1		0.024		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.082		
Threonine.....g	0.129		0		1		0.217		
Isoleucine.....g	0.127		0		1		0.213		
Leucine.....g	0.212		0		1		0.356		
Lysine.....g	0.172		0		1		0.289		
Methionine.....g	0.044		0		1		0.074		
Cystine.....g	0.058		0		1		0.097		
Phenylalanine.....g	0.133		0		1		0.223		
Tyrosine.....g	0.062		0		1		0.104		
Valine.....g	0.173		0		1		0.291		
Arginine.....g	0.250		0		1		0.420		
Histidine.....g	0.079		0		1		0.133		
Alanine.....g	0.191		0		1		0.321		
Aspartic acid.....g	0.289		0		1		0.486		
Glutamic acid.....g	0.522		0		1		0.877		
Glycine.....g	0.263		0		1		0.442		
Proline.....g	0.129		0		1		0.217		
Serine.....g	0.175		0		1		0.294		
Hydroxyproline.....g									
Others:									

NDB No. 20010
Buckwheat groats, roasted, cooked

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

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

Common Measures:

Measure 1 = 168g: 1 cup

Calories Factors: Protein 3.37 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20009
Buckwheat groats, roasted, dry

kasha
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.41	0.569	5		1		13.79		
Energy	kcal	346		0	NC	4		567		
Energy	kJ	1448		0		4		2374		
Protein (N x 6.25)	g	11.73	1.464	5		1		19.24		
Total lipid (fat)	g	2.71	0.555	5		1		4.44		
Ash	g	2.20	0.460	5		1		3.61		
Carbohydrate, by difference	g	74.95		0	NC	4		122.92		
Fiber, total dietary	g	10.3		0		4		16.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17	1.271	5		1		28		
Iron, Fe	mg	2.47	0.605	4		1		4.05		
Magnesium, Mg	mg	221	39.768	4		1		362		
Phosphorus, P	mg	319	114.955	4		1		523		
Potassium, K	mg	320	103.806	5		1		525		
Sodium, Na	mg	11		2		1		18		
Zinc, Zn	mg	2.42	0.326	5		1		3.97		
Copper, Cu	mg	0.624	0.074	5		1		1.023		
Manganese, Mn	mg	1.618		2		1		2.654		
Selenium, Se	mcg	8.4		1	A	1		13.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.224	0.110	5		1		0.367		
Riboflavin	mg	0.271	0.076	5		1		0.444		
Niacin	mg	5.135	0.911	4		1		8.421		
Pantothenic acid	mg	1.233	0.145	5		1		2.022		
Vitamin B-6	mg	0.353	0.105	4		1		0.579		
Folate, total	mcg	42	4.005	3		1		69		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	42	4.005	3		1		69		
Folate, DFE	mcg_DFE	42		0	NC	4		69		
Choline, total	mg	54.2		0	AS	1		88.9		
Betaine	mg	2.6		1	A	1		4.3		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.591		0		1		0.969		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.028		0		1		0.046		

NDB No. 20009
Buckwheat groats, roasted, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.014		0		1		0.023		
12:0 g	0.008		0		1		0.013		
13:0 g									
14:0 g	0.020		0		1		0.033		
15:0 g									
16:0 g	0.359		0		1		0.589		
17:0 g									
18:0 g	0.038		0		1		0.062		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.828		0		1		1.358		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.018		0		1		0.030		
17:1 g									
18:1 undifferentiated g	0.788		0		1		1.292		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.009		0		1		0.015		
24:1 c g									
Fatty acids, total polyunsaturated g	0.828		0		1		1.358		
18:2 undifferentiated g	0.766		0		1		1.256		
18:3 undifferentiated g	0.062		0		1		0.102		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.170		0		1		0.279		
Threonine g	0.448		0		1		0.735		
Isoleucine g	0.441		0		1		0.723		
Leucine g	0.736		0		1		1.207		
Lysine g	0.595		0		1		0.976		
Methionine g	0.153		0		1		0.251		
Cystine g	0.202		0		1		0.331		
Phenylalanine g	0.461		0		1		0.756		
Tyrosine g	0.213		0		1		0.349		
Valine g	0.600		0		1		0.984		
Arginine g	0.869		0		1		1.425		
Histidine g	0.273		0		1		0.448		
Alanine g	0.662		0		1		1.086		
Aspartic acid g	1.003		0		1		1.645		
Glutamic acid g	1.811		0		1		2.970		
Glycine g	0.912		0		1		1.496		
Proline g	0.449		0		1		0.736		
Serine g	0.606		0		1		0.994		
Hydroxyproline g									
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.

NDB No. 20009
Buckwheat groats, roasted, dry

Common Measures:

Measure 1 = 164g: 1 cup

Calories Factors: Protein 3.37 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20013
Bulgur, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.76	1.005	7		1		141.52	6.53	
Energy....kcal	83		0	NC	4		151	7	
Energy....kJ	347		0		4		632	29	
Protein (N x 5.83)....g	3.08	0.438	4		1		5.61	0.26	
Total lipid (fat)....g	0.24	0.023	7		1		0.44	0.02	
Ash....g	0.34	0.013	4		1		0.62	0.03	
Carbohydrate, by difference....g	18.58		0	NC	4		33.82	1.56	
Fiber, total dietary....g	4.5		0		1		8.2	0.4	
Sugars, total....g	0.10		0	BFSN	4		0.18	0.01	
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.036	3		1		18	1	
Iron, Fe....mg	0.96	0.281	3		1		1.75	0.08	
Magnesium, Mg....mg	32	1.947	3		1		58	3	
Phosphorus, P....mg	40	9.664	3		1		73	3	
Potassium, K....mg	68	8.771	3		1		124	6	
Sodium, Na....mg	5	0.058	3		1		9	0	
Zinc, Zn....mg	0.57	0.058	3		1		1.04	0.05	
Copper, Cu....mg	0.075	0.008	3		1		0.137	0.006	
Manganese, Mn....mg	0.609		1		1		1.108	0.051	
Selenium, Se....mcg	0.6		0	BFSN	4		1.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.057	0.005	5		1		0.104	0.005	
Riboflavin....mg	0.028	0.007	5		1		0.051	0.002	
Niacin....mg	1.000	0.170	3		1		1.820	0.084	
Pantothenic acid....mg	0.344	0.114	4		1		0.626	0.029	
Vitamin B-6....mg	0.083	0.017	3		1		0.151	0.007	
Folate, total....mcg	18	3.538	3		1		33	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18	3.538	3		1		33	2	
Folate, DFE....mcg_DFE	18		0	NC	4		33	2	
Choline, total....mg	6.9		0	AS	1		12.5	0.6	
Betaine....mg	83.4		1	A	1		151.7	7.0	
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	1		0	BFSN	4		2	0	
Carotene, alpha....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU....IU	2		0	NC	4		4	0	
Lycopene....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin....mcg	54		0	BFSN	4		98	5	
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFSN	4		0.03	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	0.5		0	BFSN	4		0.8	0.0	
Lipids:									
Fatty acids, total saturated....g	0.042		0		1		0.076	0.004	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 20013
Bulgur, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.002		0		1		0.004	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	0.037		0		1		0.067	0.003	
17:0 g									
18:0 g	0.002		0		1		0.004	0.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.031		0		1		0.056	0.003	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.002	0.000	
17:1 g									
18:1 undifferentiated g	0.030		0		1		0.055	0.003	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.098		0		1		0.178	0.008	
18:2 undifferentiated g	0.094		0		1		0.171	0.008	
18:3 undifferentiated g	0.004		0		1		0.007	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	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.048		0		1		0.087	0.004	
Threonine g	0.089		0		1		0.162	0.007	
Isoleucine g	0.114		0		1		0.207	0.010	
Leucine g	0.208		0		1		0.379	0.017	
Lysine g	0.085		0		1		0.155	0.007	
Methionine g	0.048		0		1		0.087	0.004	
Cystine g	0.071		0		1		0.129	0.006	
Phenylalanine g	0.145		0		1		0.264	0.012	
Tyrosine g	0.090		0		1		0.164	0.008	
Valine g	0.139		0		1		0.253	0.012	
Arginine g	0.144		0		1		0.262	0.012	
Histidine g	0.071		0		1		0.129	0.006	
Alanine g	0.109		0		1		0.198	0.009	
Aspartic acid g	0.158		0		1		0.288	0.013	
Glutamic acid g	0.973		0		1		1.771	0.082	
Glycine g	0.124		0		1		0.226	0.010	
Proline g	0.320		0		1		0.582	0.027	
Serine g	0.145		0		1		0.264	0.012	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

NDB No. 20013
Bulgur, cooked

Common Measures:

Measure 1 = 182g: 1 cup

Measure 2 = 8.4g: 1 tbsp

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20012
Bulgur, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.00	0.462	6		1		12.60		
Energy	kcal	342		0	NC	4		479		
Energy	kJ	1431		0		4		2003		
Protein (N x 5.83)	g	12.29	0.432	5		1		17.21		
Total lipid (fat)	g	1.33	0.114	7		1		1.86		
Ash	g	1.51	0.027	7		1		2.11		
Carbohydrate, by difference	g	75.87		0	NC	4		106.22		
Fiber, total dietary	g	18.3		0		1		25.6		
Sugars, total	g	0.41		0	BFZN	4		0.57		
Starch	g									
Minerals:										
Calcium, Ca	mg	35	5.694	10		1		49		
Iron, Fe	mg	2.46	0.294	9		1		3.44		
Magnesium, Mg	mg	164	23.365	9		1		230		
Phosphorus, P	mg	300	36.990	9		1		420		
Potassium, K	mg	410	37.960	9		1		574		
Sodium, Na	mg	17	5.124	6		1		24		
Zinc, Zn	mg	1.93	0.251	11		1		2.70		
Copper, Cu	mg	0.335	0.028	11		1		0.469		
Manganese, Mn	mg	3.048	0.222	4		1		4.267		
Selenium, Se	mcg	2.3		2	A	1		3.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.232	0.018	6		1		0.325		
Riboflavin	mg	0.115	0.043	6		1		0.161		
Niacin	mg	5.114	0.384	5		1		7.160		
Pantothenic acid	mg	1.045	0.250	6		1		1.463		
Vitamin B-6	mg	0.342	0.025	5		1		0.479		
Folate, total	mcg	27	3.034	5		1		38		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	27	3.034	5		1		38		
Folate, DFE	mcg_DFE	27		0	NC	4		38		
Choline, total	mg	28.1		0	BFSN	4		39.3		
Betaine	mg									
Vitamin B-12	mcg	0.00		0		7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	5		0	BFZN	4		7		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	9		0	NC	4		12		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	220		0	BFZN	4		308		
Vitamin E (alpha-tocopherol)	mg	0.06		0		1		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	0.0		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	BFZN	4		2.6		
Lipids:										
Fatty acids, total saturated	g	0.232		0		1		0.325		
4:0	g	0.000		0		1		0.000		

NDB No. 20012
Bulgur, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.013		0		1		0.018		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.203		0		1		0.284		
17:0....g									
18:0....g	0.011		0		1		0.015		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.173		0		1		0.242		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		1		0.010		
17:1....g									
18:1 undifferentiated....g	0.166		0		1		0.232		
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	0.541		0		1		0.757		
18:2 undifferentiated....g	0.518		0		1		0.725		
18:3 undifferentiated....g	0.023		0		1		0.032		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0		1		0.266		
Threonine....g	0.354		0		1		0.496		
Isoleucine....g	0.455		0		1		0.637		
Leucine....g	0.830		0		1		1.162		
Lysine....g	0.339		0		1		0.475		
Methionine....g	0.190		0		1		0.266		
Cystine....g	0.285		0		1		0.399		
Phenylalanine....g	0.580		0		1		0.812		
Tyrosine....g	0.358		0		1		0.501		
Valine....g	0.554		0		1		0.776		
Arginine....g	0.575		0		1		0.805		
Histidine....g	0.285		0		1		0.399		
Alanine....g	0.436		0		1		0.610		
Aspartic acid....g	0.630		0		1		0.882		
Glutamic acid....g	3.878		0		1		5.429		
Glycine....g	0.495		0		1		0.693		
Proline....g	1.275		0		1		1.785		
Serine....g	0.580		0		1		0.812		
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. 20012
Bulgur, dry

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20015
Corn bran, crude

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.71	0.554	6		1		3.58		
Energy	kcal	224		0	NC	4		170		
Energy	kJ	937		0		4		712		
Protein (N x 6.25)	g	8.36	1.760	6		1		6.35		
Total lipid (fat)	g	0.92	0.097	6		1		0.70		
Ash	g	0.36	0.019	6		1		0.27		
Carbohydrate, by difference	g	85.64		0	NC	4		65.09		
Fiber, total dietary	g	79.0	4.474	3	A	1		60.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	42	2.640	5		1		32		
Iron, Fe	mg	2.79	0.006	3		1		2.12		
Magnesium, Mg	mg	64	6.385	5		1		49		
Phosphorus, P	mg	72	5.429	4		1		55		
Potassium, K	mg	44	2.601	5		1		33		
Sodium, Na	mg	7	0.157	5		1		5		
Zinc, Zn	mg	1.56	0.139	5		1		1.19		
Copper, Cu	mg	0.248	0.032	5		1		0.188		
Manganese, Mn	mg	0.140		2		1		0.106		
Selenium, Se	mcg	16.5		0	BFSN	4		12.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.010	0.004	5		1		0.008		
Riboflavin	mg	0.100	0.006	6		1		0.076		
Niacin	mg	2.735	0.351	4		1		2.079		
Pantothenic acid	mg	0.636	0.279	4		1		0.483		
Vitamin B-6	mg	0.152	0.014	4		1		0.116		
Folate, total	mcg	4	1.435	4		1		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4	1.435	4		1		3		
Folate, DFE	mcg_DFE	4		0	NC	4		3		
Choline, total	mg	18.1		0	AS	1		13.8		
Betaine	mg	4.6		1	A	1		3.5		
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	4		2		1		3		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	32		0	BNA	4		24		
Carotene, alpha	mcg	21		0	BNA	4		16		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
Vitamin A, IU	IU	71		2		1		54		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	1355		0	BFZN	4		1030		
Vitamin E (alpha-tocopherol)	mg	0.42		0	BFZN	4		0.32		
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	BFZN	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.130		0		1		0.099		
4:0	g	0.000		0		1		0.000		

NDB No. 20015
Corn bran, crude

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.111		0		1		0.084		
17:0 g									
18:0 g	0.015		0		1		0.011		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.243		0		1		0.185		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.001		
17:1 g									
18:1 undifferentiated g	0.243		0		1		0.185		
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	0.421		0		1		0.320		
18:2 undifferentiated g	0.408		0		1		0.310		
18:3 undifferentiated g	0.013		0		1		0.010		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 76g: 1 cup

Calories Factors: Protein 1.82 **Fat** 8.37 **Carbohydrate** 2.35

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20018
Corn flour, degermed, unenriched, yellow

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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		2	A	1		12.36		
Energy	kcal	375		0	NC	4		473		
Energy	kJ	1569				4		1977		
Protein (N x 6.25)	g	5.59		2	A	1		7.04		
Total lipid (fat)	g	1.39		2	A	1		1.75		
Ash	g	0.46		2	A	1		0.58		
Carbohydrate, by difference	g	82.75		0	NC	4		104.27		
Fiber, total dietary	g	1.9		2	A	1		2.4		
Sugars, total	g	0.64		0	BFZN	4		0.81		
Starch	g									
Minerals:										
Calcium, Ca	mg	2		2	A	1		3		
Iron, Fe	mg	0.91		2	A	1		1.15		
Magnesium, Mg	mg	18		2	A	1		23		
Phosphorus, P	mg	60		2	A	1		76		
Potassium, K	mg	90		2	A	1		113		
Sodium, Na	mg	1		2	A	1		1		
Zinc, Zn	mg	0.37		2	A	1		0.47		
Copper, Cu	mg	0.142		2	A	1		0.179		
Manganese, Mn	mg	0.056		2	A	1		0.071		
Selenium, Se	mcg	8.0		0	BFSN	4		10.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0		
Thiamin	mg	0.074		2	A	1		0.093		
Riboflavin	mg	0.058		2	A	1		0.073		
Niacin	mg	2.656		2	A	1		3.347		
Pantothenic acid	mg	0.052		2	A	1		0.066		
Vitamin B-6	mg	0.097		2	A	1		0.122		
Folate, total	mcg	48		0	BFZN	4		60		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	48		0	BFZN	4		60		
Folate, DFE	mcg_DFE	48		0	NC	4		60		
Choline, total	mg									
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	11		0	NC	4		13		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	97		0	BFZN	4		122		
Carotene, alpha	mcg	63		0	BFZN	4		80		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	214		0	NC	4		270		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	1355		0	BFZN	4		1707		
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFZN	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	0.0		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	BFZN	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.171		0	A	1		0.215		
4:0	g	0.000		0	BFFN	4		0.000		

NDB No. 20018
Corn flour, degermed, unenriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.001		0	BFFN	4		0.001		
13:0 ... g									
14:0 ... g	0.001		0	BFFN	4		0.001		
15:0 ... g									
16:0 ... g	0.140		1	A	1		0.176		
17:0 ... g									
18:0 ... g	0.025		1	A	1		0.032		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.274		0	A	1		0.345		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0	BFFN	4		0.005		
17:1 ... g									
18:1 undifferentiated ... g	0.274		1	A	1		0.345		
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	0.695		0	A	1		0.876		
18:2 undifferentiated ... g	0.673		1	A	1		0.848		
18:3 undifferentiated ... g	0.022		1	A	1		0.028		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 126g: 1 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20017
Corn flour, masa, enriched, white

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.03	0.242	24		1		10.29		
Energy	kcal	365		0	NC	4		416		
Energy	kJ	1527		0		4		1741		
Protein (N x 6.25)	g	9.34	0.144	24		1		10.65		
Total lipid (fat)	g	3.78	0.099	24		1		4.31		
Ash	g	1.57	0.023	24		1		1.79		
Carbohydrate, by difference	g	76.27		0	NC	4		86.95		
Fiber, total dietary	g	9.6		0		1		10.9		
Sugars, total	g	0.64		0	BFZN	4		0.73		
Starch	g									
Minerals:										
Calcium, Ca	mg	141	10.103	29		1		161		
Iron, Fe	mg	7.21	0.503	30		1		8.22		
Magnesium, Mg	mg	110	0.285	3		1		125		
Phosphorus, P	mg	223	27.332	8		1		254		
Potassium, K	mg	298	20.888	9		1		340		
Sodium, Na	mg	5	1.172	6		1		6		
Zinc, Zn	mg	1.78	0.181	4		1		2.03		
Copper, Cu	mg	0.169	0.023	9		1		0.193		
Manganese, Mn	mg	0.484	0.022	10		1		0.552		
Selenium, Se	mcg	15.0		1	A	1		17.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	1.429	0.087	22		1		1.629		
Riboflavin	mg	0.753	0.051	22		1		0.858		
Niacin	mg	9.843	0.443	22		1		11.221		
Pantothenic acid	mg	0.658		1		4		0.750		
Vitamin B-6	mg	0.370	0.070	3		1		0.422		
Folate, total	mcg	233		0	BFZN	4		266		
Folic acid	mcg	209		0	NC	4		238		
Folate, food	mcg	24	10.437	3		1		27		
Folate, DFE	mcg_DFE	380		0	NC	4		433		
Choline, total	mg	4.3		0	AS	1		4.9		
Betaine	mg	2.0		1	A	1		2.3		
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		1	A	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	1		1	A	1		1		
Carotene, alpha	mcg	0		1	A	1		0		
Cryptoxanthin, beta	mcg	1		1	A	1		1		
Vitamin A, IU	IU	3		1	A	1		4		
Lycopene	mcg	0		1	A	1		0		
Lutein + zeaxanthin	mcg	5		1	A	1		6		
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFZN	4		0.17		
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	BFZN	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.532		0		1		0.606		
4:0	g	0.000		0		1		0.000		

NDB No. 20017
Corn flour, masa, enriched, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.453		197		1		0.516		
17:0....g									
18:0....g	0.060		197		1		0.068		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.997		0		1		1.137		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		197		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.994		197		1		1.133		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.724		0		1		1.965		
18:2 undifferentiated....g	1.672		197		1		1.906		
18:3 undifferentiated....g	0.052		197		1		0.059		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		1		0.075		
Threonine....g	0.351		0		1		0.400		
Isoleucine....g	0.334		0		1		0.381		
Leucine....g	1.146		0		1		1.306		
Lysine....g	0.263		0		1		0.300		
Methionine....g	0.196		0		1		0.223		
Cystine....g	0.168		0		1		0.192		
Phenylalanine....g	0.459		0		1		0.523		
Tyrosine....g	0.380		0		1		0.433		
Valine....g	0.473		0		1		0.539		
Arginine....g	0.466		0		1		0.531		
Histidine....g	0.285		0		1		0.325		
Alanine....g	0.699		0		1		0.797		
Aspartic acid....g	0.650		0		1		0.741		
Glutamic acid....g	1.754		0		1		2.000		
Glycine....g	0.383		0		1		0.437		
Proline....g	0.815		0		1		0.929		
Serine....g	0.444		0		1		0.506		
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. 20017
Corn flour, masa, enriched, white

Common Measures:

Measure 1 = 114g: 1 cup

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20317
Corn flour, masa, enriched, yellow

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.03	0.242	24		1		10.29		
Energy	kcal	365		0	NC	4		416		
Energy	kJ	1527		0		4		1741		
Protein (N x 6.25)	g	9.34	0.144	24		1		10.65		
Total lipid (fat)	g	3.78	0.099	24		1		4.31		
Ash	g	1.57	0.023	24		1		1.79		
Carbohydrate, by difference	g	76.27		0	NC	4		86.95		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	141	10.103	29		1		161		
Iron, Fe	mg	7.21	0.503	30		1		8.22		
Magnesium, Mg	mg	110	0.285	3		1		125		
Phosphorus, P	mg	223	27.332	8		1		254		
Potassium, K	mg	298	20.888	9		1		340		
Sodium, Na	mg	5	1.172	6		1		6		
Zinc, Zn	mg	1.78	0.181	4		1		2.03		
Copper, Cu	mg	0.169	0.023	9		1		0.193		
Manganese, Mn	mg	0.484	0.022	10		1		0.552		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	1.429	0.087	22		1		1.629		
Riboflavin	mg	0.753	0.051	22		1		0.858		
Niacin	mg	9.843	0.443	22		1		11.221		
Pantothenic acid	mg	0.658		1		4		0.750		
Vitamin B-6	mg	0.370	0.070	3		1		0.422		
Folate, total	mcg	233		0	BFZN	4		266		
Folic acid	mcg									
Folate, food	mcg	24	10.437	3		1		27		
Folate, DFE	mcg_DFE									
Choline, total	mg	4.3		0	AS	1		4.9		
Betaine	mg	2.0		1	A	1		2.3		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	11		0	NC	4		12		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	97		0	BFZN	4		110		
Carotene, alpha	mcg	63		0	BFZN	4		72		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	214		0	NC	4		244		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	1355		0	BFZN	4		1545		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.532		0		1		0.606		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20317
Corn flour, masa, enriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.453		197		1		0.516		
17:0....g									
18:0....g	0.060		197		1		0.068		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.997		0		1		1.137		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		197		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.994		197		1		1.133		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.724		0		1		1.965		
18:2 undifferentiated....g	1.672		197		1		1.906		
18:3 undifferentiated....g	0.052		197		1		0.059		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		0		1		0.075		
Threonine....g	0.351		0		1		0.400		
Isoleucine....g	0.334		0		1		0.381		
Leucine....g	1.146		0		1		1.306		
Lysine....g	0.263		0		1		0.300		
Methionine....g	0.196		0		1		0.223		
Cystine....g	0.168		0		1		0.192		
Phenylalanine....g	0.459		0		1		0.523		
Tyrosine....g	0.380		0		1		0.433		
Valine....g	0.473		0		1		0.539		
Arginine....g	0.466		0		1		0.531		
Histidine....g	0.285		0		1		0.325		
Alanine....g	0.699		0		1		0.797		
Aspartic acid....g	0.650		0		1		0.741		
Glutamic acid....g	1.754		0		1		2.000		
Glycine....g	0.383		0		1		0.437		
Proline....g	0.815		0		1		0.929		
Serine....g	0.444		0		1		0.506		
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 = 114g: 1 cup

NDB No. 20317
Corn flour, masa, enriched, yellow

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20315
Corn flour, whole-grain, blue (harina de maiz morado)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.83		1	A	1		0.75		
Energy....kcal	364		0	NC	4		25		
Energy....kJ	1524		0	NC	4		105		
Protein (N x 6.25)....g	8.75		1	A	1		0.60		
Total lipid (fat)....g	5.09		1	A	1		0.35		
Ash....g	1.44		1	A	1		0.10		
Carbohydrate, by difference....g	73.89		0	NC	4		5.10		
Fiber, total dietary....g	8.4		1	A	1		0.6		
Sugars, total....g									
Starch....g	68.00		1	A	1		4.69		
Minerals:									
Calcium, Ca....mg	5		1	A	1		0		
Iron, Fe....mg	1.74		1	A	1		0.12		
Magnesium, Mg....mg	110		1	A	1		8		
Phosphorus, P....mg	263		1	A	1		18		
Potassium, K....mg	381		1	A	1		26		
Sodium, Na....mg	5		1	A	1		0		
Zinc, Zn....mg	2.24		1	A	1		0.15		
Copper, Cu....mg	0.154		1	A	1		0.011		
Manganese, Mn....mg	0.540		1	A	1		0.037		
Selenium, Se....mcg	2.2		1	A	1		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.160		1	A	1		0.011		
Riboflavin....mg	0.230		1	A	1		0.016		
Niacin....mg	2.600		1	A	1		0.179		
Pantothenic acid....mg	0.550		1	A	1		0.038		
Vitamin B-6....mg	0.470		1	A	1		0.032		
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:

Measure 1 = 6.9g: 1 tbsp

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

NDB No. 20315

Corn flour, whole-grain, blue (harina de maiz morado)

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20316
Corn flour, whole-grain, white

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.91		2		1		12.76		
Energy....kcal	361		0	NC	4		422		
Energy....kJ	1510		0		4		1767		
Protein (N x 6.25)....g	6.93		2		1		8.11		
Total lipid (fat)....g	3.86		2		1		4.52		
Ash....g	1.45		2		1		1.70		
Carbohydrate, by difference....g	76.85		0	NC	4		89.91		
Fiber, total dietary....g	7.3		0	BFZN	4		8.5		
Sugars, total....g	0.64		0	BFZN	4		0.75		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		2		1		8		
Iron, Fe....mg	2.38		2		1		2.78		
Magnesium, Mg....mg	93		2		1		109		
Phosphorus, P....mg	272		2		1		318		
Potassium, K....mg	315		2		1		369		
Sodium, Na....mg	5		1		4		6		
Zinc, Zn....mg	1.73		2		1		2.02		
Copper, Cu....mg	0.230		2		1		0.269		
Manganese, Mn....mg	0.460		2		1		0.538		
Selenium, Se....mcg	15.4		0	BFSN	4		18.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.246		2		1		0.288		
Riboflavin....mg	0.080		2		1		0.094		
Niacin....mg	1.900		2		1		2.223		
Pantothenic acid....mg	0.658		2		1		0.770		
Vitamin B-6....mg	0.370		0		4		0.433		
Folate, total....mcg	25		2		1		29		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	25		2		1		29		
Folate, DFE....mcg_DFE	25		0	NC	4		29		
Choline, total....mg	21.6		0	BFZN	4		25.2		
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	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	1		0	BFZN	4		1		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	1		0	BFZN	4		2		
Vitamin A, IU....IU	3		0	NC	4		4		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	5		0	BFZN	4		6		
Vitamin E (alpha-tocopherol)....mg	0.42		0	BFZN	4		0.49		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4		0.4		
Lipids:									
Fatty acids, total saturated....g	0.543		0		1		0.635		
4:0....g	0.000		0		1		0.000		

NDB No. 20316
Corn flour, whole-grain, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.463		197		1		0.542		
17:0....g									
18:0....g	0.061		197		1		0.071		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.018		0		1		1.191		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		197		1		0.004		
17:1....g									
18:1 undifferentiated....g	1.015		197		1		1.188		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.759		0		1		2.058		
18:2 undifferentiated....g	1.706		197		1		1.996		
18:3 undifferentiated....g	0.053		197		1		0.062		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.049		0		1		0.057		
Threonine....g	0.261		0		1		0.305		
Isoleucine....g	0.248		0		1		0.290		
Leucine....g	0.850		0		1		0.995		
Lysine....g	0.195		0		1		0.228		
Methionine....g	0.145		0		1		0.170		
Cystine....g	0.125		0		1		0.146		
Phenylalanine....g	0.340		0		1		0.398		
Tyrosine....g	0.282		0		1		0.330		
Valine....g	0.351		0		1		0.411		
Arginine....g	0.345		0		1		0.404		
Histidine....g	0.211		0		1		0.247		
Alanine....g	0.518		0		1		0.606		
Aspartic acid....g	0.482		0		1		0.564		
Glutamic acid....g	1.300		0		1		1.521		
Glycine....g	0.284		0		1		0.332		
Proline....g	0.605		0		1		0.708		
Serine....g	0.329		0		1		0.385		
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. 20316
Corn flour, whole-grain, white

Common Measures:

Measure 1 = 117g: 1 cup

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20016
Corn flour, whole-grain, yellow

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.91		2		1		12.76		
Energy....kcal	361		0	NC	4		422		
Energy....kJ	1510		0		4		1767		
Protein (N x 6.25)....g	6.93		2		1		8.11		
Total lipid (fat)....g	3.86		2		1		4.52		
Ash....g	1.45		2		1		1.70		
Carbohydrate, by difference....g	76.85		0	NC	4		89.91		
Fiber, total dietary....g	7.3		0	BFZN	4		8.5		
Sugars, total....g	0.64		0	BFZN	4		0.75		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		2		1		8		
Iron, Fe....mg	2.38		2		1		2.78		
Magnesium, Mg....mg	93		2		1		109		
Phosphorus, P....mg	272		2		1		318		
Potassium, K....mg	315		2		1		369		
Sodium, Na....mg	5		1		4		6		
Zinc, Zn....mg	1.73		2		1		2.02		
Copper, Cu....mg	0.230		2		1		0.269		
Manganese, Mn....mg	0.460		2		1		0.538		
Selenium, Se....mcg	15.4		0	BFSN	4		18.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.246		2		1		0.288		
Riboflavin....mg	0.080		2		1		0.094		
Niacin....mg	1.900		2		1		2.223		
Pantothenic acid....mg	0.658		2		1		0.770		
Vitamin B-6....mg	0.370		0		4		0.433		
Folate, total....mcg	25		2		1		29		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	25		2		1		29		
Folate, DFE....mcg_DFE	25		0	NC	4		29		
Choline, total....mg	21.6		0	BFZN	4		25.2		
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	11		0	NC	4		13		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	97		0	BFZN	4		113		
Carotene, alpha....mcg	63		0	BFZN	4		74		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	214		0	NC	4		250		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	1355		0	BFZN	4		1585		
Vitamin E (alpha-tocopherol)....mg	0.42		0	BFZN	4		0.49		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4		0.4		
Lipids:									
Fatty acids, total saturated....g	0.543		0		1		0.635		
4:0....g	0.000		0		1		0.000		

NDB No. 20016
Corn flour, whole-grain, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.463		197		1		0.542		
17:0....g									
18:0....g	0.061		197		1		0.071		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.018		0		1		1.191		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		197		1		0.004		
17:1....g									
18:1 undifferentiated....g	1.015		197		1		1.188		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.759		0		1		2.058		
18:2 undifferentiated....g	1.706		197		1		1.996		
18:3 undifferentiated....g	0.053		197		1		0.062		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.049		0		1		0.057		
Threonine....g	0.261		0		1		0.305		
Isoleucine....g	0.248		0		1		0.290		
Leucine....g	0.850		0		1		0.995		
Lysine....g	0.195		0		1		0.228		
Methionine....g	0.145		0		1		0.170		
Cystine....g	0.125		0		1		0.146		
Phenylalanine....g	0.340		0		1		0.398		
Tyrosine....g	0.282		0		1		0.330		
Valine....g	0.351		0		1		0.411		
Arginine....g	0.345		0		1		0.404		
Histidine....g	0.211		0		1		0.247		
Alanine....g	0.518		0		1		0.606		
Aspartic acid....g	0.482		0		1		0.564		
Glutamic acid....g	1.300		0		1		1.521		
Glycine....g	0.284		0		1		0.332		
Proline....g	0.605		0		1		0.708		
Serine....g	0.329		0		1		0.385		
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. 20016
Corn flour, whole-grain, yellow

Common Measures:

Measure 1 = 117g: 1 cup

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20314
Corn, white

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.37	1.037	10		1		17.21		
Energy....kcal	365		0	NC	4		606		
Energy....kJ	1527		0		4		2535		
Protein (N x 6.25)....g	9.42	0.337	7		1		15.64		
Total lipid (fat)....g	4.74	0.456	4		1		7.87		
Ash....g	1.20	0.070	4		1		1.99		
Carbohydrate, by difference....g	74.26		0	NC	4		123.27		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.886	4		1		12		
Iron, Fe....mg	2.71	0.403	6		1		4.50		
Magnesium, Mg....mg	127		1		4		211		
Phosphorus, P....mg	210	28.792	5		1		349		
Potassium, K....mg	287		1		4		476		
Sodium, Na....mg	35		1		4		58		
Zinc, Zn....mg	2.21	0.478	5		1		3.67		
Copper, Cu....mg	0.314	0.071	6		1		0.521		
Manganese, Mn....mg	0.485	0.125	3		1		0.805		
Selenium, Se....mcg	15.5	3.023	5	A	1		25.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.385		1		4		0.639		
Riboflavin....mg	0.201		1		4		0.334		
Niacin....mg	3.627		1		4		6.021		
Pantothenic acid....mg	0.424		1		4		0.704		
Vitamin B-6....mg	0.622		2		1		1.033		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		1		1		0		
Vitamin A, IU....IU	0		1		1		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.667		0		1		1.107		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.569		197		1		0.945		
17:0....g									
18:0....g	0.075		197		1		0.125		

NDB No. 20314
Corn, white

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.251		0		1		2.077		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		197		1		0.007		
17:1....g									
18:1 undifferentiated....g	1.247		197		1		2.070		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.163		0		1		3.591		
18:2 undifferentiated....g	2.097		197		1		3.481		
18:3 undifferentiated....g	0.065		197		1		0.108		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.067		0		1		0.111		
Threonine....g	0.354		0		1		0.588		
Isoleucine....g	0.337		0		1		0.559		
Leucine....g	1.155		0		1		1.917		
Lysine....g	0.265		0		1		0.440		
Methionine....g	0.197		0		1		0.327		
Cystine....g	0.170		0		1		0.282		
Phenylalanine....g	0.463		0		1		0.769		
Tyrosine....g	0.383		0		1		0.636		
Valine....g	0.477		0		1		0.792		
Arginine....g	0.470		0		1		0.780		
Histidine....g	0.287		0		1		0.476		
Alanine....g	0.705		0		1		1.170		
Aspartic acid....g	0.655		0		1		1.087		
Glutamic acid....g	1.768		0		1		2.935		
Glycine....g	0.386		0		1		0.641		
Proline....g	0.822		0		1		1.365		
Serine....g	0.447		0		1		0.742		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 166g: 1 cup

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20014
Corn, yellow
Zea mays mays L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.37	1.037	10		1		17.21		
Energy....kcal	365		0	NC	4		606		
Energy....kJ	1527				4		2535		
Protein (N x 6.25)....g	9.42	0.337	7		1		15.64		
Total lipid (fat)....g	4.74	0.456	4		1		7.87		
Ash....g	1.20	0.070	4		1		1.99		
Carbohydrate, by difference....g	74.26		0	NC	4		123.27		
Fiber, total dietary....g	7.3		0	BFZN	4		12.1		
Sugars, total....g	0.64		0	BFZN	4		1.06		
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.886	4		1		12		
Iron, Fe....mg	2.71	0.403	6		1		4.50		
Magnesium, Mg....mg	127		1		4		211		
Phosphorus, P....mg	210	28.792	5		1		349		
Potassium, K....mg	287		1		4		476		
Sodium, Na....mg	35		1		4		58		
Zinc, Zn....mg	2.21	0.478	5		1		3.67		
Copper, Cu....mg	0.314	0.071	6		1		0.521		
Manganese, Mn....mg	0.485	0.125	3		1		0.805		
Selenium, Se....mcg	15.5	3.023	5	A	1		25.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.385		1		4		0.639		
Riboflavin....mg	0.201		1		4		0.334		
Niacin....mg	3.627		1		4		6.021		
Pantothenic acid....mg	0.424		1		4		0.704		
Vitamin B-6....mg	0.622		2		1		1.033		
Folate, total....mcg	19		0		4		32		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	19		0		4		32		
Folate, DFE....mcg_DFE	19		0	NC	4		32		
Choline, total....mg									
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	11		0	NC	4		18		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	97		0	BFZN	4		161		
Carotene, alpha....mcg	63		0	BFZN	4		105		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	214		0	NC	4		355		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	1355		0	BFZN	4		2249		
Vitamin E (alpha-tocopherol)....mg	0.49		0		1		0.81		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4		0.5		
Lipids:									
Fatty acids, total saturated....g	0.667		0		1		1.107		
4:0....g									

NDB No. 20014
Corn, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.569		197		1		0.945		
17:0....g									
18:0....g	0.075		197		1		0.125		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.251		0		1		2.077		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		197		1		0.007		
17:1....g									
18:1 undifferentiated....g	1.247		197		1		2.070		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.163		0		1		3.591		
18:2 undifferentiated....g	2.097		197		1		3.481		
18:3 undifferentiated....g	0.065		197		1		0.108		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.067		16		1		0.111		
Threonine....g	0.354		35		1		0.588		
Isoleucine....g	0.337		35		1		0.559		
Leucine....g	1.155		35		1		1.917		
Lysine....g	0.265		101		1		0.440		
Methionine....g	0.197		34		1		0.327		
Cystine....g	0.170		30		1		0.282		
Phenylalanine....g	0.463		35		1		0.769		
Tyrosine....g	0.383		34		1		0.636		
Valine....g	0.477		34		1		0.792		
Arginine....g	0.470		31		1		0.780		
Histidine....g	0.287		19		1		0.476		
Alanine....g	0.705		29		1		1.170		
Aspartic acid....g	0.655		29		1		1.087		
Glutamic acid....g	1.768		29		1		2.935		
Glycine....g	0.386		29		1		0.641		
Proline....g	0.822		28		1		1.365		
Serine....g	0.447		29		1		0.742		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

NDB No. 20014
Corn, yellow

Common Measures:

Measure 1 = 166g: 1 cup

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20322
Cornmeal, degermed, enriched, white

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.26	0.181	5	A	1		17.90		
Energy	kcal	369		0	NC	4		587		
Energy	kJ	1546		0	NC	4		2457		
Protein (N x 6.25)	g	7.25	0.114	5	A	1		11.53		
Total lipid (fat)	g	1.79	0.168	5	A	1		2.85		
Ash	g	0.54	0.051	5	A	1		0.86		
Carbohydrate, by difference	g	79.15		0	NC	4		125.85		
Fiber, total dietary	g	4.0	0.144	6	A	1		6.3		
Sugars, total	g	1.66	1.020	3	A	1		2.64		
Sucrose	g	0.73	0.201	6	A	1		1.16		
Glucose (dextrose)	g	0.57	0.413	6	A	1		0.91		
Fructose	g	0.18	0.094	6	A	1		0.29		
Lactose	g	0.00	0.000	6	A	1		0.00		
Maltose	g	0.19	0.187	6	A	1		0.30		
Galactose	g	0.00		2	A	1		0.00		
Starch	g	73.58	0.699	5	A	1		116.99		
Minerals:										
Calcium, Ca	mg	3	0.412	5	A	1		5		
Iron, Fe	mg	4.32	0.388	15	A	1		6.87		
Magnesium, Mg	mg	35	4.118	5	A	1		55		
Phosphorus, P	mg	105	11.038	5	A	1		167		
Potassium, K	mg	152	12.781	5	A	1		241		
Sodium, Na	mg	7	2.354	4	A	1		11		
Zinc, Zn	mg	0.71	0.082	5	A	1		1.12		
Copper, Cu	mg	0.076	0.005	5	A	1		0.121		
Manganese, Mn	mg	0.182	0.023	5	A	1		0.289		
Selenium, Se	mcg	11.6	0.781	5	A	1		18.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.614	0.066	12	A	1		0.976		
Riboflavin	mg	0.416	0.035	12	A	1		0.662		
Niacin	mg	5.309	0.428	12	A	1		8.442		
Pantothenic acid	mg	0.282	0.000	3	A	1		0.449		
Vitamin B-6	mg	0.198	0.030	5	A	1		0.315		
Folate, total	mcg	215	21.862	34	A	1		342		
Folic acid	mcg	185		0	NC	4		295		
Folate, food	mcg	30	2.755	4	A	1		47		
Folate, DFE	mcg_DFE	345		0	NC	4		548		
Choline, total	mg	10.8		0	BFZN	4		17.2		
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		1	A	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	1		1	A	1		2		
Carotene, alpha	mcg	0		1	A	1		0		
Cryptoxanthin, beta	mcg	1		1	A	1		2		
Vitamin A, IU	IU	3		1	A	1		5		
Lycopene	mcg	0		1	A	1		0		
Lutein + zeaxanthin	mcg	5		1	A	1		8		
Vitamin E (alpha-tocopherol)	mg	0.16		2	A	1		0.25		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.02		2	A	1		0.03		
Tocopherol, gamma	mg	0.59		2	A	1		0.94		
Tocopherol, delta	mg	0.04		2	A	1		0.06		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20322
Cornmeal, degermed, enriched, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.194		0	NC	4		0.309		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.002	0.001	3	A	1		0.003		
13:0.....g	0.000		2	A	1		0.000		
14:0.....g	0.001	0.000	3	A	1		0.002		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	0.154	0.001	3	A	1		0.244		
17:0.....g	0.001	0.000	3	A	1		0.001		
18:0.....g	0.032	0.004	3	A	1		0.051		
20:0.....g	0.005	0.000	3	A	1		0.008		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.347		0	NC	4		0.552		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.003	0.000	3	A	1		0.005		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.342	0.001	3	JA	6		0.545		
18:1 c.....g									
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		2	A	1		0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000	0.000	3	A	1		0.000		
22:1 undifferentiated.....g	0.002	0.000	3	A	1		0.003		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.734		0	NC	4		1.168		
18:2 undifferentiated.....g	0.715	0.016	3	A	1		1.137		
18:3 undifferentiated.....g	0.019	0.001	3	JA	6		0.031		
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		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		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g	0.000		1	A	1		0.000		
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.039		0	A	1		0.062		
Threonine.....g	0.176		0	A	1		0.279		
Isoleucine.....g	0.247		0	A	1		0.392		
Leucine.....g	1.026		0	A	1		1.632		
Lysine.....g	0.107		0	A	1		0.171		
Methionine.....g	0.166		0	A	1		0.263		

NDB No. 20322
Cornmeal, degermed, enriched, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.162		0	A	1		0.258		
Phenylalanine....g	0.374		0	A	1		0.594		
Tyrosine....g	0.191		0	A	1		0.304		
Valine....g	0.344		0	A	1		0.547		
Arginine....g	0.244		0	A	1		0.388		
Histidine....g	0.176		0	A	1		0.279		
Alanine....g	0.572		0	A	1		0.909		
Aspartic acid....g	0.474		0	A	1		0.754		
Glutamic acid....g	1.484		0	A	1		2.360		
Glycine....g	0.221		0	A	1		0.351		
Proline....g	0.761		0	A	1		1.211		
Serine....g	0.348		0	A	1		0.553		
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.

Common Measures:

Measure 1 = 159g: 1 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20022
Cornmeal, degermed, enriched, yellow

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.26	0.181	5	A	1		17.90		
Energy	kcal	369		0	NC	4		587		
Energy	kJ	1546		0	NC	4		2457		
Protein (N x 6.25)	g	7.25	0.114	5	A	1		11.53		
Total lipid (fat)	g	1.79	0.168	5	A	1		2.85		
Ash	g	0.54	0.051	5	A	1		0.86		
Carbohydrate, by difference	g	79.15		0	NC	4		125.85		
Fiber, total dietary	g	4.0	0.144	6	A	1		6.3		
Sugars, total	g	1.66	1.020	3	A	1		2.64		
Sucrose	g	0.73	0.201	6	A	1		1.16		
Glucose (dextrose)	g	0.57	0.413	6	A	1		0.91		
Fructose	g	0.18	0.094	6	A	1		0.29		
Lactose	g	0.00	0.000	6	A	1		0.00		
Maltose	g	0.19	0.187	6	A	1		0.30		
Galactose	g	0.00		2	A	1		0.00		
Starch	g	73.58	0.699	5	A	1		116.99		
Minerals:										
Calcium, Ca	mg	3	0.412	5	A	1		5		
Iron, Fe	mg	4.32	0.388	15	A	1		6.87		
Magnesium, Mg	mg	35	4.118	5	A	1		55		
Phosphorus, P	mg	105	11.038	5	A	1		167		
Potassium, K	mg	152	12.781	5	A	1		241		
Sodium, Na	mg	7	2.354	4	A	1		11		
Zinc, Zn	mg	0.71	0.082	5	A	1		1.12		
Copper, Cu	mg	0.076	0.005	5	A	1		0.121		
Manganese, Mn	mg	0.182	0.023	5	A	1		0.289		
Selenium, Se	mcg	11.6	0.781	5	A	1		18.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.614	0.066	12	A	1		0.976		
Riboflavin	mg	0.416	0.035	12	A	1		0.662		
Niacin	mg	5.309	0.428	12	A	1		8.442		
Pantothenic acid	mg	0.282	0.000	3	A	1		0.449		
Vitamin B-6	mg	0.198	0.030	5	A	1		0.315		
Folate, total	mcg	215	21.862	34	A	1		342		
Folic acid	mcg	185		0	NR	4		295		
Folate, food	mcg	30	2.755	4	A	1		47		
Folate, DFE	mcg_DFE	345		0	NC	4		548		
Choline, total	mg	10.8		0	AS	1		17.2		
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	11		3	A	1		17		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	97		3	A	1		154		
Carotene, alpha	mcg	63		3	A	1		101		
Cryptoxanthin, beta	mcg	0	0.000	5	A	1		0		
Vitamin A, IU	IU	214		3	A	1		340		
Lycopene	mcg	0	0.000	5	A	1		0		
Lutein + zeaxanthin	mcg	1355		3	A	1		2154		
Vitamin E (alpha-tocopherol)	mg	0.16		2	A	1		0.25		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.02		2	A	1		0.03		
Tocopherol, gamma	mg	0.59		2	A	1		0.94		
Tocopherol, delta	mg	0.04		2	A	1		0.06		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20022
Cornmeal, degermed, enriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.194		0	NC	4		0.309		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.002	0.001	3	A	1		0.003		
13:0....g	0.000		2	A	1		0.000		
14:0....g	0.001	0.000	3	A	1		0.002		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	0.154	0.001	3	A	1		0.244		
17:0....g	0.001	0.000	3	A	1		0.001		
18:0....g	0.032	0.004	3	A	1		0.051		
20:0....g	0.005	0.000	3	A	1		0.008		
22:0....g	0.000	0.000	3	A	1		0.000		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	0.347		0	NC	4		0.552		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.003	0.000	3	A	1		0.005		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	0.342	0.001	3	JA	6		0.545		
18:1 c....g									
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		2	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000	0.000	3	A	1		0.000		
22:1 undifferentiated....g	0.002	0.000	3	A	1		0.003		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.734		0	NC	4		1.168		
18:2 undifferentiated....g	0.715	0.016	3	A	1		1.137		
18:3 undifferentiated....g	0.019	0.001	3	JA	6		0.031		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	3	A	1		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		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g	0.000		1	A	1		0.000		
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.039		0	A	1		0.062		
Threonine....g	0.176		0	A	1		0.279		
Isoleucine....g	0.247		0	A	1		0.392		
Leucine....g	1.026		0	A	1		1.632		
Lysine....g	0.107		0	A	1		0.171		
Methionine....g	0.166		0	A	1		0.263		

NDB No. 20022
Cornmeal, degermed, enriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.162		0	A	1		0.258		
Phenylalanine....g	0.374		0	A	1		0.594		
Tyrosine....g	0.191		0	A	1		0.304		
Valine....g	0.344		0	A	1		0.547		
Arginine....g	0.244		0	A	1		0.388		
Histidine....g	0.176		0	A	1		0.279		
Alanine....g	0.572		0	A	1		0.909		
Aspartic acid....g	0.474		0	A	1		0.754		
Glutamic acid....g	1.484		0	A	1		2.360		
Glycine....g	0.221		0	A	1		0.351		
Proline....g	0.761		0	A	1		1.211		
Serine....g	0.348		0	A	1		0.553		
Hydroxyproline....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 159g: 1 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20522
Cornmeal, degermed, unenriched, white

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.26	0.181	5	A	1		17.90		
Energy	kcal	369		0	NC	4		587		
Energy	kJ	1546		0	NC	4		2457		
Protein (N x 6.25)	g	7.25	0.114	5	A	1		11.53		
Total lipid (fat)	g	1.79	0.168	5	A	1		2.85		
Ash	g	0.54	0.051	5	A	1		0.86		
Carbohydrate, by difference	g	79.15		0	NC	4		125.85		
Fiber, total dietary	g	4.0	0.144	6	A	1		6.3		
Sugars, total	g	1.66	1.020	3	A	1		2.64		
Sucrose	g	0.73	0.201	6	A	1		1.16		
Glucose (dextrose)	g	0.57	0.413	6	A	1		0.91		
Fructose	g	0.18	0.094	6	A	1		0.29		
Lactose	g	0.00	0.000	6	A	1		0.00		
Maltose	g	0.19	0.187	6	A	1		0.30		
Galactose	g	0.00		2	A	1		0.00		
Starch	g	73.58	0.699	5	A	1		116.99		
Minerals:										
Calcium, Ca	mg	3	0.412	5	A	1		5		
Iron, Fe	mg	1.10		1		1		1.75		
Magnesium, Mg	mg	35	4.118	5	A	1		55		
Phosphorus, P	mg	105	11.038	5	A	1		167		
Potassium, K	mg	152	12.781	5	A	1		241		
Sodium, Na	mg	7	2.354	4	A	1		11		
Zinc, Zn	mg	0.71	0.082	5	A	1		1.12		
Copper, Cu	mg	0.076	0.005	5	A	1		0.121		
Manganese, Mn	mg	0.182	0.023	5	A	1		0.289		
Selenium, Se	mcg	11.6	0.781	5	A	1		18.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.140		1		1		0.223		
Riboflavin	mg	0.050		1		1		0.080		
Niacin	mg	1.000		1		1		1.590		
Pantothenic acid	mg	0.282	0.000	3	A	1		0.449		
Vitamin B-6	mg	0.198	0.030	5	A	1		0.315		
Folate, total	mcg	30	2.755	4	A	1		47		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	30	2.755	4	A	1		47		
Folate, DFE	mcg_DFE	30		0	NC	4		47		
Choline, total	mg									
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	BFZN	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	1		0	BFZN	4		2		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	1		0	BFZN	4		2		
Vitamin A, IU	IU	3		0	BFZN	4		5		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	5		0	BFZN	4		8		
Vitamin E (alpha-tocopherol)	mg	0.16		2	A	1		0.25		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.02		2	A	1		0.03		
Tocopherol, gamma	mg	0.59		2	A	1		0.94		
Tocopherol, delta	mg	0.04		2	A	1		0.06		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20522
Cornmeal, degermed, unenriched, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.194		0	NC	4		0.309		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.002	0.001	3	A	1		0.003		
13:0.....g	0.000		2	A	1		0.000		
14:0.....g	0.001	0.000	3	A	1		0.002		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	0.154	0.001	3	A	1		0.244		
17:0.....g	0.001	0.000	3	A	1		0.001		
18:0.....g	0.032	0.004	3	A	1		0.051		
20:0.....g	0.005	0.000	3	A	1		0.008		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.347		0	NC	4		0.552		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.003	0.000	3	A	1		0.005		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.342	0.001	3	JA	6		0.545		
18:1 c.....g									
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		2	A	1		0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000	0.000	3	A	1		0.000		
22:1 undifferentiated.....g	0.002	0.000	3	A	1		0.003		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.734		0	NC	4		1.168		
18:2 undifferentiated.....g	0.715	0.016	3	A	1		1.137		
18:3 undifferentiated.....g	0.019	0.001	3	JA	6		0.031		
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		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		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g	0.000		1	A	1		0.000		
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.039		0	A	1		0.062		
Threonine.....g	0.176		0	A	1		0.279		
Isoleucine.....g	0.247		0	A	1		0.392		
Leucine.....g	1.026		0	A	1		1.632		
Lysine.....g	0.107		0	A	1		0.171		
Methionine.....g	0.166		0	A	1		0.263		

NDB No. 20522
Cornmeal, degermed, unenriched, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.162		0	A	1		0.258		
Phenylalanine....g	0.374		0	A	1		0.594		
Tyrosine....g	0.191		0	A	1		0.304		
Valine....g	0.344		0	A	1		0.547		
Arginine....g	0.244		0	A	1		0.388		
Histidine....g	0.176		0	A	1		0.279		
Alanine....g	0.572		0	A	1		0.909		
Aspartic acid....g	0.474		0	A	1		0.754		
Glutamic acid....g	1.484		0	A	1		2.360		
Glycine....g	0.221		0	A	1		0.351		
Proline....g	0.761		0	A	1		1.211		
Serine....g	0.348		0	A	1		0.553		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 159g: 1 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20422
Cornmeal, degermed, unenriched, yellow

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.26	0.181	5	A	1		17.90		
Energy....kcal	369		0	NC	4		587		
Energy....kJ	1546		0	NC	4		2457		
Protein (N x 6.25)....g	7.25	0.114	5	A	1		11.53		
Total lipid (fat)....g	1.79	0.168	5	A	1		2.85		
Ash....g	0.54	0.051	5	A	1		0.86		
Carbohydrate, by difference....g	79.15		0	NC	4		125.85		
Fiber, total dietary....g	4.0	0.144	6	A	1		6.3		
Sugars, total....g	1.66	1.020	3	A	1		2.64		
Sucrose....g	0.73	0.201	6	A	1		1.16		
Glucose (dextrose)....g	0.57	0.413	6	A	1		0.91		
Fructose....g	0.18	0.094	6	A	1		0.29		
Lactose....g	0.00	0.000	6	A	1		0.00		
Maltose....g	0.19	0.187	6	A	1		0.30		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	73.58	0.699	5	A	1		116.99		
Minerals:									
Calcium, Ca....mg	3	0.412	5	A	1		5		
Iron, Fe....mg	1.10		1		1		1.75		
Magnesium, Mg....mg	35	4.118	5	A	1		55		
Phosphorus, P....mg	105	11.038	5	A	1		167		
Potassium, K....mg	152	12.781	5	A	1		241		
Sodium, Na....mg	7	2.354	4	A	1		11		
Zinc, Zn....mg	0.71	0.082	5	A	1		1.12		
Copper, Cu....mg	0.076	0.005	5	A	1		0.121		
Manganese, Mn....mg	0.182	0.023	5	A	1		0.289		
Selenium, Se....mcg	11.6	0.781	5	A	1		18.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.140		1		1		0.223		
Riboflavin....mg	0.050		1		1		0.080		
Niacin....mg	1.000		1		1		1.590		
Pantothenic acid....mg	0.282	0.000	3	A	1		0.449		
Vitamin B-6....mg	0.198	0.030	5	A	1		0.315		
Folate, total....mcg	30		0	NC	4		47		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	30	2.755	4	A	1		47		
Folate, DFE....mcg_DFE	30		0	NC	4		47		
Choline, total....mg	10.8		0	BFZN	4		17.2		
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	11		3	A	1		17		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	97		3	A	1		154		
Carotene, alpha....mcg	63		3	A	1		101		
Cryptoxanthin, beta....mcg	0	0.000	5	A	1		0		
Vitamin A, IU....IU	214		3	A	1		340		
Lycopene....mcg	0	0.000	5	A	1		0		
Lutein + zeaxanthin....mcg	1355		3	A	1		2154		
Vitamin E (alpha-tocopherol)....mg	0.16		2	A	1		0.25		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.02		2	A	1		0.03		
Tocopherol, gamma....mg	0.59		2	A	1		0.94		
Tocopherol, delta....mg	0.04		2	A	1		0.06		
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 20422
Cornmeal, degermed, unenriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.194		0	NC	4		0.309		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.002	0.001	3	A	1		0.003		
13:0....g	0.000		2	A	1		0.000		
14:0....g	0.001	0.000	3	A	1		0.002		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	0.154	0.001	3	A	1		0.244		
17:0....g	0.001	0.000	3	A	1		0.001		
18:0....g	0.032	0.004	3	A	1		0.051		
20:0....g	0.005	0.000	3	A	1		0.008		
22:0....g	0.000	0.000	3	A	1		0.000		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	0.347		0	NC	4		0.552		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.003	0.000	3	A	1		0.005		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	0.342	0.001	3	JA	6		0.545		
18:1 c....g									
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000		2	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000	0.000	3	A	1		0.000		
22:1 undifferentiated....g	0.002	0.000	3	A	1		0.003		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.734		0	NC	4		1.168		
18:2 undifferentiated....g	0.715	0.016	3	A	1		1.137		
18:3 undifferentiated....g	0.019	0.001	3	JA	6		0.031		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	3	A	1		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		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g	0.000		1	A	1		0.000		
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.039		0	A	1		0.062		
Threonine....g	0.176		0	A	1		0.279		
Isoleucine....g	0.247		0	A	1		0.392		
Leucine....g	1.026		0	A	1		1.632		
Lysine....g	0.107		0	A	1		0.171		
Methionine....g	0.166		0	A	1		0.263		

NDB No. 20422
Cornmeal, degermed, unenriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.162		0	A	1		0.258		
Phenylalanine....g	0.374		0	A	1		0.594		
Tyrosine....g	0.191		0	A	1		0.304		
Valine....g	0.344		0	A	1		0.547		
Arginine....g	0.244		0	A	1		0.388		
Histidine....g	0.176		0	A	1		0.279		
Alanine....g	0.572		0	A	1		0.909		
Aspartic acid....g	0.474		0	A	1		0.754		
Glutamic acid....g	1.484		0	A	1		2.360		
Glycine....g	0.221		0	A	1		0.351		
Proline....g	0.761		0	A	1		1.211		
Serine....g	0.348		0	A	1		0.553		
Hydroxyproline....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 159g: 1 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20323
Cornmeal, self-rising, bolted, plain, enriched, white

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.59	0.037	442		1		15.36		
Energy	kcal	334		0	NC	4		407		
Energy	kJ	1397				4		1705		
Protein (N x 6.25)	g	8.28	0.111	17		1		10.10		
Total lipid (fat)	g	3.40		2		1		4.15		
Ash	g	5.45	0.046	17		1		6.65		
Carbohydrate, by difference	g	70.28		0	NC	4		85.74		
Fiber, total dietary	g	6.7		0		4		8.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	361	6.875	16		1		440		
Iron, Fe	mg	5.76		1		1		7.03		
Magnesium, Mg	mg	86		1		1		105		
Phosphorus, P	mg	804	16.370	16		1		981		
Potassium, K	mg	255	48.005	3		1		311		
Sodium, Na	mg	1247	156.251	3		1		1521		
Zinc, Zn	mg	2.00		1		1		2.44		
Copper, Cu	mg	0.150		1		1		0.183		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.661		1		4		0.806		
Riboflavin	mg	0.400		1		1		0.488		
Niacin	mg	5.291		1		4		6.455		
Pantothenic acid	mg	0.425		1		4		0.519		
Vitamin B-6	mg	0.540		1		1		0.659		
Folate, total	mcg	233		0	BFZN	4		284		
Folic acid	mcg	176		0	NC	4		215		
Folate, food	mcg	57		1		1		70		
Folate, DFE	mcg_DFE	356		0	NC	4		435		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.478		0		1		0.583		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20323
Cornmeal, self-rising, bolted, plain, enriched, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.408		197		1		0.498		
17:0....g									
18:0....g	0.054		197		1		0.066		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.897		0		1		1.094		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		197		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.894		197		1		1.091		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.550		0		1		1.891		
18:2 undifferentiated....g	1.503		197		1		1.834		
18:3 undifferentiated....g	0.047		197		1		0.057		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.071		
Threonine....g	0.311		0		1		0.379		
Isoleucine....g	0.296		0		1		0.361		
Leucine....g	1.015		0		1		1.238		
Lysine....g	0.233		0		1		0.284		
Methionine....g	0.174		0		1		0.212		
Cystine....g	0.149		0		1		0.182		
Phenylalanine....g	0.407		0		1		0.497		
Tyrosine....g	0.337		0		1		0.411		
Valine....g	0.419		0		1		0.511		
Arginine....g	0.413		0		1		0.504		
Histidine....g	0.253		0		1		0.309		
Alanine....g	0.620		0		1		0.756		
Aspartic acid....g	0.576		0		1		0.703		
Glutamic acid....g	1.554		0		1		1.896		
Glycine....g	0.339		0		1		0.414		
Proline....g	0.723		0		1		0.882		
Serine....g	0.393		0		1		0.479		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 122g: 1 cup

NDB No. 20323
Cornmeal, self-rising, bolted, plain, enriched, white

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20023
Cornmeal, self-rising, bolted, plain, enriched, yellow

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.59	0.037	442		1		15.36		
Energy	kcal	334		0	NC	4		407		
Energy	kJ	1397		0		4		1705		
Protein (N x 6.25)	g	8.28	0.111	17		1		10.10		
Total lipid (fat)	g	3.40		2		1		4.15		
Ash	g	5.45	0.046	17		1		6.65		
Carbohydrate, by difference	g	70.28		0	NC	4		85.74		
Fiber, total dietary	g	6.7		0		4		8.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	361	6.875	16		1		440		
Iron, Fe	mg	5.76		1		1		7.03		
Magnesium, Mg	mg	86		1		1		105		
Phosphorus, P	mg	804	16.370	16		1		981		
Potassium, K	mg	255	48.005	3		1		311		
Sodium, Na	mg	1247	156.251	3		1		1521		
Zinc, Zn	mg	2.00		1		1		2.44		
Copper, Cu	mg	0.150		1		1		0.183		
Manganese, Mn	mg	0.498		0		4		0.608		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.661		1		4		0.806		
Riboflavin	mg	0.400		1		1		0.488		
Niacin	mg	5.291		1		4		6.455		
Pantothenic acid	mg	0.425		1		4		0.519		
Vitamin B-6	mg	0.540		1		1		0.659		
Folate, total	mcg	233		0	BFZN	4		284		
Folic acid	mcg	176		0	NC	4		215		
Folate, food	mcg	57		1		1		70		
Folate, DFE	mcg_DFE	356		0	NC	4		435		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	23		0	NC	4		29		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	469		0		4		572		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.478		0		1		0.583		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20023
Cornmeal, self-rising, bolted, plain, enriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.408		197		1		0.498		
17:0....g									
18:0....g	0.054		197		1		0.066		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.897		0		1		1.094		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		197		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.894		197		1		1.091		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.550		0		1		1.891		
18:2 undifferentiated....g	1.503		197		1		1.834		
18:3 undifferentiated....g	0.047		197		1		0.057		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.071		
Threonine....g	0.311		0		1		0.379		
Isoleucine....g	0.296		0		1		0.361		
Leucine....g	1.015		0		1		1.238		
Lysine....g	0.233		0		1		0.284		
Methionine....g	0.174		0		1		0.212		
Cystine....g	0.149		0		1		0.182		
Phenylalanine....g	0.407		0		1		0.497		
Tyrosine....g	0.337		0		1		0.411		
Valine....g	0.419		0		1		0.511		
Arginine....g	0.413		0		1		0.504		
Histidine....g	0.253		0		1		0.309		
Alanine....g	0.620		0		1		0.756		
Aspartic acid....g	0.576		0		1		0.703		
Glutamic acid....g	1.554		0		1		1.896		
Glycine....g	0.339		0		1		0.414		
Proline....g	0.723		0		1		0.882		
Serine....g	0.393		0		1		0.479		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 122g: 1 cup

NDB No. 20023
Cornmeal, self-rising, bolted, plain, enriched, yellow

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20324

Cornmeal, self-rising, bolted, with wheat flour added, enriched, white

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.33	0.101	43		1		17.56		
Energy....kcal	348		0	NC	4		592		
Energy....kJ	1456				4		2475		
Protein (N x 6.18)....g	8.41	0.060	39		1		14.30		
Total lipid (fat)....g	2.85	0.168	43		1		4.85		
Ash....g	4.98	0.049	43		1		8.47		
Carbohydrate, by difference....g	73.43		0	NC	4		124.83		
Fiber, total dietary....g	6.3		0		4		10.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	299	5.521	38		1		508		
Iron, Fe....mg	4.95	0.937	6		1		8.42		
Magnesium, Mg....mg	54		2		1		92		
Phosphorus, P....mg	651	13.495	37		1		1107		
Potassium, K....mg	207	20.553	8		1		352		
Sodium, Na....mg	1319	22.355	8		1		2242		
Zinc, Zn....mg	1.39	0.082	10		1		2.36		
Copper, Cu....mg	0.139	0.007	10		1		0.236		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.713	0.160	6		1		1.212		
Riboflavin....mg	0.433	0.099	6		1		0.736		
Niacin....mg	5.202	0.899	8		1		8.843		
Pantothenic acid....mg	0.383	0.065	10		1		0.651		
Vitamin B-6....mg	0.385		2		1		0.655		
Folate, total....mcg	264		2	A	1		448		
Folic acid....mcg	198		0	NC	4		336		
Folate, food....mcg	66	2.705	10		1		112		
Folate, DFE....mcg_DFE	402		0	NC	4		683		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		1		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		1		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.400		0		1		0.680		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20324

Cornmeal, self-rising, bolted, with wheat flour added, enriched, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.341		0		1		0.580		
17:0 ... g									
18:0 ... g	0.045		0		1		0.077		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.751		0		1		1.277		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0		1		0.003		
17:1 ... g									
18:1 undifferentiated ... g	0.748		0		1		1.272		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.297		0		1		2.205		
18:2 undifferentiated ... g	1.258		0		1		2.139		
18:3 undifferentiated ... g	0.039		0		1		0.066		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.065		0		1		0.111		
Threonine ... g	0.305		0		1		0.519		
Isoleucine ... g	0.300		0		1		0.510		
Leucine ... g	0.973		0		1		1.654		
Lysine ... g	0.230		0		1		0.391		
Methionine ... g	0.173		0		1		0.294		
Cystine ... g	0.155		0		1		0.264		
Phenylalanine ... g	0.414		0		1		0.704		
Tyrosine ... g	0.332		0		1		0.564		
Valine ... g	0.415		0		1		0.706		
Arginine ... g	0.410		0		1		0.697		
Histidine ... g	0.249		0		1		0.423		
Alanine ... g	0.584		0		1		0.993		
Aspartic acid ... g	0.555		0		1		0.944		
Glutamic acid ... g	1.736		0		1		2.951		
Glycine ... g	0.340		0		1		0.578		
Proline ... g	0.765		0		1		1.301		
Serine ... g	0.402		0		1		0.683		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 170g: 1 cup

NDB No. 20324

Cornmeal, self-rising, bolted, with wheat flour added, enriched, white

Calories Factors: Protein 3.13 **Fat** 8.37 **Carbohydrate** 4.06

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20024

Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.33	0.101	43		1		17.56		
Energy....kcal	348		0	NC	4		592		
Energy....kJ	1456				4		2475		
Protein (N x 6.18)....g	8.41	0.060	39		1		14.30		
Total lipid (fat)....g	2.85	0.168	43		1		4.85		
Ash....g	4.98	0.049	43		1		8.47		
Carbohydrate, by difference....g	73.43		0	NC	4		124.83		
Fiber, total dietary....g	6.3		0		4		10.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	299	5.521	38		1		508		
Iron, Fe....mg	4.95	0.937	6		1		8.42		
Magnesium, Mg....mg	54		2		1		92		
Phosphorus, P....mg	651	13.495	37		1		1107		
Potassium, K....mg	207	20.553	8		1		352		
Sodium, Na....mg	1319	22.355	8		1		2242		
Zinc, Zn....mg	1.39	0.082	10		1		2.36		
Copper, Cu....mg	0.139	0.007	10		1		0.236		
Manganese, Mn....mg	0.516		0		4		0.877		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.713	0.160	6		1		1.212		
Riboflavin....mg	0.433	0.099	6		1		0.736		
Niacin....mg	5.202	0.899	8		1		8.843		
Pantothenic acid....mg	0.383	0.065	10		1		0.651		
Vitamin B-6....mg	0.385		2		1		0.655		
Folate, total....mcg	264		2	A	1		448		
Folic acid....mcg	198		0	NC	4		336		
Folate, food....mcg	66	2.705	10		1		112		
Folate, DFE....mcg_DFE	402		0	NC	4		683		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	14		1		1		24		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	287		1		1		488		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.400		0		1		0.680		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20024

Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.341		0		1		0.580		
17:0....g									
18:0....g	0.045		0		1		0.077		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.751		0		1		1.277		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.748		0		1		1.272		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.297		0		1		2.205		
18:2 undifferentiated....g	1.258		0		1		2.139		
18:3 undifferentiated....g	0.039		0		1		0.066		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.065		0		1		0.111		
Threonine....g	0.305		0		1		0.519		
Isoleucine....g	0.300		0		1		0.510		
Leucine....g	0.973		0		1		1.654		
Lysine....g	0.230		0		1		0.391		
Methionine....g	0.173		0		1		0.294		
Cystine....g	0.155		0		1		0.264		
Phenylalanine....g	0.414		0		1		0.704		
Tyrosine....g	0.332		0		1		0.564		
Valine....g	0.415		0		1		0.706		
Arginine....g	0.410		0		1		0.697		
Histidine....g	0.249		0		1		0.423		
Alanine....g	0.584		0		1		0.993		
Aspartic acid....g	0.555		0		1		0.944		
Glutamic acid....g	1.736		0		1		2.951		
Glycine....g	0.340		0		1		0.578		
Proline....g	0.765		0		1		1.301		
Serine....g	0.402		0		1		0.683		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 170g: 1 cup

NDB No. 20024

Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow

Calories Factors: Protein 3.13 **Fat** 8.37 **Carbohydrate** 4.06

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20325
Cornmeal, self-rising, degermed, enriched, white

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.17	0.217	21		1		14.03		
Energy....kcal	355		0	NC	4		489		
Energy....kJ	1484		0	NC	4		2048		
Protein (N x 6.25)....g	8.41	0.079	20		1		11.61		
Total lipid (fat)....g	1.72	0.106	21		1		2.37		
Ash....g	4.91	0.039	21		1		6.78		
Carbohydrate, by difference....g	74.79		0	NC	4		103.21		
Fiber, total dietary....g	7.1		0		4		9.8		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	350	5.142	20		1		483		
Iron, Fe....mg	4.73	0.163	20		1		6.53		
Magnesium, Mg....mg	49		1		1		68		
Phosphorus, P....mg	623	8.900	19		1		860		
Potassium, K....mg	170	7.475	4		1		235		
Sodium, Na....mg	1348	47.041	4		1		1860		
Zinc, Zn....mg	1.00		1		1		1.38		
Copper, Cu....mg	0.130		1		1		0.179		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.678	0.025	20		1		0.936		
Riboflavin....mg	0.387	0.016	21		1		0.534		
Niacin....mg	4.566	0.196	21		1		6.301		
Pantothenic acid....mg									
Vitamin B-6....mg	0.390		1		1		0.538		
Folate, total....mcg	233		0	BFZN	4		322		
Folic acid....mcg	202		0	NC	4		279		
Folate, food....mcg	31		1		1		43		
Folate, DFE....mcg_DFE	375		0	NC	4		517		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		1		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.234		0		1		0.323		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20325
Cornmeal, self-rising, degermed, enriched, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1		0.000		
12:0 ... g	0.001		0		1		0.001		
13:0 ... g									
14:0 ... g	0.001		0		1		0.001		
15:0 ... g									
16:0 ... g	0.194		0		1		0.268		
17:0 ... g									
18:0 ... g	0.026		0		1		0.036		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.429		0		1		0.592		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.005		0		1		0.007		
17:1 ... g									
18:1 undifferentiated ... g	0.424		0		1		0.585		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.739		0		1		1.020		
18:2 undifferentiated ... g	0.719		0		1		0.992		
18:3 undifferentiated ... g	0.020		0		1		0.028		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 138g: 1 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20025
Cornmeal, self-rising, degermed, enriched, yellow

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.17	0.217	21		1		14.03		
Energy....kcal	355		0	NC	4		490		
Energy....kJ	1485		0		4		2050		
Protein (N x 6.25)....g	8.41	0.079	20		1		11.61		
Total lipid (fat)....g	1.72	0.106	21		1		2.37		
Ash....g	4.91	0.039	21		1		6.78		
Carbohydrate, by difference....g	74.79		0	NC	4		103.21		
Fiber, total dietary....g	7.1		0		4		9.8		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	350	5.142	20		1		483		
Iron, Fe....mg	4.73	0.163	20		1		6.53		
Magnesium, Mg....mg	49		1		1		68		
Phosphorus, P....mg	623	8.900	19		1		860		
Potassium, K....mg	170	7.475	4		1		235		
Sodium, Na....mg	1348	47.041	4		1		1860		
Zinc, Zn....mg	1.00		1		1		1.38		
Copper, Cu....mg	0.130		1		1		0.179		
Manganese, Mn....mg	0.105		0		4		0.145		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.678	0.025	20		1		0.936		
Riboflavin....mg	0.387	0.016	21		1		0.534		
Niacin....mg	4.566	0.196	21		1		6.301		
Pantothenic acid....mg	0.312		0		4		0.431		
Vitamin B-6....mg	0.390		1		1		0.538		
Folate, total....mcg	233		0	BFZN	4		322		
Folic acid....mcg	202		0	NC	4		279		
Folate, food....mcg	31		1		1		43		
Folate, DFE....mcg_DFE	374		0	NC	4		517		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	11		0	BFZN	4		15		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	214		0	BFZN	4		295		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.234		0		1		0.323		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20025
Cornmeal, self-rising, degermed, enriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1		0.000		
12:0 ... g	0.001		0		1		0.001		
13:0 ... g									
14:0 ... g	0.001		0		1		0.001		
15:0 ... g									
16:0 ... g	0.194		0		1		0.268		
17:0 ... g									
18:0 ... g	0.026		0		1		0.036		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.429		0		1		0.592		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.005		0		1		0.007		
17:1 ... g									
18:1 undifferentiated ... g	0.424		0		1		0.585		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.739		0		1		1.020		
18:2 undifferentiated ... g	0.719		0		1		0.992		
18:3 undifferentiated ... g	0.020		0		1		0.028		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 138g: 1 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20320
Cornmeal, whole-grain, white

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.26	0.140	10		1		12.52		
Energy....kcal	362		0	NC	4		442		
Energy....kJ	1515		0		4		1848		
Protein (N x 6.25)....g	8.12	0.306	7		1		9.91		
Total lipid (fat)....g	3.59	0.227	7		1		4.38		
Ash....g	1.13	0.032	7		1		1.38		
Carbohydrate, by difference....g	76.89		0	NC	4		93.81		
Fiber, total dietary....g	7.3		0		4		8.9		
Sugars, total....g	0.64		0	BFZN	4		0.78		
Starch....g									
Minerals:									
Calcium, Ca....mg	6	1.029	9		1		7		
Iron, Fe....mg	3.45	0.371	9		1		4.21		
Magnesium, Mg....mg	127	18.535	6		1		155		
Phosphorus, P....mg	241	9.435	3		1		294		
Potassium, K....mg	287	9.760	6		1		350		
Sodium, Na....mg	35	5.498	6		1		43		
Zinc, Zn....mg	1.82	0.109	6		1		2.22		
Copper, Cu....mg	0.193	0.021	6		1		0.235		
Manganese, Mn....mg	0.498	0.020	3		1		0.608		
Selenium, Se....mcg	15.5		0	BFSN	4		18.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.385	0.052	8		1		0.470		
Riboflavin....mg	0.201	0.034	9		1		0.245		
Niacin....mg	3.632	0.537	8		1		4.431		
Pantothenic acid....mg	0.425	0.054	6		1		0.519		
Vitamin B-6....mg	0.304	0.035	3		1		0.371		
Folate, total....mcg	25		0		4		31		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	25		0		4		31		
Folate, DFE....mcg_DFE	25		0	NC	4		31		
Choline, total....mg	21.6		0	AS	1		26.3		
Betaine....mg	11.6		1	A	1		14.2		
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	1		0	BFZN	4		2		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	1		0	BFZN	4		2		
Vitamin A, IU....IU	3		0	NC	4		4		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	5		0	BFZN	4		6		
Vitamin E (alpha-tocopherol)....mg	0.42		0	BFZN	4		0.51		
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	BFZN	4		0.4		
Lipids:									
Fatty acids, total saturated....g	0.505		0		1		0.616		
4:0....g	0.000		0		1		0.000		

NDB No. 20320
Cornmeal, whole-grain, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.431		0		1		0.526		
17:0....g									
18:0....g	0.057		0		1		0.070		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.948		0		1		1.157		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.945		0		1		1.153		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.638		0		1		1.998		
18:2 undifferentiated....g	1.589		0		1		1.939		
18:3 undifferentiated....g	0.049		0		1		0.060		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.057		0		1		0.070		
Threonine....g	0.305		0		1		0.372		
Isoleucine....g	0.291		0		1		0.355		
Leucine....g	0.996		0		1		1.215		
Lysine....g	0.228		0		1		0.278		
Methionine....g	0.170		0		1		0.207		
Cystine....g	0.146		0		1		0.178		
Phenylalanine....g	0.399		0		1		0.487		
Tyrosine....g	0.330		0		1		0.403		
Valine....g	0.411		0		1		0.501		
Arginine....g	0.405		0		1		0.494		
Histidine....g	0.248		0		1		0.303		
Alanine....g	0.608		0		1		0.742		
Aspartic acid....g	0.565		0		1		0.689		
Glutamic acid....g	1.525		0		1		1.861		
Glycine....g	0.333		0		1		0.406		
Proline....g	0.709		0		1		0.865		
Serine....g	0.386		0		1		0.471		
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. 20320
Cornmeal, whole-grain, white

Common Measures:

Measure 1 = 122g: 1 cup

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20020
Cornmeal, whole-grain, yellow

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.26	0.140	10		1		12.52		
Energy....kcal	362		0	NC	4		442		
Energy....kJ	1515		0		4		1848		
Protein (N x 6.25)....g	8.12	0.306	7		1		9.91		
Total lipid (fat)....g	3.59	0.227	7		1		4.38		
Ash....g	1.13	0.032	7		1		1.38		
Carbohydrate, by difference....g	76.89		0	NC	4		93.81		
Fiber, total dietary....g	7.3		0		1		8.9		
Sugars, total....g	0.64		0	BFZN	4		0.78		
Starch....g									
Minerals:									
Calcium, Ca....mg	6	1.029	9		1		7		
Iron, Fe....mg	3.45	0.371	9		1		4.21		
Magnesium, Mg....mg	127	18.535	6		1		155		
Phosphorus, P....mg	241	9.435	3		1		294		
Potassium, K....mg	287	9.760	6		1		350		
Sodium, Na....mg	35	5.498	6		1		43		
Zinc, Zn....mg	1.82	0.109	6		1		2.22		
Copper, Cu....mg	0.193	0.021	6		1		0.235		
Manganese, Mn....mg	0.498	0.020	3		1		0.608		
Selenium, Se....mcg	15.5		0	BFSN	4		18.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.385	0.052	8		1		0.470		
Riboflavin....mg	0.201	0.034	9		1		0.245		
Niacin....mg	3.632	0.537	8		1		4.431		
Pantothenic acid....mg	0.425	0.054	6		1		0.519		
Vitamin B-6....mg	0.304	0.035	3		1		0.371		
Folate, total....mcg	25		0		4		31		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	25		0		4		31		
Folate, DFE....mcg_DFE	25		0	NC	4		31		
Choline, total....mg	21.6		0	AS	1		26.3		
Betaine....mg	11.6		1	A	1		14.2		
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	11		0	NC	4		13		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	97		0	BFZN	4		118		
Carotene, alpha....mcg	63		0	BFZN	4		77		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	214		0	NC	4		261		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	1355		0	BFZN	4		1653		
Vitamin E (alpha-tocopherol)....mg	0.42		1	A	1		0.51		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	1.86		1	A	1		2.27		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
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	BFZN	4		0.4		
Lipids:									
Fatty acids, total saturated....g	0.505		0		1		0.616		
4:0....g	0.000		0		1		0.000		

NDB No. 20020
Cornmeal, whole-grain, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0		1		0.000		
8:0 ....g	0.000		0		1		0.000		
10:0 ....g	0.000		0		1		0.000		
12:0 ....g	0.000		0		1		0.000		
13:0 ....g									
14:0 ....g	0.000		0		1		0.000		
15:0 ....g									
16:0 ....g	0.431		0		1		0.526		
17:0 ....g									
18:0 ....g	0.057		0		1		0.070		
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.948		0		1		1.157		
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.003		0		1		0.004		
17:1 ....g									
18:1 undifferentiated ....g	0.945		0		1		1.153		
20:1 ....g	0.000		0		1		0.000		
22:1 undifferentiated ....g	0.000		0		1		0.000		
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	1.638		0		1		1.998		
18:2 undifferentiated ....g	1.589		0		1		1.939		
18:3 undifferentiated ....g	0.049		0		1		0.060		
18:4 ....g	0.000		0		1		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000		
20:5 n-3 (EPA) ....g	0.000		0		1		0.000		
22:5 n-3 (DPA) ....g	0.000		0		1		0.000		
22:6 n-3 (DHA) ....g	0.000		0		1		0.000		
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0	Z	7		0		
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.057		0		1		0.070		
Threonine ....g	0.305		0		1		0.372		
Isoleucine ....g	0.291		0		1		0.355		
Leucine ....g	0.996		0		1		1.215		
Lysine ....g	0.228		0		1		0.278		
Methionine ....g	0.170		0		1		0.207		
Cystine ....g	0.146		0		1		0.178		
Phenylalanine ....g	0.399		0		1		0.487		
Tyrosine ....g	0.330		0		1		0.403		
Valine ....g	0.411		0		1		0.501		
Arginine ....g	0.405		0		1		0.494		
Histidine ....g	0.248		0		1		0.303		
Alanine ....g	0.608		0		1		0.742		
Aspartic acid ....g	0.565		0		1		0.689		
Glutamic acid ....g	1.525		0		1		1.861		
Glycine ....g	0.333		0		1		0.406		
Proline ....g	0.709		0		1		0.865		
Serine ....g	0.386		0		1		0.471		
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. 20020
Cornmeal, whole-grain, yellow

Common Measures:

Measure 1 = 122g: 1 cup

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20027
Cornstarch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.32	0.705	5		1		10.65		
Energy....kcal	381		0	NC	4		488		
Energy....kJ	1594		0		4		2040		
Protein (N x 6.25)....g	0.26	0.026	5		1		0.33		
Total lipid (fat)....g	0.05	0.025	3		1		0.06		
Ash....g	0.09	0.003	4		1		0.12		
Carbohydrate, by difference....g	91.27		0	NC	4		116.83		
Fiber, total dietary....g	0.9		0		4		1.2		
Sugars, total....g	0.00		1		1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	2	0.534	7		1		3		
Iron, Fe....mg	0.47	0.125	6		1		0.60		
Magnesium, Mg....mg	3	0.124	7		1		4		
Phosphorus, P....mg	13	0.598	3		1		17		
Potassium, K....mg	3	0.398	7		1		4		
Sodium, Na....mg	9	2.545	4		1		12		
Zinc, Zn....mg	0.06	0.018	6		1		0.08		
Copper, Cu....mg	0.050		2		1		0.064		
Manganese, Mn....mg	0.053	0.023	3		1		0.068		
Selenium, Se....mcg	2.8	0.336	8	A	1		3.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		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	0.4		0	BFPN	4		0.5		
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	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.00		1	A	1		0.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.00		1	A	1		0.00		
Tocopherol, delta....mg	0.00		1	A	1		0.00		
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	0.009		0		1		0.012		
4:0....g	0.000		0		1		0.000		

NDB No. 20027
Cornstarch

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.009		1		1		0.012		
17:0 g									
18:0 g	0.001		1		1		0.001		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.016		0		1		0.020		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.016		1		1		0.020		
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	0.025		0		1		0.032		
18:2 undifferentiated g	0.025		1		1		0.032		
18:3 undifferentiated g	0.000		1		1		0.000		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.001		76		1		0.001		
Threonine g	0.009		11		1		0.012		
Isoleucine g	0.010		11		1		0.013		
Leucine g	0.036		11		1		0.046		
Lysine g	0.006		68		1		0.008		
Methionine g	0.006		10		1		0.008		
Cystine g	0.006		10		1		0.008		
Phenylalanine g	0.013		11		1		0.017		
Tyrosine g	0.010		11		1		0.013		
Valine g	0.014		10		1		0.018		
Arginine g	0.012		11		1		0.015		
Histidine g	0.008		11		1		0.010		
Alanine g	0.019		10		1		0.024		
Aspartic acid g	0.020		11		1		0.026		
Glutamic acid g	0.053		11		1		0.068		
Glycine g	0.009		11		1		0.012		
Proline g	0.024		11		1		0.031		
Serine g	0.012		11		1		0.015		
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. 20027
Cornstarch

Common Measures:

Measure 1 = 128g: 1 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20029
Couscous, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.57	0.155	7		1		113.93	383.17	62.41
Energy....kcal	112		0	NC	4		176	591	96
Energy....kJ	469		0		4		736	2474	403
Protein (N x 5.7)....g	3.79	0.149	3		1		5.95	20.01	3.26
Total lipid (fat)....g	0.16	0.061	7		1		0.25	0.84	0.14
Ash....g	0.26	0.008	4		1		0.41	1.37	0.22
Carbohydrate, by difference....g	23.22		0	NC	4		36.46	122.60	19.97
Fiber, total dietary....g	1.4		0		4		2.2	7.4	1.2
Sugars, total....g	0.10		0	BFSN	4		0.15	0.52	0.08
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.248	4		1		13	42	7
Iron, Fe....mg	0.38	0.028	4		1		0.60	2.01	0.33
Magnesium, Mg....mg	8	1.181	4		1		13	42	7
Phosphorus, P....mg	22	13.273	4		1		35	116	19
Potassium, K....mg	58	4.557	3		1		91	306	50
Sodium, Na....mg	5	0.495	4		1		8	26	4
Zinc, Zn....mg	0.26	0.062	4		1		0.41	1.37	0.22
Copper, Cu....mg	0.041	0.011	3		1		0.064	0.216	0.035
Manganese, Mn....mg	0.084		1		1		0.132	0.444	0.072
Selenium, Se....mcg	27.5		0	BFSN	4		43.2	145.2	23.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	0.0
Thiamin....mg	0.063	0.006	5		1		0.099	0.333	0.054
Riboflavin....mg	0.027	0.011	5		1		0.042	0.143	0.023
Niacin....mg	0.983	0.155	3		1		1.543	5.190	0.845
Pantothenic acid....mg	0.371	0.148	4		1		0.582	1.959	0.319
Vitamin B-6....mg	0.051	0.001	3		1		0.080	0.269	0.044
Folate, total....mcg	15	8.665	3		1		24	79	13
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	15	8.665	3		1		24	79	13
Folate, DFE....mcg_DFE	15		0	NC	4		24	79	13
Choline, total....mg	3.3		0	BFSN	4		5.1	17.2	2.8
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	BFSN	4		0	1	0
Carotene, alpha....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0	1	0
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin....mcg	25		0	BFSN	4		39	132	21
Vitamin E (alpha-tocopherol)....mg	0.13		0	BFSN	4		0.20	0.67	0.11
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	0.1		0	BFSN	4		0.1	0.5	0.1
Lipids:									
Fatty acids, total saturated....g	0.029		0		1		0.046	0.153	0.025
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 20029
Couscous, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		29		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.027		29		1		0.042	0.143	0.023
17:0....g									
18:0....g	0.001		29		1		0.002	0.005	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.035	0.116	0.019
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		29		1		0.002	0.005	0.001
17:1....g									
18:1 undifferentiated....g	0.022		29		1		0.035	0.116	0.019
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.064		0		1		0.100	0.338	0.055
18:2 undifferentiated....g	0.060		29		1		0.094	0.317	0.052
18:3 undifferentiated....g	0.003		29		1		0.005	0.016	0.003
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.049		0		1		0.077	0.259	0.042
Threonine....g	0.100		0		1		0.157	0.528	0.086
Isoleucine....g	0.147		0		1		0.231	0.776	0.126
Leucine....g	0.259		0		1		0.407	1.368	0.223
Lysine....g	0.073		0		1		0.115	0.385	0.063
Methionine....g	0.059		0		1		0.093	0.312	0.051
Cystine....g	0.107		0		1		0.168	0.565	0.092
Phenylalanine....g	0.184		0		1		0.289	0.972	0.158
Tyrosine....g	0.100		0		1		0.157	0.528	0.086
Valine....g	0.162		0		1		0.254	0.855	0.139
Arginine....g	0.140		0		1		0.220	0.739	0.120
Histidine....g	0.077		0		1		0.121	0.407	0.066
Alanine....g	0.111		0		1		0.174	0.586	0.095
Aspartic acid....g	0.155		0		1		0.243	0.818	0.133
Glutamic acid....g	1.367		0		1		2.146	7.218	1.176
Glycine....g	0.120		0		1		0.188	0.634	0.103
Proline....g	0.417		0		1		0.655	2.202	0.359
Serine....g	0.179		0		1		0.281	0.945	0.154
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

NDB No. 20029
Couscous, cooked

Common Measures:

Measure 1 = 157g: 1 cup, cooked
Measure 2 = 528g: 1 cup, dry, yields
Measure 3 = 86g: 1 oz, dry, yields

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20028
Couscous, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.56	0.377	6		1		14.81		
Energy....kcal	376		0	NC	4		650		
Energy....kJ	1573				4		2722		
Protein (N x 5.7)....g	12.76	0.820	6		1		22.07		
Total lipid (fat)....g	0.64	0.244	6		1		1.11		
Ash....g	0.62	0.110	6		1		1.07		
Carbohydrate, by difference....g	77.43		0	NC	4		133.95		
Fiber, total dietary....g	5.0		0		1		8.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	24	2.132	6		1		42		
Iron, Fe....mg	1.08	0.180	6		1		1.87		
Magnesium, Mg....mg	44	2.856	6		1		76		
Phosphorus, P....mg	170	11.311	5		1		294		
Potassium, K....mg	166	17.521	6		1		287		
Sodium, Na....mg	10	2.073	5		1		17		
Zinc, Zn....mg	0.83	0.243	5		1		1.44		
Copper, Cu....mg	0.247	0.022	6		1		0.427		
Manganese, Mn....mg	0.780		2		1		1.349		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.163	0.018	5		1		0.282		
Riboflavin....mg	0.078	0.013	5		1		0.135		
Niacin....mg	3.490	0.083	4		1		6.038		
Pantothenic acid....mg	1.243	0.275	5		1		2.150		
Vitamin B-6....mg	0.110	0.024	4		1		0.190		
Folate, total....mcg	20	2.876	4		1		35		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	20	2.876	4		1		35		
Folate, DFE....mcg_DFE	20		0	NC	4		35		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.117		0		1		0.202		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20028
Couscous, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.109		0		1		0.189		
17:0 g									
18:0 g	0.006		0		1		0.010		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.089		0		1		0.154		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		1		0.003		
17:1 g									
18:1 undifferentiated g	0.086		0		1		0.149		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.252		0		1		0.436		
18:2 undifferentiated g	0.240		0		1		0.415		
18:3 undifferentiated g	0.012		0		1		0.021		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.163		2		1		0.282		
Threonine g	0.337		6		1		0.583		
Isoleucine g	0.493		6		1		0.853		
Leucine g	0.872		6		1		1.509		
Lysine g	0.245		6		1		0.424		
Methionine g	0.199		6		1		0.344		
Cystine g	0.360		6		1		0.623		
Phenylalanine g	0.620		6		1		1.073		
Tyrosine g	0.335		6		1		0.580		
Valine g	0.544		6		1		0.941		
Arginine g	0.470		6		1		0.813		
Histidine g	0.259		6		1		0.448		
Alanine g	0.374		6		1		0.647		
Aspartic acid g	0.521		6		1		0.901		
Glutamic acid g	4.600		6		1		7.958		
Glycine g	0.403		6		1		0.697		
Proline g	1.404		6		1		2.429		
Serine g	0.601		6		1		1.040		
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 = 173g: 1 cup

NDB No. 20028
Couscous, dry

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20030
Hominy, canned, white

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.53	1.910	9		1		136.17		
Energy....kcal	72		0	NC	4		119		
Energy....kJ	301		0		4		497		
Protein (N x 6.25)....g	1.48	0.237	7		1		2.44		
Total lipid (fat)....g	0.88	0.176	7		1		1.45		
Ash....g	0.86	0.085	7		1		1.42		
Carbohydrate, by difference....g	14.26		0	NC	4		23.53		
Fiber, total dietary....g	2.5		0		1		4.1		
Sugars, total....g	1.82		0	BFSN	4		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	10	2.154	9		1		17		
Iron, Fe....mg	0.62	0.099	9		1		1.02		
Magnesium, Mg....mg	16	0.883	7		1		26		
Phosphorus, P....mg	35	3.020	7		1		58		
Potassium, K....mg	9	2.049	7		1		15		
Sodium, Na....mg	210	19.570	7		1		347		
Zinc, Zn....mg	1.05	0.103	6		1		1.73		
Copper, Cu....mg	0.030	0.013	5		1		0.050		
Manganese, Mn....mg	0.070		2		1		0.116		
Selenium, Se....mcg	3.0		0	BFSN	4		5.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.003	0.002	8		1		0.005		
Riboflavin....mg	0.006	0.003	8		1		0.010		
Niacin....mg	0.033	0.013	6		1		0.054		
Pantothenic acid....mg	0.154	0.052	4		1		0.254		
Vitamin B-6....mg	0.005	0.003	4		1		0.008		
Folate, total....mcg	1	0.122	4		1		2		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	1	0.122	4		1		2		
Folate, DFE....mcg_DFE	1		0	NC	4		2		
Choline, total....mg	3.1		0	BFSN	4		5.1		
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	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFSN	4		1		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		1		
Vitamin A, IU....IU	1		0	NC	4		2		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	30		0	BFSN	4		50		
Vitamin E (alpha-tocopherol)....mg	0.05		0	BFSN	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	0.0		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	BFSN	4		0.4		
Lipids:									
Fatty acids, total saturated....g	0.123		0		1		0.203		
4:0....g	0.000		0		4		0.000		

NDB No. 20030
Hominy, canned, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	0.105		197		1		0.173		
17:0 g									
18:0 g	0.014		197		1		0.023		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.231		0		1		0.381		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		197		1		0.002		
17:1 g									
18:1 undifferentiated g	0.230		197		1		0.380		
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	0.399		0		1		0.658		
18:2 undifferentiated g	0.387		197		1		0.639		
18:3 undifferentiated g	0.012		197		1		0.020		
18:4 g	0.000		0		4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000		
20:5 n-3 (EPA) g	0.000		0		4		0.000		
22:5 n-3 (DPA) g	0.000		0		4		0.000		
22:6 n-3 (DHA) g	0.000		0		4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.008		0		1		0.013		
Threonine g	0.050		0		1		0.083		
Isoleucine g	0.058		0		1		0.096		
Leucine g	0.202		0		1		0.333		
Lysine g	0.033		0		1		0.054		
Methionine g	0.031		0		1		0.051		
Cystine g	0.033		0		1		0.054		
Phenylalanine g	0.076		0		1		0.125		
Tyrosine g	0.056		0		1		0.092		
Valine g	0.077		0		1		0.127		
Arginine g	0.068		0		1		0.112		
Histidine g	0.045		0		1		0.074		
Alanine g	0.107		0		1		0.177		
Aspartic acid g	0.115		0		1		0.190		
Glutamic acid g	0.299		0		1		0.493		
Glycine g	0.052		0		1		0.086		
Proline g	0.138		0		1		0.228		
Serine g	0.065		0		1		0.107		
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. 20030
Hominy, canned, white

Common Measures:

Measure 1 = 165g: 1 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20330
Hominy, canned, yellow

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.53	1.910	9		1		132.05		
Energy....kcal	72		0	NC	4		115		
Energy....kJ	301				4		482		
Protein (N x 6.25)....g	1.48	0.237	7		1		2.37		
Total lipid (fat)....g	0.88	0.176	7		1		1.41		
Ash....g	0.86	0.085	7		1		1.38		
Carbohydrate, by difference....g	14.26		0	NC	4		22.82		
Fiber, total dietary....g	2.5		0		4		4.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10	2.154	9		1		16		
Iron, Fe....mg	0.62	0.099	9		1		0.99		
Magnesium, Mg....mg	16	0.883	7		1		26		
Phosphorus, P....mg	35	3.020	7		1		56		
Potassium, K....mg	9	2.049	7		1		14		
Sodium, Na....mg	210	19.570	7		1		336		
Zinc, Zn....mg	1.05	0.103	6		1		1.68		
Copper, Cu....mg	0.030	0.013	5		1		0.048		
Manganese, Mn....mg	0.070		2		1		0.112		
Selenium, Se....mcg	3.0		0	BFSN	4		4.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.003	0.002	8		1		0.005		
Riboflavin....mg	0.006	0.003	8		1		0.010		
Niacin....mg	0.033	0.013	6		1		0.053		
Pantothenic acid....mg	0.154	0.052	4		1		0.246		
Vitamin B-6....mg	0.005	0.003	4		1		0.008		
Folate, total....mcg	1	0.122	4		1		2		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	1	0.122	4		1		2		
Folate, DFE....mcg_DFE	1		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	6		1		1		9		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	110		1		1		176		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.123		0		1		0.197		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20330
Hominy, canned, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.105		197		1		0.168		
17:0 g									
18:0 g	0.014		197		1		0.022		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.231		0		1		0.370		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		197		1		0.002		
17:1 g									
18:1 undifferentiated g	0.230		197		1		0.368		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.399		0		1		0.638		
18:2 undifferentiated g	0.387		197		1		0.619		
18:3 undifferentiated g	0.012		197		1		0.019		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.008		0		1		0.013		
Threonine g	0.050		0		1		0.080		
Isoleucine g	0.058		0		1		0.093		
Leucine g	0.202		0		1		0.323		
Lysine g	0.033		0		1		0.053		
Methionine g	0.031		0		1		0.050		
Cystine g	0.033		0		1		0.053		
Phenylalanine g	0.076		0		1		0.122		
Tyrosine g	0.056		0		1		0.090		
Valine g	0.077		0		1		0.123		
Arginine g	0.068		0		1		0.109		
Histidine g	0.045		0		1		0.072		
Alanine g	0.107		0		1		0.171		
Aspartic acid g	0.115		0		1		0.184		
Glutamic acid g	0.299		0		1		0.478		
Glycine g	0.052		0		1		0.083		
Proline g	0.138		0		1		0.221		
Serine g	0.065		0		1		0.104		
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 = 160g: 1 cup

NDB No. 20330
Hominy, canned, yellow

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20139
Kamut, cooked
Triticum turgidum subsp. durum (Desf.) Husn.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.42	3.763	3	A	1		105.64		
Energy....kcal	146		0	NC	4		251		
Energy....kJ	611		0	NC	4		1050		
Protein (N x 5.83)....g	6.45	0.746	3	A	1		11.10		
Total lipid (fat)....g	0.91	0.078	3	A	1		1.57		
Ash....g	0.75	0.090	3	A	1		1.30		
Carbohydrate, by difference....g	30.46		0	NC	4		52.39		
Fiber, total dietary....g	3.9		0	BFSN	4		6.8		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		2	A	1		18		
Iron, Fe....mg	2.01		2	A	1		3.46		
Magnesium, Mg....mg	56		2	A	1		97		
Phosphorus, P....mg	177		2	A	1		304		
Potassium, K....mg	202		2	A	1		347		
Sodium, Na....mg	6		2	A	1		10		
Zinc, Zn....mg	1.77		2	A	1		3.04		
Copper, Cu....mg	0.248		2	A	1		0.427		
Manganese, Mn....mg	1.215		2	A	1		2.090		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.120	0.025	3	A	1		0.206		
Riboflavin....mg	0.030	0.006	3	A	1		0.051		
Niacin....mg	2.747	0.442	3	A	1		4.724		
Pantothenic acid....mg									
Vitamin B-6....mg	0.083	0.013	3	A	1		0.143		
Folate, total....mcg	12	1.453	3	A	1		21		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	12	1.453	3	A	1		21		
Folate, DFE....mcg_DFE	12		0	NC	4		21		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	BFSN	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	4		0	BFSN	4		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 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. 20139
Kamut, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.057		0	A	1		0.098		
Threonine....g	0.194		0	A	1		0.333		
Isoleucine....g	0.248		0	A	1		0.427		
Leucine....g	0.488		0	A	1		0.839		
Lysine....g	0.182		0	A	1		0.314		
Methionine....g	0.110		0	A	1		0.189		
Cystine....g	0.136		0	A	1		0.233		
Phenylalanine....g	0.339		0	A	1		0.583		
Tyrosine....g	0.154		0	A	1		0.266		
Valine....g	0.301		0	A	1		0.518		
Arginine....g	0.305		0	A	1		0.525		
Histidine....g	0.166		0	A	1		0.286		
Alanine....g	0.238		0	A	1		0.410		
Aspartic acid....g	0.352		0	A	1		0.605		
Glutamic acid....g	2.123		0	A	1		3.652		
Glycine....g	0.254		0	A	1		0.437		
Proline....g	0.699		0	A	1		1.203		
Serine....g	0.333		0	A	1		0.573		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 172g: 1 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20138

Kamut, uncooked

Triticum turgidum subsp. durum (Desf.) Husn.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	10.95		3	A	1		20.38		
Energy ... kcal	337		0	NC	4		627		
Energy ... kJ	1411		0	NC	4		2624		
Protein (N x 5.83) ... g	14.70		3	A	1		27.34		
Total lipid (fat) ... g	2.20		3	A	1		4.09		
Ash ... g	1.77		3	A	1		3.29		
Carbohydrate, by difference ... g	70.38		0	NC	4		130.90		
Fiber, total dietary ... g	9.1		3	A	1		16.9		
Sugars, total ... g	8.19		3	A	1		15.24		
Sucrose ... g	0.52		3	A	1		0.97		
Glucose (dextrose) ... g	0.86		3	A	1		1.60		
Fructose ... g	0.18		3	A	1		0.33		
Lactose ... g	0.00		3	A	1		0.00		
Maltose ... g	6.63		3	A	1		12.34		
Galactose ... g	0.00		3	A	1		0.00		
Starch ... g	52.41		3	A	1		97.48		
Minerals:									
Calcium, Ca ... mg	24		3	A	1		45		
Iron, Fe ... mg	4.41		3	A	1		8.20		
Magnesium, Mg ... mg	134		3	A	1		249		
Phosphorus, P ... mg	386		3	A	1		718		
Potassium, K ... mg	446		3	A	1		830		
Sodium, Na ... mg	6		3	A	1		11		
Zinc, Zn ... mg	3.68		3	A	1		6.84		
Copper, Cu ... mg	0.522		3	A	1		0.971		
Manganese, Mn ... mg	2.860		3	A	1		5.320		
Selenium, Se ... mcg	69.3		3	A	1		129.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.591		3	A	1		1.099		
Riboflavin ... mg	0.178		3	A	1		0.331		
Niacin ... mg	6.350		3	A	1		11.811		
Pantothenic acid ... mg	0.905		3	A	1		1.684		
Vitamin B-6 ... mg	0.255		3	A	1		0.474		
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg	25.8		0	AS	1		48.0		
Betaine ... mg	113.0		1	A	1		210.1		
Vitamin B-12 ... mcg									
Vitamin A, RAE ... mcg_RAE	1		1	A	1		1		
Vitamin A, IU ... IU	10		1	A	1		19		
Lycopene ... mcg	0		1	A	1		0		
Lutein + zeaxanthin ... mcg	301		1	A	1		560		
Vitamin E (alpha-tocopherol) ... mg	0.60		3	A	1		1.12		
Tocopherol, beta ... mg	0.15		3	A	1		0.29		
Tocopherol, gamma ... mg	1.15		3	A	1		2.14		
Tocopherol, delta ... mg	0.01		3	A	1		0.02		
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	1.8		1	A	1		3.3		
Lipids:									
Fatty acids, total saturated ... g	0.192		0	NC	4		0.357		
4:0 ... g									
6:0 ... g									
8:0 ... g	0.000		3	A	1		0.000		

NDB No. 20138
Kamut, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		3	A	1		0.000		
12:0 g	0.000		3	A	1		0.000		
13:0 g									
14:0 g	0.000		3	A	1		0.000		
15:0 g	0.000		3	A	1		0.000		
16:0 g	0.178		3	A	1		0.332		
17:0 g	0.000		3	A	1		0.000		
18:0 g	0.012		3	A	1		0.022		
20:0 g	0.002		3	A	1		0.003		
22:0 g	0.000		3	A	1		0.000		
24:0 g									
Fatty acids, total monounsaturated g	0.214		0	NC	4		0.397		
14:1 g	0.000		3	A	1		0.000		
15:1 g	0.000		3	A	1		0.000		
16:1 undifferentiated g	0.002		3	A	1		0.004		
17:1 g	0.000		3	A	1		0.000		
18:1 undifferentiated g	0.201		3	A	1		0.374		
20:1 g	0.011		3	A	1		0.020		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.616		0	NC	4		1.145		
18:2 undifferentiated g	0.569		3	A	1		1.058		
18:3 undifferentiated g	0.047		3	AS	1		0.087		
18:3 n-3 c,c,c (ALA) g	0.047		3	A	1		0.087		
18:3 n-6 c,c,c g	0.000		3	A	1		0.000		
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.000		3	A	1		0.000		
20:3 undifferentiated g	0.000		3	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		3	A	1		0.000		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg									
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.130		0	A	1		0.242		
Threonine g	0.442		0	A	1		0.822		
Isoleucine g	0.566		0	A	1		1.053		
Leucine g	1.112		0	A	1		2.068		
Lysine g	0.416		0	A	1		0.773		
Methionine g	0.251		0	A	1		0.467		
Cystine g	0.309		0	A	1		0.575		
Phenylalanine g	0.772		0	A	1		1.436		
Tyrosine g	0.352		0	A	1		0.654		
Valine g	0.687		0	A	1		1.277		
Arginine g	0.696		0	A	1		1.294		
Histidine g	0.379		0	A	1		0.706		
Alanine g	0.543		0	A	1		1.010		
Aspartic acid g	0.802		0	A	1		1.492		
Glutamic acid g	4.839		0	A	1		9.000		
Glycine g	0.579		0	A	1		1.077		
Proline g	1.594		0	A	1		2.965		
Serine g	0.759		0	A	1		1.412		
Hydroxyproline g									

NDB No. 20138
Kamut, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 186g: 1 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate**3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20100
Macaroni, cooked, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.13	0.583	26	A	1		86.98	83.25	71.44
Energy	kcal	158		0	NC	4		221	211	181
Energy	kJ	660		0	NC	4		924	884	759
Protein (N x 5.7)	g	5.80	0.103	19	A	1		8.12	7.78	6.67
Total lipid (fat)	g	0.93	0.026	19	A	1		1.31	1.25	1.07
Ash	g	0.27	0.007	13	A	1		0.38	0.37	0.31
Carbohydrate, by difference	g	30.86		0	NC	4		43.21	41.36	35.49
Fiber, total dietary	g	1.8	0.100	18	A	1		2.5	2.4	2.1
Sugars, total	g	0.56	0.135	12	A	1		0.78	0.75	0.64
Sucrose	g	0.09	0.060	9	A	1		0.12	0.12	0.10
Glucose (dextrose)	g	0.04	0.023	12	A	1		0.06	0.06	0.05
Fructose	g	0.03	0.022	9	A	1		0.04	0.04	0.03
Lactose	g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose	g	0.40	0.084	12	A	1		0.56	0.54	0.46
Galactose	g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch	g	26.01	0.462	11	A	1		36.42	34.85	29.91
Minerals:										
Calcium, Ca	mg	7	0.299	51	A	1		10	10	8
Iron, Fe	mg	1.28	0.059	56	A	1		1.80	1.72	1.48
Magnesium, Mg	mg	18	0.636	56	A	1		26	25	21
Phosphorus, P	mg	58	2.627	56	A	1		82	78	67
Potassium, K	mg	44	2.640	52	A	1		62	59	51
Sodium, Na	mg	1	0.132	39	A	1		1	1	1
Zinc, Zn	mg	0.51	0.029	52	A	1		0.72	0.69	0.59
Copper, Cu	mg	0.100	0.003	56	A	1		0.140	0.134	0.115
Manganese, Mn	mg	0.322	0.015	52	A	1		0.451	0.432	0.371
Selenium, Se	mcg	26.4	1.459	50	A	1		36.9	35.3	30.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.274	0.014	11	A	1		0.384	0.367	0.315
Riboflavin	mg	0.136	0.005	11	A	1		0.190	0.182	0.156
Niacin	mg	1.689	0.078	11	A	1		2.364	2.263	1.942
Pantothenic acid	mg	0.112	0.009	32		1		0.157	0.150	0.129
Vitamin B-6	mg	0.049	0.004	6	A	1		0.068	0.065	0.056
Folate, total	mcg	73	3.898	18	A	1		102	98	84
Folic acid	mcg	66		0	NR	4		92	88	76
Folate, food	mcg	7	0.886	22		1		10	9	8
Folate, DFE	mcg_DFE	119		0	NC	4		167	160	137
Choline, total	mg	6.4		0	AS	1		8.9	8.6	7.3
Betaine	mg	68.0		2	A	1		95.2	91.1	78.2
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	BFSN	4		0	0	0
Carotene, alpha	mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU	IU	0		0	NC	4		0	0	0
Lycopene	mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin	mcg	7		0	BFSN	4		10	9	8
Vitamin E (alpha-tocopherol)	mg	0.06	0.005	5	A	1		0.08	0.08	0.07
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.03	0.002	5	A	1		0.04	0.04	0.04
Tocopherol, gamma	mg	0.50	0.017	5	A	1		0.71	0.68	0.58
Tocopherol, delta	mg	0.00	0.000	5	A	1		0.01	0.01	0.00
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20100
Macaroni, cooked, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.017	4	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.176		0	NC	4		0.246	0.235	0.202
4:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
12:0.....g	0.006	0.002	10	A	1		0.008	0.008	0.007
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0.....g	0.006	0.001	10	A	1		0.008	0.008	0.007
15:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
16:0.....g	0.149	0.009	10	A	1		0.209	0.200	0.172
17:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
18:0.....g	0.014	0.000	7	A	1		0.020	0.019	0.016
20:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.131		0	NC	4		0.183	0.175	0.151
14:1.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.131		0	AS	1		0.183	0.175	0.151
18:1 c.....g	0.131	0.062	3	A	1		0.183	0.175	0.151
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.319		0	NC	4		0.446	0.427	0.366
18:2 undifferentiated.....g	0.295	0.042	10	A	1		0.413	0.395	0.339
18:3 undifferentiated.....g	0.024	0.005	10	JA	6		0.033	0.032	0.027
18:3 n-3 c,c,c (ALA).....g	0.024	0.008	3	A	1		0.033	0.032	0.027
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0	A	1		0.116	0.111	0.095
Threonine.....g	0.206		0	A	1		0.288	0.276	0.236
Isoleucine.....g	0.228		0	A	1		0.319	0.305	0.262
Leucine.....g	0.440		0	A	1		0.616	0.589	0.506
Lysine.....g	0.133		0	A	1		0.186	0.178	0.153
Methionine.....g	0.065		0	A	1		0.091	0.087	0.075

NDB No. 20100
Macaroni, cooked, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.113		0	A	1		0.159	0.152	0.130
Phenylalanine....g	0.297		0	A	1		0.416	0.398	0.342
Tyrosine....g	0.108		0	A	1		0.151	0.145	0.124
Valine....g	0.262		0	A	1		0.366	0.350	0.301
Arginine....g	0.211		0	A	1		0.295	0.283	0.243
Histidine....g	0.132		0	A	1		0.185	0.177	0.152
Alanine....g	0.195		0	A	1		0.273	0.261	0.224
Aspartic acid....g	0.278		0	A	1		0.389	0.372	0.319
Glutamic acid....g	2.046		0	A	1		2.864	2.741	2.352
Glycine....g	0.196		0	A	1		0.275	0.263	0.226
Proline....g	0.698		0	A	1		0.978	0.936	0.803
Serine....g	0.275		0	A	1		0.385	0.368	0.316
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	0.000
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 = 140g: 1 cup elbow shaped

Measure 2 = 134g: 1 cup spiral shaped

Measure 3 = 115g: 1 cup small shells

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20400
Macaroni, cooked, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.13	0.583	26	A	1		86.98		
Energy....kcal	158		0	NC	4		221		
Energy....kJ	660		0	NC	4		924		
Protein (N x 5.7)....g	5.80	0.103	19	A	1		8.12		
Total lipid (fat)....g	0.93	0.026	19	A	1		1.31		
Ash....g	0.27	0.007	13	A	1		0.38		
Carbohydrate, by difference....g	30.86		0	NC	4		43.21		
Fiber, total dietary....g	1.8	0.100	18	A	1		2.5		
Sugars, total....g	0.56	0.135	12	A	1		0.78		
Sucrose....g	0.09	0.060	9	A	1		0.12		
Glucose (dextrose)....g	0.04	0.023	12	A	1		0.06		
Fructose....g	0.03	0.022	9	A	1		0.04		
Lactose....g	0.00	0.000	9	A	1		0.00		
Maltose....g	0.40	0.084	12	A	1		0.56		
Galactose....g	0.00	0.000	9	A	1		0.00		
Starch....g	26.01	0.462	11	A	1		36.42		
Minerals:									
Calcium, Ca....mg	7	0.299	51	A	1		10		
Iron, Fe....mg	0.50		1		1		0.70		
Magnesium, Mg....mg	18	0.636	56	A	1		26		
Phosphorus, P....mg	58	2.627	56	A	1		82		
Potassium, K....mg	44	2.640	52	A	1		62		
Sodium, Na....mg	1	0.132	39	A	1		1		
Zinc, Zn....mg	0.51	0.029	52	A	1		0.72		
Copper, Cu....mg	0.100	0.003	56	A	1		0.140		
Manganese, Mn....mg	0.322	0.015	52	A	1		0.451		
Selenium, Se....mcg	26.4	1.459	50	A	1		36.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.020		1		1		0.028		
Riboflavin....mg	0.020		1		1		0.028		
Niacin....mg	0.400		1		1		0.560		
Pantothenic acid....mg	0.112	0.009	32		1		0.157		
Vitamin B-6....mg	0.049	0.004	6	A	1		0.068		
Folate, total....mcg	7	0.886	22		1		10		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		0	BFZN	4		10		
Folate, DFE....mcg_DFE	7		0	NC	4		10		
Choline, total....mg	6.4		0	AS	1		8.9		
Betaine....mg	68.0		2	A	1		95.2		
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFZN	4		0		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	7		0	BFZN	4		10		
Vitamin E (alpha-tocopherol)....mg	0.06	0.005	5	A	1		0.08		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.03	0.002	5	A	1		0.04		
Tocopherol, gamma....mg	0.50	0.017	5	A	1		0.71		
Tocopherol, delta....mg	0.00	0.000	5	A	1		0.01		
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 20400
Macaroni, cooked, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.017	4	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.176		0	NC	4		0.246		
4:0.....g	0.000	0.000	10	A	1		0.000		
6:0.....g	0.000	0.000	10	A	1		0.000		
8:0.....g	0.000	0.000	10	A	1		0.000		
10:0.....g	0.000	0.000	10	A	1		0.000		
12:0.....g	0.006	0.002	10	A	1		0.008		
13:0.....g	0.000	0.000	3	A	1		0.000		
14:0.....g	0.006	0.001	10	A	1		0.008		
15:0.....g	0.000	0.000	10	A	1		0.000		
16:0.....g	0.149	0.009	10	A	1		0.209		
17:0.....g	0.000	0.000	10	A	1		0.000		
18:0.....g	0.014	0.000	7	A	1		0.020		
20:0.....g	0.000	0.000	10	A	1		0.000		
22:0.....g	0.000	0.000	10	A	1		0.000		
24:0.....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.131		0	NC	4		0.183		
14:1.....g	0.000	0.000	9	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.131		0	AS	1		0.183		
18:1 c.....g	0.131	0.062	3	A	1		0.183		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000	0.000	3	A	1		0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000	0.000	10	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.319		0	NC	4		0.446		
18:2 undifferentiated.....g	0.295	0.042	10	A	1		0.413		
18:3 undifferentiated.....g	0.024	0.005	10	JA	6		0.033		
18:3 n-3 c,c,c (ALA).....g	0.024	0.008	3	A	1		0.033		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	7	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0	A	1		0.116		
Threonine.....g	0.206		0	A	1		0.288		
Isoleucine.....g	0.228		0	A	1		0.319		
Leucine.....g	0.440		0	A	1		0.616		
Lysine.....g	0.133		0	A	1		0.186		
Methionine.....g	0.065		0	A	1		0.091		

NDB No. 20400
Macaroni, cooked, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.113		0	A	1		0.159		
Phenylalanine....g	0.297		0	A	1		0.416		
Tyrosine....g	0.108		0	A	1		0.151		
Valine....g	0.262		0	A	1		0.366		
Arginine....g	0.211		0	A	1		0.295		
Histidine....g	0.132		0	A	1		0.185		
Alanine....g	0.195		0	A	1		0.273		
Aspartic acid....g	0.278		0	A	1		0.389		
Glutamic acid....g	2.046		0	A	1		2.864		
Glycine....g	0.196		0	A	1		0.275		
Proline....g	0.698		0	A	1		0.978		
Serine....g	0.275		0	A	1		0.385		
Hydroxyproline....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 140g: 1 cup elbow shaped

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20099
Macaroni, dry, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.90	0.274	9	A	1		10.40	8.32	9.21
Energy	kcal	371		0	NC	4		390	312	345
Energy	kJ	1553		0	NC	4		1631	1305	1445
Protein (N x 5.7)	g	13.04	0.187	6	A	1		13.69	10.95	12.13
Total lipid (fat)	g	1.51	0.202	8	A	1		1.59	1.27	1.40
Ash	g	0.88	0.011	5	A	1		0.92	0.74	0.82
Carbohydrate, by difference	g	74.67		0	NC	4		78.40	62.72	69.44
Fiber, total dietary	g	3.2	0.066	6	A	1		3.3	2.7	3.0
Sugars, total	g	2.67	0.103	5	A	1		2.80	2.24	2.48
Sucrose	g	0.48	0.016	5	A	1		0.50	0.40	0.44
Glucose (dextrose)	g	0.12	0.016	5	A	1		0.13	0.10	0.11
Fructose	g	0.11	0.012	5	A	1		0.11	0.09	0.10
Lactose	g	0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose	g	1.96	0.083	5	A	1		2.06	1.65	1.82
Galactose	g	0.00	0.000	5	A	1		0.00	0.00	0.00
Starch	g	62.45	0.529	5	A	1		65.57	52.45	58.07
Minerals:										
Calcium, Ca	mg	21	0.502	4	A	1		22	18	20
Iron, Fe	mg	3.30	0.147	6	A	1		3.46	2.77	3.07
Magnesium, Mg	mg	53	1.003	5	A	1		55	44	49
Phosphorus, P	mg	189	4.717	5	A	1		199	159	176
Potassium, K	mg	223	3.188	5	A	1		234	187	207
Sodium, Na	mg	6	1.880	6	A	1		6	5	5
Zinc, Zn	mg	1.41	0.075	5	A	1		1.48	1.18	1.31
Copper, Cu	mg	0.289	0.007	5	A	1		0.303	0.243	0.269
Manganese, Mn	mg	0.917	0.062	5	A	1		0.963	0.771	0.853
Selenium, Se	mcg	63.2	2.653	26	A	1		66.4	53.1	58.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.891	0.035	5	A	1		0.936	0.749	0.829
Riboflavin	mg	0.400	0.027	5	A	1		0.420	0.336	0.372
Niacin	mg	7.177	0.408	5	A	1		7.535	6.028	6.674
Pantothenic acid	mg	0.431	0.026	27		1		0.453	0.362	0.401
Vitamin B-6	mg	0.142	0.000	4	A	1		0.149	0.119	0.132
Folate, total	mcg	237	72.785	16	A	1		249	199	221
Folic acid	mcg	219		0	NR	4		230	184	204
Folate, food	mcg	18	1.430	30		1		19	15	17
Folate, DFE	mcg_DFE	391		0	NC	4		410	328	363
Choline, total	mg	15.1		0	AS	1		15.8	12.7	14.0
Betaine	mg	142.4		2	A	1		149.5	119.6	132.4
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Carotene, beta	mcg	0		0	BFZN	4		0	0	0
Carotene, alpha	mcg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU	IU	0		0	NC	4		0	0	0
Lycopene	mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin	mcg	18		0	BFZN	4		19	15	17
Vitamin E (alpha-tocopherol)	mg	0.11	0.037	6	A	1		0.11	0.09	0.10
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.06	0.014	6	A	1		0.06	0.05	0.05
Tocopherol, gamma	mg	0.88	0.325	6	A	1		0.92	0.74	0.82
Tocopherol, delta	mg	0.00	0.003	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20099
Macaroni, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.1	0.075	3	A	1		0.1	0.1	0.1
Lipids:									
Fatty acids, total saturated....g	0.277		0	NC	4		0.291	0.233	0.257
4:0....g	0.000	0.000	5	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	5	A	1		0.000	0.000	0.000
8:0....g	0.000	0.001	5	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	5	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	5	A	1		0.000	0.000	0.000
13:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0....g	0.000	0.000	5	A	1		0.000	0.000	0.000
15:0....g	0.000	0.000	5	A	1		0.000	0.000	0.000
16:0....g	0.251	0.045	5	A	1		0.264	0.211	0.233
17:0....g	0.000	0.000	5	A	1		0.000	0.000	0.000
18:0....g	0.025	0.014	5	A	1		0.027	0.021	0.024
20:0....g	0.000	0.000	5	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	5	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	5	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.171		0	NC	4		0.180	0.144	0.159
14:1....g	0.000	0.001	5	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	0.000
17:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.171	0.008	5	JA	6		0.179	0.143	0.159
18:1 c....g	0.171	0.005	3	A	1		0.179	0.143	0.159
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7)....g									
20:1....g	0.000	0.000	5	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.564		0	NC	4		0.592	0.474	0.524
18:2 undifferentiated....g	0.540	0.037	5	A	1		0.567	0.454	0.502
18:3 undifferentiated....g	0.024	0.010	5	JA	6		0.025	0.020	0.022
18:3 n-3 c,c,c (ALA)....g	0.024	0.016	3	A	1		0.025	0.020	0.022
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	5	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	5	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	5	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.185		0	A	1		0.195	0.156	0.172
Threonine....g	0.462		0	A	1		0.485	0.388	0.430
Isoleucine....g	0.511		0	A	1		0.537	0.429	0.475
Leucine....g	0.988		0	A	1		1.038	0.830	0.919
Lysine....g	0.298		0	A	1		0.313	0.250	0.277
Methionine....g	0.147		0	A	1		0.154	0.123	0.136

NDB No. 20099
Macaroni, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.255		0	A	1		0.267	0.214	0.237
Phenylalanine....g	0.668		0	A	1		0.701	0.561	0.621
Tyrosine....g	0.243		0	A	1		0.255	0.204	0.226
Valine....g	0.588		0	A	1		0.617	0.494	0.547
Arginine....g	0.474		0	A	1		0.498	0.398	0.441
Histidine....g	0.298		0	A	1		0.312	0.250	0.277
Alanine....g	0.438		0	A	1		0.460	0.368	0.407
Aspartic acid....g	0.624		0	A	1		0.655	0.524	0.580
Glutamic acid....g	4.596		0	A	1		4.826	3.861	4.275
Glycine....g	0.441		0	A	1		0.463	0.370	0.410
Proline....g	1.569		0	A	1		1.648	1.318	1.459
Serine....g	0.617		0	A	1		0.648	0.519	0.574
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	0.000
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 = 105g: 1 cup elbow shaped

Measure 2 = 84g: 1 cup spiral shaped

Measure 3 = 93g: 1 cup small shells

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20499
Macaroni, dry, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.90	0.274	9	A	1		10.40	5.64	
Energy....kcal	371		0	NC	4		390	212	
Energy....kJ	1553		0	NC	4		1631	885	
Protein (N x 5.7)....g	13.04	0.187	6	A	1		13.69	7.43	
Total lipid (fat)....g	1.51	0.202	8	A	1		1.59	0.86	
Ash....g	0.88	0.011	5	A	1		0.92	0.50	
Carbohydrate, by difference....g	74.67		0	NC	4		78.40	42.56	
Fiber, total dietary....g	3.2	0.066	6	A	1		3.3	1.8	
Sugars, total....g	2.67	0.103	5	A	1		2.80	1.52	
Sucrose....g	0.48	0.016	5	A	1		0.50	0.27	
Glucose (dextrose)....g	0.12	0.016	5	A	1		0.13	0.07	
Fructose....g	0.11	0.012	5	A	1		0.11	0.06	
Lactose....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose....g	1.96	0.083	5	A	1		2.06	1.12	
Galactose....g	0.00	0.000	5	A	1		0.00	0.00	
Starch....g	62.45	0.529	5	A	1		65.57	35.59	
Minerals:									
Calcium, Ca....mg	21	0.502	4	A	1		22	12	
Iron, Fe....mg	1.30		1		1		1.37	0.74	
Magnesium, Mg....mg	53	1.003	5	A	1		55	30	
Phosphorus, P....mg	189	4.717	5	A	1		199	108	
Potassium, K....mg	223	3.188	5	A	1		234	127	
Sodium, Na....mg	6	1.880	6	A	1		6	3	
Zinc, Zn....mg	1.41	0.075	5	A	1		1.48	0.80	
Copper, Cu....mg	0.289	0.007	5	A	1		0.303	0.165	
Manganese, Mn....mg	0.917	0.062	5	A	1		0.963	0.523	
Selenium, Se....mcg	63.2	2.653	26	A	1		66.4	36.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.090		1		1		0.095	0.051	
Riboflavin....mg	0.060		1		1		0.063	0.034	
Niacin....mg	1.700		1		1		1.785	0.969	
Pantothenic acid....mg	0.431	0.026	27		1		0.453	0.246	
Vitamin B-6....mg	0.142	0.000	4	A	1		0.149	0.081	
Folate, total....mcg	18	1.430	30		1		19	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18	1.430	30		1		19	10	
Folate, DFE....mcg_DFE	18		0	NC	4		19	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	BFZN	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	BFZN	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.11	0.037	6	A	1		0.11	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.05	0.014	6	A	1		0.06	0.03	
Tocopherol, gamma....mg	0.88	0.325	6	A	1		0.92	0.50	
Tocopherol, delta....mg	0.00	0.003	6	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									

NDB No. 20499
Macaroni, dry, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.1	0.075	3	A	1		0.1	0.0	
Lipids:									
Fatty acids, total saturated....g	0.277		0	NC	4		0.291	0.158	
4:0....g	0.000	0.000	5	A	1		0.000	0.000	
6:0....g	0.000	0.000	5	A	1		0.000	0.000	
8:0....g	0.000	0.001	5	A	1		0.000	0.000	
10:0....g	0.000	0.000	5	A	1		0.000	0.000	
12:0....g	0.000	0.000	5	A	1		0.000	0.000	
13:0....g	0.000	0.000	3	A	1		0.000	0.000	
14:0....g	0.000	0.000	5	A	1		0.000	0.000	
15:0....g	0.000	0.000	5	A	1		0.000	0.000	
16:0....g	0.251	0.045	5	A	1		0.264	0.143	
17:0....g	0.000	0.000	5	A	1		0.000	0.000	
18:0....g	0.025	0.014	5	A	1		0.027	0.014	
20:0....g	0.000	0.000	5	A	1		0.000	0.000	
22:0....g	0.000	0.000	5	A	1		0.000	0.000	
24:0....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.171		0	NC	4		0.180	0.098	
14:1....g	0.000	0.001	5	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	0.171	0.008	5	JA	6		0.179	0.097	
18:1 c....g	0.171	0.005	3	A	1		0.179	0.097	
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	5	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	5	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	0.564		0	NC	4		0.592	0.321	
18:2 undifferentiated....g	0.540	0.037	5	A	1		0.567	0.308	
18:3 undifferentiated....g	0.024	0.010	5	JA	6		0.025	0.014	
18:3 n-3 c,c,c (ALA)....g	0.024	0.016	3	A	1		0.025	0.014	
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		2	A	1		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	5	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	5	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.185		0	A	1		0.195	0.106	
Threonine....g	0.462		0	A	1		0.485	0.263	
Isoleucine....g	0.511		0	A	1		0.537	0.291	
Leucine....g	0.988		0	A	1		1.038	0.563	
Lysine....g	0.298		0	A	1		0.313	0.170	
Methionine....g	0.147		0	A	1		0.154	0.084	
Cystine....g	0.255		0	A	1		0.267	0.145	

NDB No. 20499
Macaroni, dry, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.668		0	A	1		0.701	0.381	
Tyrosine....g	0.243		0	A	1		0.255	0.139	
Valine....g	0.588		0	A	1		0.617	0.335	
Arginine....g	0.474		0	A	1		0.498	0.270	
Histidine....g	0.298		0	A	1		0.312	0.170	
Alanine....g	0.438		0	A	1		0.460	0.250	
Aspartic acid....g	0.624		0	A	1		0.655	0.356	
Glutamic acid....g	4.596		0	A	1		4.826	2.620	
Glycine....g	0.441		0	A	1		0.463	0.251	
Proline....g	1.569		0	A	1		1.648	0.894	
Serine....g	0.617		0	A	1		0.648	0.352	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
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 = 105g: 1 cup elbow shaped

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20102
Macaroni, protein-fortified, cooked, enriched, (n x 5.70)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.73	3.346	4		1		68.69		
Energy....kcal	164		0	NC	4		189		
Energy....kJ	686				4		789		
Protein (N x 5.7)....g	8.08	0.756	4		1		9.29		
Total lipid (fat)....g	0.21	0.096	7		1		0.24		
Ash....g	0.31	0.030	4		1		0.36		
Carbohydrate, by difference....g	31.66		0	NC	4		36.41		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10	1.443	4		1		12		
Iron, Fe....mg	0.72	0.255	4		1		0.83		
Magnesium, Mg....mg	30	6.998	3		1		35		
Phosphorus, P....mg	50	24.913	3		1		58		
Potassium, K....mg	42	1.695	3		1		48		
Sodium, Na....mg	5	0.806	3		1		6		
Zinc, Zn....mg	0.50	0.060	3		1		0.58		
Copper, Cu....mg	0.084	0.034	3		1		0.097		
Manganese, Mn....mg	0.417		1		1		0.480		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.298	0.020	5		1		0.343		
Riboflavin....mg	0.161	0.009	5		1		0.185		
Niacin....mg	1.837	0.168	3		1		2.113		
Pantothenic acid....mg	0.286	0.073	4		1		0.329		
Vitamin B-6....mg	0.064	0.007	3		1		0.074		
Folate, total....mcg	82		0	BFSY	4		94		
Folic acid....mcg	71		0	NC	4		82		
Folate, food....mcg	11	4.376	3		1		13		
Folate, DFE....mcg_DFE	132		0	NC	4		151		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.032		0		1		0.037		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20102
Macaroni, protein-fortified, cooked, enriched, (n x 5.70)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.000		0		1		0.000		
15:0 ... g									
16:0 ... g	0.028		0		1		0.032		
17:0 ... g									
18:0 ... g	0.003		0		1		0.003		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.026		0		1		0.030		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		1		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.026		0		1		0.030		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.095		0		1		0.109		
18:2 undifferentiated ... g	0.086		0		1		0.099		
18:3 undifferentiated ... g	0.009		0		1		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		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.103		0		1		0.118		
Threonine ... g	0.228		0		1		0.262		
Isoleucine ... g	0.319		0		1		0.367		
Leucine ... g	0.557		0		1		0.641		
Lysine ... g	0.191		0		1		0.220		
Methionine ... g	0.129		0		1		0.148		
Cystine ... g	0.220		0		1		0.253		
Phenylalanine ... g	0.391		0		1		0.450		
Tyrosine ... g	0.220		0		1		0.253		
Valine ... g	0.354		0		1		0.407		
Arginine ... g	0.315		0		1		0.362		
Histidine ... g	0.169		0		1		0.194		
Alanine ... g	0.259		0		1		0.298		
Aspartic acid ... g	0.367		0		1		0.422		
Glutamic acid ... g	2.782		0		1		3.199		
Glycine ... g	0.269		0		1		0.309		
Proline ... g	0.848		0		1		0.975		
Serine ... g	0.383		0		1		0.440		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 115g: 1 cup small shells

NDB No. 20102
Macaroni, protein-fortified, cooked, enriched, (n x 5.70)

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20302
Macaroni, protein-fortified, cooked, enriched, (n x 6.25)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.73	3.346	4		1		68.69		
Energy....kcal	164		0	NC	4		189		
Energy....kJ	686				4		789		
Protein (N x 5.7)....g	8.86		1		1		10.19		
Total lipid (fat)....g	0.21	0.096	7		1		0.24		
Ash....g	0.31	0.030	4		1		0.36		
Carbohydrate, by difference....g	30.88		0	NC	4		35.51		
Fiber, total dietary....g	1.5		0		4		1.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10	1.443	4		1		12		
Iron, Fe....mg	0.72	0.255	4		1		0.83		
Magnesium, Mg....mg	30	6.998	3		1		35		
Phosphorus, P....mg	50	24.913	3		1		58		
Potassium, K....mg	42	1.695	3		1		48		
Sodium, Na....mg	5	0.806	3		1		6		
Zinc, Zn....mg	0.50	0.060	3		1		0.58		
Copper, Cu....mg	0.084	0.034	3		1		0.097		
Manganese, Mn....mg	0.417		1		1		0.480		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.298	0.020	5		1		0.343		
Riboflavin....mg	0.161	0.009	5		1		0.185		
Niacin....mg	1.837	0.168	3		1		2.113		
Pantothenic acid....mg	0.286	0.073	4		1		0.329		
Vitamin B-6....mg	0.064	0.007	3		1		0.074		
Folate, total....mcg	82		0	BFSY	4		94		
Folic acid....mcg	71		0	NC	4		82		
Folate, food....mcg	11	4.376	3		1		13		
Folate, DFE....mcg_DFE	132		0	NC	4		151		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.032		0		1		0.037		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20302
Macaroni, protein-fortified, cooked, enriched, (n x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.028		0		1		0.032		
17:0 g									
18:0 g	0.003		0		1		0.003		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.026		0		1		0.030		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.026		0		1		0.030		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.095		0		1		0.109		
18:2 undifferentiated g	0.086		0		1		0.099		
18:3 undifferentiated g	0.009		0		1		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		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.103		0		1		0.118		
Threonine g	0.228		0		1		0.262		
Isoleucine g	0.319		0		1		0.367		
Leucine g	0.557		0		1		0.641		
Lysine g	0.191		0		1		0.220		
Methionine g	0.129		0		1		0.148		
Cystine g	0.220		0		1		0.253		
Phenylalanine g	0.391		0		1		0.450		
Tyrosine g	0.220		0		1		0.253		
Valine g	0.354		0		1		0.407		
Arginine g	0.315		0		1		0.362		
Histidine g	0.169		0		1		0.194		
Alanine g	0.259		0		1		0.298		
Aspartic acid g	0.367		0		1		0.422		
Glutamic acid g	2.782		0		1		3.199		
Glycine g	0.269		0		1		0.309		
Proline g	0.848		0		1		0.975		
Serine g	0.383		0		1		0.440		
Hydroxyproline g									

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

Common Measures:

Measure 1 = 115g: 1 cup small shells

NDB No. 20302
Macaroni, protein-fortified, cooked, enriched, (n x 6.25)

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20101
Macaroni, protein-fortified, dry, enriched, (n x 5.70)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.23	0.620	14		1		8.58	5.26	
Energy....kcal	375		0	NC	4		349	214	
Energy....kJ	1569				4		1459	894	
Protein (N x 5.7)....g	19.86	0.618	17		1		18.47	11.32	
Total lipid (fat)....g	2.23	0.249	20		1		2.07	1.27	
Ash....g	1.12	0.082	14		1		1.04	0.64	
Carbohydrate, by difference....g	67.56		0	NC	4		62.83	38.51	
Fiber, total dietary....g	2.4		0		4		2.2	1.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	39	5.526	19		1		36	22	
Iron, Fe....mg	4.15	0.334	19		1		3.86	2.37	
Magnesium, Mg....mg	65	12.843	6		1		60	37	
Phosphorus, P....mg	163	44.753	5		1		152	93	
Potassium, K....mg	201	26.503	6		1		187	115	
Sodium, Na....mg	8	2.167	10		1		7	5	
Zinc, Zn....mg	1.79	0.290	6		1		1.66	1.02	
Copper, Cu....mg	0.278	0.053	6		1		0.259	0.158	
Manganese, Mn....mg	0.910	0.251	3		1		0.846	0.519	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	1.187	0.059	19		1		1.104	0.677	
Riboflavin....mg	0.475	0.022	20		1		0.442	0.271	
Niacin....mg	7.654	0.503	18		1		7.118	4.363	
Pantothenic acid....mg	0.684	0.085	4		1		0.636	0.390	
Vitamin B-6....mg	0.178	0.030	5		1		0.166	0.101	
Folate, total....mcg	278		0	BFZN	4		258	158	
Folic acid....mcg	258		0	NC	4		240	147	
Folate, food....mcg	20	5.073	5		1		19	11	
Folate, DFE....mcg_DFE	458		0	NC	4		426	261	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0		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		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		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.328		0		1		0.305	0.187	
4:0....g									
6:0....g									
8:0....g									

NDB No. 20101
Macaroni, protein-fortified, dry, enriched, (n x 5.70)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.004		1		1		0.004	0.002	
15:0....g									
16:0....g	0.291		1		1		0.271	0.166	
17:0....g									
18:0....g	0.032		1		1		0.030	0.018	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.271		0		1		0.252	0.154	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1		1		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	0.270		1		1		0.251	0.154	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.986		0		1		0.917	0.562	
18:2 undifferentiated....g	0.893		1		1		0.830	0.509	
18:3 undifferentiated....g	0.093		1		1		0.086	0.053	
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		7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.254		0		1		0.236	0.145	
Threonine....g	0.561		0		1		0.522	0.320	
Isoleucine....g	0.784		0		1		0.729	0.447	
Leucine....g	1.369		0		1		1.273	0.780	
Lysine....g	0.470		0		1		0.437	0.268	
Methionine....g	0.317		0		1		0.295	0.181	
Cystine....g	0.540		0		1		0.502	0.308	
Phenylalanine....g	0.962		0		1		0.895	0.548	
Tyrosine....g	0.540		0		1		0.502	0.308	
Valine....g	0.871		0		1		0.810	0.496	
Arginine....g	0.774		0		1		0.720	0.441	
Histidine....g	0.415		0		1		0.386	0.237	
Alanine....g	0.638		0		1		0.593	0.364	
Aspartic acid....g	0.902		0		1		0.839	0.514	
Glutamic acid....g	6.840		0		1		6.361	3.899	
Glycine....g	0.662		0		1		0.616	0.377	
Proline....g	2.084		0		1		1.938	1.188	
Serine....g	0.941		0		1		0.875	0.536	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 93g: 1 cup small shells

Measure 2 = 57g: 2 oz

NDB No. 20101
Macaroni, protein-fortified, dry, enriched, (n x 5.70)

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20301
Macaroni, protein-fortified, dry, enriched, (n x 6.25)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.23	0.620	14		1		8.58	5.26	
Energy....kcal	374		0	NC	4		348	213	
Energy....kJ	1565				4		1455	892	
Protein (N x 5.7)....g	21.78		1		1		20.26	12.41	
Total lipid (fat)....g	2.23	0.249	20		1		2.07	1.27	
Ash....g	1.12	0.082	14		1		1.04	0.64	
Carbohydrate, by difference....g	65.65		0	NC	4		61.05	37.42	
Fiber, total dietary....g	2.4		0		4		2.2	1.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	39	5.526	19		1		36	22	
Iron, Fe....mg	4.15	0.334	19		1		3.86	2.37	
Magnesium, Mg....mg	65	12.843	6		1		60	37	
Phosphorus, P....mg	163	44.753	5		1		152	93	
Potassium, K....mg	201	26.503	6		1		187	115	
Sodium, Na....mg	8	2.167	10		1		7	5	
Zinc, Zn....mg	1.79	0.290	6		1		1.66	1.02	
Copper, Cu....mg	0.278	0.053	6		1		0.259	0.158	
Manganese, Mn....mg	0.910	0.251	3		1		0.846	0.519	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	1.187	0.059	19		1		1.104	0.677	
Riboflavin....mg	0.475	0.022	20		1		0.442	0.271	
Niacin....mg	7.654	0.503	18		1		7.118	4.363	
Pantothenic acid....mg	0.684	0.085	4		1		0.636	0.390	
Vitamin B-6....mg	0.178	0.030	5		1		0.166	0.101	
Folate, total....mcg	278		0	BFZN	4		258	158	
Folic acid....mcg	258		0	NC	4		240	147	
Folate, food....mcg	20	5.073	5		1		19	11	
Folate, DFE....mcg_DFE	458		0	NC	4		426	261	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....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		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		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.328		0		1		0.305	0.187	
4:0....g									
6:0....g									
8:0....g									

NDB No. 20301
Macaroni, protein-fortified, dry, enriched, (n x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.004		1		1		0.004	0.002	
15:0....g									
16:0....g	0.291		1		1		0.271	0.166	
17:0....g									
18:0....g	0.032		1		1		0.030	0.018	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.271		0		1		0.252	0.154	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1		1		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	0.270		1		1		0.251	0.154	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.986		0		1		0.917	0.562	
18:2 undifferentiated....g	0.893		1		1		0.830	0.509	
18:3 undifferentiated....g	0.093		1		1		0.086	0.053	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.254		0		1		0.236	0.145	
Threonine....g	0.561		0		1		0.522	0.320	
Isoleucine....g	0.784		0		1		0.729	0.447	
Leucine....g	1.369		0		1		1.273	0.780	
Lysine....g	0.470		0		1		0.437	0.268	
Methionine....g	0.317		0		1		0.295	0.181	
Cystine....g	0.540		0		1		0.502	0.308	
Phenylalanine....g	0.962		0		1		0.895	0.548	
Tyrosine....g	0.540		0		1		0.502	0.308	
Valine....g	0.871		0		1		0.810	0.496	
Arginine....g	0.774		0		1		0.720	0.441	
Histidine....g	0.415		0		1		0.386	0.237	
Alanine....g	0.638		0		1		0.593	0.364	
Aspartic acid....g	0.902		0		1		0.839	0.514	
Glutamic acid....g	6.840		0		1		6.361	3.899	
Glycine....g	0.662		0		1		0.616	0.377	
Proline....g	2.084		0		1		1.938	1.188	
Serine....g	0.941		0		1		0.875	0.536	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 93g: 1 cup small shells

Measure 2 = 57g: 2 oz

NDB No. 20301
Macaroni, protein-fortified, dry, enriched, (n x 6.25)

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20106
Macaroni, vegetable, cooked, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.37		0		1		91.62		
Energy....kcal	128		0	NC	4		172		
Energy....kJ	536		0		4		718		
Protein (N x 5.72)....g	4.53		0		1		6.07		
Total lipid (fat)....g	0.11		0		1		0.15		
Ash....g	0.38		0		1		0.51		
Carbohydrate, by difference....g	26.61		0	NC	4		35.66		
Fiber, total dietary....g	4.3		0		4		5.8		
Sugars, total....g	1.15		0	RA	4		1.54		
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		1		15		
Iron, Fe....mg	0.49		0		1		0.66		
Magnesium, Mg....mg	19		0		1		25		
Phosphorus, P....mg	50		0		1		67		
Potassium, K....mg	31		0		1		42		
Sodium, Na....mg	6		0		1		8		
Zinc, Zn....mg	0.44		0		1		0.59		
Copper, Cu....mg	0.092		0		1		0.123		
Manganese, Mn....mg	0.986		0		1		1.321		
Selenium, Se....mcg	19.8		0	BFSN	4		26.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.112		0		1		0.150		
Riboflavin....mg	0.061		0		1		0.082		
Niacin....mg	1.071		0		1		1.435		
Pantothenic acid....mg	0.350		0		1		0.469		
Vitamin B-6....mg	0.024		0		1		0.032		
Folate, total....mcg	65		0	BFSY	4		87		
Folic acid....mcg	59		0	NC	4		79		
Folate, food....mcg	6		0		1		8		
Folate, DFE....mcg_DFE	106		0	NC	4		142		
Choline, total....mg	5.0		0	RA	4		6.8		
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	5		0	NC	4		6		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	55		0	RA	4		74		
Carotene, alpha....mcg	0		0	RA	4		0		
Cryptoxanthin, beta....mcg	0		0	RA	4		0		
Vitamin A, IU....IU	92		0	NC	4		123		
Lycopene....mcg	245		0	RA	4		329		
Lutein + zeaxanthin....mcg	13		0	RA	4		17		
Vitamin E (alpha-tocopherol)....mg	0.21		0	RA	4		0.29		
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	RA	4		0.4		
Lipids:									
Fatty acids, total saturated....g	0.016		0		1		0.021		
4:0....g	0.000		0		1		0.000		

NDB No. 20106
Macaroni, vegetable, cooked, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.013		0		1		0.017		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.016		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.016		
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	0.044		0		1		0.059		
18:2 undifferentiated....g	0.039		0		1		0.052		
18:3 undifferentiated....g	0.005		0		1		0.007		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.078		
Threonine....g	0.122		0		1		0.163		
Isoleucine....g	0.175		0		1		0.235		
Leucine....g	0.309		0		1		0.414		
Lysine....g	0.093		0		1		0.125		
Methionine....g	0.070		0		1		0.094		
Cystine....g	0.125		0		1		0.168		
Phenylalanine....g	0.218		0		1		0.292		
Tyrosine....g	0.120		0		1		0.161		
Valine....g	0.194		0		1		0.260		
Arginine....g	0.168		0		1		0.225		
Histidine....g	0.092		0		1		0.123		
Alanine....g	0.135		0		1		0.181		
Aspartic acid....g	0.196		0		1		0.263		
Glutamic acid....g	1.603		0		1		2.148		
Glycine....g	0.144		0		1		0.193		
Proline....g	0.483		0		1		0.647		
Serine....g	0.215		0		1		0.288		
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. 20106
Macaroni, vegetable, cooked, enriched

Common Measures:

Measure 1 = 134g: 1 cup spiral shaped

Calories Factors: Protein 3.86 **Fat** 8.37 **Carbohydrate** 4.11

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20105
Macaroni, vegetable, dry, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.89	0.211	5		1		8.31	5.64	
Energy....kcal	367		0	NC	4		308	209	
Energy....kJ	1536				4		1290	875	
Protein (N x 5.72)....g	13.14	0.126	21		1		11.04	7.49	
Total lipid (fat)....g	1.04	0.558	5		1		0.87	0.59	
Ash....g	1.05	0.033	19		1		0.88	0.60	
Carbohydrate, by difference....g	74.88		0	NC	4		62.90	42.68	
Fiber, total dietary....g	4.3		0		1		3.6	2.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	34	6.166	6		1		29	19	
Iron, Fe....mg	4.28	0.201	19		1		3.60	2.44	
Magnesium, Mg....mg	46		2		1		39	26	
Phosphorus, P....mg	116		2		1		97	66	
Potassium, K....mg	285	61.885	5		1		239	162	
Sodium, Na....mg	43	20.731	5		1		36	25	
Zinc, Zn....mg	0.76		2		1		0.64	0.43	
Copper, Cu....mg	0.200		2		1		0.168	0.114	
Manganese, Mn....mg	3.846		2		1		3.231	2.192	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	1.032	0.021	20		1		0.867	0.588	
Riboflavin....mg	0.525	0.013	18		1		0.441	0.299	
Niacin....mg	7.328	0.215	20		1		6.156	4.177	
Pantothenic acid....mg	0.752		2		1		0.632	0.429	
Vitamin B-6....mg	0.129		2		1		0.108	0.074	
Folate, total....mcg	278		0	BFZN	4		233	158	
Folic acid....mcg	261		0	NC	4		219	149	
Folate, food....mcg	17		2		1		14	10	
Folate, DFE....mcg_DFE	460		0	NC	4		387	262	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	8		1		1		7	5	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	160		1		1		134	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	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.150		0		1		0.126	0.086	
4:0....g									
6:0....g									
8:0....g									

NDB No. 20105
Macaroni, vegetable, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.003		0		1		0.003	0.002	
15:0....g									
16:0....g	0.130		0		1		0.109	0.074	
17:0....g									
18:0....g	0.017		0		1		0.014	0.010	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.120		0		1		0.101	0.068	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	0.120		0		1		0.101	0.068	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.426		0		1		0.358	0.243	
18:2 undifferentiated....g	0.376		0		1		0.316	0.214	
18:3 undifferentiated....g	0.049		0		1		0.041	0.028	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.168		0		1		0.141	0.096	
Threonine....g	0.354		0		1		0.297	0.202	
Isoleucine....g	0.508		0		1		0.427	0.290	
Leucine....g	0.896		0		1		0.753	0.511	
Lysine....g	0.269		0		1		0.226	0.153	
Methionine....g	0.204		0		1		0.171	0.116	
Cystine....g	0.363		0		1		0.305	0.207	
Phenylalanine....g	0.632		0		1		0.531	0.360	
Tyrosine....g	0.349		0		1		0.293	0.199	
Valine....g	0.563		0		1		0.473	0.321	
Arginine....g	0.487		0		1		0.409	0.278	
Histidine....g	0.266		0		1		0.223	0.152	
Alanine....g	0.393		0		1		0.330	0.224	
Aspartic acid....g	0.567		0		1		0.476	0.323	
Glutamic acid....g	4.649		0		1		3.905	2.650	
Glycine....g	0.418		0		1		0.351	0.238	
Proline....g	1.401		0		1		1.177	0.799	
Serine....g	0.625		0		1		0.525	0.356	
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:

NDB No. 20105
Macaroni, vegetable, dry, enriched

Measure 1 = 84g: 1 cup spiral shaped
Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.86 **Fat** 8.37 **Carbohydrate** 4.11

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20108
Macaroni, whole-wheat, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.15	0.349	5		1		94.01		
Energy....kcal	124		0	NC	4		174		
Energy....kJ	519		0		4		726		
Protein (N x 5.83)....g	5.33	0.658	5		1		7.46		
Total lipid (fat)....g	0.54	0.222	5		1		0.76		
Ash....g	0.44	0.026	5		1		0.62		
Carbohydrate, by difference....g	26.54		0	NC	4		37.16		
Fiber, total dietary....g	2.8		0		4		3.9		
Sugars, total....g	0.80		0	T	4		1.12		
Sucrose....g	0.10		1	A	1		0.14		
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g	0.30		1	A	1		0.42		
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15	1.472	5		1		21		
Iron, Fe....mg	1.06	0.178	5		1		1.48		
Magnesium, Mg....mg	30	9.238	5		1		42		
Phosphorus, P....mg	89	15.799	4		1		125		
Potassium, K....mg	44	7.817	5		1		62		
Sodium, Na....mg	3	0.380	5		1		4		
Zinc, Zn....mg	0.81	0.167	6		1		1.13		
Copper, Cu....mg	0.167	0.047	6		1		0.234		
Manganese, Mn....mg	1.379		2		1		1.931		
Selenium, Se....mcg	25.9		0	BFSN	4		36.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.108	0.005	6		1		0.151		
Riboflavin....mg	0.045	0.015	6		1		0.063		
Niacin....mg	0.707	0.341	4		1		0.990		
Pantothenic acid....mg	0.419	0.102	5		1		0.587		
Vitamin B-6....mg	0.079	0.005	4		1		0.111		
Folate, total....mcg	5	1.381	3		1		7		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	5	1.381	3		1		7		
Folate, DFE....mcg_DFE	5		0	NC	4		7		
Choline, total....mg	10.7		0	BFSN	4		15.0		
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	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	2		0	BFSN	4		3		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	3		0	NC	4		5		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	81		0	BFSN	4		113		
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFSN	4		0.42		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 20108
Macaroni, whole-wheat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....mcg	0.7		0	BFSN	4		0.9		
Lipids:									
Fatty acids, total saturated.....g	0.099		0		1		0.139		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.092		0		1		0.129		
17:0.....g									
18:0.....g	0.005		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.075		0		1		0.105		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.073		0		1		0.102		
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	0.213		0		1		0.298		
18:2 undifferentiated.....g	0.203		0		1		0.284		
18:3 undifferentiated.....g	0.010		0		1		0.014		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0		1		0.097		
Threonine.....g	0.143		0		1		0.200		
Isoleucine.....g	0.207		0		1		0.290		
Leucine.....g	0.364		0		1		0.510		
Lysine.....g	0.118		0		1		0.165		
Methionine.....g	0.086		0		1		0.120		
Cystine.....g	0.111		0		1		0.155		
Phenylalanine.....g	0.265		0		1		0.371		
Tyrosine.....g	0.139		0		1		0.195		
Valine.....g	0.231		0		1		0.323		
Arginine.....g	0.188		0		1		0.263		
Histidine.....g	0.125		0		1		0.175		
Alanine.....g	0.166		0		1		0.232		
Aspartic acid.....g	0.240		0		1		0.336		
Glutamic acid.....g	1.847		0		1		2.586		
Glycine.....g	0.193		0		1		0.270		
Proline.....g	0.568		0		1		0.795		
Serine.....g	0.260		0		1		0.364		
Hydroxyproline.....g									
Others:									

NDB No. 20108
Macaroni, whole-wheat, cooked

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

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

Common Measures:

Measure 1 = 140g: 1 cup elbow shaped

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20107
Macaroni, whole-wheat, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.34	0.828	8		1		7.71	4.18	
Energy....kcal	348		0	NC	4		365	198	
Energy....kJ	1456				4		1529	830	
Protein (N x 5.83)....g	14.63	0.781	7		1		15.36	8.34	
Total lipid (fat)....g	1.40	0.345	8		1		1.47	0.80	
Ash....g	1.60	0.079	8		1		1.68	0.91	
Carbohydrate, by difference....g	75.03		0	NC	4		78.78	42.77	
Fiber, total dietary....g	8.3		0		4		8.7	4.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	40	5.575	7		1		42	23	
Iron, Fe....mg	3.63	0.288	7		1		3.81	2.07	
Magnesium, Mg....mg	143	10.035	7		1		150	82	
Phosphorus, P....mg	258	36.228	6		1		271	147	
Potassium, K....mg	215	43.128	7		1		226	123	
Sodium, Na....mg	8	1.858	7		1		8	5	
Zinc, Zn....mg	2.37	0.284	7		1		2.49	1.35	
Copper, Cu....mg	0.454	0.029	8		1		0.477	0.259	
Manganese, Mn....mg	3.055	0.734	4		1		3.208	1.741	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.488	0.034	7		1		0.512	0.278	
Riboflavin....mg	0.143	0.040	7		1		0.150	0.082	
Niacin....mg	5.130	0.095	6		1		5.387	2.924	
Pantothenic acid....mg	0.984	0.179	5		1		1.033	0.561	
Vitamin B-6....mg	0.223	0.060	6		1		0.234	0.127	
Folate, total....mcg	57	7.296	6		1		60	32	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	57	7.296	6		1		60	32	
Folate, DFE....mcg_DFE	57		0	NC	4		60	32	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.258		0		1		0.271	0.147	
4:0....g									
6:0....g									
8:0....g									

NDB No. 20107
Macaroni, whole-wheat, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.002		0		1		0.002	0.001	
15:0 g									
16:0 g	0.240		0		1		0.252	0.137	
17:0 g									
18:0 g	0.013		0		1		0.014	0.007	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.195		0		1		0.205	0.111	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.005		0		1		0.005	0.003	
17:1 g									
18:1 undifferentiated g	0.190		0		1		0.200	0.108	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.556		0		1		0.584	0.317	
18:2 undifferentiated g	0.529		0		1		0.555	0.302	
18:3 undifferentiated g	0.027		0		1		0.028	0.015	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.188		0		1		0.197	0.107	
Threonine g	0.392		0		1		0.412	0.223	
Isoleucine g	0.570		0		1		0.599	0.325	
Leucine g	0.999		0		1		1.049	0.569	
Lysine g	0.324		0		1		0.340	0.185	
Methionine g	0.236		0		1		0.248	0.135	
Cystine g	0.306		0		1		0.321	0.174	
Phenylalanine g	0.728		0		1		0.764	0.415	
Tyrosine g	0.382		0		1		0.401	0.218	
Valine g	0.635		0		1		0.667	0.362	
Arginine g	0.517		0		1		0.543	0.295	
Histidine g	0.344		0		1		0.361	0.196	
Alanine g	0.457		0		1		0.480	0.260	
Aspartic acid g	0.660		0		1		0.693	0.376	
Glutamic acid g	5.073		0		1		5.327	2.892	
Glycine g	0.530		0		1		0.557	0.302	
Proline g	1.561		0		1		1.639	0.890	
Serine g	0.713		0		1		0.749	0.406	
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 = 105g: 1 cup elbow shaped

Measure 2 = 57g: 2 oz

NDB No. 20107
Macaroni, whole-wheat, dry

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20032
Millet, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.41		1		1		124.25		
Energy	kcal	119		0	NC	4		207		
Energy	kJ	498		0		4		866		
Protein (N x 5.83)	g	3.51		1		1		6.11		
Total lipid (fat)	g	1.00		1		1		1.74		
Ash	g	0.41		1		1		0.71		
Carbohydrate, by difference	g	23.67		0	NC	4		41.19		
Fiber, total dietary	g	1.3		0		4		2.3		
Sugars, total	g	0.13		0	BFSN	4		0.23		
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1		1		5		
Iron, Fe	mg	0.63		1		1		1.10		
Magnesium, Mg	mg	44		1		1		77		
Phosphorus, P	mg	100		1		1		174		
Potassium, K	mg	62		1		1		108		
Sodium, Na	mg	2		1		4		3		
Zinc, Zn	mg	0.91		1		1		1.58		
Copper, Cu	mg	0.161		1		1		0.280		
Manganese, Mn	mg	0.272		1		1		0.473		
Selenium, Se	mcg	0.9		0	BFSN	4		1.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.106		1		4		0.184		
Riboflavin	mg	0.082		1		4		0.143		
Niacin	mg	1.330		1		4		2.314		
Pantothenic acid	mg	0.171		1		1		0.298		
Vitamin B-6	mg	0.108		1		4		0.188		
Folate, total	mcg	19		0		4		33		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	19		0		4		33		
Folate, DFE	mcg_DFE	19		0	NC	4		33		
Choline, total	mg	11.2		0	CASN	4		19.5		
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	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	2		0	BFSN	4		3		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	3		0	NC	4		5		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	70		0	BFSN	4		122		
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFSN	4		0.03		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	0.3		0	BFSN	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.172		0		1		0.299		
4:0	g	0.000		0		1		0.000		

NDB No. 20032
Millet, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.126		0		1		0.219		
17:0....g									
18:0....g	0.037		0		1		0.064		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.184		0		1		0.320		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	0.176		0		1		0.306		
20:1....g	0.005		0		1		0.009		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.508		0		1		0.884		
18:2 undifferentiated....g	0.480		0		1		0.835		
18:3 undifferentiated....g	0.028		0		1		0.049		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		0		1		0.066		
Threonine....g	0.113		0		1		0.197		
Isoleucine....g	0.148		0		1		0.258		
Leucine....g	0.446		0		1		0.776		
Lysine....g	0.067		0		1		0.117		
Methionine....g	0.070		0		1		0.122		
Cystine....g	0.067		0		1		0.117		
Phenylalanine....g	0.185		0		1		0.322		
Tyrosine....g	0.108		0		1		0.188		
Valine....g	0.184		0		1		0.320		
Arginine....g	0.122		0		1		0.212		
Histidine....g	0.075		0		1		0.131		
Alanine....g	0.314		0		1		0.546		
Aspartic acid....g	0.231		0		1		0.402		
Glutamic acid....g	0.763		0		1		1.328		
Glycine....g	0.092		0		1		0.160		
Proline....g	0.279		0		1		0.485		
Serine....g	0.205		0		1		0.357		
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. 20032
Millet, cooked

Common Measures:

Measure 1 = 174g: 1 cup

Calories Factors: Protein 3.87 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20031
Millet, raw
Panicum miliaceum L.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.67	0.584	8		1		17.34		
Energy	kcal	378		0	NC	4		756		
Energy	kJ	1582				4		3163		
Protein (N x 5.83)	g	11.02	0.685	9		1		22.04		
Total lipid (fat)	g	4.22	0.228	9		1		8.44		
Ash	g	3.25	0.350	8		1		6.50		
Carbohydrate, by difference	g	72.85		0	NC	4		145.70		
Fiber, total dietary	g	8.5		0		1		17.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.388	19		1		16		
Iron, Fe	mg	3.01	0.096	19		1		6.02		
Magnesium, Mg	mg	114	4.733	19		1		228		
Phosphorus, P	mg	285		1		1		570		
Potassium, K	mg	195	5.610	19		1		390		
Sodium, Na	mg	5	0.741	19		1		10		
Zinc, Zn	mg	1.68	0.114	19		1		3.36		
Copper, Cu	mg	0.750	0.028	19		1		1.500		
Manganese, Mn	mg	1.632	0.076	19		1		3.264		
Selenium, Se	mcg	2.7		1	A	1		5.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.421		1		1		0.842		
Riboflavin	mg	0.290		1		1		0.580		
Niacin	mg	4.720		1		1		9.440		
Pantothenic acid	mg	0.848		2		1		1.696		
Vitamin B-6	mg	0.384		1		1		0.768		
Folate, total	mcg	85		0		4		170		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	85		0		4		170		
Folate, DFE	mcg_DFE	85		0	NC	4		170		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.05		0		1		0.10		
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	0.9		0	T	4		1.8		
Lipids:										
Fatty acids, total saturated	g	0.723		0		1		1.446		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20031
Millet, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.003		143		1		0.006		
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.528		143		1		1.056		
17:0....g									
18:0....g	0.154		143		1		0.308		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.773		0		1		1.546		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		143		1		0.028		
17:1....g									
18:1 undifferentiated....g	0.739		143		1		1.478		
20:1....g	0.020		143		1		0.040		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.134		0		1		4.268		
18:2 undifferentiated....g	2.015		143		1		4.030		
18:3 undifferentiated....g	0.118		143		1		0.236		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.119		5		1		0.238		
Threonine....g	0.353		8		1		0.706		
Isoleucine....g	0.465		8		1		0.930		
Leucine....g	1.400		8		1		2.800		
Lysine....g	0.212		8		1		0.424		
Methionine....g	0.221		7		1		0.442		
Cystine....g	0.212		3		1		0.424		
Phenylalanine....g	0.580		7		1		1.160		
Tyrosine....g	0.340		7		1		0.680		
Valine....g	0.578		8		1		1.156		
Arginine....g	0.382		7		1		0.764		
Histidine....g	0.236		7		1		0.472		
Alanine....g	0.986		7		1		1.972		
Aspartic acid....g	0.726		7		1		1.452		
Glutamic acid....g	2.396		7		1		4.792		
Glycine....g	0.287		7		1		0.574		
Proline....g	0.877		7		1		1.754		
Serine....g	0.644		7		1		1.288		
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 = 200g: 1 cup

NDB No. 20031
Millet, raw

Calories Factors: Protein 3.87 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20113
Noodles, chinese, chow mein

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	0.73	0.113	3		1		0.33	0.31	
Energy....kcal	527		0	NC	4		237	227	
Energy....kJ	2205		0		4		992	948	
Protein (N x 5.73)....g	8.38	0.683	3		1		3.77	3.60	
Total lipid (fat)....g	30.76	0.322	3		1		13.84	13.23	
Ash....g	2.60	0.167	3		1		1.17	1.12	
Carbohydrate, by difference....g	57.54		0	NC	4		25.89	24.74	
Fiber, total dietary....g	3.9		0		1		1.8	1.7	
Sugars, total....g	0.26		0	RA	4		0.12	0.11	
Starch....g									
Minerals:									
Calcium, Ca....mg	20	2.922	3		1		9	9	
Iron, Fe....mg	4.73	0.672	3		1		2.13	2.03	
Magnesium, Mg....mg	52	8.339	3		1		23	22	
Phosphorus, P....mg	161	32.213	3		1		72	69	
Potassium, K....mg	120	48.721	3		1		54	52	
Sodium, Na....mg	439	119.790	3		1		198	189	
Zinc, Zn....mg	1.40	0.357	3		1		0.63	0.60	
Copper, Cu....mg	0.167	0.057	3		1		0.075	0.072	
Manganese, Mn....mg	1.357	0.327	3		1		0.611	0.584	
Selenium, Se....mcg	43.0		2	A	1		19.4	18.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.578	0.121	3		1		0.260	0.249	
Riboflavin....mg	0.421	0.065	3		1		0.189	0.181	
Niacin....mg	5.950	0.931	3		1		2.678	2.559	
Pantothenic acid....mg	0.533	0.015	3		1		0.240	0.229	
Vitamin B-6....mg	0.110	0.038	3		1		0.050	0.047	
Folate, total....mcg	90		0	FLA	4		41	39	
Folic acid....mcg	68		0	NC	4		31	29	
Folate, food....mcg	22	3.883	3		1		10	9	
Folate, DFE....mcg_DFE	138		0	NC	4		62	59	
Choline, total....mg	8.3		0	RA	4		3.7	3.6	
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	1		0	RA	4		0	0	
Carotene, alpha....mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta....mcg	0		0	RA	4		0	0	
Vitamin A, IU....IU	1		0	NC	4		1	1	
Lycopene....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin....mcg	56		0	RA	4		25	24	
Vitamin E (alpha-tocopherol)....mg	3.48		0	RA	4		1.56	1.50	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	6.7		0	RA	4		3.0	2.9	
Lipids:									
Fatty acids, total saturated....g	4.384		0		1		1.973	1.885	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 20113
Noodles, chinese, chow mein

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	0.028		0		1		0.013	0.012	
15:0 g									
16:0 g	3.264		0		1		1.469	1.404	
17:0 g									
18:0 g	1.091		0		1		0.491	0.469	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.689		0		1		3.460	3.306	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.057		0		1		0.026	0.025	
17:1 g									
18:1 undifferentiated g	7.576		0		1		3.409	3.258	
20:1 g	0.057		0		1		0.026	0.025	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	17.331		0		1		7.799	7.452	
18:2 undifferentiated g	15.354		0		1		6.909	6.602	
18:3 undifferentiated g	1.976		0		1		0.889	0.850	
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	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.107		0		1		0.048	0.046	
Threonine g	0.220		0		1		0.099	0.095	
Isoleucine g	0.323		0		1		0.145	0.139	
Leucine g	0.570		0		1		0.257	0.245	
Lysine g	0.160		0		1		0.072	0.069	
Methionine g	0.130		0		1		0.059	0.056	
Cystine g	0.235		0		1		0.106	0.101	
Phenylalanine g	0.405		0		1		0.182	0.174	
Tyrosine g	0.219		0		1		0.099	0.094	
Valine g	0.355		0		1		0.160	0.153	
Arginine g	0.307		0		1		0.138	0.132	
Histidine g	0.169		0		1		0.076	0.073	
Alanine g	0.245		0		1		0.110	0.105	
Aspartic acid g	0.341		0		1		0.153	0.147	
Glutamic acid g	3.006		0		1		1.353	1.293	
Glycine g	0.264		0		1		0.119	0.114	
Proline g	0.917		0		1		0.413	0.394	
Serine g	0.393		0		1		0.177	0.169	
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. 20113
Noodles, chinese, chow mein

Common Measures:

Measure 1 = 45g: 1 cup

Measure 2 = 43g: 1.5 oz

Calories Factors: Protein 3.93 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20110
Noodles, egg, cooked, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.73	2.150	8	A	1		108.37		
Energy	kcal	138		0	NC	4		221		
Energy	kJ	578		0	NC	4		925		
Protein (N x 5.78)	g	4.54	1.054	3	A	1		7.27		
Total lipid (fat)	g	2.07	0.126	3	A	1		3.31		
Ash	g	0.50	0.046	3	A	1		0.80		
Carbohydrate, by difference	g	25.16		0	NC	4		40.25		
Fiber, total dietary	g	1.2	0.156	6	A	1		2.0		
Sugars, total	g	0.40	0.083	6	A	1		0.64		
Sucrose	g	0.04	0.037	4	A	1		0.06		
Glucose (dextrose)	g	0.07	0.052	6	A	1		0.11		
Fructose	g	0.00	0.000	3	A	1		0.00		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.30	0.099	6	A	1		0.47		
Galactose	g	0.00	0.000	3	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.456	42	A	1		20		
Iron, Fe	mg	1.47	0.051	42	A	1		2.36		
Magnesium, Mg	mg	21	0.756	42	A	1		33		
Phosphorus, P	mg	76	3.606	42	A	1		122		
Potassium, K	mg	38	2.269	42	A	1		61		
Sodium, Na	mg	5	0.749	42	A	1		7		
Zinc, Zn	mg	0.65	0.031	42	A	1		1.05		
Copper, Cu	mg	0.098	0.005	42	A	1		0.156		
Manganese, Mn	mg	0.315	0.012	42	A	1		0.504		
Selenium, Se	mcg	23.9	1.601	41	A	1		38.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.289	0.006	3	A	1		0.462		
Riboflavin	mg	0.136	0.014	3	A	1		0.217		
Niacin	mg	2.077	0.088	3	A	1		3.323		
Pantothenic acid	mg	0.263	0.014	3	A	1		0.421		
Vitamin B-6	mg	0.046	0.003	3	A	1		0.073		
Folate, total	mcg	84	8.544	3	A	1		134		
Folic acid	mcg	77		0	O	4		123		
Folate, food	mcg	7	1.371	12		1		11		
Folate, DFE	mcg_DFE	138		0	NC	4		221		
Choline, total	mg	25.7		0	AS	1		41.1		
Betaine	mg	19.2		1	A	1		30.7		
Vitamin B-12	mcg	0.09	0.000	3	A	1		0.14		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	6		0	NC	4		10		
Retinol	mcg	6		0	BFSN	4		10		
Carotene, beta	mcg	1		0	BFSN	4		1		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		1		
Vitamin A, IU	IU	21		0	NC	4		34		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	38		0	BFSN	4		61		
Vitamin E (alpha-tocopherol)	mg	0.17	0.019	3	A	1		0.28		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.03	0.000	3	A	1		0.05		
Tocopherol, gamma	mg	0.60	0.012	3	A	1		0.97		
Tocopherol, delta	mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)	mcg	0.1		0	BFSN	4		0.2		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20110
Noodles, egg, cooked, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	4		0	BFSN	4		6		
Vitamin K (phylloquinone).....mcg	0.0	0.045	4	A	1		0.1		
Lipids:									
Fatty acids, total saturated.....g	0.419		0	NC	4		0.671		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.005		0		1		0.009		
15:0.....g									
16:0.....g	0.341		0		1		0.545		
17:0.....g									
18:0.....g	0.073		0		1		0.117		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.581		0	NC	4		0.930		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0		1		0.071		
17:1.....g									
18:1 undifferentiated.....g	0.537		0		1		0.859		
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	0.552		0	NC	4		0.883		
18:2 undifferentiated.....g	0.522		0		1		0.835		
18:3 undifferentiated.....g	0.028		0		1		0.045		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
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	0.029		0	BFSN	4		0.046		
Cholesterol.....mg	29	1.604	3	A	1		47		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		0	A	1		0.068		
Threonine.....g	0.138		0	A	1		0.221		
Isoleucine.....g	0.190		0	A	1		0.304		
Leucine.....g	0.365		0	A	1		0.584		
Lysine.....g	0.137		0	A	1		0.220		
Methionine.....g	0.086		0	A	1		0.137		
Cystine.....g	0.096		0	A	1		0.153		
Phenylalanine.....g	0.240		0	A	1		0.384		
Tyrosine.....g	0.094		0	A	1		0.150		
Valine.....g	0.220		0	A	1		0.352		
Arginine.....g	0.192		0	A	1		0.308		
Histidine.....g	0.121		0	A	1		0.194		
Alanine.....g	0.165		0	A	1		0.265		
Aspartic acid.....g	0.244		0	A	1		0.391		
Glutamic acid.....g	1.468		0	A	1		2.349		
Glycine.....g	0.159		0	A	1		0.254		
Proline.....g	0.495		0	A	1		0.792		
Serine.....g	0.257		0	A	1		0.412		
Hydroxyproline.....g									
Others:									

NDB No. 20110
Noodles, egg, cooked, enriched

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

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

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.93 **Fat** 8.41 **Carbohydrate** 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20310
Noodles, egg, cooked, enriched, with 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	67.73	2.150	8	A	1		108.37		
Energy	kcal	138		0	NC	4		221		
Energy	kJ	578		0	NC	4		925		
Protein (N x 5.78)	g	4.54	1.054	3	A	1		7.27		
Total lipid (fat)	g	2.07	0.126	3	A	1		3.31		
Ash	g	0.50	0.046	3	A	1		0.80		
Carbohydrate, by difference	g	25.16		0	NC	4		40.25		
Fiber, total dietary	g	1.2	0.156	6	A	1		2.0		
Sugars, total	g	0.40	0.083	6	A	1		0.64		
Sucrose	g	0.04	0.037	4	A	1		0.06		
Glucose (dextrose)	g	0.07	0.052	6	A	1		0.11		
Fructose	g	0.00	0.000	3	A	1		0.00		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.30	0.099	6	A	1		0.47		
Galactose	g	0.00	0.000	3	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.456	42	A	1		20		
Iron, Fe	mg	1.47	0.051	42	A	1		2.36		
Magnesium, Mg	mg	21	0.756	42	A	1		33		
Phosphorus, P	mg	76	3.606	42	A	1		122		
Potassium, K	mg	38	2.269	42	A	1		61		
Sodium, Na	mg	165		1		1		264		
Zinc, Zn	mg	0.65	0.031	42	A	1		1.05		
Copper, Cu	mg	0.098	0.005	42	A	1		0.156		
Manganese, Mn	mg	0.315	0.012	42	A	1		0.504		
Selenium, Se	mcg	23.9	1.601	41	A	1		38.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.289	0.006	3	A	1		0.462		
Riboflavin	mg	0.136	0.014	3	A	1		0.217		
Niacin	mg	2.077	0.088	3	A	1		3.323		
Pantothenic acid	mg	0.263	0.014	3	A	1		0.421		
Vitamin B-6	mg	0.046	0.003	3	A	1		0.073		
Folate, total	mcg	84	8.544	3	A	1		134		
Folic acid	mcg	77		0	O	4		123		
Folate, food	mcg	7	1.371	12		1		11		
Folate, DFE	mcg_DFE	138		0	NC	4		221		
Choline, total	mg	25.7		0	AS	1		41.1		
Betaine	mg	19.2		1	A	1		30.7		
Vitamin B-12	mcg	0.09	0.000	3	A	1		0.14		
Vitamin A, RAE	mcg_RAE	6		0	BFZN	4		10		
Retinol	mcg	6		0	BFZN	4		10		
Carotene, beta	mcg	1		0	BFZN	4		1		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		1		
Vitamin A, IU	IU	21		0	BFZN	4		34		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	38		0	BFZN	4		61		
Vitamin E (alpha-tocopherol)	mg	0.17	0.019	3	A	1		0.28		
Tocopherol, beta	mg	0.03	0.000	3	A	1		0.05		
Tocopherol, gamma	mg	0.60	0.012	3	A	1		0.97		
Tocopherol, delta	mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									

NDB No. 20310
Noodles, egg, cooked, enriched, with 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
Vitamin K (phylloquinone)....mcg	0.0	0.045	4	A	1		0.1		
Lipids:									
Fatty acids, total saturated....g									
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.005		0		1		0.009		
15:0....g									
16:0....g	0.341		0		1		0.545		
17:0....g									
18:0....g	0.073		0		1		0.117		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.045		0		1		0.071		
17:1....g									
18:1 undifferentiated....g	0.537		0		1		0.859		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.522		0		1		0.835		
18:3 undifferentiated....g	0.028		0		1		0.045		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.002		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.029		0	BFZN	4		0.046		
Cholesterol....mg	29	1.604	3	A	1		47		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0	A	1		0.068		
Threonine....g	0.138		0	A	1		0.221		
Isoleucine....g	0.190		0	A	1		0.304		
Leucine....g	0.365		0	A	1		0.584		
Lysine....g	0.137		0	A	1		0.220		
Methionine....g	0.086		0	A	1		0.137		
Cystine....g	0.096		0	A	1		0.153		
Phenylalanine....g	0.240		0	A	1		0.384		
Tyrosine....g	0.094		0	A	1		0.150		
Valine....g	0.220		0	A	1		0.352		
Arginine....g	0.192		0	A	1		0.308		
Histidine....g	0.121		0	A	1		0.194		
Alanine....g	0.165		0	A	1		0.265		
Aspartic acid....g	0.244		0	A	1		0.391		
Glutamic acid....g	1.468		0	A	1		2.349		
Glycine....g	0.159		0	A	1		0.254		
Proline....g	0.495		0	A	1		0.792		
Serine....g	0.257		0	A	1		0.412		
Hydroxyproline....g									

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

NDB No. 20310

Noodles, egg, cooked, enriched, with added salt

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.93 **Fat** 8.41 **Carbohydrate** 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20510
Noodles, egg, cooked, unenriched, with 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	67.73	2.150	8	A	1		108.37		
Energy	kcal	138		0	NC	4		221		
Energy	kJ	578		0	NC	4		925		
Protein (N x 5.78)	g	4.54	1.054	3	A	1		7.27		
Total lipid (fat)	g	2.07	0.126	3	A	1		3.31		
Ash	g	0.50	0.046	3	A	1		0.80		
Carbohydrate, by difference	g	25.16		0	NC	4		40.25		
Fiber, total dietary	g	1.2	0.156	6	A	1		2.0		
Sugars, total	g	0.40	0.083	6	A	1		0.64		
Sucrose	g	0.04	0.037	4	A	1		0.06		
Glucose (dextrose)	g	0.07	0.052	6	A	1		0.11		
Fructose	g	0.00	0.000	3	A	1		0.00		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.30	0.099	6	A	1		0.47		
Galactose	g	0.00	0.000	3	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.456	42	A	1		20		
Iron, Fe	mg	0.60		1		1		0.96		
Magnesium, Mg	mg	21	0.756	42	A	1		33		
Phosphorus, P	mg	76	3.606	42	A	1		122		
Potassium, K	mg	38	2.269	42	A	1		61		
Sodium, Na	mg	165		1		1		264		
Zinc, Zn	mg	0.65	0.031	42	A	1		1.05		
Copper, Cu	mg	0.098	0.005	42	A	1		0.156		
Manganese, Mn	mg	0.315	0.012	42	A	1		0.504		
Selenium, Se	mcg	23.9	1.601	41	A	1		38.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.030		1		1		0.048		
Riboflavin	mg	0.020		1		1		0.032		
Niacin	mg	0.400		1		1		0.640		
Pantothenic acid	mg	0.263	0.014	3	A	1		0.421		
Vitamin B-6	mg	0.046	0.003	3	A	1		0.073		
Folate, total	mcg	7	1.371	12		1		11		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	7	1.371	12		1		11		
Folate, DFE	mcg_DFE	7		0	NC	4		11		
Choline, total	mg	25.7		0	AS	1		41.1		
Betaine	mg	19.2		1	A	1		30.7		
Vitamin B-12	mcg	0.09	0.000	3	A	1		0.14		
Vitamin A, RAE	mcg_RAE	6		0	BFZN	4		10		
Retinol	mcg	6		0	BFZN	4		10		
Carotene, beta	mcg	1		0	BFZN	4		1		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		1		
Vitamin A, IU	IU	21		0	BFZN	4		34		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	38		0	BFZN	4		61		
Vitamin E (alpha-tocopherol)	mg	0.17	0.019	3	A	1		0.28		
Tocopherol, beta	mg	0.03	0.000	3	A	1		0.05		
Tocopherol, gamma	mg	0.60	0.012	3	A	1		0.97		
Tocopherol, delta	mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									

NDB No. 20510
Noodles, egg, cooked, unenriched, with 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
Vitamin K (phylloquinone)....mcg	0.0	0.045	4	A	1		0.1		
Lipids:									
Fatty acids, total saturated....g									
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.005		0		1		0.009		
15:0....g									
16:0....g	0.341		0		1		0.545		
17:0....g									
18:0....g	0.073		0		1		0.117		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.045		0		1		0.071		
17:1....g									
18:1 undifferentiated....g	0.537		0		1		0.859		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.522		0		1		0.835		
18:3 undifferentiated....g	0.028		0		1		0.045		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.002		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.029		0	BFZN	4		0.046		
Cholesterol....mg	29	1.604	3	A	1		47		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0	A	1		0.068		
Threonine....g	0.138		0	A	1		0.221		
Isoleucine....g	0.190		0	A	1		0.304		
Leucine....g	0.365		0	A	1		0.584		
Lysine....g	0.137		0	A	1		0.220		
Methionine....g	0.086		0	A	1		0.137		
Cystine....g	0.096		0	A	1		0.153		
Phenylalanine....g	0.240		0	A	1		0.384		
Tyrosine....g	0.094		0	A	1		0.150		
Valine....g	0.220		0	A	1		0.352		
Arginine....g	0.192		0	A	1		0.308		
Histidine....g	0.121		0	A	1		0.194		
Alanine....g	0.165		0	A	1		0.265		
Aspartic acid....g	0.244		0	A	1		0.391		
Glutamic acid....g	1.468		0	A	1		2.349		
Glycine....g	0.159		0	A	1		0.254		
Proline....g	0.495		0	A	1		0.792		
Serine....g	0.257		0	A	1		0.412		
Hydroxyproline....g									

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

NDB No. 20510

Noodles, egg, cooked, unenriched, with added salt

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.93 **Fat** 8.41 **Carbohydrate** 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20410
Noodles, egg, cooked, unenriched, without 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	67.73	2.150	8	A	1		108.37		
Energy	kcal	138		0	NC	4		221		
Energy	kJ	578		0	NC	4		925		
Protein (N x 5.78)	g	4.54	1.054	3	A	1		7.27		
Total lipid (fat)	g	2.07	0.126	3	A	1		3.31		
Ash	g	0.50	0.046	3	A	1		0.80		
Carbohydrate, by difference	g	25.16		0	NC	4		40.25		
Fiber, total dietary	g	1.2	0.156	6	A	1		2.0		
Sugars, total	g	0.40	0.083	6	A	1		0.64		
Sucrose	g	0.04	0.037	4	A	1		0.06		
Glucose (dextrose)	g	0.07	0.052	6	A	1		0.11		
Fructose	g	0.00	0.000	3	A	1		0.00		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.30	0.099	6	A	1		0.47		
Galactose	g	0.00	0.000	3	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.456	42	A	1		20		
Iron, Fe	mg	0.60		1		1		0.96		
Magnesium, Mg	mg	21	0.756	42	A	1		33		
Phosphorus, P	mg	76	3.606	42	A	1		122		
Potassium, K	mg	38	2.269	42	A	1		61		
Sodium, Na	mg	5	0.749	42	A	1		7		
Zinc, Zn	mg	0.65	0.031	42	A	1		1.05		
Copper, Cu	mg	0.098	0.005	42	A	1		0.156		
Manganese, Mn	mg	0.315	0.012	42	A	1		0.504		
Selenium, Se	mcg	23.9	1.601	41	A	1		38.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.030		1		1		0.048		
Riboflavin	mg	0.020		1		1		0.032		
Niacin	mg	0.400		1		1		0.640		
Pantothenic acid	mg	0.263	0.014	3	A	1		0.421		
Vitamin B-6	mg	0.046	0.003	3	A	1		0.073		
Folate, total	mcg	7	1.371	12		1		11		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	7	1.371	12		1		11		
Folate, DFE	mcg_DFE	7		0	NC	4		11		
Choline, total	mg	25.7		0	AS	1		41.1		
Betaine	mg	19.2		1	A	1		30.7		
Vitamin B-12	mcg	0.09	0.000	3	A	1		0.14		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	6		0	NC	4		10		
Retinol	mcg	6		0	BFZN	4		10		
Carotene, beta	mcg	1		0	BFZN	4		1		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		1		
Vitamin A, IU	IU	21		0	NC	4		34		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	38		0	BFZN	4		61		
Vitamin E (alpha-tocopherol)	mg	0.17	0.019	3	A	1		0.28		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.03	0.000	3	A	1		0.05		
Tocopherol, gamma	mg	0.60	0.012	3	A	1		0.97		
Tocopherol, delta	mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)	mcg	0.1		0	BFSN	4		0.2		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20410
Noodles, egg, cooked, unenriched, without 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	4		0	BFSN	4		6		
Vitamin K (phylloquinone).....mcg	0.0	0.045	4	A	1		0.1		
Lipids:									
Fatty acids, total saturated.....g	0.419		0	NC	4		0.671		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.005		0		1		0.009		
15:0.....g									
16:0.....g	0.341		0		1		0.545		
17:0.....g									
18:0.....g	0.073		0		1		0.117		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.581		0	NC	4		0.930		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0		1		0.071		
17:1.....g									
18:1 undifferentiated.....g	0.537		0		1		0.859		
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	0.552		0	NC	4		0.883		
18:2 undifferentiated.....g	0.522		0		1		0.835		
18:3 undifferentiated.....g	0.028		0		1		0.045		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
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	0.029		0	BFSN	4		0.046		
Cholesterol.....mg	29	1.604	3	A	1		47		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		0	A	1		0.068		
Threonine.....g	0.138		0	A	1		0.221		
Isoleucine.....g	0.190		0	A	1		0.304		
Leucine.....g	0.365		0	A	1		0.584		
Lysine.....g	0.137		0	A	1		0.220		
Methionine.....g	0.086		0	A	1		0.137		
Cystine.....g	0.096		0	A	1		0.153		
Phenylalanine.....g	0.240		0	A	1		0.384		
Tyrosine.....g	0.094		0	A	1		0.150		
Valine.....g	0.220		0	A	1		0.352		
Arginine.....g	0.192		0	A	1		0.308		
Histidine.....g	0.121		0	A	1		0.194		
Alanine.....g	0.165		0	A	1		0.265		
Aspartic acid.....g	0.244		0	A	1		0.391		
Glutamic acid.....g	1.468		0	A	1		2.349		
Glycine.....g	0.159		0	A	1		0.254		
Proline.....g	0.495		0	A	1		0.792		
Serine.....g	0.257		0	A	1		0.412		
Hydroxyproline.....g									
Others:									

NDB No. 20410
Noodles, egg, cooked, unenriched, without 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
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 = 160g: 1 cup

Calories Factors: Protein 3.93 **Fat** 8.41 **Carbohydrate** 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20109
Noodles, egg, dry, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.01	0.219	6	A	1		3.42	5.14	
Energy....kcal	384		0	NC	4		146	219	
Energy....kJ	1609		0	NC	4		611	917	
Protein (N x 5.78)....g	14.16	0.177	3	A	1		5.38	8.07	
Total lipid (fat)....g	4.44	0.191	3	A	1		1.69	2.53	
Ash....g	1.12	0.042	3	A	1		0.43	0.64	
Carbohydrate, by difference....g	71.27		0	NC	4		27.08	40.62	
Fiber, total dietary....g	3.3	0.304	3	A	1		1.2	1.9	
Sugars, total....g	1.88	0.931	6	A	1		0.71	1.07	
Sucrose....g	0.27	0.166	6	A	1		0.10	0.15	
Glucose (dextrose)....g	0.10	0.041	4	A	1		0.04	0.06	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	1.53	0.704	6	A	1		0.58	0.87	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	35	0.902	3	A	1		13	20	
Iron, Fe....mg	4.01	0.172	3	A	1		1.53	2.29	
Magnesium, Mg....mg	58	1.651	3	A	1		22	33	
Phosphorus, P....mg	241	2.646	3	A	1		92	137	
Potassium, K....mg	244	8.000	3	A	1		93	139	
Sodium, Na....mg	21	2.753	3	A	1		8	12	
Zinc, Zn....mg	1.92	0.027	3	A	1		0.73	1.09	
Copper, Cu....mg	0.297	0.006	3	A	1		0.113	0.169	
Manganese, Mn....mg	0.855	0.034	3	A	1		0.325	0.488	
Selenium, Se....mcg	78.8	3.819	3	A	1		29.9	44.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	1.133	0.060	3	A	1		0.431	0.646	
Riboflavin....mg	0.426	0.034	3	A	1		0.162	0.243	
Niacin....mg	8.387	0.174	3	A	1		3.187	4.780	
Pantothenic acid....mg	0.912	0.057	3	A	1		0.347	0.520	
Vitamin B-6....mg	0.216	0.003	3	A	1		0.082	0.123	
Folate, total....mcg	230	14.833	13	A	1		87	131	
Folic acid....mcg	201		0	O	4		76	114	
Folate, food....mcg	29	6.837	12		1		11	17	
Folate, DFE....mcg_DFE	370		0	NC	4		141	211	
Choline, total....mg	78.7		0	AS	1		29.9	44.9	
Betaine....mg	131.7		1	A	1		50.0	75.1	
Vitamin B-12....mcg	0.29	0.012	3	A	1		0.11	0.16	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	17		0	FLA	4		7	10	
Retinol....mcg	17		0	FLA	4		7	10	
Carotene, beta....mcg	2		0	FLA	4		1	1	
Carotene, alpha....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....mcg	1		0	FLA	4		1	1	
Vitamin A, IU....IU	62		2		1		24	35	
Lycopene....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....mcg	110		0	FLA	4		42	63	
Vitamin E (alpha-tocopherol)....mg	0.37	0.042	3	A	1		0.14	0.21	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.06	0.000	3	A	1		0.02	0.03	
Tocopherol, gamma....mg	1.36	0.027	3	A	1		0.52	0.78	
Tocopherol, delta....mg	0.01	0.006	3	A	1		0.00	0.01	
Vitamin D (D2 + D3)....mcg	0.3		0	RKI	6		0.1	0.2	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 20109
Noodles, egg, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	11		0	RKI	6		4	6	
Vitamin K (phylloquinone).....mcg	0.5	0.033	3	A	1		0.2	0.3	
Lipids:									
Fatty acids, total saturated.....g	1.180		0	NC	4		0.448	0.672	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.010	0.001	3	A	1		0.004	0.005	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.935	0.052	3	A	1		0.355	0.533	
17:0.....g	0.007	0.001	3	A	1		0.003	0.004	
18:0.....g	0.228	0.018	3	A	1		0.087	0.130	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.252		0	NC	4		0.476	0.713	
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	0.073	0.007	3	A	1		0.028	0.042	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.163	0.079	3	A	1		0.442	0.663	
20:1.....g	0.016	0.001	3	A	1		0.006	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.331		0	NC	4		0.506	0.758	
18:2 undifferentiated.....g	1.223	0.026	3	A	1		0.465	0.697	
18:3 undifferentiated.....g	0.058		0	AS	1		0.022	0.033	
18:3 n-3 c,c,c (ALA).....g	0.058	0.001	3	A	1		0.022	0.033	
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		1		0.000	0.000	
20:2 n-6 c,c.....g	0.007	0.000	3	A	1		0.003	0.004	
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	0.042	0.004	3	A	1		0.016	0.024	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.061		1	MA	12		0.023	0.034	
Cholesterol.....mg	84	5.525	3	A	1		32	48	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.133		0	A	1		0.051	0.076	
Threonine.....g	0.430		0	A	1		0.163	0.245	
Isoleucine.....g	0.593		0	A	1		0.225	0.338	
Leucine.....g	1.139		0	A	1		0.433	0.649	
Lysine.....g	0.429		0	A	1		0.163	0.244	
Methionine.....g	0.268		0	A	1		0.102	0.153	
Cystine.....g	0.299		0	A	1		0.114	0.171	
Phenylalanine.....g	0.748		0	A	1		0.284	0.426	
Tyrosine.....g	0.293		0	A	1		0.111	0.167	
Valine.....g	0.686		0	A	1		0.261	0.391	
Arginine.....g	0.600		0	A	1		0.228	0.342	
Histidine.....g	0.378		0	A	1		0.143	0.215	

NDB No. 20109
Noodles, egg, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.516		0	A	1		0.196	0.294	
Aspartic acid....g	0.762		0	A	1		0.289	0.434	
Glutamic acid....g	4.580		0	A	1		1.740	2.611	
Glycine....g	0.496		0	A	1		0.188	0.282	
Proline....g	1.544		0	A	1		0.587	0.880	
Serine....g	0.803		0	A	1		0.305	0.458	
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.

Common Measures:

Measure 1 = 38g: 1 cup

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.93 **Fat** 8.41 **Carbohydrate** 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20409
Noodles, egg, dry, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.01	0.219	6	A	1		3.42		
Energy	kcal	384		0	NC	4		146		
Energy	kJ	1609		0	NC	4		611		
Protein (N x 5.78)	g	14.16	0.177	3	A	1		5.38		
Total lipid (fat)	g	4.44	0.191	3	A	1		1.69		
Ash	g	1.12	0.042	3	A	1		0.43		
Carbohydrate, by difference	g	71.27		0	NC	4		27.08		
Fiber, total dietary	g	3.3	0.304	3	A	1		1.2		
Sugars, total	g	1.88	0.931	6	A	1		0.71		
Sucrose	g	0.26	0.166	6	A	1		0.10		
Glucose (dextrose)	g	0.10	0.041	4	A	1		0.04		
Fructose	g	0.00	0.000	3	A	1		0.00		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	1.51	0.704	6	A	1		0.58		
Galactose	g	0.00	0.000	3	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	35	0.902	3	A	1		13		
Iron, Fe	mg	1.90		1		1		0.72		
Magnesium, Mg	mg	58	1.651	3	A	1		22		
Phosphorus, P	mg	241	2.646	3	A	1		92		
Potassium, K	mg	244	8.000	3	A	1		93		
Sodium, Na	mg	21	2.753	3	A	1		8		
Zinc, Zn	mg	1.92	0.027	3	A	1		0.73		
Copper, Cu	mg	0.297	0.006	3	A	1		0.113		
Manganese, Mn	mg	0.855	0.034	3	A	1		0.325		
Selenium, Se	mcg	78.8	3.819	3	A	1		29.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.170		1		1		0.065		
Riboflavin	mg	0.090		1		1		0.034		
Niacin	mg	2.100		0		1		0.798		
Pantothenic acid	mg	0.912	0.057	3	A	1		0.347		
Vitamin B-6	mg	0.216	0.003	3	A	1		0.082		
Folate, total	mcg	29	6.837	12		1		11		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	29	6.837	12		1		11		
Folate, DFE	mcg_DFE	29		0	NC	4		11		
Choline, total	mg	78.7		0	AS	1		29.9		
Betaine	mg	131.7		1	A	1		50.0		
Vitamin B-12	mcg	0.29	0.012	3	A	1		0.11		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	17		0	NC	4		7		
Retinol	mcg	17		0	BFZN	4		7		
Carotene, beta	mcg	2		0	BFZN	4		1		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	1		0	BFZN	4		1		
Vitamin A, IU	IU	62		2		1		24		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	110		0	BFZN	4		42		
Vitamin E (alpha-tocopherol)	mg	0.37	0.042	3	A	1		0.14		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.06	0.000	3	A	1		0.02		
Tocopherol, gamma	mg	1.36	0.027	3	A	1		0.52		
Tocopherol, delta	mg	0.01	0.006	3	A	1		0.00		
Vitamin D (D2 + D3)	mcg	0.3		0	RKI	6		0.1		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20409
Noodles, egg, dry, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	11		0	RKI	6		4		
Vitamin K (phylloquinone).....mcg	0.5	0.033	3	A	1		0.2		
Lipids:									
Fatty acids, total saturated.....g	1.180		0	NC	4		0.448		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.010	0.001	3	A	1		0.004		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	0.935	0.052	3	A	1		0.355		
17:0.....g	0.007	0.001	3	A	1		0.003		
18:0.....g	0.228	0.018	3	A	1		0.087		
20:0.....g	0.000	0.000	3	A	1		0.000		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.252		0	NC	4		0.476		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.073	0.007	3	A	1		0.028		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	1.163	0.079	3	A	1		0.442		
20:1.....g	0.016	0.001	3	A	1		0.006		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.331		0	NC	4		0.506		
18:2 undifferentiated.....g	1.223	0.026	3	A	1		0.465		
18:3 undifferentiated.....g	0.058		0	AS	1		0.022		
18:3 n-3 c,c,c (ALA).....g	0.058	0.001	3	A	1		0.022		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g	0.007	0.000	3	A	1		0.003		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.042	0.004	3	A	1		0.016		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g	0.061		1	MA	12		0.023		
Cholesterol.....mg	84	5.525	3	A	1		32		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.133		0	A	1		0.051		
Threonine.....g	0.430		0	A	1		0.163		
Isoleucine.....g	0.593		0	A	1		0.225		
Leucine.....g	1.139		0	A	1		0.433		
Lysine.....g	0.429		0	A	1		0.163		
Methionine.....g	0.268		0	A	1		0.102		
Cystine.....g	0.299		0	A	1		0.114		
Phenylalanine.....g	0.748		0	A	1		0.284		
Tyrosine.....g	0.293		0	A	1		0.111		
Valine.....g	0.686		0	A	1		0.261		
Arginine.....g	0.600		0	A	1		0.228		
Histidine.....g	0.378		0	A	1		0.143		

NDB No. 20409
Noodles, egg, dry, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	0.516		0	A	1		0.196		
Aspartic acid....g	0.762		0	A	1		0.289		
Glutamic acid....g	4.580		0	A	1		1.740		
Glycine....g	0.496		0	A	1		0.188		
Proline....g	1.544		0	A	1		0.587		
Serine....g	0.803		0	A	1		0.305		
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.

Common Measures:

Measure 1 = 38g: 1 cup

Calories Factors: Protein 3.93 **Fat** 8.41 **Carbohydrate** 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20112
Noodles, egg, spinach, cooked, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.52		0		1		109.63		
Energy	kcal	132		0	NC	4		211		
Energy	kJ	552		0		4		884		
Protein (N x 5.79)	g	5.04		0		1		8.06		
Total lipid (fat)	g	1.57		0		1		2.51		
Ash	g	0.62		0		1		0.99		
Carbohydrate, by difference	g	24.25		0	NC	4		38.80		
Fiber, total dietary	g	2.3		0		4		3.7		
Sugars, total	g	0.71		0	RA	4		1.13		
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		1		30		
Iron, Fe	mg	1.09		0		1		1.74		
Magnesium, Mg	mg	24		0		1		38		
Phosphorus, P	mg	57		0		1		91		
Potassium, K	mg	37		0		1		59		
Sodium, Na	mg	12		0		1		19		
Zinc, Zn	mg	0.63		0		1		1.01		
Copper, Cu	mg	0.080		0		1		0.128		
Manganese, Mn	mg	0.317		0		1		0.507		
Selenium, Se	mcg	21.8		0	BFSN	4		34.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.245		0		1		0.392		
Riboflavin	mg	0.123		0		1		0.197		
Niacin	mg	1.474		0		1		2.358		
Pantothenic acid	mg	0.233		0		1		0.373		
Vitamin B-6	mg	0.114		0		1		0.182		
Folate, total	mcg	64		0	BFSY	4		102		
Folic acid	mcg	43		0	NC	4		69		
Folate, food	mcg	21		0		1		34		
Folate, DFE	mcg_DFE	94		0	NC	4		151		
Choline, total	mg	25.7		0	BFZN	4		41.1		
Betaine	mg									
Vitamin B-12	mcg	0.14		0		1		0.22		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	10		0	NC	4		16		
Retinol	mcg	6		0	RA	4		9		
Carotene, beta	mcg	51		0	O	4		81		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	103		0		1		165		
Lycopene	mcg	0		0	RA	4		0		
Lutein + zeaxanthin	mcg	2232		0	RA	4		3571		
Vitamin E (alpha-tocopherol)	mg	0.55		0	RA	4		0.88		
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	0.1		0	RA	4		0.1		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	4		0	RA	4		6		
Vitamin K (phylloquinone)	mcg	101.1		0	RA	4		161.8		
Lipids:										
Fatty acids, total saturated	g	0.361		0		1		0.578		
4:0	g	0.000		0		1		0.000		

NDB No. 20112
Noodles, egg, spinach, cooked, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		1		0.000		
8:0 ... g	0.000		0		1		0.000		
10:0 ... g	0.000		0		1		0.000		
12:0 ... g	0.000		0		1		0.000		
13:0 ... g									
14:0 ... g	0.005		0		1		0.008		
15:0 ... g									
16:0 ... g	0.290		0		1		0.464		
17:0 ... g									
18:0 ... g	0.065		0		1		0.104		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.493		0		1		0.789		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.047		0		1		0.075		
17:1 ... g									
18:1 undifferentiated ... g	0.445		0		1		0.712		
20:1 ... g	0.001		0		1		0.002		
22:1 undifferentiated ... g	0.000		0		1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.349		0		1		0.558		
18:2 undifferentiated ... g	0.301		0		1		0.482		
18:3 undifferentiated ... g	0.048		0		1		0.077		
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	33		0		1		53		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.067		0		1		0.107		
Threonine ... g	0.157		0		1		0.251		
Isoleucine ... g	0.218		0		1		0.349		
Leucine ... g	0.364		0		1		0.582		
Lysine ... g	0.151		0		1		0.242		
Methionine ... g	0.093		0		1		0.149		
Cystine ... g	0.133		0		1		0.213		
Phenylalanine ... g	0.251		0		1		0.402		
Tyrosine ... g	0.149		0		1		0.238		
Valine ... g	0.244		0		1		0.390		
Arginine ... g	0.215		0		1		0.344		
Histidine ... g	0.106		0		1		0.170		
Alanine ... g	0.178		0		1		0.285		
Aspartic acid ... g	0.269		0		1		0.430		
Glutamic acid ... g	1.543		0		1		2.469		
Glycine ... g	0.165		0		1		0.264		
Proline ... g	0.472		0		1		0.755		
Serine ... g	0.258		0		1		0.413		
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. 20112

Noodles, egg, spinach, cooked, enriched

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.88 **Fat** 8.41 **Carbohydrate** 4.08

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20111
Noodles, egg, spinach, dry, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.72	0.266	3		1		3.31	4.97	
Energy....kcal	382		0	NC	4		145	218	
Energy....kJ	1598				4		607	911	
Protein (N x 5.79)....g	14.61	0.663	4		1		5.55	8.33	
Total lipid (fat)....g	4.55	0.754	4		1		1.73	2.59	
Ash....g	1.79	0.348	3		1		0.68	1.02	
Carbohydrate, by difference....g	70.32		0	NC	4		26.72	40.08	
Fiber, total dietary....g	6.8		0		1		2.6	3.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	56	10.249	4		1		21	32	
Iron, Fe....mg	4.20	0.588	3		1		1.60	2.39	
Magnesium, Mg....mg	82	23.673	3		1		31	47	
Phosphorus, P....mg	193	24.052	3		1		73	110	
Potassium, K....mg	355	53.161	3		1		135	202	
Sodium, Na....mg	72	11.149	3		1		27	41	
Zinc, Zn....mg	1.83	0.209	3		1		0.70	1.04	
Copper, Cu....mg	0.257	0.015	3		1		0.098	0.146	
Manganese, Mn....mg	1.020	0.223	3		1		0.388	0.581	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	1.091	0.065	3		1		0.415	0.622	
Riboflavin....mg	0.477	0.009	3		1		0.181	0.272	
Niacin....mg	6.575	0.360	4		1		2.499	3.748	
Pantothenic acid....mg	0.899	0.133	3		1		0.342	0.512	
Vitamin B-6....mg	0.412	0.074	3		1		0.157	0.235	
Folate, total....mcg	245		0	BFZN	4		93	139	
Folic acid....mcg	157		0	NC	4		60	89	
Folate, food....mcg	88		2		1		33	50	
Folate, DFE....mcg_DFE	354		0	NC	4		135	202	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.40		1		4		0.15	0.23	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	315		1		1		120	180	
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	1.047		0		1		0.398	0.597	
4:0....g									
6:0....g									
8:0....g									

NDB No. 20111
Noodles, egg, spinach, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.015		0		1		0.006	0.009	
15:0....g									
16:0....g	0.842		0		1		0.320	0.480	
17:0....g									
18:0....g	0.189		0		1		0.072	0.108	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.430		0		1		0.543	0.815	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.137		0		1		0.052	0.078	
17:1....g									
18:1 undifferentiated....g	1.290		0		1		0.490	0.735	
20:1....g	0.003		0		1		0.001	0.002	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.012		0		1		0.385	0.577	
18:2 undifferentiated....g	0.874		0		1		0.332	0.498	
18:3 undifferentiated....g	0.138		0		1		0.052	0.079	
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	95		1		4		36	54	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0		1		0.074	0.111	
Threonine....g	0.457		0		1		0.174	0.260	
Isoleucine....g	0.633		0		1		0.241	0.361	
Leucine....g	1.055		0		1		0.401	0.601	
Lysine....g	0.436		0		1		0.166	0.249	
Methionine....g	0.270		0		1		0.103	0.154	
Cystine....g	0.386		0		1		0.147	0.220	
Phenylalanine....g	0.727		0		1		0.276	0.414	
Tyrosine....g	0.431		0		1		0.164	0.246	
Valine....g	0.706		0		1		0.268	0.402	
Arginine....g	0.623		0		1		0.237	0.355	
Histidine....g	0.308		0		1		0.117	0.176	
Alanine....g	0.517		0		1		0.196	0.295	
Aspartic acid....g	0.780		0		1		0.296	0.445	
Glutamic acid....g	4.476		0		1		1.701	2.551	
Glycine....g	0.479		0		1		0.182	0.273	
Proline....g	1.370		0		1		0.521	0.781	
Serine....g	0.749		0		1		0.285	0.427	
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 = 38g: 1 cup

Measure 2 = 57g: 2 oz

NDB No. 20111
Noodles, egg, spinach, dry, enriched

Calories Factors: Protein 3.88 **Fat** 8.41 **Carbohydrate** 4.08

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20118
Noodles, flat, crunchy, Chinese restaurant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.93	0.634	4	A	1		2.22		
Energy....kcal	521		0	NC	4		235		
Energy....kJ	2181		0	NC	4		981		
Protein (N x 5.73)....g	10.33	0.803	4	A	1		4.65		
Total lipid (fat)....g	31.72	3.136	4	A	1		14.28		
Ash....g	1.11	0.253	4	A	1		0.50		
Carbohydrate, by difference....g	51.90		0	NC	4		23.36		
Fiber, total dietary....g	1.9		0	RA	4		0.9		
Sugars, total....g	0.25		0	RA	4		0.11		
Starch....g									
Minerals:									
Calcium, Ca....mg	21	3.897	4	A	1		9		
Iron, Fe....mg	1.76	0.543	4	A	1		0.79		
Magnesium, Mg....mg	21	2.131	4	A	1		9		
Phosphorus, P....mg	87	5.073	4	A	1		39		
Potassium, K....mg	89	8.820	4	A	1		40		
Sodium, Na....mg	378	48.029	3	A	1		170		
Zinc, Zn....mg	0.63	0.057	4	A	1		0.28		
Copper, Cu....mg	0.122	0.010	4	A	1		0.055		
Manganese, Mn....mg	0.363	0.038	4	A	1		0.164		
Selenium, Se....mcg	32.1		0	RA	4		14.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0		
Thiamin....mg	0.195	0.066	4	A	1		0.088		
Riboflavin....mg	0.112	0.044	4	A	1		0.051		
Niacin....mg	2.520	0.758	4	A	1		1.134		
Pantothenic acid....mg	0.354		0	RA	4		0.160		
Vitamin B-6....mg	0.027		0	RA	4		0.012		
Folate, total....mcg	17		0	RA	4		8		
Folic acid....mcg	0		0	RA	4		0		
Folate, food....mcg	17		0	RA	4		8		
Folate, DFE....mcg_DFE	17		0	NC	4		8		
Choline, total....mg	8.1		0	RA	4		3.6		
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	RA	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	1		0	RA	4		0		
Carotene, alpha....mcg	0		0	RA	4		0		
Cryptoxanthin, beta....mcg	0		0	RA	4		0		
Vitamin A, IU....IU	1		0	RA	4		1		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	54		0	RA	4		24		
Vitamin E (alpha-tocopherol)....mg	3.29		0	RA	4		1.48		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	6.3		0	RA	4		2.8		
Lipids:									
Fatty acids, total saturated....g	4.931		0	NC	4		2.219		
4:0....g	0.000	0.000	4	A	1		0.000		

NDB No. 20118
Noodles, flat, crunchy, Chinese restaurant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000	0.000	4	A	1		0.000		
8:0 g	0.000	0.000	4	A	1		0.000		
10:0 g	0.000	0.000	4	A	1		0.000		
12:0 g	0.001	0.000	4	A	1		0.001		
13:0 g									
14:0 g	0.027	0.002	4	A	1		0.012		
15:0 g	0.005	0.000	4	A	1		0.002		
16:0 g	3.330	0.302	4	A	1		1.498		
17:0 g	0.030	0.002	4	A	1		0.013		
18:0 g	1.300	0.112	4	A	1		0.585		
20:0 g	0.093	0.009	4	A	1		0.042		
22:0 g	0.100	0.011	4	A	1		0.045		
24:0 g	0.044	0.001	4	A	1		0.020		
Fatty acids, total monounsaturated g	7.617		0	NC	4		3.428		
14:1 g	0.000	0.000	4	A	1		0.000		
15:1 g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated g	0.050	0.003	4	AS	1		0.023		
16:1 c g	0.050	0.003	4	A	1		0.023		
16:1 t g	0.000	0.000	4	A	1		0.000		
17:1 g	0.016	0.002	4	A	1		0.007		
18:1 undifferentiated g	7.303	0.772	4	AS	1		3.286		
18:1 c g	7.277	0.772	4	A	1		3.275		
18:1-11c (18:1c n-7) g									
18:1 t g	0.025	0.003	4	A	1		0.011		
18:1-11t (18:1t n-7) g									
20:1 g	0.236	0.025	4	A	1		0.106		
22:1 undifferentiated g	0.001	0.001	4	AS	1		0.001		
22:1 c g	0.000	0.000	4	A	1		0.000		
22:1 t g	0.001	0.001	4	A	1		0.000		
24:1 c g	0.010	0.001	4	A	1		0.005		
Fatty acids, total polyunsaturated g	16.949		0	NC	4		7.627		
18:2 undifferentiated g	14.908	1.831	4	AS	1		6.709		
18:2 n-6 c,c g	14.776	1.828	4	A	1		6.649		
18:2 CLAs g	0.022	0.003	4	A	1		0.010		
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	0.110	0.009	4	A	1		0.050		
18:3 undifferentiated g	2.018	0.295	4	AS	1		0.908		
18:3 n-3 c,c,c (ALA) g	2.014	0.295	4	A	1		0.906		
18:3 n-6 c,c,c g	0.004	0.001	4	A	1		0.002		
18:3i g									
18:4 g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c g	0.012	0.001	4	A	1		0.006		
20:3 undifferentiated g	0.003	0.002	4	AS	1		0.001		
20:3 n-3 g	0.000	0.000	4	A	1		0.000		
20:3 n-6 g	0.003	0.002	4	A	1		0.001		
20:4 undifferentiated g	0.004	0.002	4	A	1		0.002		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	4	A	1		0.000		
21:5 g									
22:4 g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA) g	0.004	0.000	4	A	1		0.002		
22:6 n-3 (DHA) g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans g	0.136		0	NC	4		0.061		
Fatty acids, total trans-monoenoic g	0.026		0	NC	4		0.012		
Fatty acids, total trans-polyenoic g	0.110		0	NC	4		0.050		
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		

NDB No. 20118
Noodles, flat, crunchy, Chinese restaurant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	Z	7		0		
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 = 45g: 1 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20115
Noodles, japanese, soba, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.01	0.078	3		1		83.23		
Energy	kcal	99		0	NC	4		113		
Energy	kJ	414				4		472		
Protein (N x 6.06)	g	5.06	0.039	3		1		5.77		
Total lipid (fat)	g	0.10	0.017	3		1		0.11		
Ash	g	0.39	0.006	3		1		0.44		
Carbohydrate, by difference	g	21.44		0	NC	4		24.44		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		2		1		5		
Iron, Fe	mg	0.48		2		1		0.55		
Magnesium, Mg	mg	9		2		1		10		
Phosphorus, P	mg	25		2		1		29		
Potassium, K	mg	35		2		1		40		
Sodium, Na	mg	60		2		1		68		
Zinc, Zn	mg	0.12		2		1		0.14		
Copper, Cu	mg	0.008		2		1		0.009		
Manganese, Mn	mg	0.374		0		4		0.426		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.094	0.012	4		1		0.107		
Riboflavin	mg	0.026	0.001	6		1		0.030		
Niacin	mg	0.510		2		1		0.581		
Pantothenic acid	mg	0.235		0		4		0.268		
Vitamin B-6	mg	0.040		2		1		0.046		
Folate, total	mcg	7	1.091	3		1		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	7	1.091	3		1		8		
Folate, DFE	mcg_DFE	7		0	NC	4		8		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.019		0		1		0.022		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20115
Noodles, japanese, soba, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.001		0		1		0.001		
15:0 g									
16:0 g	0.013		0		1		0.015		
17:0 g									
18:0 g	0.001		0		1		0.001		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.026		0		1		0.030		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.001		
17:1 g									
18:1 undifferentiated g	0.025		0		1		0.029		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.031		0		1		0.035		
18:2 undifferentiated g	0.029		0		1		0.033		
18:3 undifferentiated g	0.002		0		1		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		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.072		0		1		0.082		
Threonine g	0.177		0		1		0.202		
Isoleucine g	0.195		0		1		0.222		
Leucine g	0.330		0		1		0.376		
Lysine g	0.214		0		1		0.244		
Methionine g	0.072		0		1		0.082		
Cystine g	0.094		0		1		0.107		
Phenylalanine g	0.217		0		1		0.247		
Tyrosine g	0.105		0		1		0.120		
Valine g	0.249		0		1		0.284		
Arginine g	0.317		0		1		0.361		
Histidine g	0.119		0		1		0.136		
Alanine g	0.248		0		1		0.283		
Aspartic acid g	0.372		0		1		0.424		
Glutamic acid g	1.096		0		1		1.249		
Glycine g	0.332		0		1		0.378		
Proline g	0.306		0		1		0.349		
Serine g	0.260		0		1		0.296		
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 = 114g: 1 cup

NDB No. 20115
Noodles, japanese, soba, cooked

Calories Factors: Protein 3.37 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20114
Noodles, japanese, soba, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.88	0.018	3		1		3.92		
Energy....kcal	336		0	NC	4		192		
Energy....kJ	1406				4		801		
Protein (N x 6.06)....g	14.38	0.201	3		1		8.20		
Total lipid (fat)....g	0.71	0.017	3		1		0.40		
Ash....g	3.41	0.017	3		1		1.94		
Carbohydrate, by difference....g	74.62		0	NC	4		42.53		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	35		2		1		20		
Iron, Fe....mg	2.70		2		1		1.54		
Magnesium, Mg....mg	95		2		1		54		
Phosphorus, P....mg	254		2		1		145		
Potassium, K....mg	252		2		1		144		
Sodium, Na....mg	792		2		1		451		
Zinc, Zn....mg	1.71		2		1		0.97		
Copper, Cu....mg	0.230		2		1		0.131		
Manganese, Mn....mg	1.291		0		4		0.736		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.480	0.017	3		1		0.274		
Riboflavin....mg	0.130		2		1		0.074		
Niacin....mg	3.210		2		1		1.830		
Pantothenic acid....mg	0.954		0		4		0.544		
Vitamin B-6....mg	0.240		2		1		0.137		
Folate, total....mcg	60		2		1		34		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	60		2		1		34		
Folate, DFE....mcg_DFE	60		0	NC	4		34		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.136		0		1		0.078		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20114
Noodles, japanese, soba, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.003		0		1		0.002		
12:0 ... g	0.002		0		1		0.001		
13:0 ... g									
14:0 ... g	0.004		0		1		0.002		
15:0 ... g									
16:0 ... g	0.093		0		1		0.053		
17:0 ... g									
18:0 ... g	0.009		0		1		0.005		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.185		0		1		0.105		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.004		0		1		0.002		
17:1 ... g									
18:1 undifferentiated ... g	0.181		0		1		0.103		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.220		0		1		0.125		
18:2 undifferentiated ... g	0.204		0		1		0.116		
18:3 undifferentiated ... g	0.016		0		1		0.009		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.204		0		1		0.116		
Threonine ... g	0.503		0		1		0.287		
Isoleucine ... g	0.553		0		1		0.315		
Leucine ... g	0.937		0		1		0.534		
Lysine ... g	0.607		0		1		0.346		
Methionine ... g	0.204		0		1		0.116		
Cystine ... g	0.268		0		1		0.153		
Phenylalanine ... g	0.617		0		1		0.352		
Tyrosine ... g	0.299		0		1		0.170		
Valine ... g	0.707		0		1		0.403		
Arginine ... g	0.899		0		1		0.512		
Histidine ... g	0.339		0		1		0.193		
Alanine ... g	0.705		0		1		0.402		
Aspartic acid ... g	1.058		0		1		0.603		
Glutamic acid ... g	3.113		0		1		1.774		
Glycine ... g	0.942		0		1		0.537		
Proline ... g	0.868		0		1		0.495		
Serine ... g	0.738		0		1		0.421		
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 = 57g: 2 oz

NDB No. 20114
Noodles, japanese, soba, dry

Calories Factors: Protein 3.37 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20117
Noodles, japanese, somen, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.91	8.575	4		1		119.52		
Energy....kcal	131		0	NC	4		231		
Energy....kJ	548				4		965		
Protein (N x 5.7)....g	4.00	0.910	4		1		7.04		
Total lipid (fat)....g	0.18	0.140	7		1		0.32		
Ash....g	0.36	0.145	4		1		0.63		
Carbohydrate, by difference....g	27.54		0	NC	4		48.47		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	2.613	3		1		14		
Iron, Fe....mg	0.52	0.090	4		1		0.92		
Magnesium, Mg....mg	2	0.296	3		1		4		
Phosphorus, P....mg	27	10.868	4		1		48		
Potassium, K....mg	29	0.835	3		1		51		
Sodium, Na....mg	161	68.422	3		1		283		
Zinc, Zn....mg	0.22	0.039	4		1		0.39		
Copper, Cu....mg	0.025	0.013	3		1		0.044		
Manganese, Mn....mg	0.251		1		1		0.442		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.020	0.010	5		1		0.035		
Riboflavin....mg	0.033	0.028	5		1		0.058		
Niacin....mg	0.097	0.012	3		1		0.171		
Pantothenic acid....mg	0.172	0.077	4		1		0.303		
Vitamin B-6....mg	0.013	0.007	3		1		0.023		
Folate, total....mcg	2	0.321	3		1		4		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	2	0.321	3		1		4		
Folate, DFE....mcg_DFE	2		0	NC	4		4		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.025		0		1		0.044		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20117
Noodles, japanese, somen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.022		0		1		0.039		
17:0....g									
18:0....g	0.003		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0		1		0.037		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.037		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.073		0		1		0.128		
18:2 undifferentiated....g	0.066		0		1		0.116		
18:3 undifferentiated....g	0.006		0		1		0.011		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.051		0		1		0.090		
Threonine....g	0.106		0		1		0.187		
Isoleucine....g	0.155		0		1		0.273		
Leucine....g	0.274		0		1		0.482		
Lysine....g	0.077		0		1		0.136		
Methionine....g	0.062		0		1		0.109		
Cystine....g	0.113		0		1		0.199		
Phenylalanine....g	0.194		0		1		0.341		
Tyrosine....g	0.105		0		1		0.185		
Valine....g	0.171		0		1		0.301		
Arginine....g	0.148		0		1		0.260		
Histidine....g	0.081		0		1		0.143		
Alanine....g	0.117		0		1		0.206		
Aspartic acid....g	0.164		0		1		0.289		
Glutamic acid....g	1.443		0		1		2.540		
Glycine....g	0.126		0		1		0.222		
Proline....g	0.440		0		1		0.774		
Serine....g	0.189		0		1		0.333		
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 = 176g: 1 cup

NDB No. 20117
Noodles, japanese, somen, cooked

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20116
Noodles, japanese, somen, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.21	0.787	6		1		5.25		
Energy....kcal	356		0	NC	4		203		
Energy....kJ	1490				4		849		
Protein (N x 5.7)....g	11.35	0.317	6		1		6.47		
Total lipid (fat)....g	0.81	0.243	6		1		0.46		
Ash....g	4.54	0.287	6		1		2.59		
Carbohydrate, by difference....g	74.10		0	NC	4		42.24		
Fiber, total dietary....g	4.3		0		1		2.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23	3.531	6		1		13		
Iron, Fe....mg	1.32	0.207	5		1		0.75		
Magnesium, Mg....mg	28	3.652	5		1		16		
Phosphorus, P....mg	80	4.553	6		1		46		
Potassium, K....mg	164	33.584	6		1		93		
Sodium, Na....mg	1840	344.922	6		1		1049		
Zinc, Zn....mg	0.45	0.068	5		1		0.26		
Copper, Cu....mg	0.144	0.013	4		1		0.082		
Manganese, Mn....mg	0.479	0.044	3		1		0.273		
Selenium, Se....mcg	8.3		0	BFSN	4		4.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.101	0.004	5		1		0.058		
Riboflavin....mg	0.026	0.003	5		1		0.015		
Niacin....mg	0.875	0.047	4		1		0.499		
Pantothenic acid....mg	0.491	0.116	3		1		0.280		
Vitamin B-6....mg	0.050	0.006	4		1		0.029		
Folate, total....mcg	14	1.168	4		1		8		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	14	1.168	4		1		8		
Folate, DFE....mcg_DFE	14		0	NC	4		8		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.115		0		1		0.066		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		

NDB No. 20116
Noodles, japanese, somen, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.002		0		1		0.001		
15:0 g									
16:0 g	0.101		0		1		0.058		
17:0 g									
18:0 g	0.013		0		1		0.007		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.095		0		1		0.054		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.095		0		1		0.054		
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	0.330		0		1		0.188		
18:2 undifferentiated g	0.302		0		1		0.172		
18:3 undifferentiated g	0.029		0		1		0.017		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.145		0		1		0.083		
Threonine g	0.300		0		1		0.171		
Isoleucine g	0.439		0		1		0.250		
Leucine g	0.776		0		1		0.442		
Lysine g	0.218		0		1		0.124		
Methionine g	0.177		0		1		0.101		
Cystine g	0.320		0		1		0.182		
Phenylalanine g	0.551		0		1		0.314		
Tyrosine g	0.298		0		1		0.170		
Valine g	0.484		0		1		0.276		
Arginine g	0.418		0		1		0.238		
Histidine g	0.230		0		1		0.131		
Alanine g	0.333		0		1		0.190		
Aspartic acid g	0.464		0		1		0.264		
Glutamic acid g	4.092		0		1		2.332		
Glycine g	0.359		0		1		0.205		
Proline g	1.249		0		1		0.712		
Serine g	0.535		0		1		0.305		
Hydroxyproline g									
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.

NDB No. 20116
Noodles, japanese, somen, dry

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20034
Oat bran, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.00		0		1		183.96		
Energy....kcal	40		0	NC	4		88		
Energy....kJ	167				4		367		
Protein (N x 5.83)....g	3.21		0		1		7.03		
Total lipid (fat)....g	0.86		0		1		1.88		
Ash....g	0.49		0		1		1.07		
Carbohydrate, by difference....g	11.44		0	NC	4		25.05		
Fiber, total dietary....g	2.6		0		4		5.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		22		
Iron, Fe....mg	0.88		0		1		1.93		
Magnesium, Mg....mg	40		0		1		88		
Phosphorus, P....mg	119		0		1		261		
Potassium, K....mg	92		0		1		201		
Sodium, Na....mg	1		0		1		2		
Zinc, Zn....mg	0.53		0		1		1.16		
Copper, Cu....mg	0.066		0		1		0.145		
Manganese, Mn....mg	0.964		0		1		2.111		
Selenium, Se....mcg	7.7		0	BFSN	4		16.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.160		0		1		0.350		
Riboflavin....mg	0.034		0		1		0.074		
Niacin....mg	0.144		0		1		0.315		
Pantothenic acid....mg	0.217		0		1		0.475		
Vitamin B-6....mg	0.025		0		1		0.055		
Folate, total....mcg	6		0		1		13		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	6		0		1		13		
Folate, DFE....mcg_DFE	6		0	NC	4		13		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.163		0		1		0.357		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20034
Oat bran, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.003		0		1		0.007		
13:0 g									
14:0 g	0.002		0		1		0.004		
15:0 g									
16:0 g	0.138		0		1		0.302		
17:0 g									
18:0 g	0.009		0		1		0.020		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.291		0		1		0.637		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		1		0.004		
17:1 g									
18:1 undifferentiated g	0.290		0		1		0.635		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.339		0		1		0.742		
18:2 undifferentiated g	0.324		0		1		0.710		
18:3 undifferentiated g	0.015		0		1		0.033		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.057		0		1		0.125		
Threonine g	0.086		0		1		0.188		
Isoleucine g	0.114		0		1		0.250		
Leucine g	0.235		0		1		0.515		
Lysine g	0.130		0		1		0.285		
Methionine g	0.057		0		1		0.125		
Cystine g	0.099		0		1		0.217		
Phenylalanine g	0.155		0		1		0.339		
Tyrosine g	0.114		0		1		0.250		
Valine g	0.165		0		1		0.361		
Arginine g	0.219		0		1		0.480		
Histidine g	0.070		0		1		0.153		
Alanine g	0.149		0		1		0.326		
Aspartic acid g	0.270		0		1		0.591		
Glutamic acid g	0.642		0		1		1.406		
Glycine g	0.162		0		1		0.355		
Proline g	0.168		0		1		0.368		
Serine g	0.152		0		1		0.333		
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 = 219g: 1 cup

NDB No. 20034
Oat bran, cooked

Calories Factors: Protein 1.82 **Fat** 8.37 **Carbohydrate** 2.35

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20033
Oat bran, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.55	0.850	8		1		6.16		
Energy	kcal	246		0	NC	4		231		
Energy	kJ	1029		0		4		968		
Protein (N x 5.83)	g	17.30	1.452	9		1		16.26		
Total lipid (fat)	g	7.03	0.274	6		1		6.61		
Ash	g	2.89	0.493	8		1		2.72		
Carbohydrate, by difference	g	66.22		0	NC	4		62.25		
Fiber, total dietary	g	15.4		0		1		14.5		
Sugars, total	g	1.45		0	BFZN	4		1.36		
Starch	g									
Minerals:										
Calcium, Ca	mg	58	6.316	8		1		55		
Iron, Fe	mg	5.41	0.626	8		1		5.09		
Magnesium, Mg	mg	235	11.707	8		1		221		
Phosphorus, P	mg	734	26.002	5		1		690		
Potassium, K	mg	566	36.718	8		1		532		
Sodium, Na	mg	4	0.996	8		1		4		
Zinc, Zn	mg	3.11	0.388	7		1		2.92		
Copper, Cu	mg	0.403	0.027	7		1		0.379		
Manganese, Mn	mg	5.630	0.094	4		1		5.292		
Selenium, Se	mcg	45.2		2	A	1		42.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	1.170	0.089	5		1		1.100		
Riboflavin	mg	0.220	0.063	7		1		0.207		
Niacin	mg	0.934	0.060	7		1		0.878		
Pantothenic acid	mg	1.494	0.264	6		1		1.404		
Vitamin B-6	mg	0.165	0.009	6		1		0.155		
Folate, total	mcg	52	8.623	6		1		49		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	52	8.623	6		1		49		
Folate, DFE	mcg_DFE	52		0	NC	4		49		
Choline, total	mg	32.2		0	AS	1		30.3		
Betaine	mg	19.6		2	A	1		18.4		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	180		0	BFZN	4		169		
Vitamin E (alpha-tocopherol)	mg	1.01		1	A	1		0.95		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.08		1	A	1		0.08		
Tocopherol, gamma	mg	0.00		1	A	1		0.00		
Tocopherol, delta	mg	0.10		1	A	1		0.09		
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		3.0		
Lipids:										
Fatty acids, total saturated	g	1.328		0		1		1.248		
4:0	g	0.000		0		1		0.000		

NDB No. 20033
Oat bran, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.026		0		1		0.024		
13:0 g									
14:0 g	0.016		0		1		0.015		
15:0 g									
16:0 g	1.128		0		1		1.060		
17:0 g									
18:0 g	0.071		0		1		0.067		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.376		0		1		2.233		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.014		0		1		0.013		
17:1 g									
18:1 undifferentiated g	2.362		0		1		2.220		
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	2.766		0		1		2.600		
18:2 undifferentiated g	2.645		0		1		2.486		
18:3 undifferentiated g	0.121		0		1		0.114		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.335		1		1		0.315		
Threonine g	0.502		1		1		0.472		
Isoleucine g	0.668		1		1		0.628		
Leucine g	1.374		1		1		1.292		
Lysine g	0.760		1		1		0.714		
Methionine g	0.335		1		1		0.315		
Cystine g	0.576		1		1		0.541		
Phenylalanine g	0.908		1		1		0.854		
Tyrosine g	0.668		1		1		0.628		
Valine g	0.964		1		1		0.906		
Arginine g	1.279		1		1		1.202		
Histidine g	0.410		1		1		0.385		
Alanine g	0.872		1		1		0.820		
Aspartic acid g	1.576		1		1		1.481		
Glutamic acid g	3.748		1		1		3.523		
Glycine g	0.947		1		1		0.890		
Proline g	0.982		1		1		0.923		
Serine g	0.890		1		1		0.837		
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. 20033
Oat bran, raw

Common Measures:

Measure 1 = 94g: 1 cup

Calories Factors: Protein 1.82 **Fat** 8.37 **Carbohydrate** 2.35

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20132
Oat flour, partially debranned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.55		2	A	1				
Energy	kcal	404		0	NC	4				
Energy	kJ	1688		0	NC	4				
Protein	g	14.66		2	A	1				
Total lipid (fat)	g	9.12		2	A	1				
Ash	g	1.97		2	A	1				
Carbohydrate, by difference	g	65.70		0	NC	4				
Fiber, total dietary	g	6.5		2	A	1				
Sugars, total	g	0.80		1		1				
Sucrose	g	0.50		1		1				
Glucose (dextrose)	g	0.10		1		1				
Fructose	g	0.00		1		1				
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	55		2	A	1				
Iron, Fe	mg	4.00		2	A	1				
Magnesium, Mg	mg	144		2	A	1				
Phosphorus, P	mg	452		2	A	1				
Potassium, K	mg	371		2	A	1				
Sodium, Na	mg	19		2	A	1				
Zinc, Zn	mg	3.20		2	A	1				
Copper, Cu	mg	0.437		2	A	1				
Manganese, Mn	mg	4.019		2	A	1				
Selenium, Se	mcg	34.0		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4				
Thiamin	mg	0.692		2	A	1				
Riboflavin	mg	0.125		2	A	1				
Niacin	mg	1.474		2	A	1				
Pantothenic acid	mg	0.201		2	A	1				
Vitamin B-6	mg	0.125		2	A	1				
Folate, total	mcg	32		0	BFZN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	32		0	BFZN	4				
Folate, DFE	mcg_DFE	32		0	NC	4				
Choline, total	mg	29.9		0	AS	1				
Betaine	mg	30.7		1	A	1				
Vitamin B-12	mcg	0.00		0	Z	7				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		1	A	1				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	BFZN	4				
Carotene, alpha	mcg	0		0	BFZN	4				
Cryptoxanthin, beta	mcg	0		0	BFZN	4				
Vitamin A, IU	IU	0		1	A	1				
Lycopene	mcg	0		0	BFZN	4				
Lutein + zeaxanthin	mcg	180		1	A	1				
Vitamin E (alpha-tocopherol)	mg	0.70		0	BFZN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20132
Oat flour, partially debranned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	3.2		0	BFZN	4				
Lipids:									
Fatty acids, total saturated.....g	1.607		0	BFFN	4				
4:0.....g	0.000		0	BFFN	4				
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	0.029		0	BFFN	4				
13:0.....g									
14:0.....g	0.014		0	BFFN	4				
15:0.....g									
16:0.....g	1.361		0	BFFN	4				
17:0.....g									
18:0.....g	0.087		0	BFFN	4				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.866		0	BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	2.852		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	3.329		0	BFFN	4				
18:2 undifferentiated.....g	3.185		0	BFFN	4				
18:3 undifferentiated.....g	0.145		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		0	Z	7				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

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

Common Measures:

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

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20038
Oats
Avena sativa L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	8.22	0.380	17		1		12.82		
Energy....kcal	389		0	NC	4		607		
Energy....kJ	1628		0		4		2539		
Protein (N x 5.83)....g	16.89	0.326	50		1		26.35		
Total lipid (fat)....g	6.90	0.705	14		1		10.76		
Ash....g	1.72		2		1		2.68		
Carbohydrate, by difference....g	66.27		0	NC	4		103.38		
Fiber, total dietary....g	10.6		0		4		16.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	54	2.526	8		1		84		
Iron, Fe....mg	4.72	0.137	37		1		7.36		
Magnesium, Mg....mg	177	7.132	14		1		276		
Phosphorus, P....mg	523	18.845	14		1		816		
Potassium, K....mg	429	21.539	14		1		669		
Sodium, Na....mg	2		2		1		3		
Zinc, Zn....mg	3.97	0.180	37		1		6.19		
Copper, Cu....mg	0.626	0.024	32		1		0.977		
Manganese, Mn....mg	4.916	0.420	18		1		7.669		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.763		0		4		1.190		
Riboflavin....mg	0.139		0		4		0.217		
Niacin....mg	0.961		0		4		1.499		
Pantothenic acid....mg	1.349		0		4		2.104		
Vitamin B-6....mg	0.119		0		4		0.186		
Folate, total....mcg	56		0		4		87		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	56		0		4		87		
Folate, DFE....mcg_DFE	56		0	NC	4		87		
Choline, total....mg									
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		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.217		0		1		1.899		
4:0....g									
6:0....g									

NDB No. 20038
Oats

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.024		238		1		0.037		
13:0....g									
14:0....g	0.015		238		1		0.023		
15:0....g									
16:0....g	1.034		238		1		1.613		
17:0....g									
18:0....g	0.065		238		1		0.101		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.178		0		1		3.398		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		238		1		0.020		
17:1....g									
18:1 undifferentiated....g	2.165		238		1		3.377		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.535		0		1		3.955		
18:2 undifferentiated....g	2.424		238		1		3.781		
18:3 undifferentiated....g	0.111		238		1		0.173		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		21		1		0.365		
Threonine....g	0.575		59		1		0.897		
Isoleucine....g	0.694		59		1		1.083		
Leucine....g	1.284		59		1		2.003		
Lysine....g	0.701		59		1		1.094		
Methionine....g	0.312		60		1		0.487		
Cystine....g	0.408		48		1		0.636		
Phenylalanine....g	0.895		58		1		1.396		
Tyrosine....g	0.573		43		1		0.894		
Valine....g	0.937		59		1		1.462		
Arginine....g	1.192		58		1		1.860		
Histidine....g	0.405		57		1		0.632		
Alanine....g	0.881		43		1		1.374		
Aspartic acid....g	1.448		43		1		2.259		
Glutamic acid....g	3.712		43		1		5.791		
Glycine....g	0.841		43		1		1.312		
Proline....g	0.934		41		1		1.457		
Serine....g	0.750		43		1		1.170		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

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

NDB No. **20038**
Oats

Common Measures:
Measure 1 = 156g: 1 cup

Calories Factors: Protein 3.46 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20092
Pasta, corn, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.31		0		1		95.63		
Energy	kcal	126		0	NC	4		176		
Energy	kJ	527				4		738		
Protein (N x 6.25)	g	2.63		0		1		3.68		
Total lipid (fat)	g	0.73		0		1		1.02		
Ash	g	0.42		0		1		0.59		
Carbohydrate, by difference	g	27.91		0	NC	4		39.07		
Fiber, total dietary	g	4.8		0		4		6.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0		1		1		
Iron, Fe	mg	0.25		0		1		0.35		
Magnesium, Mg	mg	36		0		1		50		
Phosphorus, P	mg	76		0		1		106		
Potassium, K	mg	31		0		1		43		
Sodium, Na	mg	0		0		1		0		
Zinc, Zn	mg	0.63		0		1		0.88		
Copper, Cu	mg	0.064		0		1		0.090		
Manganese, Mn	mg	0.153		0		1		0.214		
Selenium, Se	mcg	2.8		0	BFSN	4		3.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.053		0		1		0.074		
Riboflavin	mg	0.023		0		1		0.032		
Niacin	mg	0.556		0		1		0.778		
Pantothenic acid	mg	0.128		0		1		0.179		
Vitamin B-6	mg	0.058		0		1		0.081		
Folate, total	mcg	6		0		1		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		0		1		8		
Folate, DFE	mcg_DFE	6		0	NC	4		8		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	3		0		1		4		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	57		0		1		80		
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	0.102		0		1		0.143		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		

NDB No. 20092
Pasta, corn, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000		
12:0 ... g	0.000		0		1		0.000		
13:0 ... g									
14:0 ... g	0.000		0		1		0.000		
15:0 ... g									
16:0 ... g	0.087		0		1		0.122		
17:0 ... g									
18:0 ... g	0.011		0		1		0.015		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.191		0		1		0.267		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0		1		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.191		0		1		0.267		
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	0.325		0		1		0.455		
18:2 undifferentiated ... g	0.316		0		1		0.442		
18:3 undifferentiated ... g	0.010		0		1		0.014		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 (EPA) ... g	0.000		0		1		0.000		
22:5 n-3 (DPA) ... g	0.000		0		1		0.000		
22:6 n-3 (DHA) ... g	0.000		0		1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.019		0		1		0.027		
Threonine ... g	0.099		0		1		0.139		
Isoleucine ... g	0.094		0		1		0.132		
Leucine ... g	0.322		0		1		0.451		
Lysine ... g	0.074		0		1		0.104		
Methionine ... g	0.055		0		1		0.077		
Cystine ... g	0.047		0		1		0.066		
Phenylalanine ... g	0.129		0		1		0.181		
Tyrosine ... g	0.107		0		1		0.150		
Valine ... g	0.133		0		1		0.186		
Arginine ... g	0.131		0		1		0.183		
Histidine ... g	0.080		0		1		0.112		
Alanine ... g	0.197		0		1		0.276		
Aspartic acid ... g	0.183		0		1		0.256		
Glutamic acid ... g	0.493		0		1		0.690		
Glycine ... g	0.108		0		1		0.151		
Proline ... g	0.229		0		1		0.321		
Serine ... g	0.125		0		1		0.175		
Hydroxyproline ... g									
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.

NDB No. 20092
Pasta, corn, cooked

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20091
Pasta, corn, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.00		1		1		10.50	5.70	
Energy	kcal	357		0	NC	4		375	203	
Energy	kJ	1494				4		1568	851	
Protein (N x 6.25)	g	7.46		1		1		7.83	4.25	
Total lipid (fat)	g	2.08		1		1		2.18	1.19	
Ash	g	1.20		1		1		1.26	0.68	
Carbohydrate, by difference	g	79.26		0	NC	4		83.22	45.18	
Fiber, total dietary	g	11.0		0		4		11.6	6.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1		1		4	2	
Iron, Fe	mg	0.93		1		1		0.98	0.53	
Magnesium, Mg	mg	119		0		4		125	68	
Phosphorus, P	mg	253		0		4		266	144	
Potassium, K	mg	294		0		4		309	168	
Sodium, Na	mg	3		1		1		3	2	
Zinc, Zn	mg	1.79		0		4		1.88	1.02	
Copper, Cu	mg	0.202		0		4		0.212	0.115	
Manganese, Mn	mg	0.483		0		4		0.507	0.275	
Selenium, Se	mcg	7.9		0	BFSN	4		8.3	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.231		1		1		0.243	0.132	
Riboflavin	mg	0.087		1		1		0.091	0.050	
Niacin	mg	2.430		1		1		2.552	1.385	
Pantothenic acid	mg	0.484		0		4		0.508	0.276	
Vitamin B-6	mg	0.206		0		4		0.216	0.117	
Folate, total	mcg	25		0		4		26	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	25		0		4		26	14	
Folate, DFE	mcg_DFE	25		0	NC	4		26	14	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	9		1		1		9	5	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	170		1		1		179	97	
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	0.290		0		1		0.305	0.165	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	

NDB No. 20091
Pasta, corn, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		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	0.247		0		1		0.259	0.141	
17:0 ... g									
18:0 ... g	0.033		0		1		0.035	0.019	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.543		0		1		0.570	0.310	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0		1		0.001	0.001	
17:1 ... g									
18:1 undifferentiated ... g	0.541		0		1		0.568	0.308	
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	0.924		0		1		0.970	0.527	
18:2 undifferentiated ... g	0.896		0		1		0.941	0.511	
18:3 undifferentiated ... g	0.028		0		1		0.029	0.016	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.053		0		1		0.056	0.030	
Threonine ... g	0.280		0		1		0.294	0.160	
Isoleucine ... g	0.267		0		1		0.280	0.152	
Leucine ... g	0.915		0		1		0.961	0.522	
Lysine ... g	0.210		0		1		0.221	0.120	
Methionine ... g	0.156		0		1		0.164	0.089	
Cystine ... g	0.134		0		1		0.141	0.076	
Phenylalanine ... g	0.366		0		1		0.384	0.209	
Tyrosine ... g	0.303		0		1		0.318	0.173	
Valine ... g	0.378		0		1		0.397	0.215	
Arginine ... g	0.372		0		1		0.391	0.212	
Histidine ... g	0.228		0		1		0.239	0.130	
Alanine ... g	0.558		0		1		0.586	0.318	
Aspartic acid ... g	0.519		0		1		0.545	0.296	
Glutamic acid ... g	1.400		0		1		1.470	0.798	
Glycine ... g	0.306		0		1		0.321	0.174	
Proline ... g	0.651		0		1		0.684	0.371	
Serine ... g	0.354		0		1		0.372	0.202	
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. 20091
Pasta, corn, dry

Common Measures:

Measure 1 = 105g: 1 cup

Measure 2 = 57g: 2 oz

Calories Factors: Protein 2.73 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20093
Pasta, fresh-refrigerated, plain, as purchased

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	31.00		1		1		39.68		
Energy	kcal	288		0	NC	4		369		
Energy	kJ	1205				4		1542		
Protein (N x 5.78)	g	11.31		1		1		14.48		
Total lipid (fat)	g	2.30		1		1		2.94		
Ash	g	0.66		1		1		0.84		
Carbohydrate, by difference	g	54.73		0	NC	4		70.05		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		1		1		19		
Iron, Fe	mg	3.35		1		1		4.29		
Magnesium, Mg	mg	46		0		4		59		
Phosphorus, P	mg	163		0		4		209		
Potassium, K	mg	179		0		4		229		
Sodium, Na	mg	26		1		1		33		
Zinc, Zn	mg	1.22		0		4		1.56		
Copper, Cu	mg	0.228		0		4		0.292		
Manganese, Mn	mg	0.547		0		4		0.700		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.705		1		1		0.902		
Riboflavin	mg	0.439		1		1		0.562		
Niacin	mg	3.350		1		1		4.288		
Pantothenic acid	mg	0.535		0		4		0.685		
Vitamin B-6	mg	0.093		0		4		0.119		
Folate, total	mcg	176		0	BFSN	4		225		
Folic acid	mcg	154		0	NC	4		197		
Folate, food	mcg	22		0		4		28		
Folate, DFE	mcg_DFE	284		0	NC	4		363		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.31		0		4		0.40		
Vitamin A, RAE	mcg_RAE	14		0	NC	4		18		
Retinol	mcg	14		0		4		18		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	47		0		4		60		
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	0.328		0		1		0.420		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20093
Pasta, fresh-refrigerated, plain, as purchased

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.005		0		1		0.006		
15:0 g									
16:0 g	0.287		0		1		0.367		
17:0 g									
18:0 g	0.037		0		1		0.047		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.271		0		1		0.347		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.271		0		1		0.347		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.942		0		1		1.206		
18:2 undifferentiated g	0.860		0		1		1.101		
18:3 undifferentiated g	0.082		0		1		0.105		
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	73		1		4		93		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.143		0		1		0.183		
Threonine g	0.295		0		1		0.378		
Isoleucine g	0.431		0		1		0.552		
Leucine g	0.763		0		1		0.977		
Lysine g	0.214		0		1		0.274		
Methionine g	0.174		0		1		0.223		
Cystine g	0.315		0		1		0.403		
Phenylalanine g	0.542		0		1		0.694		
Tyrosine g	0.293		0		1		0.375		
Valine g	0.476		0		1		0.609		
Arginine g	0.411		0		1		0.526		
Histidine g	0.226		0		1		0.289		
Alanine g	0.327		0		1		0.419		
Aspartic acid g	0.456		0		1		0.584		
Glutamic acid g	4.022		0		1		5.148		
Glycine g	0.353		0		1		0.452		
Proline g	1.227		0		1		1.571		
Serine g	0.526		0		1		0.673		
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 = 128g: 4.5 oz

NDB No. 20093
Pasta, fresh-refrigerated, plain, as purchased

Calories Factors: Protein 3.93 **Fat** 8.41 **Carbohydrate** 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20094
Pasta, fresh-refrigerated, plain, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.56		0		1		39.08		
Energy	kcal	131		0	NC	4		75		
Energy	kJ	548				4		312		
Protein (N x 5.78)	g	5.15		0		1		2.94		
Total lipid (fat)	g	1.05		0		1		0.60		
Ash	g	0.30		0		1		0.17		
Carbohydrate, by difference	g	24.93		0	NC	4		14.21		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		3		
Iron, Fe	mg	1.14		0		1		0.65		
Magnesium, Mg	mg	18		0		1		10		
Phosphorus, P	mg	63		0		1		36		
Potassium, K	mg	24		0		1		14		
Sodium, Na	mg	6		0		1		3		
Zinc, Zn	mg	0.56		0		1		0.32		
Copper, Cu	mg	0.093		0		1		0.053		
Manganese, Mn	mg	0.224		0		1		0.128		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.209		0		1		0.119		
Riboflavin	mg	0.150		0		1		0.086		
Niacin	mg	0.992		0		1		0.565		
Pantothenic acid	mg	0.183		0		1		0.104		
Vitamin B-6	mg	0.034		0		1		0.019		
Folate, total	mcg	64		0	BFSY	4		36		
Folic acid	mcg	57		0	NC	4		32		
Folate, food	mcg	7		0		4		4		
Folate, DFE	mcg_DFE	104		0	NC	4		59		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.14		0		1		0.08		
Vitamin A, RAE	mcg_RAE	6		0		4		3		
Retinol	mcg	6		0		4		3		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	20		0		4		11		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.150		0		1		0.086		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20094
Pasta, fresh-refrigerated, plain, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.002		0		1		0.001		
15:0 g									
16:0 g	0.131		0		1		0.075		
17:0 g									
18:0 g	0.017		0		1		0.010		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.124		0		1		0.071		
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.124		0		1		0.071		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.429		0		1		0.245		
18:2 undifferentiated g	0.392		0		1		0.223		
18:3 undifferentiated g	0.037		0		1		0.021		
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	33		0		1		19		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.065		0		1		0.037		
Threonine g	0.134		0		1		0.076		
Isoleucine g	0.197		0		1		0.112		
Leucine g	0.348		0		1		0.198		
Lysine g	0.097		0		1		0.055		
Methionine g	0.079		0		1		0.045		
Cystine g	0.143		0		1		0.082		
Phenylalanine g	0.247		0		1		0.141		
Tyrosine g	0.134		0		1		0.076		
Valine g	0.217		0		1		0.124		
Arginine g	0.187		0		1		0.107		
Histidine g	0.103		0		1		0.059		
Alanine g	0.149		0		1		0.085		
Aspartic acid g	0.208		0		1		0.119		
Glutamic acid g	1.832		0		1		1.044		
Glycine g	0.161		0		1		0.092		
Proline g	0.559		0		1		0.319		
Serine g	0.240		0		1		0.137		
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 = 57g: 2 oz

NDB No. 20094
Pasta, fresh-refrigerated, plain, cooked

Calories Factors: Protein 3.93 **Fat** 8.41 **Carbohydrate** 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20095
Pasta, fresh-refrigerated, spinach, as purchased

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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		1		1		38.53		
Energy	kcal	289		0	NC	4		370		
Energy	kJ	1209				4		1548		
Protein (N x 5.79)	g	11.26		1		1		14.41		
Total lipid (fat)	g	2.10		1		1		2.69		
Ash	g	0.82		1		1		1.05		
Carbohydrate, by difference	g	55.72		0	NC	4		71.32		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43		1		1		55		
Iron, Fe	mg	3.30		1		1		4.22		
Magnesium, Mg	mg	63		0		4		81		
Phosphorus, P	mg	148		0		4		189		
Potassium, K	mg	272		0		4		348		
Sodium, Na	mg	27		1		1		35		
Zinc, Zn	mg	1.40		0		4		1.79		
Copper, Cu	mg	0.197		0		4		0.252		
Manganese, Mn	mg	0.781		0		4		1.000		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.609		1		1		0.780		
Riboflavin	mg	0.398		1		1		0.509		
Niacin	mg	3.460		1		1		4.429		
Pantothenic acid	mg	0.688		0		4		0.881		
Vitamin B-6	mg	0.315		0		4		0.403		
Folate, total	mcg	177		0	BFSN	4		227		
Folic acid	mcg	121		0	NC	4		155		
Folate, food	mcg	56		0		4		72		
Folate, DFE	mcg_DFE	262		0	NC	4		335		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.31		0		4		0.40		
Vitamin A, RAE	mcg_RAE	25		0	NC	4		31		
Retinol	mcg	15		0	NC	4		19		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	241		0		4		308		
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	0.483		0		1		0.618		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20095
Pasta, fresh-refrigerated, spinach, as purchased

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.007		0		1		0.009		
15:0 g									
16:0 g	0.388		0		1		0.497		
17:0 g									
18:0 g	0.087		0		1		0.111		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.659		0		1		0.844		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.063		0		1		0.081		
17:1 g									
18:1 undifferentiated g	0.595		0		1		0.762		
20:1 g	0.001		0		1		0.001		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.467		0		1		0.598		
18:2 undifferentiated g	0.403		0		1		0.516		
18:3 undifferentiated g	0.064		0		1		0.082		
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	73		0		4		93		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.150		0		1		0.192		
Threonine g	0.352		0		1		0.451		
Isoleucine g	0.488		0		1		0.625		
Leucine g	0.813		0		1		1.041		
Lysine g	0.336		0		1		0.430		
Methionine g	0.208		0		1		0.266		
Cystine g	0.297		0		1		0.380		
Phenylalanine g	0.560		0		1		0.717		
Tyrosine g	0.332		0		1		0.425		
Valine g	0.544		0		1		0.696		
Arginine g	0.480		0		1		0.614		
Histidine g	0.237		0		1		0.303		
Alanine g	0.399		0		1		0.511		
Aspartic acid g	0.601		0		1		0.769		
Glutamic acid g	3.449		0		1		4.415		
Glycine g	0.369		0		1		0.472		
Proline g	1.056		0		1		1.352		
Serine g	0.577		0		1		0.739		
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 = 128g: 4.5 oz

NDB No. 20095
Pasta, fresh-refrigerated, spinach, as purchased

Calories Factors: Protein 3.88 **Fat** 8.41 **Carbohydrate** 4.08

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20096
Pasta, fresh-refrigerated, spinach, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.58		0		1		39.09		
Energy	kcal	130		0	NC	4		74		
Energy	kJ	544				4		310		
Protein (N x 5.79)	g	5.06		0		1		2.88		
Total lipid (fat)	g	0.94		0		1		0.54		
Ash	g	0.37		0		1		0.21		
Carbohydrate, by difference	g	25.04		0	NC	4		14.27		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		10		
Iron, Fe	mg	1.11		0		1		0.63		
Magnesium, Mg	mg	24		0		1		14		
Phosphorus, P	mg	57		0		1		32		
Potassium, K	mg	37		0		1		21		
Sodium, Na	mg	6		0		1		3		
Zinc, Zn	mg	0.63		0		1		0.36		
Copper, Cu	mg	0.080		0		1		0.046		
Manganese, Mn	mg	0.316		0		1		0.180		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.178		0		1		0.101		
Riboflavin	mg	0.134		0		1		0.076		
Niacin	mg	1.011		0		1		0.576		
Pantothenic acid	mg	0.232		0		1		0.132		
Vitamin B-6	mg	0.113		0		1		0.064		
Folate, total	mcg	64		0	BFSY	4		36		
Folic acid	mcg	46		0	NC	4		26		
Folate, food	mcg	18		0		4		10		
Folate, DFE	mcg_DFE	96		0	NC	4		55		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.14		0		1		0.08		
Vitamin A, RAE	mcg_RAE	10		0	NC	4		6		
Retinol	mcg	6		0	NC	4		3		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	103		0		4		59		
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	0.217		0		1		0.124		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20096
Pasta, fresh-refrigerated, spinach, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.003		0		1		0.002		
15:0 ... g									
16:0 ... g	0.174		0		1		0.099		
17:0 ... g									
18:0 ... g	0.039		0		1		0.022		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.296		0		1		0.169		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.028		0		1		0.016		
17:1 ... g									
18:1 undifferentiated ... g	0.267		0		1		0.152		
20:1 ... g	0.001		0		1		0.001		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.210		0		1		0.120		
18:2 undifferentiated ... g	0.181		0		1		0.103		
18:3 undifferentiated ... g	0.029		0		1		0.017		
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	33		0		1		19		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.067		0		1		0.038		
Threonine ... g	0.158		0		1		0.090		
Isoleucine ... g	0.219		0		1		0.125		
Leucine ... g	0.365		0		1		0.208		
Lysine ... g	0.151		0		1		0.086		
Methionine ... g	0.093		0		1		0.053		
Cystine ... g	0.134		0		1		0.076		
Phenylalanine ... g	0.252		0		1		0.144		
Tyrosine ... g	0.149		0		1		0.085		
Valine ... g	0.245		0		1		0.140		
Arginine ... g	0.216		0		1		0.123		
Histidine ... g	0.107		0		1		0.061		
Alanine ... g	0.179		0		1		0.102		
Aspartic acid ... g	0.270		0		1		0.154		
Glutamic acid ... g	1.550		0		1		0.884		
Glycine ... g	0.166		0		1		0.095		
Proline ... g	0.474		0		1		0.270		
Serine ... g	0.259		0		1		0.148		
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 = 57g: 2 oz

NDB No. 20096
Pasta, fresh-refrigerated, spinach, cooked

Calories Factors: Protein 3.88 **Fat** 8.41 **Carbohydrate** 4.08

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20097
Pasta, homemade, made with egg, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.71		0		1		39.16		
Energy	kcal	130		0	NC	4		74		
Energy	kJ	544				4		310		
Protein (N x 5.73)	g	5.28		0		1		3.01		
Total lipid (fat)	g	1.74		0		1		0.99		
Ash	g	0.73		0		1		0.42		
Carbohydrate, by difference	g	23.54		0	NC	4		13.42		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		6		
Iron, Fe	mg	1.16		0		1		0.66		
Magnesium, Mg	mg	14		0		1		8		
Phosphorus, P	mg	52		0		1		30		
Potassium, K	mg	21		0		1		12		
Sodium, Na	mg	83		0		1		47		
Zinc, Zn	mg	0.44		0		1		0.25		
Copper, Cu	mg	0.056		0		1		0.032		
Manganese, Mn	mg	0.183		0		1		0.104		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.173		0		1		0.099		
Riboflavin	mg	0.174		0		1		0.099		
Niacin	mg	1.257		0		1		0.716		
Pantothenic acid	mg	0.231		0		1		0.132		
Vitamin B-6	mg	0.037		0		1		0.021		
Folate, total	mcg	43		0	RA	4		25		
Folic acid	mcg	24		0	NC	4		14		
Folate, food	mcg	19		0		1		11		
Folate, DFE	mcg_DFE	60		0	NC	4		34		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.10		0		1		0.06		
Vitamin A, RAE	mcg_RAE	17		0		1		10		
Retinol	mcg	17		0		1		10		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	58		0		1		33		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.408		0		1		0.233		
4:0	g									
6:0	g									
8:0	g	0.000		0		1		0.000		

NDB No. 20097
Pasta, homemade, made with egg, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.004		0		1		0.002		
15:0 g									
16:0 g	0.301		0		1		0.172		
17:0 g									
18:0 g	0.097		0		1		0.055		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.508		0		1		0.290		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.030		0		1		0.017		
17:1 g									
18:1 undifferentiated g	0.473		0		1		0.270		
20:1 g	0.004		0		1		0.002		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.521		0		1		0.297		
18:2 undifferentiated g	0.459		0		1		0.262		
18:3 undifferentiated g	0.045		0		1		0.026		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.014		0		1		0.008		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g	0.004		0		1		0.002		
Fatty acids, total trans g									
Cholesterol mg	41		0		1		23		
Phytosterols mg	1		0		1		1		
Amino Acids:									
Tryptophan g	0.067		0		1		0.038		
Threonine g	0.166		0		1		0.095		
Isoleucine g	0.223		0		1		0.127		
Leucine g	0.382		0		1		0.218		
Lysine g	0.165		0		1		0.094		
Methionine g	0.101		0		1		0.058		
Cystine g	0.143		0		1		0.082		
Phenylalanine g	0.262		0		1		0.149		
Tyrosine g	0.156		0		1		0.089		
Valine g	0.247		0		1		0.141		
Arginine g	0.223		0		1		0.127		
Histidine g	0.111		0		1		0.063		
Alanine g	0.187		0		1		0.107		
Aspartic acid g	0.288		0		1		0.164		
Glutamic acid g	1.628		0		1		0.928		
Glycine g	0.169		0		1		0.096		
Proline g	0.497		0		1		0.283		
Serine g	0.282		0		1		0.161		
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 = 57g: 2 oz

NDB No. 20097
Pasta, homemade, made with egg, cooked

Calories Factors: Protein 3.93 **Fat** 8.41 **Carbohydrate** 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20098
Pasta, homemade, made without egg, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.86		0		1		39.25		
Energy....kcal	124		0	NC	4		71		
Energy....kJ	519				4		296		
Protein (N x 5.7)....g	4.37		0		1		2.49		
Total lipid (fat)....g	0.98		0		1		0.56		
Ash....g	0.66		0		1		0.38		
Carbohydrate, by difference....g	25.12		0	NC	4		14.32		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		3		
Iron, Fe....mg	1.13		0		1		0.64		
Magnesium, Mg....mg	14		0		1		8		
Phosphorus, P....mg	40		0		1		23		
Potassium, K....mg	19		0		1		11		
Sodium, Na....mg	74		0		1		42		
Zinc, Zn....mg	0.37		0		1		0.21		
Copper, Cu....mg	0.060		0		1		0.034		
Manganese, Mn....mg	0.193		0		1		0.110		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0		
Thiamin....mg	0.182		0		1		0.104		
Riboflavin....mg	0.148		0		1		0.084		
Niacin....mg	1.343		0		1		0.766		
Pantothenic acid....mg	0.150		0		1		0.086		
Vitamin B-6....mg	0.028		0		1		0.016		
Folate, total....mcg	43		0	RA	4		25		
Folic acid....mcg	26		0	NC	4		15		
Folate, food....mcg	17		0		1		10		
Folate, DFE....mcg_DFE	61		0	NC	4		35		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.140		0		1		0.080		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20098
Pasta, homemade, made without egg, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.109		0		1		0.062		
17:0....g									
18:0....g	0.029		0		1		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.187		0		1		0.107		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.185		0		1		0.105		
20:1....g	0.001		0		1		0.001		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.508		0		1		0.290		
18:2 undifferentiated....g	0.453		0		1		0.258		
18:3 undifferentiated....g	0.055		0		1		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		0	Z	7		0		
Phytosterols....mg	2		0		1		1		
Amino Acids:									
Tryptophan....g	0.056		0		1		0.032		
Threonine....g	0.116		0		1		0.066		
Isoleucine....g	0.169		0		1		0.096		
Leucine....g	0.299		0		1		0.170		
Lysine....g	0.084		0		1		0.048		
Methionine....g	0.068		0		1		0.039		
Cystine....g	0.123		0		1		0.070		
Phenylalanine....g	0.212		0		1		0.121		
Tyrosine....g	0.115		0		1		0.066		
Valine....g	0.186		0		1		0.106		
Arginine....g	0.161		0		1		0.092		
Histidine....g	0.089		0		1		0.051		
Alanine....g	0.128		0		1		0.073		
Aspartic acid....g	0.179		0		1		0.102		
Glutamic acid....g	1.577		0		1		0.899		
Glycine....g	0.138		0		1		0.079		
Proline....g	0.481		0		1		0.274		
Serine....g	0.206		0		1		0.117		
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 = 57g: 2 oz

NDB No. 20098
Pasta, homemade, made without egg, cooked

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20137
Quinoa, cooked
Chenopodium quinoa Willd.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.61	3.951	3	A	1		132.48		
Energy....kcal	120		0	NC	4		222		
Energy....kJ	503		0	NC	4		930		
Protein (N x 6.25)....g	4.40	0.823	3	A	1		8.13		
Total lipid (fat)....g	1.92	0.272	3	A	1		3.56		
Ash....g	0.76	0.104	3	A	1		1.41		
Carbohydrate, by difference....g	21.30		0	NC	4		39.41		
Fiber, total dietary....g	2.8	0.371	3	A	1		5.1		
Sugars, total....g									
Starch....g	17.63	2.184	3	A	1		32.62		
Minerals:									
Calcium, Ca....mg	17	2.887	3	A	1		31		
Iron, Fe....mg	1.49	0.295	3	A	1		2.76		
Magnesium, Mg....mg	64	12.365	3	A	1		119		
Phosphorus, P....mg	152	29.400	3	A	1		281		
Potassium, K....mg	172	25.129	3	A	1		318		
Sodium, Na....mg	7	3.170	3	A	1		13		
Zinc, Zn....mg	1.09	0.211	3	A	1		2.02		
Copper, Cu....mg	0.192	0.031	3	A	1		0.356		
Manganese, Mn....mg	0.631	0.145	3	A	1		1.167		
Selenium, Se....mcg	2.8	0.562	3	A	1		5.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.107	0.022	3	A	1		0.197		
Riboflavin....mg	0.110	0.021	3	A	1		0.203		
Niacin....mg	0.412	0.073	3	A	1		0.763		
Pantothenic acid....mg									
Vitamin B-6....mg	0.123	0.033	3	A	1		0.228		
Folate, total....mcg	42	3.756	3	A	1		77		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	42	3.756	3	A	1		77		
Folate, DFE....mcg_DFE	42		0	NC	4		77		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	BFSN	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	5		0	BFSN	4		8		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.63	0.128	3	A	1		1.17		
Tocopherol, beta....mg	0.03	0.007	3	A	1		0.05		
Tocopherol, gamma....mg	1.19	0.331	3	A	1		2.20		
Tocopherol, delta....mg	0.11	0.037	3	A	1		0.20		
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. 20137
Quinoa, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.052		0	A	1		0.096		
Threonine....g	0.131		0	A	1		0.242		
Isoleucine....g	0.157		0	A	1		0.290		
Leucine....g	0.261		0	A	1		0.484		
Lysine....g	0.239		0	A	1		0.441		
Methionine....g	0.096		0	A	1		0.178		
Cystine....g	0.063		0	A	1		0.117		
Phenylalanine....g	0.185		0	A	1		0.341		
Tyrosine....g	0.083		0	A	1		0.154		
Valine....g	0.185		0	A	1		0.342		
Arginine....g	0.340		0	A	1		0.628		
Histidine....g	0.127		0	A	1		0.234		
Alanine....g	0.183		0	A	1		0.338		
Aspartic acid....g	0.353		0	A	1		0.653		
Glutamic acid....g	0.580		0	A	1		1.074		
Glycine....g	0.216		0	A	1		0.400		
Proline....g	0.240		0	A	1		0.445		
Serine....g	0.176		0	A	1		0.326		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 185g: 1 cup

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

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20035
Quinoa, uncooked
Chenopodium quinoa Willd.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.28	0.501	3	A	1		22.57		
Energy....kcal	368		0	NC	4		625		
Energy....kJ	1539		0	NC	4		2616		
Protein (N x 6.25)....g	14.12	0.955	3	A	1		24.01		
Total lipid (fat)....g	6.07	0.302	3	A	1		10.31		
Ash....g	2.38	0.016	3	A	1		4.04		
Carbohydrate, by difference....g	64.16		0	NC	4		109.06		
Fiber, total dietary....g	7.0	0.551	3	A	1		11.9		
Sugars, total....g									
Starch....g	52.22	0.394	3	A	1		88.77		
Minerals:									
Calcium, Ca....mg	47	0.333	3	A	1		80		
Iron, Fe....mg	4.57	0.167	3	A	1		7.76		
Magnesium, Mg....mg	197	6.667	3	A	1		334		
Phosphorus, P....mg	457	23.333	3	A	1		776		
Potassium, K....mg	563	38.442	3	A	1		958		
Sodium, Na....mg	5	0.921	3	A	1		8		
Zinc, Zn....mg	3.10	0.100	3	A	1		5.27		
Copper, Cu....mg	0.590	0.059	3	A	1		1.003		
Manganese, Mn....mg	2.033	0.684	3	A	1		3.457		
Selenium, Se....mcg	8.5	3.240	3	A	1		14.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.360	0.015	3	A	1		0.612		
Riboflavin....mg	0.318	0.011	3	A	1		0.540		
Niacin....mg	1.520	0.103	3	A	1		2.584		
Pantothenic acid....mg	0.772	0.037	3	A	1		1.312		
Vitamin B-6....mg	0.487	0.042	3	A	1		0.828		
Folate, total....mcg	184	8.373	3	A	1		313		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	184	8.373	3	A	1		313		
Folate, DFE....mcg_DFE	184		0	NC	4		313		
Choline, total....mg	70.2		0	AS	1		119.3		
Betaine....mg	630.4		1	A	1		1071.7		
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	1		1	A	1		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	8		1	A	1		13		
Carotene, alpha....mcg	0		1	A	1		1		
Cryptoxanthin, beta....mcg	1		1	A	1		1		
Vitamin A, IU....IU	14		0	AS	1		23		
Lycopene....mcg	0		1	A	1		0		
Lutein + zeaxanthin....mcg	163		1	A	1		277		
Vitamin E (alpha-tocopherol)....mg	2.44	0.188	3	A	1		4.14		
Tocopherol, beta....mg	0.08	0.017	3	A	1		0.14		
Tocopherol, gamma....mg	4.55	0.660	3	A	1		7.74		
Tocopherol, delta....mg	0.35	0.075	3	A	1		0.59		
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	0.000	3	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.706		0	NC	4		1.201		
4:0....g									
6:0....g									
8:0....g	0.000	0.000	3	A	1		0.000		

NDB No. 20035
Quinoa, uncooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	0.600	0.026	3	A	1		1.020		
17:0....g	0.000	0.000	3	A	1		0.000		
18:0....g	0.037	0.003	3	A	1		0.062		
20:0....g	0.030	0.000	3	A	1		0.051		
22:0....g	0.030	0.000	3	A	1		0.051		
24:0....g	0.010	0.000	3	A	1		0.017		
Fatty acids, total monounsaturated....g	1.613		0	NC	4		2.742		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.000	0.000	3	A	1		0.000		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	1.420	0.038	3	A	1		2.414		
20:1....g	0.093	0.003	3	A	1		0.159		
22:1 undifferentiated....g	0.083	0.003	3	A	1		0.142		
24:1 c....g	0.017	0.003	3	A	1		0.028		
Fatty acids, total polyunsaturated....g	3.292		0	NC	4		5.597		
18:2 undifferentiated....g	2.977	0.226	3	A	1		5.060		
18:3 undifferentiated....g	0.260	0.010	3	A	1		0.442		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.009	0.001	3	A	1		0.015		
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.047	0.009	3	A	1		0.079		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.167		0	A	1		0.284		
Threonine....g	0.421		0	A	1		0.715		
Isoleucine....g	0.504		0	A	1		0.856		
Leucine....g	0.840		0	A	1		1.428		
Lysine....g	0.766		0	A	1		1.303		
Methionine....g	0.309		0	A	1		0.526		
Cystine....g	0.203		0	A	1		0.345		
Phenylalanine....g	0.593		0	A	1		1.008		
Tyrosine....g	0.267		0	A	1		0.454		
Valine....g	0.594		0	A	1		1.009		
Arginine....g	1.091		0	A	1		1.855		
Histidine....g	0.407		0	A	1		0.691		
Alanine....g	0.588		0	A	1		0.999		
Aspartic acid....g	1.134		0	A	1		1.928		
Glutamic acid....g	1.865		0	A	1		3.171		
Glycine....g	0.694		0	A	1		1.180		
Proline....g	0.773		0	A	1		1.314		
Serine....g	0.567		0	A	1		0.963		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 170g: 1 cup

NDB No. 20035
Quinoa, uncooked

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

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20060
Rice bran, crude

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	6.13	1.111	10		1		7.23		
Energy....kcal	316		0	NC	4		373		
Energy....kJ	1322		0		4		1560		
Protein (N x 5.95)....g	13.35	0.528	4		1		15.75		
Total lipid (fat)....g	20.85	1.563	6		1		24.60		
Ash....g	9.98	0.659	5		1		11.78		
Carbohydrate, by difference....g	49.69		0	NC	4		58.63		
Fiber, total dietary....g	21.0		0		1		24.8		
Sugars, total....g	0.90		1		1		1.06		
Sucrose....g	0.50		1		1		0.59		
Glucose (dextrose)....g	0.20		1		1		0.24		
Fructose....g	0.20		1		1		0.24		
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	57	6.106	5		1		67		
Iron, Fe....mg	18.54	3.556	5		1		21.88		
Magnesium, Mg....mg	781	150.607	5		1		922		
Phosphorus, P....mg	1677	236.516	5		1		1979		
Potassium, K....mg	1485	198.479	5		1		1752		
Sodium, Na....mg	5	1.175	5		1		6		
Zinc, Zn....mg	6.04	0.928	5		1		7.13		
Copper, Cu....mg	0.728	0.095	5		1		0.859		
Manganese, Mn....mg	14.210		2		1		16.768		
Selenium, Se....mcg	15.6		1	A	1		18.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	2.753	0.511	6		1		3.249		
Riboflavin....mg	0.284	0.073	4		1		0.335		
Niacin....mg	33.995	9.119	4		1		40.114		
Pantothenic acid....mg	7.390	2.219	4		1		8.720		
Vitamin B-6....mg	4.070	0.277	4		1		4.803		
Folate, total....mcg	63		2		1		74		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	63		2		1		74		
Folate, DFE....mcg_DFE	63		0	NC	4		74		
Choline, total....mg	32.2		0	BFSN	4		38.0		
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	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	220		0	BFZN	4		260		
Vitamin E (alpha-tocopherol)....mg	4.92		0	O	4		5.81		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 20060
Rice bran, crude

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.9		0	BFZN	4		2.2		
Lipids:									
Fatty acids, total saturated.....g	4.171		0		1		4.922		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.019		73		1		0.022		
13:0.....g									
14:0.....g	0.078		73		1		0.092		
15:0.....g									
16:0.....g	3.557		73		1		4.197		
17:0.....g									
18:0.....g	0.373		73		1		0.440		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.549		0		1		8.908		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.075		73		1		0.089		
17:1.....g									
18:1 undifferentiated.....g	7.475		73		1		8.821		
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	7.459		0		1		8.802		
18:2 undifferentiated.....g	7.143		73		1		8.429		
18:3 undifferentiated.....g	0.316		73		1		0.373		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		4		1		0.127		
Threonine.....g	0.555		24		1		0.655		
Isoleucine.....g	0.568		24		1		0.670		
Leucine.....g	1.022		24		1		1.206		
Lysine.....g	0.650		28		1		0.767		
Methionine.....g	0.306		25		1		0.361		
Cystine.....g	0.317		20		1		0.374		
Phenylalanine.....g	0.635		24		1		0.749		
Tyrosine.....g	0.411		24		1		0.485		
Valine.....g	0.881		24		1		1.040		
Arginine.....g	1.058		24		1		1.248		
Histidine.....g	0.355		24		1		0.419		
Alanine.....g	0.970		24		1		1.145		
Aspartic acid.....g	1.308		24		1		1.543		
Glutamic acid.....g	1.854		24		1		2.188		
Glycine.....g	0.875		24		1		1.033		
Proline.....g	0.668		24		1		0.788		
Serine.....g	0.662		24		1		0.781		
Hydroxyproline.....g									
Others:									

NDB No. 20060
Rice bran, crude

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

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

Common Measures:

Measure 1 = 118g: 1 cup

Calories Factors: Protein 1.82 **Fat** 8.37 **Carbohydrate** 2.35

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20090
Rice flour, brown

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.97	0.973	3		1		18.91		
Energy....kcal	363		0	NC	4		574		
Energy....kJ	1519		0		4		2400		
Protein (N x 5.95)....g	7.23	0.138	3		1		11.42		
Total lipid (fat)....g	2.78	0.405	3		1		4.39		
Ash....g	1.54	0.031	3		1		2.43		
Carbohydrate, by difference....g	76.48		0	NC	4		120.84		
Fiber, total dietary....g	4.6		0		1		7.3		
Sugars, total....g	0.85		0	BFZN	4		1.34		
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.628	3		1		17		
Iron, Fe....mg	1.98		2		1		3.13		
Magnesium, Mg....mg	112	25.992	3		1		177		
Phosphorus, P....mg	337	5.748	3		1		532		
Potassium, K....mg	289	19.471	3		1		457		
Sodium, Na....mg	8	1.188	3		1		13		
Zinc, Zn....mg	2.45	0.450	3		1		3.87		
Copper, Cu....mg	0.230		2		1		0.363		
Manganese, Mn....mg	4.013	0.607	3		1		6.341		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.443	0.062	3		1		0.700		
Riboflavin....mg	0.080	0.016	3		1		0.126		
Niacin....mg	6.340	0.314	3		1		10.017		
Pantothenic acid....mg	1.591	0.105	3		1		2.514		
Vitamin B-6....mg	0.736	0.094	3		1		1.163		
Folate, total....mcg	16	2.320	6		1		25		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	16	2.320	6		1		25		
Folate, DFE....mcg_DFE	16		0	NC	4		25		
Choline, total....mg									
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	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.20		0	BFZN	4		1.90		
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									
Lipids:									
Fatty acids, total saturated....g	0.557		0		1		0.880		
4:0....g									

NDB No. 20090
Rice flour, 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
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.003		0		1		0.005		
13:0 g									
14:0 g	0.010		0		1		0.016		
15:0 g									
16:0 g	0.475		0		1		0.751		
17:0 g									
18:0 g	0.050		0		1		0.079		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.008		0		1		1.593		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		0		1		0.016		
17:1 g									
18:1 undifferentiated g	0.998		0		1		1.577		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.996		0		1		1.574		
18:2 undifferentiated g	0.954		0		1		1.507		
18:3 undifferentiated g	0.042		0		1		0.066		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.092		0		1		0.145		
Threonine g	0.265		0		1		0.419		
Isoleucine g	0.306		0		1		0.483		
Leucine g	0.598		0		1		0.945		
Lysine g	0.276		0		1		0.436		
Methionine g	0.163		0		1		0.258		
Cystine g	0.088		0		1		0.139		
Phenylalanine g	0.373		0		1		0.589		
Tyrosine g	0.271		0		1		0.428		
Valine g	0.424		0		1		0.670		
Arginine g	0.548		0		1		0.866		
Histidine g	0.184		0		1		0.291		
Alanine g	0.422		0		1		0.667		
Aspartic acid g	0.677		0		1		1.070		
Glutamic acid g	1.473		0		1		2.327		
Glycine g	0.356		0		1		0.562		
Proline g	0.339		0		1		0.536		
Serine g	0.374		0		1		0.591		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg									
Theobromine mg									

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

NDB No. 20090
Rice flour, brown

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.41 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20061
Rice flour, white

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.89		2		1		18.79		
Energy	kcal	366		0	NC	4		578		
Energy	kJ	1531		0		4		2420		
Protein (N x 5.95)	g	5.95		2		1		9.40		
Total lipid (fat)	g	1.42		2		1		2.24		
Ash	g	0.61		2		1		0.96		
Carbohydrate, by difference	g	80.13		0	NC	4		126.61		
Fiber, total dietary	g	2.4		0		1		3.8		
Sugars, total	g	0.12		0	BFZN	4		0.18		
Starch	g									
Minerals:										
Calcium, Ca	mg	10		2		1		16		
Iron, Fe	mg	0.35		2		1		0.55		
Magnesium, Mg	mg	35		2		1		55		
Phosphorus, P	mg	98		2		1		155		
Potassium, K	mg	76		2		1		120		
Sodium, Na	mg	0		2		1		0		
Zinc, Zn	mg	0.80		2		1		1.26		
Copper, Cu	mg	0.130		2		1		0.205		
Manganese, Mn	mg	1.200		2		1		1.896		
Selenium, Se	mcg	15.1		0	BFSN	4		23.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.138		2		1		0.218		
Riboflavin	mg	0.021		2		1		0.033		
Niacin	mg	2.590		2		1		4.092		
Pantothenic acid	mg	0.819		2		1		1.294		
Vitamin B-6	mg	0.436		2		1		0.689		
Folate, total	mcg	4		2		1		6		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		2		1		6		
Folate, DFE	mcg_DFE	4		0	NC	4		6		
Choline, total	mg	5.8		0	BFSN	4		9.2		
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	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.11		0	BFZN	4		0.17		
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		1	A	1		0.1		
Lipids:										
Fatty acids, total saturated	g	0.386		0		1		0.610		
4:0	g	0.000		0		1		0.000		

NDB No. 20061
Rice flour, white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.008		0		1		0.013		
15:0....g									
16:0....g	0.345		0		1		0.545		
17:0....g									
18:0....g	0.026		0		1		0.041		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.442		0		1		0.698		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.008		
17:1....g									
18:1 undifferentiated....g	0.436		0		1		0.689		
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	0.379		0		1		0.599		
18:2 undifferentiated....g	0.313		0		1		0.495		
18:3 undifferentiated....g	0.067		0		1		0.106		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.072		20		1		0.114		
Threonine....g	0.210		30		1		0.332		
Isoleucine....g	0.244		30		1		0.386		
Leucine....g	0.488		30		1		0.771		
Lysine....g	0.207		31		1		0.327		
Methionine....g	0.144		19		1		0.228		
Cystine....g	0.107		27		1		0.169		
Phenylalanine....g	0.317		29		1		0.501		
Tyrosine....g	0.314		29		1		0.496		
Valine....g	0.348		30		1		0.550		
Arginine....g	0.516		30		1		0.815		
Histidine....g	0.149		30		1		0.235		
Alanine....g	0.332		29		1		0.525		
Aspartic acid....g	0.549		29		1		0.867		
Glutamic acid....g	1.097		29		1		1.733		
Glycine....g	0.267		29		1		0.422		
Proline....g	0.278		29		1		0.439		
Serine....g	0.310		29		1		0.490		
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. 20061
Rice flour, white

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20134
Rice noodles, cooked (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	73.82	1.107	3	A	1		129.92		
Energy....kcal	109		0	NC	4		192		
Energy....kJ	456		0		4		803		
Protein (N x 5.95)....g	0.91	0.509	3	A	1		1.60		
Total lipid (fat)....g	0.20	0.098	3	A	1		0.35		
Ash....g	0.18	0.063	3	A	1		0.32		
Carbohydrate, by difference....g	24.90		0	NC	4		43.82		
Fiber, total dietary....g	1.0		1	A	1		1.8		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4	2.259	3	A	1		7		
Iron, Fe....mg	0.14	0.025	3	A	1		0.25		
Magnesium, Mg....mg	3	1.668	3	A	1		5		
Phosphorus, P....mg	20	2.654	3	A	1		35		
Potassium, K....mg	4	0.536	3	A	1		7		
Sodium, Na....mg	19		2	A	1		33		
Zinc, Zn....mg	0.25	0.195	3	A	1		0.44		
Copper, Cu....mg	0.038	0.012	3	A	1		0.067		
Manganese, Mn....mg	0.114	0.053	3	A	1		0.201		
Selenium, Se....mcg	4.5		0	BFSN	4		7.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		3	A	1		0.0		
Thiamin....mg	0.018	0.007	3	A	1		0.032		
Riboflavin....mg	0.004	0.001	3	A	1		0.007		
Niacin....mg	0.072	0.013	3	A	1		0.127		
Pantothenic acid....mg	0.011	0.001	3	A	1		0.019		
Vitamin B-6....mg	0.006	0.001	3	A	1		0.011		
Folate, total....mcg	3		1	A	1		5		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	3		1	A	1		5		
Folate, DFE....mcg_DFE	3		0	NC	4		5		
Choline, total....mg									
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	Z	7		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	Z	7		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.023		0	BFFN	4		0.040		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		

NDB No. 20134
Rice noodles, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.000		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.000		0	BFFN	4		0.000		
15:0 ... g									
16:0 ... g	0.021		0	BFFN	4		0.037		
17:0 ... g									
18:0 ... g	0.002		0	BFFN	4		0.004		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.026		0	BFFN	4		0.046		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.026		0	BFFN	4		0.046		
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	0.023		0	BFFN	4		0.040		
18:2 undifferentiated ... g	0.019		0	BFFN	4		0.033		
18:3 undifferentiated ... g	0.004		0	BFFN	4		0.007		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.011		0		1		0.019		
Threonine ... g	0.033		0		1		0.058		
Isoleucine ... g	0.039		0		1		0.069		
Leucine ... g	0.075		0		1		0.132		
Lysine ... g	0.033		0		1		0.058		
Methionine ... g	0.021		0		1		0.037		
Cystine ... g	0.019		0		1		0.033		
Phenylalanine ... g	0.049		0		1		0.086		
Tyrosine ... g	0.030		0		1		0.053		
Valine ... g	0.056		0		1		0.099		
Arginine ... g	0.076		0		1		0.134		
Histidine ... g	0.021		0		1		0.037		
Alanine ... g	0.053		0		1		0.093		
Aspartic acid ... g	0.086		0		1		0.151		
Glutamic acid ... g	0.177		0		1		0.312		
Glycine ... g	0.041		0		1		0.072		
Proline ... g	0.043		0		1		0.076		
Serine ... g	0.048		0		1		0.084		
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 = 176g: 1 cup

NDB No. 20134
Rice noodles, cooked (1)

Footnotes:
1 Imported product

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20133
Rice noodles, dry (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.91	1.115	3	A	1		6.79		
Energy....kcal	364		0	NC	4		207		
Energy....kJ	1523		0		4		868		
Protein (N x 5.95)....g	3.44		2	A	1		1.96		
Total lipid (fat)....g	0.56	0.212	3	A	1		0.32		
Ash....g	0.85	0.377	3	A	1		0.48		
Carbohydrate, by difference....g	83.24		0	NC	4		47.45		
Fiber, total dietary....g	1.6	0.469	3	A	1		0.9		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18	7.914	3	A	1		10		
Iron, Fe....mg	0.70		2	A	1		0.40		
Magnesium, Mg....mg	12	5.860	3	A	1		7		
Phosphorus, P....mg	153	36.259	3	A	1		87		
Potassium, K....mg	30	3.580	3	A	1		17		
Sodium, Na....mg	182		2	A	1		104		
Zinc, Zn....mg	0.74	0.306	3	A	1		0.42		
Copper, Cu....mg	0.078	0.049	3	A	1		0.044		
Manganese, Mn....mg	0.498	0.095	3	A	1		0.284		
Selenium, Se....mcg	15.1		0	BFSN	4		8.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		3	A	1		0.0		
Thiamin....mg	0.031	0.022	3	A	1		0.018		
Riboflavin....mg	0.017	0.005	3	A	1		0.010		
Niacin....mg	0.221	0.075	3	A	1		0.126		
Pantothenic acid....mg	0.051	0.029	3	A	1		0.029		
Vitamin B-6....mg	0.015	0.002	3	A	1		0.009		
Folate, total....mcg	3		1	A	1		2		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	3		1	A	1		2		
Folate, DFE....mcg_DFE	3		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	Z	7		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	Z	7		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.153		0	BFFN	4		0.087		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		

NDB No. 20133
Rice noodles, dry (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.000		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.003		0	BFFN	4		0.002		
15:0 ... g									
16:0 ... g	0.137		0	BFFN	4		0.078		
17:0 ... g									
18:0 ... g	0.010		0	BFFN	4		0.006		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.175		0	BFFN	4		0.100		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	BFFN	4		0.001		
17:1 ... g									
18:1 undifferentiated ... g	0.172		0	BFFN	4		0.098		
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	0.150		0	BFFN	4		0.086		
18:2 undifferentiated ... g	0.124		0	BFFN	4		0.071		
18:3 undifferentiated ... g	0.026		0	BFFN	4		0.015		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.040		0		1		0.023		
Threonine ... g	0.123		0		1		0.070		
Isoleucine ... g	0.149		0		1		0.085		
Leucine ... g	0.284		0		1		0.162		
Lysine ... g	0.124		0		1		0.071		
Methionine ... g	0.081		0		1		0.046		
Cystine ... g	0.071		0		1		0.040		
Phenylalanine ... g	0.184		0		1		0.105		
Tyrosine ... g	0.115		0		1		0.066		
Valine ... g	0.210		0		1		0.120		
Arginine ... g	0.287		0		1		0.164		
Histidine ... g	0.081		0		1		0.046		
Alanine ... g	0.199		0		1		0.113		
Aspartic acid ... g	0.323		0		1		0.184		
Glutamic acid ... g	0.670		0		1		0.382		
Glycine ... g	0.157		0		1		0.089		
Proline ... g	0.162		0		1		0.092		
Serine ... g	0.181		0		1		0.103		
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 = 57g: 2 oz

NDB No. 20133
Rice noodles, dry (1)

Footnotes:
1 Imported product

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20037
Rice, brown, long-grain, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.09	0.985	4		1		142.53		
Energy	kcal	111		0	NC	4		216		
Energy	kJ	464		0		4		906		
Protein (N x 5.95)	g	2.58	0.119	4		1		5.03		
Total lipid (fat)	g	0.90	0.091	4		1		1.76		
Ash	g	0.46	0.059	4		1		0.90		
Carbohydrate, by difference	g	22.96		0	NC	4		44.77		
Fiber, total dietary	g	1.8		0		1		3.5		
Sugars, total	g	0.35		0	AS	1		0.68		
Sucrose	g	0.35	0.100	3	A	1		0.68		
Glucose (dextrose)	g	0.00		1	A	1		0.00		
Fructose	g	0.00		1	A	1		0.00		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	10		1		1		20		
Iron, Fe	mg	0.42		1		1		0.82		
Magnesium, Mg	mg	43		1		1		84		
Phosphorus, P	mg	83		1		1		162		
Potassium, K	mg	43		1		1		84		
Sodium, Na	mg	5		1		1		10		
Zinc, Zn	mg	0.63		1		1		1.23		
Copper, Cu	mg	0.100		1		1		0.195		
Manganese, Mn	mg	0.905		1		1		1.765		
Selenium, Se	mcg	9.8	1.525	5	A	1		19.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.096		1		4		0.187		
Riboflavin	mg	0.025		1		4		0.049		
Niacin	mg	1.528		1		4		2.980		
Pantothenic acid	mg	0.285		1		1		0.556		
Vitamin B-6	mg	0.145		1		4		0.283		
Folate, total	mcg	4		1		4		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		1		4		8		
Folate, DFE	mcg_DFE	4		0	NC	4		8		
Choline, total	mg	9.2		0	AS	1		18.0		
Betaine	mg	0.5		1	A	1		0.9		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.03		1	A	1		0.06		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00		1	A	1		0.00		
Tocopherol, gamma	mg	0.00		1	A	1		0.00		
Tocopherol, delta	mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20037
Rice, brown, long-grain, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....mcg	0.6		0	BFSN	4		1.1		
Lipids:									
Fatty acids, total saturated.....g	0.180		0		1		0.351		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.003		0		1		0.006		
15:0.....g									
16:0.....g	0.154		0		1		0.300		
17:0.....g									
18:0.....g	0.016		0		1		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.327		0		1		0.638		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.323		0		1		0.630		
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	0.323		0		1		0.630		
18:2 undifferentiated.....g	0.309		0		1		0.603		
18:3 undifferentiated.....g	0.014		0		1		0.027		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.033		0		1		0.064		
Threonine.....g	0.095		0		1		0.185		
Isoleucine.....g	0.109		0		1		0.213		
Leucine.....g	0.214		0		1		0.417		
Lysine.....g	0.099		0		1		0.193		
Methionine.....g	0.058		0		1		0.113		
Cystine.....g	0.031		0		1		0.060		
Phenylalanine.....g	0.133		0		1		0.259		
Tyrosine.....g	0.097		0		1		0.189		
Valine.....g	0.151		0		1		0.294		
Arginine.....g	0.196		0		1		0.382		
Histidine.....g	0.066		0		1		0.129		
Alanine.....g	0.151		0		1		0.294		
Aspartic acid.....g	0.242		0		1		0.472		
Glutamic acid.....g	0.526		0		1		1.026		
Glycine.....g	0.127		0		1		0.248		
Proline.....g	0.121		0		1		0.236		
Serine.....g	0.134		0		1		0.261		
Hydroxyproline.....g									
Others:									

NDB No. 20037
Rice, brown, long-grain, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 195g: 1 cup

Calories Factors: Protein 3.41 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20036

Rice, brown, long-grain, raw

Oryza sativa L.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.37	0.494	10		1		19.18		
Energy	kcal	370		0	NC	4		685		
Energy	kJ	1548		0		4		2864		
Protein (N x 5.95)	g	7.94	0.248	10		1		14.69		
Total lipid (fat)	g	2.92	0.216	9		1		5.40		
Ash	g	1.53	0.098	9		1		2.83		
Carbohydrate, by difference	g	77.24		0	NC	4		142.89		
Fiber, total dietary	g	3.5		0		1		6.5		
Sugars, total	g	0.85		0	NR	4		1.57		
Sucrose	g	0.85		2		1		1.57		
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23	6.630	5		1		43		
Iron, Fe	mg	1.47	0.272	5		1		2.72		
Magnesium, Mg	mg	143	12.183	4		1		265		
Phosphorus, P	mg	333	36.383	5		1		616		
Potassium, K	mg	223	18.481	4		1		413		
Sodium, Na	mg	7	1.891	5		1		13		
Zinc, Zn	mg	2.02	0.109	4		1		3.74		
Copper, Cu	mg	0.277	0.025	4		1		0.512		
Manganese, Mn	mg	3.743	0.254	4		1		6.925		
Selenium, Se	mcg	23.4		2	A	1		43.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.401	0.028	10		1		0.742		
Riboflavin	mg	0.093	0.010	9		1		0.172		
Niacin	mg	5.091	0.283	10		1		9.418		
Pantothenic acid	mg	1.493	0.308	4		1		2.762		
Vitamin B-6	mg	0.509	0.059	4		1		0.942		
Folate, total	mcg	20	4.027	9		1		37		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	20	4.027	9		1		37		
Folate, DFE	mcg_DFE	20		0	NC	4		37		
Choline, total	mg	30.7		0	BFSN	4		56.8		
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	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.20		1	A	1		2.22		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00		1	A	1		0.00		
Tocopherol, gamma	mg	0.00		1	A	1		0.00		
Tocopherol, delta	mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20036
Rice, brown, long-grain, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	1.9		0	BFZN	4		3.4		
Lipids:									
Fatty acids, total saturated....g	0.584		0		1		1.080		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.003		73		1		0.006		
13:0....g									
14:0....g	0.011		73		1		0.020		
15:0....g									
16:0....g	0.498		73		1		0.921		
17:0....g									
18:0....g	0.052		73		1		0.096		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.056		0		1		1.954		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		73		1		0.019		
17:1....g									
18:1 undifferentiated....g	1.046		73		1		1.935		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.044		0		1		1.931		
18:2 undifferentiated....g	1.000		73		1		1.850		
18:3 undifferentiated....g	0.044		73		1		0.081		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.101		25		1		0.187		
Threonine....g	0.291		40		1		0.538		
Isoleucine....g	0.336		40		1		0.622		
Leucine....g	0.657		40		1		1.215		
Lysine....g	0.303		58		1		0.561		
Methionine....g	0.179		44		1		0.331		
Cystine....g	0.096		37		1		0.178		
Phenylalanine....g	0.410		40		1		0.759		
Tyrosine....g	0.298		39		1		0.551		
Valine....g	0.466		40		1		0.862		
Arginine....g	0.602		40		1		1.114		
Histidine....g	0.202		40		1		0.374		
Alanine....g	0.463		39		1		0.857		
Aspartic acid....g	0.743		40		1		1.375		
Glutamic acid....g	1.618		40		1		2.993		
Glycine....g	0.391		40		1		0.723		
Proline....g	0.372		37		1		0.688		
Serine....g	0.411		40		1		0.760		
Hydroxyproline....g									
Others:									

NDB No. 20036
Rice, brown, long-grain, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0		
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 = 185g: 1 cup

Calories Factors: Protein 3.41 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20041
Rice, brown, medium-grain, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.96		0		1		142.27		
Energy	kcal	112		0	NC	4		218		
Energy	kJ	469				4		914		
Protein (N x 5.95)	g	2.32		0		1		4.52		
Total lipid (fat)	g	0.83		0		1		1.62		
Ash	g	0.39		0		1		0.76		
Carbohydrate, by difference	g	23.51		0	NC	4		45.84		
Fiber, total dietary	g	1.8		0		4		3.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		20		
Iron, Fe	mg	0.53		0		1		1.03		
Magnesium, Mg	mg	44		0		1		86		
Phosphorus, P	mg	77		0		1		150		
Potassium, K	mg	79		0		1		154		
Sodium, Na	mg	1		0		1		2		
Zinc, Zn	mg	0.62		0		1		1.21		
Copper, Cu	mg	0.081		0		1		0.158		
Manganese, Mn	mg	1.097		0		1		2.139		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.102		0		1		0.199		
Riboflavin	mg	0.012		0		1		0.023		
Niacin	mg	1.330		0		1		2.594		
Pantothenic acid	mg	0.392		0		1		0.764		
Vitamin B-6	mg	0.149		0		1		0.291		
Folate, total	mcg	4		0		1		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		0		1		8		
Folate, DFE	mcg_DFE	4		0	NC	4		8		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.165		0		1		0.322		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20041
Rice, brown, medium-grain, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.001		0		1		0.002		
13:0 g									
14:0 g	0.003		0		1		0.006		
15:0 g									
16:0 g	0.141		0		1		0.275		
17:0 g									
18:0 g	0.015		0		1		0.029		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.300		0		1		0.585		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.003		0		1		0.006		
17:1 g									
18:1 undifferentiated g	0.297		0		1		0.579		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.296		0		1		0.577		
18:2 undifferentiated g	0.283		0		1		0.552		
18:3 undifferentiated g	0.013		0		1		0.025		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.030		0		1		0.059		
Threonine g	0.085		0		1		0.166		
Isoleucine g	0.098		0		1		0.191		
Leucine g	0.191		0		1		0.372		
Lysine g	0.088		0		1		0.172		
Methionine g	0.052		0		1		0.101		
Cystine g	0.028		0		1		0.055		
Phenylalanine g	0.119		0		1		0.232		
Tyrosine g	0.087		0		1		0.170		
Valine g	0.136		0		1		0.265		
Arginine g	0.175		0		1		0.341		
Histidine g	0.059		0		1		0.115		
Alanine g	0.135		0		1		0.263		
Aspartic acid g	0.217		0		1		0.423		
Glutamic acid g	0.472		0		1		0.920		
Glycine g	0.114		0		1		0.222		
Proline g	0.109		0		1		0.213		
Serine g	0.120		0		1		0.234		
Hydroxyproline g									

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

Common Measures:

Measure 1 = 195g: 1 cup

NDB No. 20041
Rice, brown, medium-grain, cooked

Calories Factors: Protein 3.41 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20040
Rice, brown, medium-grain, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.37	0.673	4		1		23.50		
Energy....kcal	362		0	NC	4		688		
Energy....kJ	1515		0		4		2878		
Protein (N x 5.95)....g	7.50	0.289	7		1		14.25		
Total lipid (fat)....g	2.68	0.225	5		1		5.09		
Ash....g	1.27	0.050	4		1		2.41		
Carbohydrate, by difference....g	76.17		0	NC	4		144.72		
Fiber, total dietary....g	3.4		0		4		6.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	33		1		1		63		
Iron, Fe....mg	1.80	0.138	5		1		3.42		
Magnesium, Mg....mg	143		1		4		272		
Phosphorus, P....mg	264	17.324	3		1		502		
Potassium, K....mg	268	14.077	4		1		509		
Sodium, Na....mg	4		1		1		8		
Zinc, Zn....mg	2.02		0		4		3.84		
Copper, Cu....mg	0.277		0		4		0.526		
Manganese, Mn....mg	3.743		0		4		7.112		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.413	0.042	5		1		0.785		
Riboflavin....mg	0.043	0.007	5		1		0.082		
Niacin....mg	4.308	0.207	5		1		8.185		
Pantothenic acid....mg	1.493		0		4		2.837		
Vitamin B-6....mg	0.509		0		4		0.967		
Folate, total....mcg	20		0		4		38		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	20		0		4		38		
Folate, DFE....mcg_DFE	20		0	NC	4		38		
Choline, total....mg									
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		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.536		0		1		1.018		
4:0....g									
6:0....g									

NDB No. 20040
Rice, brown, medium-grain, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0....g									
10:0....g									
12:0....g	0.002		0		1		0.004		
13:0....g									
14:0....g	0.010		0		1		0.019		
15:0....g									
16:0....g	0.457		0		1		0.868		
17:0....g									
18:0....g	0.048		0		1		0.091		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.971		0		1		1.845		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.019		
17:1....g									
18:1 undifferentiated....g	0.961		0		1		1.826		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.959		0		1		1.822		
18:2 undifferentiated....g	0.918		0		1		1.744		
18:3 undifferentiated....g	0.041		0		1		0.078		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.096		0		1		0.182		
Threonine....g	0.275		0		1		0.523		
Isoleucine....g	0.318		0		1		0.604		
Leucine....g	0.620		0		1		1.178		
Lysine....g	0.286		0		1		0.543		
Methionine....g	0.169		0		1		0.321		
Cystine....g	0.091		0		1		0.173		
Phenylalanine....g	0.387		0		1		0.735		
Tyrosine....g	0.281		0		1		0.534		
Valine....g	0.440		0		1		0.836		
Arginine....g	0.569		0		1		1.081		
Histidine....g	0.190		0		1		0.361		
Alanine....g	0.437		0		1		0.830		
Aspartic acid....g	0.702		0		1		1.334		
Glutamic acid....g	1.528		0		1		2.903		
Glycine....g	0.369		0		1		0.701		
Proline....g	0.352		0		1		0.669		
Serine....g	0.388		0		1		0.737		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

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

NDB No. 20040
Rice, brown, medium-grain, raw

Common Measures:

Measure 1 = 190g: 1 cup

Calories Factors: Protein 3.41 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20055
Rice, white, glutinous, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.63		1		1		133.34		
Energy	kcal	97		0	NC	4		169		
Energy	kJ	406		0		4		706		
Protein (N x 5.95)	g	2.02		1		1		3.51		
Total lipid (fat)	g	0.19		1		1		0.33		
Ash	g	0.07		1		1		0.12		
Carbohydrate, by difference	g	21.09		0	NC	4		36.70		
Fiber, total dietary	g	1.0		0		4		1.7		
Sugars, total	g	0.05		0	BFZN	4		0.09		
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1		1		3		
Iron, Fe	mg	0.14		1		1		0.24		
Magnesium, Mg	mg	5		1		1		9		
Phosphorus, P	mg	8		1		1		14		
Potassium, K	mg	10		1		1		17		
Sodium, Na	mg	5		1		1		9		
Zinc, Zn	mg	0.41		1		1		0.71		
Copper, Cu	mg	0.049		1		1		0.085		
Manganese, Mn	mg	0.262		1		1		0.456		
Selenium, Se	mcg	5.6		0	BFSN	4		9.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.020		1		1		0.035		
Riboflavin	mg	0.013		0		4		0.023		
Niacin	mg	0.290		1		1		0.505		
Pantothenic acid	mg	0.215		1		1		0.374		
Vitamin B-6	mg	0.026		1		1		0.045		
Folate, total	mcg	1		0		4		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1		0		4		2		
Folate, DFE	mcg_DFE	1		0	NC	4		2		
Choline, total	mg	2.1		0	BFZN	4		3.6		
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	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFZN	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	0.0		0	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.039		0		1		0.068		
4:0	g	0.000		0		1		0.000		

NDB No. 20055
Rice, white, glutinous, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.033		0		1		0.057		
17:0 g									
18:0 g	0.003		0		1		0.005		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.070		0		1		0.122		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.002		
17:1 g									
18:1 undifferentiated g	0.070		0		1		0.122		
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	0.069		0		1		0.120		
18:2 undifferentiated g	0.066		0		1		0.115		
18:3 undifferentiated g	0.003		0		1		0.005		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.023		0		1		0.040		
Threonine g	0.072		0		1		0.125		
Isoleucine g	0.087		0		1		0.151		
Leucine g	0.167		0		1		0.291		
Lysine g	0.073		0		1		0.127		
Methionine g	0.047		0		1		0.082		
Cystine g	0.041		0		1		0.071		
Phenylalanine g	0.108		0		1		0.188		
Tyrosine g	0.067		0		1		0.117		
Valine g	0.123		0		1		0.214		
Arginine g	0.168		0		1		0.292		
Histidine g	0.047		0		1		0.082		
Alanine g	0.117		0		1		0.204		
Aspartic acid g	0.190		0		1		0.331		
Glutamic acid g	0.393		0		1		0.684		
Glycine g	0.092		0		1		0.160		
Proline g	0.095		0		1		0.165		
Serine g	0.106		0		1		0.184		
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. 20055
Rice, white, glutinous, cooked

Common Measures:

Measure 1 = 174g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20054
Rice, white, glutinous, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.46	0.414	3		1		19.35		
Energy....kcal	370		0	NC	4		685		
Energy....kJ	1548				4		2864		
Protein (N x 5.95)....g	6.81	0.931	3		1		12.60		
Total lipid (fat)....g	0.55	0.133	3		1		1.02		
Ash....g	0.49	0.111	3		1		0.91		
Carbohydrate, by difference....g	81.68		0	NC	4		151.11		
Fiber, total dietary....g	2.8		0		1		5.2		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	1.471	3		1		20		
Iron, Fe....mg	1.60	0.651	3		1		2.96		
Magnesium, Mg....mg	23	1.059	3		1		43		
Phosphorus, P....mg	71	11.635	3		1		131		
Potassium, K....mg	77	14.821	3		1		142		
Sodium, Na....mg	7	5.720	3		1		13		
Zinc, Zn....mg	1.20	0.147	3		1		2.22		
Copper, Cu....mg	0.171	0.020	3		1		0.316		
Manganese, Mn....mg	0.974	0.026	3		1		1.802		
Selenium, Se....mcg	15.1		0	BFZN	4		27.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.180		2		1		0.333		
Riboflavin....mg	0.055	0.055	3		1		0.102		
Niacin....mg	2.145		2		1		3.968		
Pantothenic acid....mg	0.824	0.179	4		1		1.524		
Vitamin B-6....mg	0.107	0.006	3		1		0.198		
Folate, total....mcg	7		2		1		13		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		2		1		13		
Folate, DFE....mcg_DFE	7		0	NC	4		13		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.111		0		1		0.205		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20054
Rice, white, glutinous, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.001		73		1		0.002		
13:0....g									
14:0....g	0.002		73		1		0.004		
15:0....g									
16:0....g	0.094		73		1		0.174		
17:0....g									
18:0....g	0.010		73		1		0.019		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.200		0		1		0.370		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		73		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.198		73		1		0.366		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.198		0		1		0.366		
18:2 undifferentiated....g	0.189		73		1		0.350		
18:3 undifferentiated....g	0.008		73		1		0.015		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.079		0		1		0.146		
Threonine....g	0.244		0		1		0.451		
Isoleucine....g	0.294		0		1		0.544		
Leucine....g	0.563		0		1		1.042		
Lysine....g	0.246		0		1		0.455		
Methionine....g	0.160		0		1		0.296		
Cystine....g	0.140		0		1		0.259		
Phenylalanine....g	0.364		0		1		0.673		
Tyrosine....g	0.228		0		1		0.422		
Valine....g	0.416		0		1		0.770		
Arginine....g	0.568		0		1		1.051		
Histidine....g	0.160		0		1		0.296		
Alanine....g	0.395		0		1		0.731		
Aspartic acid....g	0.640		0		1		1.184		
Glutamic acid....g	1.328		0		1		2.457		
Glycine....g	0.310		0		1		0.574		
Proline....g	0.321		0		1		0.594		
Serine....g	0.358		0		1		0.662		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 185g: 1 cup

NDB No. 20054
Rice, white, glutinous, raw

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20047
Rice, white, long-grain, parboiled, enriched, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.36	1.986	16	A	1		111.17		
Energy	kcal	123		0	NC	4		194		
Energy	kJ	513		0	NC	4		811		
Protein (N x 5.95)	g	2.91	0.256	3	A	1		4.60		
Total lipid (fat)	g	0.37	0.055	3	A	1		0.59		
Ash	g	0.30	0.042	3	A	1		0.48		
Carbohydrate, by difference	g	26.05		0	NC	4		41.16		
Fiber, total dietary	g	0.9	0.533	3	A	1		1.5		
Sugars, total	g	0.11		0	AS	1		0.17		
Sucrose	g	0.08	0.010	5	A	1		0.13		
Glucose (dextrose)	g	0.01	0.008	5	A	1		0.01		
Fructose	g	0.02		2	A	1		0.03		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	19	1.313	3	A	1		30		
Iron, Fe	mg	1.81	0.137	3	A	1		2.87		
Magnesium, Mg	mg	9	0.703	3	A	1		14		
Phosphorus, P	mg	55	2.310	3	A	1		87		
Potassium, K	mg	56		2	A	1		88		
Sodium, Na	mg	2	0.202	3	A	1		3		
Zinc, Zn	mg	0.37	0.029	3	A	1		0.59		
Copper, Cu	mg	0.070	0.010	3	A	1		0.111		
Manganese, Mn	mg	0.354	0.030	3	A	1		0.560		
Selenium, Se	mcg	9.3	1.032	11	A	1		14.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.212		1	A	1		0.335		
Riboflavin	mg	0.019		2	A	1		0.030		
Niacin	mg	2.309		2	A	1		3.648		
Pantothenic acid	mg	0.323		2	A	1		0.510		
Vitamin B-6	mg	0.156		2	A	1		0.246		
Folate, total	mcg	81		2	A	1		128		
Folic acid	mcg	79		2	A	1		124		
Folate, food	mcg	3		0	AS	1		4		
Folate, DFE	mcg_DFE	136		0	NC	4		215		
Choline, total	mg	2.1		0	BFZN	4		3.3		
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	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFSN	4		0.02		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20047
Rice, white, long-grain, parboiled, enriched, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.074		0	NC	4		0.118		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.074		1	A	1		0.118		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.000		1	A	1		0.000		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.074		0	NC	4		0.118		
14:1....g	0.000		1	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	0.074		1	A	1		0.118		
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.091		0	NC	4		0.144		
18:2 undifferentiated....g	0.074		1	A	1		0.118		
18:3 undifferentiated....g	0.017		1	A	1		0.026		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.039		0	A	1		0.062		
Threonine....g	0.107		0	A	1		0.170		
Isoleucine....g	0.133		0	A	1		0.211		
Leucine....g	0.257		0	A	1		0.406		
Lysine....g	0.082		0	A	1		0.130		
Methionine....g	0.070		0	A	1		0.111		
Cystine....g	0.060		0	A	1		0.095		
Phenylalanine....g	0.153		0	A	1		0.243		
Tyrosine....g	0.086		0	A	1		0.136		
Valine....g	0.185		0	A	1		0.292		
Arginine....g	0.256		0	A	1		0.404		
Histidine....g	0.070		0	A	1		0.111		
Alanine....g	0.169		0	A	1		0.268		
Aspartic acid....g	0.313		0	A	1		0.494		
Glutamic acid....g	0.545		0	A	1		0.861		
Glycine....g	0.140		0	A	1		0.221		
Proline....g	0.187		0	A	1		0.295		
Serine....g	0.141		0	A	1		0.223		
Hydroxyproline....g									
Others:									

NDB No. 20047
Rice, white, long-grain, parboiled, enriched, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 158g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20046
Rice, white, long-grain, parboiled, enriched, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.70	0.173	6	A	1		18.15		
Energy	kcal	374		0	NC	4		700		
Energy	kJ	1566		0	NC	4		2928		
Protein (N x 5.95)	g	8.11		1	A	1		15.17		
Total lipid (fat)	g	1.04		1	A	1		1.94		
Ash	g	0.72		1	A	1		1.35		
Carbohydrate, by difference	g	80.43		0	NC	4		150.40		
Fiber, total dietary	g	2.2		2	A	1		4.2		
Sugars, total	g	0.33		0	AS	1		0.62		
Sucrose	g	0.21	0.136	5	A	1		0.39		
Glucose (dextrose)	g	0.11	0.023	4	A	1		0.20		
Fructose	g	0.02	0.000	4	A	1		0.03		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g	63.58		1	A	1		118.89		
Minerals:										
Calcium, Ca	mg	55		1	A	1		103		
Iron, Fe	mg	5.26		1	A	1		9.84		
Magnesium, Mg	mg	27		1	A	1		51		
Phosphorus, P	mg	156		1	A	1		292		
Potassium, K	mg	187		1	A	1		350		
Sodium, Na	mg	3		1	A	1		6		
Zinc, Zn	mg	1.04		1	A	1		1.94		
Copper, Cu	mg	0.267		1	A	1		0.499		
Manganese, Mn	mg	1.110		1	A	1		2.076		
Selenium, Se	mcg	23.9		1	A	1		44.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	mg	0.697		1	A	1		1.303		
Riboflavin	mg	0.045		1	A	1		0.084		
Niacin	mg	5.137	0.573	5	JA	6		9.606		
Pantothenic acid	mg	1.133	0.148	4		1		2.119		
Vitamin B-6	mg	0.455		1	A	1		0.850		
Folate, total	mcg	257		1	A	1		481		
Folic acid	mcg	249		1	A	1		466		
Folate, food	mcg	8		0	AS	1		15		
Folate, DFE	mcg_DFE	431		0	NC	4		807		
Choline, total	mg	6.0		0	BFSN	4		11.2		
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	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.03		1	A	1		0.06		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.02		1	A	1		0.04		
Tocopherol, gamma	mg	0.17		1	A	1		0.32		
Tocopherol, delta	mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20046
Rice, white, long-grain, parboiled, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.1		0	BFZN	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	0.294		0	NC	4		0.549		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.277		1	A	1		0.518		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.017		1	A	1		0.031		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.258		0	NC	4		0.482		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.258		1	A	1		0.482		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.322		0	NC	4		0.601		
18:2 undifferentiated.....g	0.305		1	A	1		0.570		
18:3 undifferentiated.....g	0.017		1	A	1		0.031		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0	A	1		0.206		
Threonine.....g	0.299		0	A	1		0.560		
Isoleucine.....g	0.372		0	A	1		0.695		
Leucine.....g	0.716		0	A	1		1.339		
Lysine.....g	0.229		0	A	1		0.428		
Methionine.....g	0.195		0	A	1		0.365		
Cystine.....g	0.168		0	A	1		0.314		
Phenylalanine.....g	0.428		0	A	1		0.800		
Tyrosine.....g	0.241		0	A	1		0.450		
Valine.....g	0.516		0	A	1		0.964		
Arginine.....g	0.713		0	A	1		1.333		
Histidine.....g	0.196		0	A	1		0.367		
Alanine.....g	0.472		0	A	1		0.883		
Aspartic acid.....g	0.872		0	A	1		1.630		
Glutamic acid.....g	1.519		0	A	1		2.841		
Glycine.....g	0.389		0	A	1		0.728		
Proline.....g	0.521		0	A	1		0.975		
Serine.....g	0.394		0	A	1		0.736		
Hydroxyproline.....g									
Others:									

NDB No. 20046
Rice, white, long-grain, parboiled, enriched, dry

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

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

Common Measures:

Measure 1 = 187g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20447
Rice, white, long-grain, parboiled, unenriched, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.36	1.986	16	A	1		111.17		
Energy	kcal	123		0	NC	4		194		
Energy	kJ	513		0	NC	4		811		
Protein (N x 5.95)	g	2.91	0.256	3	A	1		4.60		
Total lipid (fat)	g	0.37	0.055	3	A	1		0.59		
Ash	g	0.30	0.042	3	A	1		0.48		
Carbohydrate, by difference	g	26.05		0	NC	4		41.16		
Fiber, total dietary	g	0.9	0.533	3	A	1		1.5		
Sugars, total	g	0.11		0	AS	1		0.17		
Sucrose	g	0.08	0.010	5	A	1		0.13		
Glucose (dextrose)	g	0.01	0.008	5	A	1		0.01		
Fructose	g	0.02		2	A	1		0.03		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g	28.70		2	A	1		45.34		
Minerals:										
Calcium, Ca	mg	19	1.313	3	A	1		30		
Iron, Fe	mg	0.24		0	BFSN	4		0.38		
Magnesium, Mg	mg	9	0.703	3	A	1		14		
Phosphorus, P	mg	55	2.310	3	A	1		87		
Potassium, K	mg	56		2	A	1		88		
Sodium, Na	mg	2	0.202	3	A	1		3		
Zinc, Zn	mg	0.37	0.029	3	A	1		0.59		
Copper, Cu	mg	0.070	0.010	3	A	1		0.111		
Manganese, Mn	mg	0.354	0.030	3	A	1		0.560		
Selenium, Se	mcg	9.3	1.032	11	A	1		14.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.073		0	BFSN	4		0.116		
Riboflavin	mg	0.019		2	A	1		0.030		
Niacin	mg	2.309		2	A	1		3.648		
Pantothenic acid	mg	0.323		2	A	1		0.510		
Vitamin B-6	mg	0.156		2	A	1		0.246		
Folate, total	mcg	3		0	NR	4		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	3		0	AS	1		4		
Folate, DFE	mcg_DFE	3		0	NC	4		4		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFZN	4		0.02		
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		

NDB No. 20447

Rice, white, long-grain, parboiled, unenriched, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.074		0	NC	4		0.118		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.074		1	A	1		0.118		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.000		1	A	1		0.000		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.074		0	NC	4		0.118		
14:1....g	0.000		1	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	0.074		1	A	1		0.118		
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.091		0	NC	4		0.144		
18:2 undifferentiated....g	0.074		1	A	1		0.118		
18:3 undifferentiated....g	0.017		1	A	1		0.026		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.039		0	A	1		0.062		
Threonine....g	0.107		0	A	1		0.170		
Isoleucine....g	0.133		0	A	1		0.211		
Leucine....g	0.257		0	A	1		0.406		
Lysine....g	0.082		0	A	1		0.130		
Methionine....g	0.070		0	A	1		0.111		
Cystine....g	0.060		0	A	1		0.095		
Phenylalanine....g	0.153		0	A	1		0.243		
Tyrosine....g	0.086		0	A	1		0.136		
Valine....g	0.185		0	A	1		0.292		
Arginine....g	0.256		0	A	1		0.404		
Histidine....g	0.070		0	A	1		0.111		
Alanine....g	0.169		0	A	1		0.268		
Aspartic acid....g	0.313		0	A	1		0.494		
Glutamic acid....g	0.545		0	A	1		0.861		
Glycine....g	0.140		0	A	1		0.221		
Proline....g	0.187		0	A	1		0.295		
Serine....g	0.141		0	A	1		0.223		
Hydroxyproline....g									

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

NDB No. 20447

Rice, white, long-grain, parboiled, unenriched, cooked

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20446
Rice, white, long-grain, parboiled, unenriched, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.70	0.173	6	A	1		18.15		
Energy	kcal	374		0	NC	4		700		
Energy	kJ	1566		0	NC	4		2928		
Protein (N x 5.95)	g	8.11		1	A	1		15.17		
Total lipid (fat)	g	1.04		1	A	1		1.94		
Ash	g	0.72		1	A	1		1.35		
Carbohydrate, by difference	g	80.43		0	NC	4		150.40		
Fiber, total dietary	g	2.2		2	A	1		4.2		
Sugars, total	g	0.33		0	AS	1		0.62		
Sucrose	g	0.21	0.136	5	A	1		0.39		
Glucose (dextrose)	g	0.11	0.023	4	A	1		0.20		
Fructose	g	0.02	0.000	4	A	1		0.03		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g	63.58		1	A	1		118.89		
Minerals:										
Calcium, Ca	mg	55		1	A	1		103		
Iron, Fe	mg	0.74	0.062	3	A	1		1.38		
Magnesium, Mg	mg	27		1	A	1		51		
Phosphorus, P	mg	156		1	A	1		292		
Potassium, K	mg	187		1	A	1		350		
Sodium, Na	mg	3		1	A	1		6		
Zinc, Zn	mg	1.04		1	A	1		1.94		
Copper, Cu	mg	0.267		1	A	1		0.499		
Manganese, Mn	mg	1.110		1	A	1		2.076		
Selenium, Se	mcg	23.9		1	A	1		44.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.224	0.013	3	A	1		0.418		
Riboflavin	mg	0.045		1	A	1		0.084		
Niacin	mg	5.137	0.573	5	JA	6		9.606		
Pantothenic acid	mg	1.133	0.148	4		1		2.119		
Vitamin B-6	mg	0.455		1	A	1		0.850		
Folate, total	mcg	8		0	NR	4		15		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8		0	AS	1		15		
Folate, DFE	mcg_DFE	8		0	NC	4		15		
Choline, total	mg									
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	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.03		1	A	1		0.06		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.02		1	A	1		0.04		
Tocopherol, gamma	mg	0.17		1	A	1		0.32		
Tocopherol, delta	mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									

NDB No. 20446
Rice, white, long-grain, parboiled, unenriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.1		0	BFZN	4		0.1		
Lipids:									
Fatty acids, total saturated....g	0.294		0	NC	4		0.549		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.277		1	A	1		0.518		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.017		1	A	1		0.031		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.258		0	NC	4		0.482		
14:1....g	0.000		1	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	0.258		1	A	1		0.482		
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.322		0	NC	4		0.601		
18:2 undifferentiated....g	0.305		1	A	1		0.570		
18:3 undifferentiated....g	0.017		1	A	1		0.031		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.110		0	A	1		0.206		
Threonine....g	0.299		0	A	1		0.560		
Isoleucine....g	0.372		0	A	1		0.695		
Leucine....g	0.716		0	A	1		1.339		
Lysine....g	0.229		0	A	1		0.428		
Methionine....g	0.195		0	A	1		0.365		
Cystine....g	0.168		0	A	1		0.314		
Phenylalanine....g	0.428		0	A	1		0.800		
Tyrosine....g	0.241		0	A	1		0.450		
Valine....g	0.516		0	A	1		0.964		
Arginine....g	0.713		0	A	1		1.333		
Histidine....g	0.196		0	A	1		0.367		
Alanine....g	0.472		0	A	1		0.883		
Aspartic acid....g	0.872		0	A	1		1.630		
Glutamic acid....g	1.519		0	A	1		2.841		
Glycine....g	0.389		0	A	1		0.728		
Proline....g	0.521		0	A	1		0.975		
Serine....g	0.394		0	A	1		0.736		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		

NDB No. 20446
Rice, white, long-grain, parboiled, unenriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg									
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 = 187g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20048

Rice, white, long-grain, precooked or instant, enriched, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.38		2	A	1		7.97		
Energy	kcal	380		0	NC	4		361		
Energy	kJ	1591		0	NC	4		1511		
Protein (N x 5.95)	g	7.82		1	A	1		7.43		
Total lipid (fat)	g	0.94		1	A	1		0.90		
Ash	g	0.53		1	A	1		0.50		
Carbohydrate, by difference	g	82.32		0	NC	4		78.20		
Fiber, total dietary	g	1.9	0.645	3	A	1		1.8		
Sugars, total	g	0.05		0	AS	1		0.05		
Sucrose	g	0.02		1	A	1		0.02		
Glucose (dextrose)	g	0.02		1	A	1		0.02		
Fructose	g	0.02		1	A	1		0.02		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g	73.77		1	A	1		70.08		
Minerals:										
Calcium, Ca	mg	22		1	A	1		21		
Iron, Fe	mg	6.30		1	A	1		5.99		
Magnesium, Mg	mg	14		1	A	1		13		
Phosphorus, P	mg	118		1	A	1		112		
Potassium, K	mg	27		1	A	1		25		
Sodium, Na	mg	10		1	A	1		9		
Zinc, Zn	mg	1.43		1	A	1		1.36		
Copper, Cu	mg	0.177		1	A	1		0.168		
Manganese, Mn	mg	0.985		1	A	1		0.936		
Selenium, Se	mcg	37.2		1	A	1		35.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.926		1	A	1		0.880		
Riboflavin	mg	0.028		1	A	1		0.027		
Niacin	mg	7.005		1	A	1		6.655		
Pantothenic acid	mg	0.432	0.074	6		1		0.410		
Vitamin B-6	mg	0.122		1	A	1		0.115		
Folate, total	mcg	275		1	A	1		261		
Folic acid	mcg	273		1	A	1		259		
Folate, food	mcg	2		0	AS	1		2		
Folate, DFE	mcg_DFE	466		0	NC	4		443		
Choline, total	mg	6.1		0	BFSN	4		5.8		
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	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.04		1	A	1		0.04		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.01		1	A	1		0.01		
Tocopherol, gamma	mg	0.19		1	A	1		0.18		
Tocopherol, delta	mg	0.04		1	A	1		0.04		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20048
Rice, white, long-grain, precooked or instant, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.1		0	BFZN	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	0.152		0	NC	4		0.144		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.152		1	A	1		0.144		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.000		1	A	1		0.000		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.144		0	NC	4		0.137		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.144		1	A	1		0.137		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.219		0	NC	4		0.208		
18:2 undifferentiated.....g	0.202		1	A	1		0.192		
18:3 undifferentiated.....g	0.017		1	A	1		0.016		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0	A	1		0.101		
Threonine.....g	0.289		0	A	1		0.274		
Isoleucine.....g	0.359		0	A	1		0.341		
Leucine.....g	0.691		0	A	1		0.656		
Lysine.....g	0.221		0	A	1		0.210		
Methionine.....g	0.188		0	A	1		0.179		
Cystine.....g	0.162		0	A	1		0.154		
Phenylalanine.....g	0.413		0	A	1		0.392		
Tyrosine.....g	0.232		0	A	1		0.220		
Valine.....g	0.497		0	A	1		0.472		
Arginine.....g	0.688		0	A	1		0.653		
Histidine.....g	0.189		0	A	1		0.180		
Alanine.....g	0.456		0	A	1		0.433		
Aspartic acid.....g	0.841		0	A	1		0.799		
Glutamic acid.....g	1.466		0	A	1		1.392		
Glycine.....g	0.376		0	A	1		0.357		
Proline.....g	0.503		0	A	1		0.478		
Serine.....g	0.380		0	A	1		0.361		
Hydroxyproline.....g									
Others:									

NDB No. 20048
Rice, white, long-grain, precooked or instant, enriched, dry

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

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

Common Measures:

Measure 1 = 95g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20049

Rice, white, long-grain, precooked or instant, enriched, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.00	0.882	12	A	1		118.80		
Energy....kcal	117		0	NC	4		193		
Energy....kJ	489		0	NC	4		807		
Protein (N x 5.95)....g	2.18	0.016	3	A	1		3.59		
Total lipid (fat)....g	0.50	0.059	3	A	1		0.82		
Ash....g	0.22	0.007	3	A	1		0.36		
Carbohydrate, by difference....g	25.10		0	NC	4		41.42		
Fiber, total dietary....g	0.6	0.191	5	A	1		1.1		
Sugars, total....g	0.00	0.000	3	A	1		0.00		
Sucrose....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00		
Fructose....g	0.00	0.000	3	A	1		0.00		
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	26.33	0.601	3	A	1		43.44		
Minerals:									
Calcium, Ca....mg	8	0.703	3	A	1		12		
Iron, Fe....mg	1.77	0.344	3	A	1		2.92		
Magnesium, Mg....mg	5	0.082	3	A	1		8		
Phosphorus, P....mg	37	1.085	3	A	1		61		
Potassium, K....mg	9		2	A	1		14		
Sodium, Na....mg	4	0.117	3	A	1		6		
Zinc, Zn....mg	0.49	0.018	3	A	1		0.81		
Copper, Cu....mg	0.037	0.000	3	A	1		0.061		
Manganese, Mn....mg	0.343	0.008	3	A	1		0.566		
Selenium, Se....mcg	4.8	0.540	7	A	1		7.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.075		1		1		0.124		
Riboflavin....mg	0.008		1	A	1		0.013		
Niacin....mg	1.737		2	A	1		2.866		
Pantothenic acid....mg	0.056		1	A	1		0.093		
Vitamin B-6....mg	0.050		2	A	1		0.082		
Folate, total....mcg	70	21.008	3	A	1		116		
Folic acid....mcg	69	20.835	3	A	1		113		
Folate, food....mcg	1		0	AS	1		2		
Folate, DFE....mcg_DFE	118		0	NC	4		195		
Choline, total....mg	2.1		0	BFZN	4		3.4		
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	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFSN	4		0		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.01		0	BFSN	4		0.02		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 20049

Rice, white, long-grain, precooked or instant, enriched, 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
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	0.017		0	NC	4		0.027		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.000		2	A	1		0.000		
15:0....g	0.000		2	A	1		0.000		
16:0....g	0.017		2	A	1		0.027		
17:0....g	0.000		2	A	1		0.000		
18:0....g	0.000		2	A	1		0.000		
20:0....g	0.000		2	A	1		0.000		
22:0....g	0.000		2	A	1		0.000		
24:0....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated....g	0.074		0	NC	4		0.123		
14:1....g	0.000		2	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		2	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	0.074		2	A	1		0.123		
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	0.017		0	NC	4		0.027		
18:2 undifferentiated....g	0.017		2	A	1		0.027		
18:3 undifferentiated....g	0.000		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.030		0	A	1		0.049		
Threonine....g	0.080		0	A	1		0.132		
Isoleucine....g	0.100		0	A	1		0.165		
Leucine....g	0.192		0	A	1		0.317		
Lysine....g	0.061		0	A	1		0.101		
Methionine....g	0.052		0	A	1		0.086		
Cystine....g	0.045		0	A	1		0.074		
Phenylalanine....g	0.115		0	A	1		0.189		
Tyrosine....g	0.065		0	A	1		0.107		
Valine....g	0.138		0	A	1		0.228		
Arginine....g	0.191		0	A	1		0.316		
Histidine....g	0.053		0	A	1		0.087		
Alanine....g	0.127		0	A	1		0.209		
Aspartic acid....g	0.234		0	A	1		0.386		
Glutamic acid....g	0.408		0	A	1		0.673		
Glycine....g	0.104		0	A	1		0.172		
Proline....g	0.140		0	A	1		0.231		
Serine....g	0.106		0	A	1		0.174		
Hydroxyproline....g									
Others:									

NDB No. 20049

Rice, white, long-grain, precooked or instant, enriched, 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
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 = 165g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20045
Rice, white, long-grain, regular, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.44	0.398	23		1		108.14		
Energy	kcal	130		0	NC	4		205		
Energy	kJ	544		0		4		859		
Protein (N x 5.95)	g	2.69	0.060	20		1		4.25		
Total lipid (fat)	g	0.28	0.030	6		1		0.44		
Ash	g	0.41	0.060	20		1		0.65		
Carbohydrate, by difference	g	28.17		0	NC	4		44.51		
Fiber, total dietary	g	0.4		0		1		0.6		
Sugars, total	g	0.05	0.000	3	A	1		0.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	10	0.868	33		1		16		
Iron, Fe	mg	1.20	0.093	39		1		1.90		
Magnesium, Mg	mg	12	0.566	38		1		19		
Phosphorus, P	mg	43	1.833	27		1		68		
Potassium, K	mg	35	1.936	34		1		55		
Sodium, Na	mg	1	0.314	13		1		2		
Zinc, Zn	mg	0.49	0.026	43		1		0.77		
Copper, Cu	mg	0.069	0.005	42		1		0.109		
Manganese, Mn	mg	0.472	0.024	35		1		0.746		
Selenium, Se	mcg	7.5	0.459	47	A	1		11.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.163	0.014	17		1		0.258		
Riboflavin	mg	0.013	0.001	9		1		0.021		
Niacin	mg	1.476	0.075	17		1		2.332		
Pantothenic acid	mg	0.390	0.033	13		1		0.616		
Vitamin B-6	mg	0.093	0.012	12		1		0.147		
Folate, total	mcg	58		0	BFSY	4		92		
Folic acid	mcg	55		0	NC	4		87		
Folate, food	mcg	3	0.184	8		1		5		
Folate, DFE	mcg_DFE	97		0	NC	4		152		
Choline, total	mg	2.1		0	AS	1		3.3		
Betaine	mg	0.3		2	A	1		0.5		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFSN	4		0.06		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	0.077		0		1		0.122		
4:0	g	0.000		0		1		0.000		

NDB No. 20045
Rice, white, long-grain, regular, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g	0.069		0		1		0.109		
17:0....g									
18:0....g	0.005		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.088		0		1		0.139		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.087		0		1		0.137		
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	0.076		0		1		0.120		
18:2 undifferentiated....g	0.062		0		1		0.098		
18:3 undifferentiated....g	0.013		0		1		0.021		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		0		1		0.049		
Threonine....g	0.096		0		1		0.152		
Isoleucine....g	0.116		0		1		0.183		
Leucine....g	0.222		0		1		0.351		
Lysine....g	0.097		0		1		0.153		
Methionine....g	0.063		0		1		0.100		
Cystine....g	0.055		0		1		0.087		
Phenylalanine....g	0.144		0		1		0.228		
Tyrosine....g	0.090		0		1		0.142		
Valine....g	0.164		0		1		0.259		
Arginine....g	0.224		0		1		0.354		
Histidine....g	0.063		0		1		0.100		
Alanine....g	0.156		0		1		0.246		
Aspartic acid....g	0.253		0		1		0.400		
Glutamic acid....g	0.524		0		1		0.828		
Glycine....g	0.122		0		1		0.193		
Proline....g	0.127		0		1		0.201		
Serine....g	0.141		0		1		0.223		
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. 20045

Rice, white, long-grain, regular, cooked

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20345

Rice, white, long-grain, regular, cooked, enriched, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.44	0.398	23		1		108.14		
Energy....kcal	130		0	NC	4		205		
Energy....kJ	544		0		4		859		
Protein (N x 5.95)....g	2.69	0.060	20		1		4.25		
Total lipid (fat)....g	0.28	0.030	6		1		0.44		
Ash....g	0.41	0.060	20		1		0.65		
Carbohydrate, by difference....g	28.17		0	NC	4		44.51		
Fiber, total dietary....g	0.4		0		1		0.6		
Sugars, total....g	0.05		0	BFZN	4		0.08		
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.868	33		1		16		
Iron, Fe....mg	1.20	0.093	39		1		1.90		
Magnesium, Mg....mg	12	0.566	38		1		19		
Phosphorus, P....mg	43	1.833	27		1		68		
Potassium, K....mg	35	1.936	34		1		55		
Sodium, Na....mg	382		1		1		604		
Zinc, Zn....mg	0.49	0.026	43		1		0.77		
Copper, Cu....mg	0.069	0.005	42		1		0.109		
Manganese, Mn....mg	0.472	0.024	35		1		0.746		
Selenium, Se....mcg	7.5	0.459	47	A	1		11.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.163	0.014	17		1		0.258		
Riboflavin....mg	0.013	0.001	9		1		0.021		
Niacin....mg	1.476	0.075	17		1		2.332		
Pantothenic acid....mg	0.390	0.033	13		1		0.616		
Vitamin B-6....mg	0.093	0.012	12		1		0.147		
Folate, total....mcg	58		0	BFSY	4		92		
Folic acid....mcg	55		0	NC	4		87		
Folate, food....mcg	3	0.184	8		1		5		
Folate, DFE....mcg_DFE	97		0	NC	4		152		
Choline, total....mg	2.1		0	BFZN	4		3.3		
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	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFZN	4		0		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.04		0	BFZN	4		0.06		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.077		0		1		0.122		
4:0....g	0.000		0		1		0.000		

NDB No. 20345

Rice, white, long-grain, regular, cooked, enriched, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.002		0		1		0.003		
15:0 g									
16:0 g	0.069		0		1		0.109		
17:0 g									
18:0 g	0.005		0		1		0.008		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.088		0		1		0.139		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.002		
17:1 g									
18:1 undifferentiated g	0.087		0		1		0.137		
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	0.076		0		1		0.120		
18:2 undifferentiated g	0.062		0		1		0.098		
18:3 undifferentiated g	0.013		0		1		0.021		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.031		0		1		0.049		
Threonine g	0.096		0		1		0.152		
Isoleucine g	0.116		0		1		0.183		
Leucine g	0.222		0		1		0.351		
Lysine g	0.097		0		1		0.153		
Methionine g	0.063		0		1		0.100		
Cystine g	0.055		0		1		0.087		
Phenylalanine g	0.144		0		1		0.228		
Tyrosine g	0.090		0		1		0.142		
Valine g	0.164		0		1		0.259		
Arginine g	0.224		0		1		0.354		
Histidine g	0.063		0		1		0.100		
Alanine g	0.156		0		1		0.246		
Aspartic acid g	0.253		0		1		0.400		
Glutamic acid g	0.524		0		1		0.828		
Glycine g	0.122		0		1		0.193		
Proline g	0.127		0		1		0.201		
Serine g	0.141		0		1		0.223		
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. 20345

Rice, white, long-grain, regular, cooked, enriched, with salt

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20545

Rice, white, long-grain, regular, cooked, unenriched, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.44	0.398	23		1		108.14		
Energy....kcal	130		0	NC	4		205		
Energy....kJ	544		0		4		859		
Protein (N x 5.95)....g	2.69	0.060	20		1		4.25		
Total lipid (fat)....g	0.28	0.030	6		1		0.44		
Ash....g	0.41	0.060	20		1		0.65		
Carbohydrate, by difference....g	28.17		0	NC	4		44.51		
Fiber, total dietary....g	0.4		0		1		0.6		
Sugars, total....g	0.05		0	BFZN	4		0.08		
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.868	33		1		16		
Iron, Fe....mg	0.20		1		1		0.32		
Magnesium, Mg....mg	12	0.566	38		1		19		
Phosphorus, P....mg	43	1.833	27		1		68		
Potassium, K....mg	35	1.936	34		1		55		
Sodium, Na....mg	382		1		1		604		
Zinc, Zn....mg	0.49	0.026	43		1		0.77		
Copper, Cu....mg	0.069	0.005	42		1		0.109		
Manganese, Mn....mg	0.472	0.024	35		1		0.746		
Selenium, Se....mcg	7.5	0.459	47	A	1		11.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.020		1		1		0.032		
Riboflavin....mg	0.013	0.001	9		1		0.021		
Niacin....mg	0.400		1		1		0.632		
Pantothenic acid....mg	0.390	0.033	13		1		0.616		
Vitamin B-6....mg	0.093	0.012	12		1		0.147		
Folate, total....mcg	3	0.184	8		1		5		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	3	0.184	8		1		5		
Folate, DFE....mcg_DFE	3		0	NC	4		5		
Choline, total....mg	2.1		0	BFZN	4		3.3		
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	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFZN	4		0		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.04		0	BFZN	4		0.06		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.077		0		1		0.122		
4:0....g	0.000		0		1		0.000		

NDB No. 20545

Rice, white, long-grain, regular, cooked, unenriched, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		1		0.000		
8:0 ... g	0.000		0		1		0.000		
10:0 ... g	0.000		0		1		0.000		
12:0 ... g	0.000		0		1		0.000		
13:0 ... g									
14:0 ... g	0.002		0		1		0.003		
15:0 ... g									
16:0 ... g	0.069		0		1		0.109		
17:0 ... g									
18:0 ... g	0.005		0		1		0.008		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.088		0		1		0.139		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.001		0		1		0.002		
17:1 ... g									
18:1 undifferentiated ... g	0.087		0		1		0.137		
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	0.076		0		1		0.120		
18:2 undifferentiated ... g	0.062		0		1		0.098		
18:3 undifferentiated ... g	0.013		0		1		0.021		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 (EPA) ... g	0.000		0		1		0.000		
22:5 n-3 (DPA) ... g	0.000		0		1		0.000		
22:6 n-3 (DHA) ... g	0.000		0		1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.031		0		1		0.049		
Threonine ... g	0.096		0		1		0.152		
Isoleucine ... g	0.116		0		1		0.183		
Leucine ... g	0.222		0		1		0.351		
Lysine ... g	0.097		0		1		0.153		
Methionine ... g	0.063		0		1		0.100		
Cystine ... g	0.055		0		1		0.087		
Phenylalanine ... g	0.144		0		1		0.228		
Tyrosine ... g	0.090		0		1		0.142		
Valine ... g	0.164		0		1		0.259		
Arginine ... g	0.224		0		1		0.354		
Histidine ... g	0.063		0		1		0.100		
Alanine ... g	0.156		0		1		0.246		
Aspartic acid ... g	0.253		0		1		0.400		
Glutamic acid ... g	0.524		0		1		0.828		
Glycine ... g	0.122		0		1		0.193		
Proline ... g	0.127		0		1		0.201		
Serine ... g	0.141		0		1		0.223		
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. 20545

Rice, white, long-grain, regular, cooked, unenriched, with salt

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20445

Rice, white, long-grain, regular, cooked, unenriched, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.44	0.398	23		1		108.14		
Energy....kcal	130		0	NC	4		205		
Energy....kJ	544		0		4		859		
Protein (N x 5.95)....g	2.69	0.060	20		1		4.25		
Total lipid (fat)....g	0.28	0.030	6		1		0.44		
Ash....g	0.41	0.060	20		1		0.65		
Carbohydrate, by difference....g	28.17		0	NC	4		44.51		
Fiber, total dietary....g	0.4		0		1		0.6		
Sugars, total....g	0.05		0	BFZN	4		0.08		
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.868	33		1		16		
Iron, Fe....mg	0.20		1		1		0.32		
Magnesium, Mg....mg	12	0.566	38		1		19		
Phosphorus, P....mg	43	1.833	27		1		68		
Potassium, K....mg	35	1.936	34		1		55		
Sodium, Na....mg	1	0.314	13		1		2		
Zinc, Zn....mg	0.49	0.026	43		1		0.77		
Copper, Cu....mg	0.069	0.005	42		1		0.109		
Manganese, Mn....mg	0.472	0.024	35		1		0.746		
Selenium, Se....mcg	7.5	0.459	47	A	1		11.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.020		1		1		0.032		
Riboflavin....mg	0.013	0.001	9		1		0.021		
Niacin....mg	0.400		1		1		0.632		
Pantothenic acid....mg	0.390	0.033	13		1		0.616		
Vitamin B-6....mg	0.093	0.012	12		1		0.147		
Folate, total....mcg	3	0.184	8		1		5		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	3	0.184	8		1		5		
Folate, DFE....mcg_DFE	3		0	NC	4		5		
Choline, total....mg	2.1		0	BFZN	4		3.3		
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	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFZN	4		0		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)....mg	0.04		0	BFZN	4		0.06		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.077		0		1		0.122		
4:0....g	0.000		0		1		0.000		

NDB No. 20445
Rice, white, long-grain, regular, cooked, unenriched, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.002		0		1		0.003		
15:0 g									
16:0 g	0.069		0		1		0.109		
17:0 g									
18:0 g	0.005		0		1		0.008		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.088		0		1		0.139		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.002		
17:1 g									
18:1 undifferentiated g	0.087		0		1		0.137		
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	0.076		0		1		0.120		
18:2 undifferentiated g	0.062		0		1		0.098		
18:3 undifferentiated g	0.013		0		1		0.021		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.031		0		1		0.049		
Threonine g	0.096		0		1		0.152		
Isoleucine g	0.116		0		1		0.183		
Leucine g	0.222		0		1		0.351		
Lysine g	0.097		0		1		0.153		
Methionine g	0.063		0		1		0.100		
Cystine g	0.055		0		1		0.087		
Phenylalanine g	0.144		0		1		0.228		
Tyrosine g	0.090		0		1		0.142		
Valine g	0.164		0		1		0.259		
Arginine g	0.224		0		1		0.354		
Histidine g	0.063		0		1		0.100		
Alanine g	0.156		0		1		0.246		
Aspartic acid g	0.253		0		1		0.400		
Glutamic acid g	0.524		0		1		0.828		
Glycine g	0.122		0		1		0.193		
Proline g	0.127		0		1		0.201		
Serine g	0.141		0		1		0.223		
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. 20445

Rice, white, long-grain, regular, cooked, unenriched, without salt

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20044
Rice, white, long-grain, regular, raw, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.62	0.332	58		1		21.50		
Energy	kcal	365		0	NC	4		675		
Energy	kJ	1527		0		4		2825		
Protein (N x 5.95)	g	7.13	0.134	70		1		13.19		
Total lipid (fat)	g	0.66	0.053	23		1		1.22		
Ash	g	0.64	0.022	60		1		1.18		
Carbohydrate, by difference	g	79.95		0	NC	4		147.91		
Fiber, total dietary	g	1.3		0		1		2.4		
Sugars, total	g	0.12		0	AS	1		0.22		
Sucrose	g	0.08		2	A	1		0.15		
Glucose (dextrose)	g	0.02		2	A	1		0.03		
Fructose	g	0.02		2	A	1		0.03		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	28	3.052	22		1		52		
Iron, Fe	mg	4.31	0.584	6		1		7.97		
Magnesium, Mg	mg	25	1.776	13		1		46		
Phosphorus, P	mg	115	3.642	15		1		213		
Potassium, K	mg	115	10.363	17		1		213		
Sodium, Na	mg	5	1.051	10		1		9		
Zinc, Zn	mg	1.09	0.068	13		1		2.02		
Copper, Cu	mg	0.220	0.016	13		1		0.407		
Manganese, Mn	mg	1.088	0.049	6		1		2.013		
Selenium, Se	mcg	15.1	5.193	7	A	1		27.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.576	0.020	5		1		1.066		
Riboflavin	mg	0.049	0.011	19		1		0.091		
Niacin	mg	4.192	0.323	12		1		7.755		
Pantothenic acid	mg	1.014	0.194	6		1		1.876		
Vitamin B-6	mg	0.164	0.008	7		1		0.303		
Folate, total	mcg	231		0	S	4		427		
Folic acid	mcg	223		0	NC	4		413		
Folate, food	mcg	8	0.962	5		1		15		
Folate, DFE	mcg_DFE	387		0	NC	4		716		
Choline, total	mg	5.8		0	BFSN	4		10.8		
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	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.11		0		1		0.20		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20044
Rice, white, long-grain, regular, raw, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.1		0	BFSN	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	0.180		0		1		0.333		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.004		19		1		0.007		
15:0.....g									
16:0.....g	0.161		19		1		0.298		
17:0.....g									
18:0.....g	0.012		19		1		0.022		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.206		0		1		0.381		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		19		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.203		19		1		0.376		
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	0.177		0		1		0.327		
18:2 undifferentiated.....g	0.146		19		1		0.270		
18:3 undifferentiated.....g	0.031		19		1		0.057		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		95		1		0.154		
Threonine.....g	0.255		127		1		0.472		
Isoleucine.....g	0.308		109		1		0.570		
Leucine.....g	0.589		125		1		1.090		
Lysine.....g	0.258		141		1		0.477		
Methionine.....g	0.168		121		1		0.311		
Cystine.....g	0.146		53		1		0.270		
Phenylalanine.....g	0.381		104		1		0.705		
Tyrosine.....g	0.238		173		1		0.440		
Valine.....g	0.435		109		1		0.805		
Arginine.....g	0.594		96		1		1.099		
Histidine.....g	0.168		96		1		0.311		
Alanine.....g	0.413		84		1		0.764		
Aspartic acid.....g	0.670		83		1		1.240		
Glutamic acid.....g	1.389		83		1		2.570		
Glycine.....g	0.325		84		1		0.601		
Proline.....g	0.335		98		1		0.620		
Serine.....g	0.375		84		1		0.694		
Hydroxyproline.....g									
Others:									

NDB No. 20044
Rice, white, long-grain, regular, raw, enriched

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

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

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20444
Rice, white, long-grain, regular, raw, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.62	0.332	58		1		21.50		
Energy	kcal	365		0	NC	4		675		
Energy	kJ	1527		0		4		2825		
Protein (N x 5.95)	g	7.13	0.134	70		1		13.19		
Total lipid (fat)	g	0.66	0.053	23		1		1.22		
Ash	g	0.64	0.022	60		1		1.18		
Carbohydrate, by difference	g	79.95		0	NC	4		147.91		
Fiber, total dietary	g	1.3		0		4		2.4		
Sugars, total	g	0.12		0	BFZN	4		0.22		
Starch	g									
Minerals:										
Calcium, Ca	mg	28	3.052	22		1		52		
Iron, Fe	mg	0.80		1		1		1.48		
Magnesium, Mg	mg	25	1.776	13		1		46		
Phosphorus, P	mg	115	3.642	15		1		213		
Potassium, K	mg	115	10.363	17		1		213		
Sodium, Na	mg	5	1.051	10		1		9		
Zinc, Zn	mg	1.09	0.068	13		1		2.02		
Copper, Cu	mg	0.220	0.016	13		1		0.407		
Manganese, Mn	mg	1.088	0.049	6		1		2.013		
Selenium, Se	mcg	15.1	5.193	7	A	1		27.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.070		1		1		0.130		
Riboflavin	mg	0.049	0.011	19		1		0.091		
Niacin	mg	1.600		1		1		2.960		
Pantothenic acid	mg	1.014	0.194	6		1		1.876		
Vitamin B-6	mg	0.164	0.008	7		1		0.303		
Folate, total	mcg	8	0.962	5		1		15		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8	0.962	5		1		15		
Folate, DFE	mcg_DFE	8		0	NC	4		15		
Choline, total	mg	5.8		0	BFZN	4		10.8		
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	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0		7		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.11		0	BFZN	4		0.20		
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	BFZN	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.180		0		1		0.333		
4:0	g	0.000		0		1		0.000		

NDB No. 20444
Rice, white, long-grain, regular, raw, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.004		19		1		0.007		
15:0 g									
16:0 g	0.161		19		1		0.298		
17:0 g									
18:0 g	0.012		19		1		0.022		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.206		0		1		0.381		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		19		1		0.004		
17:1 g									
18:1 undifferentiated g	0.203		19		1		0.376		
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	0.177		0		1		0.327		
18:2 undifferentiated g	0.146		19		1		0.270		
18:3 undifferentiated g	0.031		19		1		0.057		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.083		95		1		0.154		
Threonine g	0.255		127		1		0.472		
Isoleucine g	0.308		109		1		0.570		
Leucine g	0.589		125		1		1.090		
Lysine g	0.258		141		1		0.477		
Methionine g	0.168		121		1		0.311		
Cystine g	0.146		53		1		0.270		
Phenylalanine g	0.381		104		1		0.705		
Tyrosine g	0.238		173		1		0.440		
Valine g	0.435		109		1		0.805		
Arginine g	0.594		96		1		1.099		
Histidine g	0.168		96		1		0.311		
Alanine g	0.413		84		1		0.764		
Aspartic acid g	0.670		83		1		1.240		
Glutamic acid g	1.389		83		1		2.570		
Glycine g	0.325		84		1		0.601		
Proline g	0.335		98		1		0.620		
Serine g	0.375		84		1		0.694		
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. 20444

Rice, white, long-grain, regular, raw, unenriched

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20051
Rice, white, medium-grain, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.61		0		1		127.61		
Energy	kcal	130		0	NC	4		242		
Energy	kJ	544		0		4		1012		
Protein (N x 5.95)	g	2.38		0		1		4.43		
Total lipid (fat)	g	0.21		0		1		0.39		
Ash	g	0.21		0		1		0.39		
Carbohydrate, by difference	g	28.59		0	NC	4		53.18		
Fiber, total dietary	g	0.3		0		1		0.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		6		
Iron, Fe	mg	1.49		0		1		2.77		
Magnesium, Mg	mg	13		0		1		24		
Phosphorus, P	mg	37		0		1		69		
Potassium, K	mg	29		0		1		54		
Sodium, Na	mg	0		0		1		0		
Zinc, Zn	mg	0.42		0		1		0.78		
Copper, Cu	mg	0.038		0		1		0.071		
Manganese, Mn	mg	0.377		0		1		0.701		
Selenium, Se	mcg	7.5	0.459	47	A	1		14.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.167		0		1		0.311		
Riboflavin	mg	0.016		0		1		0.030		
Niacin	mg	1.835		0		1		3.413		
Pantothenic acid	mg	0.411		0		1		0.764		
Vitamin B-6	mg	0.050		0		1		0.093		
Folate, total	mcg	58		0	BFSY	4		108		
Folic acid	mcg	56		0	NC	4		104		
Folate, food	mcg	2		0		1		4		
Folate, DFE	mcg_DFE	97		0	NC	4		181		
Choline, total	mg									
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		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.057		0		1		0.106		
4:0	g									
6:0	g									

NDB No. 20051
Rice, white, medium-grain, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.051		0		1		0.095		
17:0 g									
18:0 g	0.004		0		1		0.007		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.065		0		1		0.121		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.002		
17:1 g									
18:1 undifferentiated g	0.064		0		1		0.119		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.056		0		1		0.104		
18:2 undifferentiated g	0.046		0		1		0.086		
18:3 undifferentiated g	0.010		0		1		0.019		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.028		0		1		0.052		
Threonine g	0.085		0		1		0.158		
Isoleucine g	0.103		0		1		0.192		
Leucine g	0.197		0		1		0.366		
Lysine g	0.086		0		1		0.160		
Methionine g	0.056		0		1		0.104		
Cystine g	0.049		0		1		0.091		
Phenylalanine g	0.127		0		1		0.236		
Tyrosine g	0.080		0		1		0.149		
Valine g	0.145		0		1		0.270		
Arginine g	0.198		0		1		0.368		
Histidine g	0.056		0		1		0.104		
Alanine g	0.138		0		1		0.257		
Aspartic acid g	0.224		0		1		0.417		
Glutamic acid g	0.464		0		1		0.863		
Glycine g	0.108		0		1		0.201		
Proline g	0.112		0		1		0.208		
Serine g	0.125		0		1		0.233		
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 = 186g: 1 cup

NDB No. 20051
Rice, white, medium-grain, cooked

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20451
Rice, white, medium-grain, cooked, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.61		0		1		127.61		
Energy	kcal	130		0	NC	4		242		
Energy	kJ	544				4		1012		
Protein (N x 5.95)	g	2.38		0		1		4.43		
Total lipid (fat)	g	0.21		0		1		0.39		
Ash	g	0.21		0		1		0.39		
Carbohydrate, by difference	g	28.59		0	NC	4		53.18		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		6		
Iron, Fe	mg	0.20		1		1		0.37		
Magnesium, Mg	mg	13		0		1		24		
Phosphorus, P	mg	37		0		1		69		
Potassium, K	mg	29		0		1		54		
Sodium, Na	mg	0		0		1		0		
Zinc, Zn	mg	0.42		0		1		0.78		
Copper, Cu	mg	0.038		0		1		0.071		
Manganese, Mn	mg	0.377		0		1		0.701		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.020		1		1		0.037		
Riboflavin	mg	0.016		0		1		0.030		
Niacin	mg	0.400		1		1		0.744		
Pantothenic acid	mg	0.411		0		1		0.764		
Vitamin B-6	mg	0.050		0		1		0.093		
Folate, total	mcg	2		0		1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0		1		4		
Folate, DFE	mcg_DFE	2		0	NC	4		4		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.057		0		1		0.106		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20451
Rice, white, medium-grain, cooked, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.051		0		1		0.095		
17:0....g									
18:0....g	0.004		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.065		0		1		0.121		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.064		0		1		0.119		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.056		0		1		0.104		
18:2 undifferentiated....g	0.046		0		1		0.086		
18:3 undifferentiated....g	0.010		0		1		0.019		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		1		0.052		
Threonine....g	0.085		0		1		0.158		
Isoleucine....g	0.103		0		1		0.192		
Leucine....g	0.197		0		1		0.366		
Lysine....g	0.086		0		1		0.160		
Methionine....g	0.056		0		1		0.104		
Cystine....g	0.049		0		1		0.091		
Phenylalanine....g	0.127		0		1		0.236		
Tyrosine....g	0.080		0		1		0.149		
Valine....g	0.145		0		1		0.270		
Arginine....g	0.198		0		1		0.368		
Histidine....g	0.056		0		1		0.104		
Alanine....g	0.138		0		1		0.257		
Aspartic acid....g	0.224		0		1		0.417		
Glutamic acid....g	0.464		0		1		0.863		
Glycine....g	0.108		0		1		0.201		
Proline....g	0.112		0		1		0.208		
Serine....g	0.125		0		1		0.233		
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 = 186g: 1 cup

NDB No. 20451
Rice, white, medium-grain, cooked, unenriched

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20050
Rice, white, medium-grain, raw, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.89	0.477	16		1		25.14		
Energy....kcal	360		0	NC	4		702		
Energy....kJ	1506				4		2937		
Protein (N x 5.95)....g	6.61	0.197	18		1		12.89		
Total lipid (fat)....g	0.58	0.058	6		1		1.13		
Ash....g	0.58	0.044	17		1		1.13		
Carbohydrate, by difference....g	79.34		0	NC	4		154.71		
Fiber, total dietary....g	1.4		0		1		2.7		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		2		1		18		
Iron, Fe....mg	4.36	0.800	3		1		8.50		
Magnesium, Mg....mg	35		2		1		68		
Phosphorus, P....mg	108	5.412	4		1		211		
Potassium, K....mg	86	5.551	5		1		168		
Sodium, Na....mg	1		2		1		2		
Zinc, Zn....mg	1.16		2		1		2.26		
Copper, Cu....mg	0.110		2		1		0.215		
Manganese, Mn....mg	1.100		2		1		2.145		
Selenium, Se....mcg	15.1	5.193	7	A	1		29.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.578	0.030	3		1		1.127		
Riboflavin....mg	0.048	0.012	5		1		0.094		
Niacin....mg	5.093	1.111	3		1		9.931		
Pantothenic acid....mg	1.342		2		1		2.617		
Vitamin B-6....mg	0.145		2		1		0.283		
Folate, total....mcg	231		0	S	4		450		
Folic acid....mcg	222		0	NC	4		433		
Folate, food....mcg	9		2		1		18		
Folate, DFE....mcg_DFE	386		0	NC	4		753		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.11		0		1		0.21		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.158		0		1		0.308		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20050
Rice, white, medium-grain, raw, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.003		0		1		0.006		
15:0....g									
16:0....g	0.141		0		1		0.275		
17:0....g									
18:0....g	0.011		0		1		0.021		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.181		0		1		0.353		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.179		0		1		0.349		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.155		0		1		0.302		
18:2 undifferentiated....g	0.128		0		1		0.250		
18:3 undifferentiated....g	0.027		0		1		0.053		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.077		0		1		0.150		
Threonine....g	0.236		0		1		0.460		
Isoleucine....g	0.285		0		1		0.556		
Leucine....g	0.546		0		1		1.065		
Lysine....g	0.239		0		1		0.466		
Methionine....g	0.155		0		1		0.302		
Cystine....g	0.135		0		1		0.263		
Phenylalanine....g	0.353		0		1		0.688		
Tyrosine....g	0.221		0		1		0.431		
Valine....g	0.403		0		1		0.786		
Arginine....g	0.551		0		1		1.074		
Histidine....g	0.155		0		1		0.302		
Alanine....g	0.383		0		1		0.747		
Aspartic acid....g	0.621		0		1		1.211		
Glutamic acid....g	1.288		0		1		2.512		
Glycine....g	0.301		0		1		0.587		
Proline....g	0.311		0		1		0.606		
Serine....g	0.347		0		1		0.677		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 195g: 1 cup

NDB No. 20050
Rice, white, medium-grain, raw, enriched

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20450
Rice, white, medium-grain, raw, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.89	0.477	16		1		25.14		
Energy....kcal	360		0	NC	4		702		
Energy....kJ	1506				4		2937		
Protein (N x 5.95)....g	6.61	0.197	18		1		12.89		
Total lipid (fat)....g	0.58	0.058	6		1		1.13		
Ash....g	0.58	0.044	17		1		1.13		
Carbohydrate, by difference....g	79.34		0	NC	4		154.71		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		2		1		18		
Iron, Fe....mg	0.80		1		1		1.56		
Magnesium, Mg....mg	35		2		1		68		
Phosphorus, P....mg	108	5.412	4		1		211		
Potassium, K....mg	86	5.551	5		1		168		
Sodium, Na....mg	1		2		1		2		
Zinc, Zn....mg	1.16		2		1		2.26		
Copper, Cu....mg	0.110		2		1		0.215		
Manganese, Mn....mg	1.100		2		1		2.145		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.070		1		1		0.137		
Riboflavin....mg	0.048	0.012	5		1		0.094		
Niacin....mg	1.600		1		1		3.120		
Pantothenic acid....mg	1.342		2		1		2.617		
Vitamin B-6....mg	0.145		2		1		0.283		
Folate, total....mcg	9		2		1		18		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		2		1		18		
Folate, DFE....mcg_DFE	9		0	NC	4		18		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.158		0		1		0.308		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20450
Rice, white, medium-grain, raw, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.003		0		1		0.006		
15:0....g									
16:0....g	0.141		0		1		0.275		
17:0....g									
18:0....g	0.011		0		1		0.021		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.181		0		1		0.353		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.179		0		1		0.349		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.155		0		1		0.302		
18:2 undifferentiated....g	0.128		0		1		0.250		
18:3 undifferentiated....g	0.027		0		1		0.053		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.077		0		1		0.150		
Threonine....g	0.236		0		1		0.460		
Isoleucine....g	0.285		0		1		0.556		
Leucine....g	0.546		0		1		1.065		
Lysine....g	0.239		0		1		0.466		
Methionine....g	0.155		0		1		0.302		
Cystine....g	0.135		0		1		0.263		
Phenylalanine....g	0.353		0		1		0.688		
Tyrosine....g	0.221		0		1		0.431		
Valine....g	0.403		0		1		0.786		
Arginine....g	0.551		0		1		1.074		
Histidine....g	0.155		0		1		0.302		
Alanine....g	0.383		0		1		0.747		
Aspartic acid....g	0.621		0		1		1.211		
Glutamic acid....g	1.288		0		1		2.512		
Glycine....g	0.301		0		1		0.587		
Proline....g	0.311		0		1		0.606		
Serine....g	0.347		0		1		0.677		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 195g: 1 cup

NDB No. 20450
Rice, white, medium-grain, raw, unenriched

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20053
Rice, white, short-grain, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.53		0		1		127.47		
Energy	kcal	130		0	NC	4		242		
Energy	kJ	544				4		1012		
Protein (N x 5.95)	g	2.36		0		1		4.39		
Total lipid (fat)	g	0.19		0		1		0.35		
Ash	g	0.20		0		1		0.37		
Carbohydrate, by difference	g	28.73		0	NC	4		53.44		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0		1		2		
Iron, Fe	mg	1.46		0		1		2.72		
Magnesium, Mg	mg	8		0		1		15		
Phosphorus, P	mg	33		0		1		61		
Potassium, K	mg	26		0		1		48		
Sodium, Na	mg	0		0		1		0		
Zinc, Zn	mg	0.40		0		1		0.74		
Copper, Cu	mg	0.072		0		1		0.134		
Manganese, Mn	mg	0.357		0		1		0.664		
Selenium, Se	mcg	7.5	0.459	47	A	1		14.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.164		0		1		0.305		
Riboflavin	mg	0.016		0		1		0.030		
Niacin	mg	1.493		0		1		2.777		
Pantothenic acid	mg	0.397		0		1		0.738		
Vitamin B-6	mg	0.059		0		1		0.110		
Folate, total	mcg	59		0	BFSY	4		110		
Folic acid	mcg	57		0	NC	4		106		
Folate, food	mcg	2		0		1		4		
Folate, DFE	mcg_DFE	99		0	NC	4		184		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.051		0		1		0.095		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20053
Rice, white, short-grain, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.046		0		1		0.086		
17:0 g									
18:0 g	0.003		0		1		0.006		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.058		0		1		0.108		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.002		
17:1 g									
18:1 undifferentiated g	0.058		0		1		0.108		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.050		0		1		0.093		
18:2 undifferentiated g	0.041		0		1		0.076		
18:3 undifferentiated g	0.009		0		1		0.017		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.027		0		1		0.050		
Threonine g	0.084		0		1		0.156		
Isoleucine g	0.102		0		1		0.190		
Leucine g	0.195		0		1		0.363		
Lysine g	0.085		0		1		0.158		
Methionine g	0.056		0		1		0.104		
Cystine g	0.048		0		1		0.089		
Phenylalanine g	0.126		0		1		0.234		
Tyrosine g	0.079		0		1		0.147		
Valine g	0.144		0		1		0.268		
Arginine g	0.197		0		1		0.366		
Histidine g	0.056		0		1		0.104		
Alanine g	0.137		0		1		0.255		
Aspartic acid g	0.222		0		1		0.413		
Glutamic acid g	0.460		0		1		0.856		
Glycine g	0.108		0		1		0.201		
Proline g	0.111		0		1		0.206		
Serine g	0.124		0		1		0.231		
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 = 186g: 1 cup

NDB No. 20053
Rice, white, short-grain, cooked

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20453
Rice, white, short-grain, cooked, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.53		0		1		140.49		
Energy	kcal	130		0	NC	4		267		
Energy	kJ	544				4		1115		
Protein (N x 5.95)	g	2.36		0		1		4.84		
Total lipid (fat)	g	0.19		0		1		0.39		
Ash	g	0.20		0		1		0.41		
Carbohydrate, by difference	g	28.73		0	NC	4		58.90		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0		1		2		
Iron, Fe	mg	0.20		1		1		0.41		
Magnesium, Mg	mg	8		0		1		16		
Phosphorus, P	mg	33		0		1		68		
Potassium, K	mg	26		0		1		53		
Sodium, Na	mg	0		0		1		0		
Zinc, Zn	mg	0.40		0		1		0.82		
Copper, Cu	mg	0.072		0		1		0.148		
Manganese, Mn	mg	0.357		0		1		0.732		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.020		1		1		0.041		
Riboflavin	mg	0.016		0		1		0.033		
Niacin	mg	0.400		1		1		0.820		
Pantothenic acid	mg	0.397		0		1		0.814		
Vitamin B-6	mg	0.059		0		1		0.121		
Folate, total	mcg	2		0		1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0		1		4		
Folate, DFE	mcg_DFE	2		0	NC	4		4		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.051		0		1		0.105		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20453
Rice, white, short-grain, cooked, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.001		0		1		0.002		
15:0 g									
16:0 g	0.046		0		1		0.094		
17:0 g									
18:0 g	0.003		0		1		0.006		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.058		0		1		0.119		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.002		
17:1 g									
18:1 undifferentiated g	0.058		0		1		0.119		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.050		0		1		0.103		
18:2 undifferentiated g	0.041		0		1		0.084		
18:3 undifferentiated g	0.009		0		1		0.018		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.027		0		1		0.055		
Threonine g	0.084		0		1		0.172		
Isoleucine g	0.102		0		1		0.209		
Leucine g	0.195		0		1		0.400		
Lysine g	0.085		0		1		0.174		
Methionine g	0.056		0		1		0.115		
Cystine g	0.048		0		1		0.098		
Phenylalanine g	0.126		0		1		0.258		
Tyrosine g	0.079		0		1		0.162		
Valine g	0.144		0		1		0.295		
Arginine g	0.197		0		1		0.404		
Histidine g	0.056		0		1		0.115		
Alanine g	0.137		0		1		0.281		
Aspartic acid g	0.222		0		1		0.455		
Glutamic acid g	0.460		0		1		0.943		
Glycine g	0.108		0		1		0.221		
Proline g	0.111		0		1		0.228		
Serine g	0.124		0		1		0.254		
Hydroxyproline g									

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

Common Measures:

Measure 1 = 205g: 1 cup

NDB No. 20453
Rice, white, short-grain, cooked, unenriched

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20052
Rice, white, short-grain, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	13.29	0.675	9		1		26.58		
Energy	kcal	358		0	NC	4		716		
Energy	kJ	1498				4		2996		
Protein (N x 5.95)	g	6.50	0.134	11		1		13.00		
Total lipid (fat)	g	0.52	0.043	5		1		1.04		
Ash	g	0.54	0.036	10		1		1.08		
Carbohydrate, by difference	g	79.15		0	NC	4		158.30		
Fiber, total dietary	g	2.8		0		1		5.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		2		1		6		
Iron, Fe	mg	4.23		1		4		8.46		
Magnesium, Mg	mg	23		2		1		46		
Phosphorus, P	mg	95		2		1		190		
Potassium, K	mg	76	1.168	3		1		152		
Sodium, Na	mg	1		2		1		2		
Zinc, Zn	mg	1.10		2		1		2.20		
Copper, Cu	mg	0.210		2		1		0.420		
Manganese, Mn	mg	1.037	0.085	3		1		2.074		
Selenium, Se	mcg	15.1	5.193	7	A	1		30.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	mg	0.565		1		4		1.130		
Riboflavin	mg	0.048		1		4		0.096		
Niacin	mg	4.113		1		4		8.226		
Pantothenic acid	mg	1.287		2		1		2.574		
Vitamin B-6	mg	0.171	0.017	3		1		0.342		
Folate, total	mcg	231		0	S	4		462		
Folic acid	mcg	225		0	NC	4		450		
Folate, food	mcg	6		2		1		12		
Folate, DFE	mcg_DFE	389		0	NC	4		777		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.140		0		1		0.280		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20052
Rice, white, short-grain, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.003		19		1		0.006		
15:0 g									
16:0 g	0.125		19		1		0.250		
17:0 g									
18:0 g	0.010		19		1		0.020		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.161		0		1		0.322		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		19		1		0.004		
17:1 g									
18:1 undifferentiated g	0.159		19		1		0.318		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.138		0		1		0.276		
18:2 undifferentiated g	0.114		19		1		0.228		
18:3 undifferentiated g	0.024		19		1		0.048		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.075		0		1		0.150		
Threonine g	0.233		0		1		0.466		
Isoleucine g	0.281		0		1		0.562		
Leucine g	0.538		0		1		1.076		
Lysine g	0.235		0		1		0.470		
Methionine g	0.153		0		1		0.306		
Cystine g	0.133		0		1		0.266		
Phenylalanine g	0.348		0		1		0.696		
Tyrosine g	0.217		0		1		0.434		
Valine g	0.397		0		1		0.794		
Arginine g	0.542		0		1		1.084		
Histidine g	0.153		0		1		0.306		
Alanine g	0.377		0		1		0.754		
Aspartic acid g	0.611		0		1		1.222		
Glutamic acid g	1.268		0		1		2.536		
Glycine g	0.296		0		1		0.592		
Proline g	0.306		0		1		0.612		
Serine g	0.342		0		1		0.684		
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 = 200g: 1 cup

NDB No. 20052
Rice, white, short-grain, raw

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20452
Rice, white, short-grain, raw, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	13.29	0.675	9		1		26.58		
Energy	kcal	358		0	NC	4		716		
Energy	kJ	1498		0		4		2996		
Protein (N x 5.95)	g	6.50	0.134	11		1		13.00		
Total lipid (fat)	g	0.52	0.043	5		1		1.04		
Ash	g	0.54	0.036	10		1		1.08		
Carbohydrate, by difference	g	79.15		0	NC	4		158.30		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		2		1		6		
Iron, Fe	mg	0.80		0		1		1.60		
Magnesium, Mg	mg	23		2		1		46		
Phosphorus, P	mg	95		2		1		190		
Potassium, K	mg	76	1.168	3		1		152		
Sodium, Na	mg	1		2		1		2		
Zinc, Zn	mg	1.10		2		1		2.20		
Copper, Cu	mg	0.210		2		1		0.420		
Manganese, Mn	mg	1.037	0.085	3		1		2.074		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.070		0		1		0.140		
Riboflavin	mg	0.048		0		4		0.096		
Niacin	mg	1.600		0		1		3.200		
Pantothenic acid	mg	1.287		2		1		2.574		
Vitamin B-6	mg	0.171	0.017	3		1		0.342		
Folate, total	mcg	6		2		1		12		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		2		1		12		
Folate, DFE	mcg_DFE	6		0	NC	4		12		
Choline, total	mg									
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									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.140		0		1		0.280		
4:0	g									
6:0	g									

NDB No. 20452
Rice, white, short-grain, raw, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.003		0		1		0.006		
15:0....g									
16:0....g	0.125		0		1		0.250		
17:0....g									
18:0....g	0.010		0		1		0.020		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.161		0		1		0.322		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.159		0		1		0.318		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.138		0		1		0.276		
18:2 undifferentiated....g	0.114		0		1		0.228		
18:3 undifferentiated....g	0.024		0		1		0.048		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.075		0		1		0.150		
Threonine....g	0.233		0		1		0.466		
Isoleucine....g	0.281		0		1		0.562		
Leucine....g	0.538		0		1		1.076		
Lysine....g	0.235		0		1		0.470		
Methionine....g	0.153		0		1		0.306		
Cystine....g	0.133		0		1		0.266		
Phenylalanine....g	0.348		0		1		0.696		
Tyrosine....g	0.217		0		1		0.434		
Valine....g	0.397		0		1		0.794		
Arginine....g	0.542		0		1		1.084		
Histidine....g	0.153		0		1		0.306		
Alanine....g	0.377		0		1		0.754		
Aspartic acid....g	0.611		0		1		1.222		
Glutamic acid....g	1.268		0		1		2.536		
Glycine....g	0.296		0		1		0.592		
Proline....g	0.306		0		1		0.612		
Serine....g	0.342		0		1		0.684		
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 = 200g: 1 cup

NDB No. 20452
Rice, white, short-grain, raw, unenriched

Calories Factors: Protein 3.82 **Fat** 8.37 **Carbohydrate** 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20058
Rice, white, steamed, Chinese restaurant (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	62.50	0.522	4	A	1		82.51		
Energy....kcal	151		0	NC	4		199		
Energy....kJ	631		0	NC	4		833		
Protein....g	3.20	0.112	4	A	1		4.22		
Total lipid (fat)....g	0.27	0.045	4	A	1		0.36		
Ash....g	0.14	0.009	4	A	1		0.19		
Carbohydrate, by difference....g	33.88		0	NC	4		44.72		
Fiber, total dietary....g	0.9	0.075	4	A	1		1.2		
Sugars, total....g									
Starch....g	32.05	0.555	4	A	1		42.31		
Minerals:									
Calcium, Ca....mg	5	0.614	4	A	1		6		
Iron, Fe....mg	0.39	0.099	4	A	1		0.51		
Magnesium, Mg....mg	5	0.776	4	A	1		7		
Phosphorus, P....mg	33	2.134	4	A	1		44		
Potassium, K....mg	20	1.882	4	A	1		26		
Sodium, Na....mg	5	1.377	4	A	1		7		
Zinc, Zn....mg	0.68	0.020	4	A	1		0.90		
Copper, Cu....mg	0.048	0.005	4	A	1		0.064		
Manganese, Mn....mg	0.448	0.029	4	A	1		0.591		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.016	0.001	4	A	1		0.021		
Riboflavin....mg	0.015	0.000	4	A	1		0.020		
Niacin....mg	0.566	0.155	4	A	1		0.748		
Pantothenic acid....mg									
Vitamin B-6....mg	0.022	0.003	4	A	1		0.030		
Folate, total....mcg	5	2.175	4	A	1		6		
Folic acid....mcg	0	0.000	4	A	1		0		
Folate, food....mcg	5	2.175	4	AS	1		6		
Folate, DFE....mcg_DFE	5		0	NC	4		6		
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 20058

Rice, white, steamed, Chinese restaurant (1)

Common Measures:

Measure 1 = 132g: 1 cup, loosely packed

Footnotes:

1 Analytical results indicate rice is unenriched.

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

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20057
Rice, white, with pasta, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.74	0.509	3		1		144.91		
Energy....kcal	122		0	NC	4		246		
Energy....kJ	510				4		1031		
Protein (N x 5.85)....g	2.54	0.109	3		1		5.13		
Total lipid (fat)....g	2.82	0.152	3		1		5.70		
Ash....g	1.47	0.094	3		1		2.97		
Carbohydrate, by difference....g	21.43		0	NC	4		43.29		
Fiber, total dietary....g	2.5		0		4		5.1		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.072	3		1		16		
Iron, Fe....mg	0.94	0.029	3		1		1.90		
Magnesium, Mg....mg	12	1.844	3		1		24		
Phosphorus, P....mg	37	1.848	3		1		75		
Potassium, K....mg	42	3.780	3		1		85		
Sodium, Na....mg	568		0		4		1147		
Zinc, Zn....mg	0.28	0.012	3		1		0.57		
Copper, Cu....mg	0.020	0.020	3		1		0.040		
Manganese, Mn....mg	0.209	0.011	3		1		0.422		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		4		0.4		
Thiamin....mg	0.123		2		1		0.248		
Riboflavin....mg	0.077		2		1		0.156		
Niacin....mg	1.780		2		1		3.596		
Pantothenic acid....mg	0.287	0.093	3		1		0.580		
Vitamin B-6....mg	0.097		2		1		0.196		
Folate, total....mcg	44		0	BFSY	4		89		
Folic acid....mcg	37		0	NC	4		75		
Folate, food....mcg	7		2		1		14		
Folate, DFE....mcg_DFE	70		0	NC	4		141		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.06		0		4		0.12		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.541		0		1		1.093		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20057
Rice, white, with pasta, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.007		0		1		0.014		
15:0 g									
16:0 g	0.371		0		1		0.749		
17:0 g									
18:0 g	0.161		0		1		0.325		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.119		0		1		2.260		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.002		
17:1 g									
18:1 undifferentiated g	1.118		0		1		2.258		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.947		0		1		1.913		
18:2 undifferentiated g	0.903		0		1		1.824		
18:3 undifferentiated g	0.044		0		1		0.089		
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		0		4		2		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.031		0		1		0.063		
Threonine g	0.081		0		1		0.164		
Isoleucine g	0.105		0		1		0.212		
Leucine g	0.196		0		1		0.396		
Lysine g	0.075		0		1		0.152		
Methionine g	0.052		0		1		0.105		
Cystine g	0.054		0		1		0.109		
Phenylalanine g	0.131		0		1		0.265		
Tyrosine g	0.090		0		1		0.182		
Valine g	0.137		0		1		0.277		
Arginine g	0.166		0		1		0.335		
Histidine g	0.057		0		1		0.115		
Alanine g	0.120		0		1		0.242		
Aspartic acid g	0.187		0		1		0.378		
Glutamic acid g	0.657		0		1		1.327		
Glycine g	0.102		0		1		0.206		
Proline g	0.181		0		1		0.366		
Serine g	0.128		0		1		0.259		
Hydroxyproline g									

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

Common Measures:

Measure 1 = 202g: 1 cup

NDB No. 20057
Rice, white, with pasta, cooked

Calories Factors: Protein 3.87 **Fat** 8.37 **Carbohydrate** 4.14

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20056
Rice, white, with pasta, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.13	0.279	16		1		11.62		
Energy....kcal	368		0	NC	4		600		
Energy....kJ	1540				4		2510		
Protein (N x 5.85)....g	9.37	0.314	16		1		15.27		
Total lipid (fat)....g	2.44	0.674	16		1		3.98		
Ash....g	5.75	0.340	16		1		9.37		
Carbohydrate, by difference....g	75.32		0	NC	4		122.77		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	46	6.954	14		1		75		
Iron, Fe....mg	3.98	0.366	14		1		6.49		
Magnesium, Mg....mg	40	1.562	14		1		65		
Phosphorus, P....mg	158	8.505	14		1		258		
Potassium, K....mg	209	16.351	14		1		341		
Sodium, Na....mg	1866	136.697	14		1		3042		
Zinc, Zn....mg	1.21	0.048	14		1		1.97		
Copper, Cu....mg	0.275	0.010	14		1		0.448		
Manganese, Mn....mg	1.040	0.074	14		1		1.695		
Selenium, Se....mcg	31.9		0	FLA	4		52.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.583	12		1		1.0		
Thiamin....mg	0.760	0.048	14		1		1.239		
Riboflavin....mg	0.271	0.025	14		1		0.442		
Niacin....mg	7.012	0.481	14		1		11.430		
Pantothenic acid....mg	0.675	0.062	15		1		1.100		
Vitamin B-6....mg	0.145	0.011	14		1		0.236		
Folate, total....mcg	208		0	FLA	4		339		
Folic acid....mcg	175		0	NC	4		285		
Folate, food....mcg	33	5.012	14		1		54		
Folate, DFE....mcg_DFE	331		0	NC	4		539		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.20		13		1		0.33		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.440		0		1		0.717		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20056
Rice, white, with pasta, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.005		0		1		0.008		
15:0 g									
16:0 g	0.400		0		1		0.652		
17:0 g									
18:0 g	0.028		0		1		0.046		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.642		0		1		1.046		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		1		0.003		
17:1 g									
18:1 undifferentiated g	0.640		0		1		1.043		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.966		0		1		1.575		
18:2 undifferentiated g	0.913		0		1		1.488		
18:3 undifferentiated g	0.053		0		1		0.086		
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	2	0.312	12		1		3		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.114		0		1		0.186		
Threonine g	0.299		0		1		0.487		
Isoleucine g	0.386		0		1		0.629		
Leucine g	0.722		0		1		1.177		
Lysine g	0.275		0		1		0.448		
Methionine g	0.191		0		1		0.311		
Cystine g	0.200		0		1		0.326		
Phenylalanine g	0.482		0		1		0.786		
Tyrosine g	0.330		0		1		0.538		
Valine g	0.504		0		1		0.822		
Arginine g	0.612		0		1		0.998		
Histidine g	0.208		0		1		0.339		
Alanine g	0.440		0		1		0.717		
Aspartic acid g	0.689		0		1		1.123		
Glutamic acid g	2.420		0		1		3.945		
Glycine g	0.376		0		1		0.613		
Proline g	0.666		0		1		1.086		
Serine g	0.472		0		1		0.769		
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 = 163g: 1 cup

NDB No. 20056
Rice, white, with pasta, dry

Calories Factors: Protein 3.87 **Fat** 8.37 **Carbohydrate** 4.14

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20062
Rye
Secale cereale L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.60	0.071	10	A	1		17.92		
Energy....kcal	338		0	NC	4		571		
Energy....kJ	1414		0	NC	4		2390		
Protein (N x 5.83)....g	10.34	0.215	10	A	1		17.48		
Total lipid (fat)....g	1.63	0.018	10	A	1		2.75		
Ash....g	1.57	0.020	10	A	1		2.65		
Carbohydrate, by difference....g	75.86		0	NC	4		128.20		
Fiber, total dietary....g	15.1	0.281	10	A	1		25.4		
Sugars, total....g	0.98		0	AS	1		1.65		
Sucrose....g	0.71	0.218	11	A	1		1.20		
Glucose (dextrose)....g	0.16	0.082	11	A	1		0.27		
Fructose....g	0.11	0.001	11	A	1		0.19		
Lactose....g	0.00	0.000	10	A	1		0.00		
Maltose....g	0.00	0.000	10	A	1		0.00		
Galactose....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	24	0.889	10	A	1		40		
Iron, Fe....mg	2.63	0.129	10	A	1		4.45		
Magnesium, Mg....mg	110	2.459	10	A	1		186		
Phosphorus, P....mg	332	10.016	10	A	1		561		
Potassium, K....mg	510	11.256	10	A	1		861		
Sodium, Na....mg	2	0.000	10	A	1		4		
Zinc, Zn....mg	2.65	0.213	10	A	1		4.48		
Copper, Cu....mg	0.367	0.007	10	A	1		0.620		
Manganese, Mn....mg	2.577	0.309	10	A	1		4.355		
Selenium, Se....mcg	13.9	2.568	10	A	1		23.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	10	A	1		0.0		
Thiamin....mg	0.316		0		4		0.534		
Riboflavin....mg	0.251		0		4		0.424		
Niacin....mg	4.270		0		4		7.216		
Pantothenic acid....mg	1.456		0		4		2.461		
Vitamin B-6....mg	0.294		1		1		0.497		
Folate, total (1) ....mcg	38	2.552	10	A	1		64		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	38	2.552	10	A	1		64		
Folate, DFE....mcg_DFE	38		0	NC	4		64		
Choline, total....mg	30.4		0	AS	1		51.4		
Betaine....mg	146.1		1	A	1		246.9		
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	1		0	NC	4		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	7		0	BFZN	4		11		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	11		0	NC	4		18		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	210		0	BFZN	4		355		
Vitamin E (alpha-tocopherol)....mg	0.85	0.035	10	A	1		1.43		
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									

NDB No. 20062
Rye

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	5.9		0	BFZN	4		10.0		
Lipids:									
Fatty acids, total saturated.....g	0.197		0		1		0.334		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.002		21		1		0.003		
15:0.....g									
16:0.....g	0.186		21		1		0.315		
17:0.....g									
18:0.....g	0.006		21		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.208		0		1		0.352		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		21		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.193		21		1		0.326		
20:1.....g	0.009		21		1		0.015		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.767		0		1		1.296		
18:2 undifferentiated.....g	0.659		21		1		1.114		
18:3 undifferentiated.....g	0.108		21		1		0.183		
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	0.000	0.000	10	A	1		0.000		
Cholesterol.....mg	0	0.000	10	A	1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0	BFPN	4		0.182		
Threonine.....g	0.289		0	A	1		0.489		
Isoleucine.....g	0.208		0	A	1		0.352		
Leucine.....g	0.563		0	A	1		0.951		
Lysine.....g	0.286		0	A	1		0.483		
Methionine.....g	0.153		0	A	1		0.258		
Cystine.....g									
Phenylalanine.....g	0.435		0	A	1		0.735		
Tyrosine.....g	0.200		0	A	1		0.338		
Valine.....g	0.317		0	A	1		0.536		
Arginine.....g	0.454		0	A	1		0.768		
Histidine.....g	0.189		0	A	1		0.319		
Alanine.....g	0.405		0	A	1		0.685		
Aspartic acid.....g	0.560		0	A	1		0.946		
Glutamic acid.....g	2.294		0	A	1		3.877		
Glycine.....g	0.416		0	A	1		0.703		
Proline.....g	0.804		0	A	1		1.358		
Serine.....g	0.458		0	A	1		0.774		
Hydroxyproline.....g									
Others:									

NDB No. 20062
Rye

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

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

Common Measures:

Measure 1 = 169g: 1 cup

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate and tetrahydrofolate.

Calories Factors: Protein 3.05 **Fat** 8.37 **Carbohydrate** 3.86

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20063
Rye flour, dark

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.75	0.250	13	A	1		13.76		
Energy....kcal	325		0	NC	4		416		
Energy....kJ	1360		0	NC	4		1741		
Protein (N x 5.83)....g	15.91	0.178	12	A	1		20.36		
Total lipid (fat)....g	2.22	0.037	12	A	1		2.84		
Ash....g	2.50	0.079	12	A	1		3.19		
Carbohydrate, by difference....g	68.63		0	NC	4		87.85		
Fiber, total dietary....g	23.8	1.199	13	A	1		30.5		
Sugars, total....g	2.31		0	AS	1		2.96		
Sucrose....g	1.80		12	A	1		2.30		
Glucose (dextrose)....g	0.22		12	A	1		0.28		
Fructose....g	0.23		12	A	1		0.29		
Lactose....g	0.00	0.000	9	A	1		0.00		
Maltose....g	0.07	0.029	12	A	1		0.09		
Galactose....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	37	1.079	12	A	1		47		
Iron, Fe....mg	4.97	0.196	12	A	1		6.36		
Magnesium, Mg....mg	160	7.202	12	A	1		204		
Phosphorus, P....mg	499	19.206	12	A	1		638		
Potassium, K....mg	717	24.313	12	A	1		918		
Sodium, Na....mg	2	0.000	12	A	1		3		
Zinc, Zn....mg	5.04	0.191	12	A	1		6.45		
Copper, Cu....mg	0.560	0.020	12	A	1		0.717		
Manganese, Mn....mg	6.062	0.313	12	A	1		7.759		
Selenium, Se....mcg	18.0	2.315	12	A	1		23.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	12	A	1		0.0		
Thiamin....mg	0.316		2		1		0.404		
Riboflavin....mg	0.251		2		1		0.321		
Niacin....mg	4.270		2		1		5.466		
Pantothenic acid....mg	1.456		2		1		1.864		
Vitamin B-6....mg	0.443		2		1		0.567		
Folate, total (1) ....mcg	33	0.848	12	A	1		42		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	33	0.848	12	A	1		42		
Folate, DFE....mcg_DFE	33		0	NC	4		42		
Choline, total....mg	30.4		0	BFZN	4		39.0		
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	1		0	AS	1		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	7		1	A	1		8		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	11		0	AS	1		14		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	210		1	A	1		269		
Vitamin E (alpha-tocopherol)....mg	2.73	0.057	12	A	1		3.50		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 20063
Rye flour, 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		
Vitamin K (phylloquinone).....mcg	5.9		1	A	1		7.6		
Lipids:									
Fatty acids, total saturated.....g	0.269		0		1		0.345		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.003		0		1		0.003		
15:0.....g									
16:0.....g	0.255		0		1		0.326		
17:0.....g									
18:0.....g	0.009		0		1		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.284		0		1		0.364		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.262		0		1		0.336		
20:1.....g	0.012		0		1		0.016		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.046		0		1		1.339		
18:2 undifferentiated.....g	0.899		0		1		1.150		
18:3 undifferentiated.....g	0.147		0		1		0.189		
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	0.000	0.000	12	A	1		0.000		
Cholesterol.....mg	0	0.000	12	A	1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.180		0	BFPN	4		0.231		
Threonine.....g	0.490		0	A	1		0.627		
Isoleucine.....g	0.353		0	A	1		0.452		
Leucine.....g	0.857		0	A	1		1.097		
Lysine.....g	0.338		0	A	1		0.433		
Methionine.....g	0.199		0	A	1		0.255		
Cystine.....g									
Phenylalanine.....g	0.646		0	A	1		0.827		
Tyrosine.....g	0.271		0	A	1		0.347		
Valine.....g	0.498		0	A	1		0.638		
Arginine.....g	0.764		0	A	1		0.978		
Histidine.....g	0.233		0	A	1		0.298		
Alanine.....g	0.647		0	A	1		0.829		
Aspartic acid.....g	0.827		0	A	1		1.058		
Glutamic acid.....g	3.139		0	A	1		4.018		
Glycine.....g	0.680		0	A	1		0.871		
Proline.....g	1.014		0	A	1		1.298		
Serine.....g	0.681		0	A	1		0.872		
Hydroxyproline.....g									
Others:									

NDB No. 20063
Rye flour, 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
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 = 128g: 1 cup

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate and tetrahydrofolate.

Calories Factors: Protein 2.96 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20065
Rye flour, 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	11.40	0.083	12	A	1		11.63		
Energy....kcal	357		0	NC	4		364		
Energy....kJ	1492		0	NC	4		1522		
Protein (N x 5.83)....g	9.82	0.149	12	A	1		10.02		
Total lipid (fat)....g	1.33	0.015	12	A	1		1.35		
Ash....g	0.78	0.014	12	A	1		0.79		
Carbohydrate, by difference....g	76.68		0	NC	4		78.21		
Fiber, total dietary....g	8.0	0.200	12	A	1		8.1		
Sugars, total....g	0.93		0	AS	1		0.95		
Sucrose....g	0.57	0.075	13	A	1		0.59		
Glucose (dextrose)....g	0.14	0.060	13	A	1		0.14		
Fructose....g	0.09	0.027	13	A	1		0.09		
Lactose....g	0.00	0.000	7	A	1		0.00		
Maltose....g	0.13	0.040	12	A	1		0.13		
Galactose....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	13	0.870	12	A	1		13		
Iron, Fe....mg	0.91	0.089	12	A	1		0.93		
Magnesium, Mg....mg	32	0.854	12	A	1		32		
Phosphorus, P....mg	130	3.056	12	A	1		132		
Potassium, K....mg	224	5.624	12	A	1		228		
Sodium, Na....mg	2	0.000	12	A	1		2		
Zinc, Zn....mg	1.33	0.146	12	A	1		1.36		
Copper, Cu....mg	0.213	0.008	12	A	1		0.218		
Manganese, Mn....mg	1.162	0.072	12	A	1		1.186		
Selenium, Se....mcg	17.6	2.030	12	A	1		18.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	12	A	1		0.0		
Thiamin....mg	0.331		2		1		0.338		
Riboflavin....mg	0.090		2		1		0.092		
Niacin....mg	0.800		2		1		0.816		
Pantothenic acid....mg	0.665		2		1		0.678		
Vitamin B-6....mg	0.234		2		1		0.239		
Folate, total (1) ....mcg	23	1.001	12	A	1		24		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	23	1.001	12	A	1		24		
Folate, DFE....mcg_DFE	23		0	NC	4		24		
Choline, total....mg	10.8		0	O	4		11.0		
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	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	210		0	BFZN	4		214		
Vitamin E (alpha-tocopherol)....mg	0.83	0.056	12	A	1		0.84		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 20065
Rye flour, 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		
Vitamin K (phylloquinone).....mcg	5.9		0	BFZN	4		6.0		
Lipids:									
Fatty acids, total saturated.....g	0.150		0		1		0.153		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.142		0		1		0.144		
17:0.....g									
18:0.....g	0.005		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.158		0		1		0.161		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.147		0		1		0.150		
20:1.....g	0.006		0		1		0.006		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.584		0		1		0.595		
18:2 undifferentiated.....g	0.501		0		1		0.511		
18:3 undifferentiated.....g	0.083		0		1		0.084		
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	0.000	0.000	12	A	1		0.000		
Cholesterol.....mg	0	0.000	12	A	1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.111		0	BFPN	4		0.113		
Threonine.....g	0.278		0	A	1		0.284		
Isoleucine.....g	0.235		0	A	1		0.239		
Leucine.....g	0.556		0	A	1		0.567		
Lysine.....g	0.210		0	A	1		0.214		
Methionine.....g	0.113		0	A	1		0.115		
Cystine.....g									
Phenylalanine.....g	0.445		0	A	1		0.454		
Tyrosine.....g	0.199		0	A	1		0.203		
Valine.....g	0.323		0	A	1		0.330		
Arginine.....g	0.380		0	A	1		0.387		
Histidine.....g	0.147		0	A	1		0.150		
Alanine.....g	0.337		0	A	1		0.344		
Aspartic acid.....g	0.496		0	A	1		0.506		
Glutamic acid.....g	2.457		0	A	1		2.506		
Glycine.....g	0.333		0	A	1		0.340		
Proline.....g	0.965		0	A	1		0.985		
Serine.....g	0.434		0	A	1		0.443		
Hydroxyproline.....g									
Others:									

NDB No. 20065
Rye flour, 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
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 = 102g: 1 cup

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate and tetrahydrofolate.

Calories Factors: Protein 3.41 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20064
Rye flour, medium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.97	0.027	12	A	1		11.19		
Energy....kcal	349		0	NC	4		356		
Energy....kJ	1459		0	NC	4		1489		
Protein (N x 5.83)....g	10.88	0.281	11	A	1		11.09		
Total lipid (fat)....g	1.52	0.022	11	A	1		1.55		
Ash....g	1.20	0.018	11	A	1		1.23		
Carbohydrate, by difference....g	75.43		0	NC	4		76.94		
Fiber, total dietary....g	11.8	1.096	12	A	1		12.0		
Sugars, total....g	1.10		0	AS	1		1.13		
Sucrose....g	0.90	0.014	11	A	1		0.92		
Glucose (dextrose)....g	0.06	0.017	11	A	1		0.06		
Fructose....g	0.12	0.002	11	A	1		0.12		
Lactose....g	0.00	0.000	9	A	1		0.00		
Maltose....g	0.02	0.016	11	A	1		0.02		
Galactose....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	24	1.871	11	A	1		25		
Iron, Fe....mg	2.54	0.164	11	A	1		2.59		
Magnesium, Mg....mg	63	2.170	11	A	1		64		
Phosphorus, P....mg	225	5.369	11	A	1		229		
Potassium, K....mg	374	8.361	11	A	1		382		
Sodium, Na....mg	2	0.000	11	A	1		2		
Zinc, Zn....mg	2.17	0.125	11	A	1		2.22		
Copper, Cu....mg	0.331	0.012	11	A	1		0.337		
Manganese, Mn....mg	2.412	0.131	11	A	1		2.460		
Selenium, Se....mcg	14.4	3.260	11	A	1		14.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	11	A	1		0.0		
Thiamin....mg	0.287	0.015	6		1		0.293		
Riboflavin....mg	0.114	0.009	6		1		0.116		
Niacin....mg	1.727	0.311	6		1		1.762		
Pantothenic acid....mg	0.492		2		1		0.502		
Vitamin B-6....mg	0.268	0.025	3		1		0.273		
Folate, total (1) ....mcg	34	0.541	11	A	1		35		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	34	0.541	11	A	1		35		
Folate, DFE....mcg_DFE	34		0	NC	4		35		
Choline, total....mg	20.6		0	O	4		21.0		
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	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	210		0	BFZN	4		214		
Vitamin E (alpha-tocopherol)....mg	1.43	0.021	11	A	1		1.46		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 20064
Rye flour, medium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	5.9		0	BFZN	4		6.0		
Lipids:									
Fatty acids, total saturated.....g	0.180		0		1		0.183		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.002		0		1		0.002		
15:0.....g									
16:0.....g	0.170		0		1		0.173		
17:0.....g									
18:0.....g	0.005		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.189		0		1		0.192		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.174		0		1		0.178		
20:1.....g	0.008		0		1		0.008		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.695		0		1		0.709		
18:2 undifferentiated.....g	0.598		0		1		0.610		
18:3 undifferentiated.....g	0.098		0		1		0.100		
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	0.000	0.000	11	A	1		0.000		
Cholesterol.....mg	0	0.000	11	A	1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.123		0	BFPN	4		0.125		
Threonine.....g	0.341		0	A	1		0.348		
Isoleucine.....g	0.253		0	A	1		0.258		
Leucine.....g	0.611		0	A	1		0.623		
Lysine.....g	0.212		0	A	1		0.217		
Methionine.....g	0.136		0	A	1		0.139		
Cystine.....g									
Phenylalanine.....g	0.488		0	A	1		0.498		
Tyrosine.....g	0.183		0	A	1		0.186		
Valine.....g	0.348		0	A	1		0.355		
Arginine.....g	0.470		0	A	1		0.479		
Histidine.....g	0.159		0	A	1		0.162		
Alanine.....g	0.410		0	A	1		0.418		
Aspartic acid.....g	0.542		0	A	1		0.553		
Glutamic acid.....g	2.527		0	A	1		2.578		
Glycine.....g	0.426		0	A	1		0.434		
Proline.....g	0.851		0	A	1		0.868		
Serine.....g	0.484		0	A	1		0.493		
Hydroxyproline.....g									
Others:									

NDB No. 20064
Rye flour, medium

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

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

Common Measures:

Measure 1 = 102g: 1 cup

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate and tetrahydrofolate.

Calories Factors: Protein 3.23 **Fat** 8.37 **Carbohydrate** 3.99

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20066
Semolina, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.67	1.013	3		1		21.16		
Energy....kcal	360		0	NC	4		601		
Energy....kJ	1506				4		2515		
Protein (N x 5.7)....g	12.68	0.184	16		1		21.18		
Total lipid (fat)....g	1.05		2		1		1.75		
Ash....g	0.77	0.026	45		1		1.29		
Carbohydrate, by difference....g	72.83		0	NC	4		121.63		
Fiber, total dietary....g	3.9		0		1		6.5		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17	0.510	4		1		28		
Iron, Fe....mg	4.36		2		1		7.28		
Magnesium, Mg....mg	47	5.656	6		1		78		
Phosphorus, P....mg	136	12.522	4		1		227		
Potassium, K....mg	186	9.879	4		1		311		
Sodium, Na....mg	1	0.246	4		1		2		
Zinc, Zn....mg	1.05	0.078	4		1		1.75		
Copper, Cu....mg	0.189	0.004	4		1		0.316		
Manganese, Mn....mg	0.619	0.021	4		1		1.034		
Selenium, Se....mcg	89.4		0	BFZN	4		149.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.811		2		1		1.354		
Riboflavin....mg	0.571		2		1		0.954		
Niacin....mg	5.990		2		1		10.003		
Pantothenic acid....mg	0.580		2		1		0.969		
Vitamin B-6....mg	0.103	0.004	4		1		0.172		
Folate, total....mcg	183		0	BFZN	4		306		
Folic acid....mcg	111		0	NC	4		185		
Folate, food....mcg	72		2		1		120		
Folate, DFE....mcg_DFE	261		0	NC	4		435		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.26		0		1		0.43		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.150		0		1		0.251		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		

NDB No. 20066
Semolina, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	Z	7		0.000		
12:0 ... g	0.000		0	Z	7		0.000		
13:0 ... g									
14:0 ... g	0.002		1		1		0.003		
15:0 ... g									
16:0 ... g	0.131		1		1		0.219		
17:0 ... g									
18:0 ... g	0.017		1		1		0.028		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.124		0		1		0.207		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	Z	7		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.124		1		1		0.207		
20:1 ... g	0.000		0	Z	7		0.000		
22:1 undifferentiated ... g	0.000		0	Z	7		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.430		0		1		0.718		
18:2 undifferentiated ... g	0.393		1		1		0.656		
18:3 undifferentiated ... g	0.037		1		1		0.062		
18:4 ... g	0.000		0	Z	7		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA) ... g	0.000		0	Z	7		0.000		
22:5 n-3 (DPA) ... g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) ... g	0.000		0	Z	7		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.162		2		1		0.271		
Threonine ... g	0.335		6		1		0.559		
Isoleucine ... g	0.490		6		1		0.818		
Leucine ... g	0.867		6		1		1.448		
Lysine ... g	0.243		6		1		0.406		
Methionine ... g	0.198		6		1		0.331		
Cystine ... g	0.358		6		1		0.598		
Phenylalanine ... g	0.616		6		1		1.029		
Tyrosine ... g	0.333		6		1		0.556		
Valine ... g	0.540		6		1		0.902		
Arginine ... g	0.467		6		1		0.780		
Histidine ... g	0.257		6		1		0.429		
Alanine ... g	0.372		6		1		0.621		
Aspartic acid ... g	0.518		6		1		0.865		
Glutamic acid ... g	4.571		6		1		7.634		
Glycine ... g	0.401		6		1		0.670		
Proline ... g	1.395		6		1		2.330		
Serine ... g	0.598		6		1		0.999		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

NDB No. 20066
Semolina, enriched

Common Measures:

Measure 1 = 167g: 1 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20466
Semolina, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.67	1.013	3		1		21.16		
Energy	kcal	360		0	NC	4		601		
Energy	kJ	1506		0		4		2515		
Protein (N x 5.7)	g	12.68	0.184	16		1		21.18		
Total lipid (fat)	g	1.05		2		1		1.75		
Ash	g	0.77	0.026	45		1		1.29		
Carbohydrate, by difference	g	72.83		0	NC	4		121.63		
Fiber, total dietary	g	3.9		0		1		6.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17	0.510	4		1		28		
Iron, Fe	mg	1.23		1		1		2.05		
Magnesium, Mg	mg	47	5.656	6		1		78		
Phosphorus, P	mg	136	12.522	4		1		227		
Potassium, K	mg	186	9.879	4		1		311		
Sodium, Na	mg	1	0.246	4		1		2		
Zinc, Zn	mg	1.05	0.078	4		1		1.75		
Copper, Cu	mg	0.189	0.004	4		1		0.316		
Manganese, Mn	mg	0.619	0.021	4		1		1.034		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.280		1		1		0.468		
Riboflavin	mg	0.080		1		1		0.134		
Niacin	mg	3.310		1		1		5.528		
Pantothenic acid	mg	0.580		2		1		0.969		
Vitamin B-6	mg	0.103	0.004	4		1		0.172		
Folate, total	mcg	72		2		1		120		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	72		2		1		120		
Folate, DFE	mcg_DFE	72		0	NC	4		120		
Choline, total	mg									
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		7		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		7		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.150		0		1		0.251		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		

NDB No. 20466
Semolina, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.002		1		1		0.003		
15:0....g									
16:0....g	0.131		1		1		0.219		
17:0....g									
18:0....g	0.017		1		1		0.028		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.124		0		1		0.207		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.124		1		1		0.207		
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	0.430		0		1		0.718		
18:2 undifferentiated....g	0.393		1		1		0.656		
18:3 undifferentiated....g	0.037		1		1		0.062		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.162		6		1		0.271		
Threonine....g	0.335		6		1		0.559		
Isoleucine....g	0.490		6		1		0.818		
Leucine....g	0.867		6		1		1.448		
Lysine....g	0.243		6		1		0.406		
Methionine....g	0.198		6		1		0.331		
Cystine....g	0.358		6		1		0.598		
Phenylalanine....g	0.616		6		1		1.029		
Tyrosine....g	0.333		6		1		0.556		
Valine....g	0.540		6		1		0.902		
Arginine....g	0.467		6		1		0.780		
Histidine....g	0.257		6		1		0.429		
Alanine....g	0.372		6		1		0.621		
Aspartic acid....g	0.518		6		1		0.865		
Glutamic acid....g	4.571		6		1		7.634		
Glycine....g	0.401		6		1		0.670		
Proline....g	1.395		6		1		2.330		
Serine....g	0.598		6		1		0.999		
Hydroxyproline....g									
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.

NDB No. 20466
Semolina, unenriched

Common Measures:

Measure 1 = 167g: 1 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20067
Sorghum
Sorghum spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.20		1		1		17.66		
Energy....kcal	339		0	NC	4		651		
Energy....kJ	1418		0		4		2723		
Protein (N x 6.25)....g	11.30	0.292	4		1		21.70		
Total lipid (fat)....g	3.30		1		1		6.34		
Ash....g	1.57	0.209	4		1		3.01		
Carbohydrate, by difference....g	74.63		0	NC	4		143.29		
Fiber, total dietary (1)....g	6.3		1	A	1		12.1		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0		4		54		
Iron, Fe....mg	4.40		0		4		8.45		
Magnesium, Mg....mg									
Phosphorus, P....mg	287		0		4		551		
Potassium, K....mg	350		0		4		672		
Sodium, Na....mg	6		0		4		12		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.237	0.014	3		1		0.455		
Riboflavin....mg	0.142	0.012	3		1		0.273		
Niacin....mg	2.927	0.615	3		1		5.620		
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.457		0		1		0.877		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.007		5		1		0.013		
13:0....g									
14:0....g	0.009		5		1		0.017		
15:0....g									
16:0....g	0.407		5		1		0.781		
17:0....g									
18:0....g	0.035		5		1		0.067		

NDB No. 20067
Sorghum

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.993		0		1		1.907		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.029		5		1		0.056		
17:1....g									
18:1 undifferentiated....g	0.964		5		1		1.851		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.370		0		1		2.630		
18:2 undifferentiated....g	1.305		5		1		2.506		
18:3 undifferentiated....g	0.065		5		1		0.125		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.124		14		1		0.238		
Threonine....g	0.346		63		1		0.664		
Isoleucine....g	0.433		63		1		0.831		
Leucine....g	1.491		65		1		2.863		
Lysine....g	0.229		69		1		0.440		
Methionine....g	0.169		64		1		0.324		
Cystine....g	0.127		51		1		0.244		
Phenylalanine....g	0.546		63		1		1.048		
Tyrosine....g	0.321		63		1		0.616		
Valine....g	0.561		53		1		1.077		
Arginine....g	0.355		64		1		0.682		
Histidine....g	0.246		63		1		0.472		
Alanine....g	1.033		62		1		1.983		
Aspartic acid....g	0.743		62		1		1.427		
Glutamic acid....g	2.439		62		1		4.683		
Glycine....g	0.346		62		1		0.664		
Proline....g	0.852		62		1		1.636		
Serine....g	0.462		60		1		0.887		
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 = 192g: 1 cup

Footnotes:

1 Total dietary fiber value is for white sorghum. Total dietary fiber values for other types of sorghum range from 8.8 to 11.1 g/100g.

Calories Factors: Protein .91 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20321
Spaghetti, cooked, enriched, with 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	62.13	0.583	26	A	1		86.98		
Energy	kcal	157		0	NC	4		219		
Energy	kJ	655		0	NC	4		917		
Protein (N x 5.7)	g	5.80	0.103	19	A	1		8.12		
Total lipid (fat)	g	0.93	0.026	19	A	1		1.31		
Ash	g	0.55	0.035	6	A	1		0.77		
Carbohydrate, by difference	g	30.59		0	NC	4		42.83		
Fiber, total dietary	g	1.8	0.100	18	A	1		2.5		
Sugars, total	g	0.56	0.135	12	A	1		0.78		
Sucrose	g	0.09	0.060	9	A	1		0.12		
Glucose (dextrose)	g	0.04	0.023	12	A	1		0.06		
Fructose	g	0.03	0.022	9	A	1		0.04		
Lactose	g	0.00	0.000	9	A	1		0.00		
Maltose	g	0.40	0.084	12	A	1		0.56		
Galactose	g	0.00	0.000	9	A	1		0.00		
Starch	g	26.01	0.462	11	A	1		36.42		
Minerals:										
Calcium, Ca	mg	7	0.299	51	A	1		10		
Iron, Fe	mg	1.28	0.059	56	A	1		1.80		
Magnesium, Mg	mg	18	0.636	56	A	1		26		
Phosphorus, P	mg	58	2.627	56	A	1		82		
Potassium, K	mg	44	2.640	52	A	1		62		
Sodium, Na	mg	131	8.609	5	A	1		183		
Zinc, Zn	mg	0.51	0.029	52	A	1		0.72		
Copper, Cu	mg	0.100	0.003	56	A	1		0.140		
Manganese, Mn	mg	0.322	0.015	52	A	1		0.451		
Selenium, Se	mcg	26.4	1.459	50	A	1		36.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.274	0.014	11	A	1		0.384		
Riboflavin	mg	0.136	0.005	11	A	1		0.190		
Niacin	mg	1.689	0.078	11	A	1		2.364		
Pantothenic acid	mg	0.112	0.009	32		1		0.157		
Vitamin B-6	mg	0.049	0.004	6	A	1		0.068		
Folate, total	mcg	73	3.898	18	A	1		102		
Folic acid	mcg	66		0	NR	4		92		
Folate, food	mcg	7	0.886	22		1		10		
Folate, DFE	mcg_DFE	119		0	NC	4		167		
Choline, total	mg									
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	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFSN	4		0		
Carotene, alpha	mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin	mcg	7		0	BFSN	4		10		
Vitamin E (alpha-tocopherol)	mg	0.06	0.005	5	A	1		0.08		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.03	0.002	5	A	1		0.04		
Tocopherol, gamma	mg	0.50	0.017	5	A	1		0.71		
Tocopherol, delta	mg	0.00	0.000	5	A	1		0.01		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20321
Spaghetti, cooked, enriched, with 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....mcg	0.0	0.017	4	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.176		0	NC	4		0.246		
4:0.....g	0.000	0.000	10	A	1		0.000		
6:0.....g	0.000	0.000	10	A	1		0.000		
8:0.....g	0.000	0.000	10	A	1		0.000		
10:0.....g	0.000	0.000	10	A	1		0.000		
12:0.....g	0.006	0.002	10	A	1		0.008		
13:0.....g	0.000	0.000	3	A	1		0.000		
14:0.....g	0.006	0.001	10	A	1		0.008		
15:0.....g	0.000	0.000	10	A	1		0.000		
16:0.....g	0.149	0.009	10	A	1		0.209		
17:0.....g	0.000	0.000	10	A	1		0.000		
18:0.....g	0.014	0.000	7	A	1		0.020		
20:0.....g	0.000	0.000	10	A	1		0.000		
22:0.....g	0.000	0.000	10	A	1		0.000		
24:0.....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.131		0	NC	4		0.183		
14:1.....g	0.000	0.000	9	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.131	0.020	10	JA	6		0.183		
18:1 c.....g	0.131	0.062	3	A	1		0.183		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000	0.000	3	A	1		0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000	0.000	10	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.319		0	NC	4		0.446		
18:2 undifferentiated.....g	0.295	0.042	10	A	1		0.413		
18:3 undifferentiated.....g	0.024	0.005	10	JA	6		0.033		
18:3 n-3 c,c,c (ALA).....g	0.024	0.008	3	A	1		0.033		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	7	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0	A	1		0.114		
Threonine.....g	0.203		0	A	1		0.284		
Isoleucine.....g	0.224		0	A	1		0.314		
Leucine.....g	0.434		0	A	1		0.608		
Lysine.....g	0.131		0	A	1		0.183		
Methionine.....g	0.064		0	A	1		0.090		

NDB No. 20321
Spaghetti, cooked, enriched, with 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
Cystine....g	0.112		0	A	1		0.157		
Phenylalanine....g	0.293		0	A	1		0.410		
Tyrosine....g	0.107		0	A	1		0.149		
Valine....g	0.258		0	A	1		0.361		
Arginine....g	0.208		0	A	1		0.292		
Histidine....g	0.131		0	A	1		0.183		
Alanine....g	0.192		0	A	1		0.269		
Aspartic acid....g	0.274		0	A	1		0.384		
Glutamic acid....g	2.018		0	A	1		2.825		
Glycine....g	0.194		0	A	1		0.271		
Proline....g	0.689		0	A	1		0.965		
Serine....g	0.271		0	A	1		0.379		
Hydroxyproline....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20121
Spaghetti, cooked, enriched, without 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	62.13	0.583	26	A	1		86.98		
Energy....kcal	158		0	NC	4		221		
Energy....kJ	660		0	NC	4		924		
Protein (N x 5.7)....g	5.80	0.103	19	A	1		8.12		
Total lipid (fat)....g	0.93	0.026	19	A	1		1.31		
Ash....g	0.27	0.007	13	A	1		0.38		
Carbohydrate, by difference....g	30.86		0	NC	4		43.21		
Fiber, total dietary....g	1.8	0.100	18	A	1		2.5		
Sugars, total....g	0.56	0.135	12	A	1		0.78		
Sucrose....g	0.09	0.060	9	A	1		0.12		
Glucose (dextrose)....g	0.04	0.023	12	A	1		0.06		
Fructose....g	0.03	0.022	9	A	1		0.04		
Lactose....g	0.00	0.000	9	A	1		0.00		
Maltose....g	0.40	0.084	12	A	1		0.56		
Galactose....g	0.00	0.000	9	A	1		0.00		
Starch....g	26.01	0.462	11	A	1		36.42		
Minerals:									
Calcium, Ca....mg	7	0.299	51	A	1		10		
Iron, Fe....mg	1.28	0.059	56	A	1		1.80		
Magnesium, Mg....mg	18	0.636	56	A	1		26		
Phosphorus, P....mg	58	2.627	56	A	1		82		
Potassium, K....mg	44	2.640	52	A	1		62		
Sodium, Na....mg	1	0.132	39	A	1		1		
Zinc, Zn....mg	0.51	0.029	52	A	1		0.72		
Copper, Cu....mg	0.100	0.003	56	A	1		0.140		
Manganese, Mn....mg	0.322	0.015	52	A	1		0.451		
Selenium, Se....mcg	26.4	1.459	50	A	1		36.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.274	0.014	11	A	1		0.384		
Riboflavin....mg	0.136	0.005	11	A	1		0.190		
Niacin....mg	1.689	0.078	11	A	1		2.364		
Pantothenic acid....mg	0.112	0.009	32		1		0.157		
Vitamin B-6....mg	0.049	0.004	6	A	1		0.068		
Folate, total....mcg	73	3.898	18	A	1		102		
Folic acid....mcg	66		0	NR	4		92		
Folate, food....mcg	7	0.886	22		1		10		
Folate, DFE....mcg_DFE	119		0	NC	4		167		
Choline, total....mg	6.4		0	AS	1		8.9		
Betaine....mg	68.0		2	A	1		95.2		
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	BFSN	4		0		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	7		0	BFSN	4		10		
Vitamin E (alpha-tocopherol)....mg	0.06	0.005	5	A	1		0.08		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.03	0.002	5	A	1		0.04		
Tocopherol, gamma....mg	0.50	0.017	5	A	1		0.71		
Tocopherol, delta....mg	0.00	0.000	5	A	1		0.01		
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 20121
Spaghetti, cooked, enriched, without 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
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....mcg	0.0	0.017	4	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.176		0	NC	4		0.246		
4:0.....g	0.000	0.000	10	A	1		0.000		
6:0.....g	0.000	0.000	10	A	1		0.000		
8:0.....g	0.000	0.000	10	A	1		0.000		
10:0.....g	0.000	0.000	10	A	1		0.000		
12:0.....g	0.006	0.002	10	A	1		0.008		
13:0.....g	0.000	0.000	3	A	1		0.000		
14:0.....g	0.006	0.001	10	A	1		0.008		
15:0.....g	0.000	0.000	10	A	1		0.000		
16:0.....g	0.149	0.009	10	A	1		0.209		
17:0.....g	0.000	0.000	10	A	1		0.000		
18:0.....g	0.014	0.000	7	A	1		0.020		
20:0.....g	0.000	0.000	10	A	1		0.000		
22:0.....g	0.000	0.000	10	A	1		0.000		
24:0.....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.131		0	NC	4		0.183		
14:1.....g	0.000	0.000	9	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.131	0.020	10	JA	6		0.183		
18:1 c.....g	0.131	0.062	3	A	1		0.183		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000	0.000	3	A	1		0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000	0.000	10	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.319		0	NC	4		0.446		
18:2 undifferentiated.....g	0.295	0.042	10	A	1		0.413		
18:3 undifferentiated.....g	0.024	0.005	10	JA	6		0.033		
18:3 n-3 c,c,c (ALA).....g	0.024	0.008	3	A	1		0.033		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	7	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0	A	1		0.114		
Threonine.....g	0.203		0	A	1		0.284		
Isoleucine.....g	0.224		0	A	1		0.314		
Leucine.....g	0.434		0	A	1		0.608		
Lysine.....g	0.131		0	A	1		0.183		
Methionine.....g	0.064		0	A	1		0.090		

NDB No. 20121
Spaghetti, cooked, enriched, without 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
Cystine....g	0.112		0	A	1		0.157		
Phenylalanine....g	0.293		0	A	1		0.410		
Tyrosine....g	0.107		0	A	1		0.149		
Valine....g	0.258		0	A	1		0.361		
Arginine....g	0.208		0	A	1		0.292		
Histidine....g	0.131		0	A	1		0.183		
Alanine....g	0.192		0	A	1		0.269		
Aspartic acid....g	0.274		0	A	1		0.384		
Glutamic acid....g	2.018		0	A	1		2.825		
Glycine....g	0.194		0	A	1		0.271		
Proline....g	0.689		0	A	1		0.965		
Serine....g	0.271		0	A	1		0.379		
Hydroxyproline....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20521
Spaghetti, cooked, unenriched, with 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	62.13	0.583	26	A	1		86.98		
Energy....kcal	157		0	NC	4		219		
Energy....kJ	655		0	NC	4		917		
Protein (N x 5.7)....g	5.80	0.103	19	A	1		8.12		
Total lipid (fat)....g	0.93	0.026	19	A	1		1.31		
Ash....g	0.55	0.035	6	A	1		0.77		
Carbohydrate, by difference....g	30.59		0	NC	4		42.83		
Fiber, total dietary....g	1.8	0.100	18	A	1		2.5		
Sugars, total....g	0.56	0.135	12	A	1		0.78		
Sucrose....g	0.09	0.060	9	A	1		0.12		
Glucose (dextrose)....g	0.04	0.023	12	A	1		0.06		
Fructose....g	0.03	0.022	9	A	1		0.04		
Lactose....g	0.00	0.000	9	A	1		0.00		
Maltose....g	0.40	0.084	12	A	1		0.56		
Galactose....g	0.00	0.000	9	A	1		0.00		
Starch....g	26.01	0.462	11	A	1		36.42		
Minerals:									
Calcium, Ca....mg	7	0.299	51	A	1		10		
Iron, Fe....mg	0.50		1		1		0.70		
Magnesium, Mg....mg	18	0.636	56	A	1		26		
Phosphorus, P....mg	58	2.627	56	A	1		82		
Potassium, K....mg	44	2.640	52	A	1		62		
Sodium, Na....mg	131	8.609	5	A	1		183		
Zinc, Zn....mg	0.51	0.029	52	A	1		0.72		
Copper, Cu....mg	0.100	0.003	56	A	1		0.140		
Manganese, Mn....mg	0.322	0.015	52	A	1		0.451		
Selenium, Se....mcg	26.4	1.459	50	A	1		36.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.020		1		1		0.028		
Riboflavin....mg	0.020		1		1		0.028		
Niacin....mg	0.400		1		1		0.560		
Pantothenic acid....mg	0.112	0.009	32		1		0.157		
Vitamin B-6....mg	0.049	0.004	6	A	1		0.068		
Folate, total....mcg	7	0.886	22		1		10		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	7		0	BFZN	4		10		
Folate, DFE....mcg_DFE	7		0	NC	4		10		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.06	0.005	5	A	1		0.08		
Tocopherol, beta....mg	0.03	0.002	5	A	1		0.04		
Tocopherol, gamma....mg	0.50	0.017	5	A	1		0.71		
Tocopherol, delta....mg	0.00	0.000	5	A	1		0.01		
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	0.017	4	A	1		0.0		

NDB No. 20521
Spaghetti, cooked, unenriched, with 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
Lipids:									
Fatty acids, total saturated....g	0.176		0	NC	4		0.246		
4:0....g	0.000	0.000	10	A	1		0.000		
6:0....g	0.000	0.000	10	A	1		0.000		
8:0....g	0.000	0.000	10	A	1		0.000		
10:0....g	0.000	0.000	10	A	1		0.000		
12:0....g	0.006	0.002	10	A	1		0.008		
13:0....g	0.000	0.000	3	A	1		0.000		
14:0....g	0.006	0.001	10	A	1		0.008		
15:0....g	0.000	0.000	10	A	1		0.000		
16:0....g	0.149	0.009	10	A	1		0.209		
17:0....g	0.000	0.000	10	A	1		0.000		
18:0....g	0.014	0.000	7	A	1		0.020		
20:0....g	0.000	0.000	10	A	1		0.000		
22:0....g	0.000	0.000	10	A	1		0.000		
24:0....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total monounsaturated....g	0.131		0	NC	4		0.183		
14:1....g	0.000	0.000	9	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.000	0.000	10	A	1		0.000		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	0.131	0.020	10	JA	6		0.183		
18:1 c....g	0.131	0.062	3	A	1		0.183		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	3	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000	0.000	10	A	1		0.000		
22:1 undifferentiated....g	0.000	0.000	10	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.319		0	NC	4		0.446		
18:2 undifferentiated....g	0.295	0.042	10	A	1		0.413		
18:3 undifferentiated....g	0.024	0.005	10	JA	6		0.033		
18:3 n-3 c,c,c (ALA)....g	0.024	0.008	3	A	1		0.033		
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	7	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	10	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	10	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	7	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.083		0	A	1		0.116		
Threonine....g	0.206		0	A	1		0.288		
Isoleucine....g	0.228		0	A	1		0.319		
Leucine....g	0.440		0	A	1		0.616		
Lysine....g	0.133		0	A	1		0.186		
Methionine....g	0.065		0	A	1		0.091		
Cystine....g	0.113		0	A	1		0.159		
Phenylalanine....g	0.297		0	A	1		0.416		
Tyrosine....g	0.108		0	A	1		0.151		

NDB No. 20521
Spaghetti, cooked, unenriched, with 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
Valine....g	0.262		0	A	1		0.366		
Arginine....g	0.211		0	A	1		0.295		
Histidine....g	0.132		0	A	1		0.185		
Alanine....g	0.195		0	A	1		0.273		
Aspartic acid....g	0.278		0	A	1		0.389		
Glutamic acid....g	2.046		0	A	1		2.864		
Glycine....g	0.196		0	A	1		0.275		
Proline....g	0.698		0	A	1		0.978		
Serine....g	0.275		0	A	1		0.385		
Hydroxyproline....g	0.000		2	A	1		0.000		

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

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20421
Spaghetti, cooked, unenriched, without 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	62.13	0.583	26	A	1		86.98		
Energy	kcal	158		0	NC	4		221		
Energy	kJ	660		0	NC	4		924		
Protein (N x 5.7)	g	5.80	0.103	19	A	1		8.12		
Total lipid (fat)	g	0.93	0.026	19	A	1		1.31		
Ash	g	0.27	0.007	13	A	1		0.38		
Carbohydrate, by difference	g	30.86		0	NC	4		43.21		
Fiber, total dietary	g	1.8	0.100	18	A	1		2.5		
Sugars, total	g	0.56	0.135	12	A	1		0.78		
Sucrose	g	0.09	0.060	9	A	1		0.12		
Glucose (dextrose)	g	0.04	0.023	12	A	1		0.06		
Fructose	g	0.03	0.022	9	A	1		0.04		
Lactose	g	0.00	0.000	9	A	1		0.00		
Maltose	g	0.40	0.084	12	A	1		0.56		
Galactose	g	0.00	0.000	9	A	1		0.00		
Starch	g	26.01	0.462	11	A	1		36.42		
Minerals:										
Calcium, Ca	mg	7	0.299	51	A	1		10		
Iron, Fe	mg	1.28	0.059	56	A	1		1.80		
Magnesium, Mg	mg	18	0.636	56	A	1		26		
Phosphorus, P	mg	58	2.627	56	A	1		82		
Potassium, K	mg	44	2.640	52	A	1		62		
Sodium, Na	mg	1	0.132	39	A	1		1		
Zinc, Zn	mg	0.51	0.029	52	A	1		0.72		
Copper, Cu	mg	0.100	0.003	56	A	1		0.140		
Manganese, Mn	mg	0.322	0.015	52	A	1		0.451		
Selenium, Se	mcg	26.4	1.459	50	A	1		36.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.020		1		1		0.028		
Riboflavin	mg	0.020		1		1		0.028		
Niacin	mg	0.400		1		1		0.560		
Pantothenic acid	mg	0.112	0.009	32		1		0.157		
Vitamin B-6	mg	0.049	0.004	6	A	1		0.068		
Folate, total	mcg	7	0.886	22		1		10		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	7	0.886	22		1		10		
Folate, DFE	mcg_DFE	7		0	NC	4		10		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.06	0.005	5	A	1		0.08		
Tocopherol, beta	mg	0.03	0.002	5	A	1		0.04		
Tocopherol, gamma	mg	0.50	0.017	5	A	1		0.71		
Tocopherol, delta	mg	0.00	0.000	5	A	1		0.01		
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	0.017	4	A	1		0.0		

NDB No. 20421
Spaghetti, cooked, unenriched, without 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
Lipids:									
Fatty acids, total saturated....g	0.176		0	NC	4		0.246		
4:0....g	0.000	0.000	10	A	1		0.000		
6:0....g	0.000	0.000	10	A	1		0.000		
8:0....g	0.000	0.000	10	A	1		0.000		
10:0....g	0.000	0.000	10	A	1		0.000		
12:0....g	0.006	0.002	10	A	1		0.008		
13:0....g	0.000	0.000	3	A	1		0.000		
14:0....g	0.006	0.001	10	A	1		0.008		
15:0....g	0.000	0.000	10	A	1		0.000		
16:0....g	0.149	0.009	10	A	1		0.209		
17:0....g	0.000	0.000	10	A	1		0.000		
18:0....g	0.014	0.000	7	A	1		0.020		
20:0....g	0.000	0.000	10	A	1		0.000		
22:0....g	0.000	0.000	10	A	1		0.000		
24:0....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total monounsaturated....g	0.131		0	NC	4		0.183		
14:1....g	0.000	0.000	9	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.000	0.000	10	A	1		0.000		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	0.131	0.020	10	JA	6		0.183		
18:1 c....g	0.131	0.062	3	A	1		0.183		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	3	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000	0.000	10	A	1		0.000		
22:1 undifferentiated....g	0.000	0.000	10	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.319		0	NC	4		0.446		
18:2 undifferentiated....g	0.295	0.042	10	A	1		0.413		
18:3 undifferentiated....g	0.024	0.005	10	JA	6		0.033		
18:3 n-3 c,c,c (ALA)....g	0.024	0.008	3	A	1		0.033		
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	7	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	10	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	10	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	7	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.083		0	A	1		0.116		
Threonine....g	0.206		0	A	1		0.288		
Isoleucine....g	0.228		0	A	1		0.319		
Leucine....g	0.440		0	A	1		0.616		
Lysine....g	0.133		0	A	1		0.186		
Methionine....g	0.065		0	A	1		0.091		
Cystine....g	0.113		0	A	1		0.159		
Phenylalanine....g	0.297		0	A	1		0.416		
Tyrosine....g	0.108		0	A	1		0.151		

NDB No. 20421
Spaghetti, cooked, unenriched, without 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
Valine....g	0.262		0	A	1		0.366		
Arginine....g	0.211		0	A	1		0.295		
Histidine....g	0.132		0	A	1		0.185		
Alanine....g	0.195		0	A	1		0.273		
Aspartic acid....g	0.278		0	A	1		0.389		
Glutamic acid....g	2.046		0	A	1		2.864		
Glycine....g	0.196		0	A	1		0.275		
Proline....g	0.698		0	A	1		0.978		
Serine....g	0.275		0	A	1		0.385		
Hydroxyproline....g	0.000		2	A	1		0.000		
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 = 140g: 1 cup

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20120
Spaghetti, dry, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.90	0.274	9	A	1		5.64		
Energy	kcal	371		0	NC	4		212		
Energy	kJ	1553		0	NC	4		885		
Protein (N x 5.7)	g	13.04	0.187	6	A	1		7.43		
Total lipid (fat)	g	1.51	0.202	8	A	1		0.86		
Ash	g	0.88	0.011	5	A	1		0.50		
Carbohydrate, by difference	g	74.67		0	NC	4		42.56		
Fiber, total dietary	g	3.2	0.066	6	A	1		1.8		
Sugars, total	g	2.67	0.103	5	A	1		1.52		
Sucrose	g	0.48	0.016	5	A	1		0.27		
Glucose (dextrose)	g	0.12	0.016	5	A	1		0.07		
Fructose	g	0.11	0.012	5	A	1		0.06		
Lactose	g	0.00	0.000	5	A	1		0.00		
Maltose	g	1.96	0.083	5	A	1		1.12		
Galactose	g	0.00	0.000	5	A	1		0.00		
Starch	g	62.45	0.529	5	A	1		35.59		
Minerals:										
Calcium, Ca	mg	21	0.502	4	A	1		12		
Iron, Fe	mg	3.30	0.147	6	A	1		1.88		
Magnesium, Mg	mg	53	1.003	5	A	1		30		
Phosphorus, P	mg	189	4.717	5	A	1		108		
Potassium, K	mg	223	3.188	5	A	1		127		
Sodium, Na	mg	6	1.880	6	A	1		3		
Zinc, Zn	mg	1.41	0.075	5	A	1		0.80		
Copper, Cu	mg	0.289	0.007	5	A	1		0.165		
Manganese, Mn	mg	0.917	0.062	5	A	1		0.523		
Selenium, Se	mcg	63.2	2.653	26	A	1		36.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.891	0.035	5	A	1		0.508		
Riboflavin	mg	0.400	0.027	5	A	1		0.228		
Niacin	mg	7.177	0.408	5	A	1		4.091		
Pantothenic acid	mg	0.431	0.026	27		1		0.246		
Vitamin B-6	mg	0.142	0.000	4	A	1		0.081		
Folate, total	mcg	237	72.785	16	A	1		135		
Folic acid	mcg	219		0	NR	4		125		
Folate, food	mcg	18	1.430	30		1		10		
Folate, DFE	mcg_DFE	391		0	NC	4		223		
Choline, total	mg	15.1		0	AS	1		8.6		
Betaine	mg	142.4		2	A	1		81.1		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	18		0	BFZN	4		10		
Vitamin E (alpha-tocopherol)	mg	0.11	0.037	6	A	1		0.06		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.06	0.014	6	A	1		0.03		
Tocopherol, gamma	mg	0.88	0.325	6	A	1		0.50		
Tocopherol, delta	mg	0.00	0.003	6	A	1		0.00		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20120
Spaghetti, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.1	0.075	3	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.277		0	NC	4		0.158		
4:0.....g	0.000	0.000	5	A	1		0.000		
6:0.....g	0.000	0.000	5	A	1		0.000		
8:0.....g	0.000	0.001	5	A	1		0.000		
10:0.....g	0.000	0.000	5	A	1		0.000		
12:0.....g	0.000	0.000	5	A	1		0.000		
13:0.....g	0.000	0.000	3	A	1		0.000		
14:0.....g	0.000	0.000	5	A	1		0.000		
15:0.....g	0.000	0.000	5	A	1		0.000		
16:0.....g	0.251	0.045	5	A	1		0.143		
17:0.....g	0.000	0.000	5	A	1		0.000		
18:0.....g	0.025	0.014	5	A	1		0.014		
20:0.....g	0.000	0.000	5	A	1		0.000		
22:0.....g	0.000	0.000	5	A	1		0.000		
24:0.....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.171		0	NC	4		0.098		
14:1.....g	0.000	0.001	5	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.171	0.008	5	JA	6		0.097		
18:1 c.....g	0.171	0.005	3	A	1		0.097		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000	0.000	3	A	1		0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000	0.000	5	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.564		0	NC	4		0.321		
18:2 undifferentiated.....g	0.540	0.037	5	A	1		0.308		
18:3 undifferentiated.....g	0.024	0.010	5	JA	6		0.014		
18:3 n-3 c,c,c (ALA).....g	0.024	0.016	3	A	1		0.014		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	5	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0	A	1		0.106		
Threonine.....g	0.462		0	A	1		0.263		
Isoleucine.....g	0.511		0	A	1		0.291		
Leucine.....g	0.988		0	A	1		0.563		
Lysine.....g	0.298		0	A	1		0.170		
Methionine.....g	0.147		0	A	1		0.084		

NDB No. 20120
Spaghetti, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.255		0	A	1		0.145		
Phenylalanine....g	0.668		0	A	1		0.381		
Tyrosine....g	0.243		0	A	1		0.139		
Valine....g	0.588		0	A	1		0.335		
Arginine....g	0.474		0	A	1		0.270		
Histidine....g	0.298		0	A	1		0.170		
Alanine....g	0.438		0	A	1		0.250		
Aspartic acid....g	0.624		0	A	1		0.356		
Glutamic acid....g	4.596		0	A	1		2.620		
Glycine....g	0.441		0	A	1		0.251		
Proline....g	1.569		0	A	1		0.894		
Serine....g	0.617		0	A	1		0.352		
Hydroxyproline....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20420
Spaghetti, dry, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.90	0.274	9	A	1		5.64		
Energy	kcal	371		0	NC	4		212		
Energy	kJ	1553		0	NC	4		885		
Protein (N x 5.7)	g	13.04	0.187	6	A	1		7.43		
Total lipid (fat)	g	1.51	0.202	8	A	1		0.86		
Ash	g	0.88	0.011	5	A	1		0.50		
Carbohydrate, by difference	g	74.67		0	NC	4		42.56		
Fiber, total dietary	g	3.2	0.066	6	A	1		1.8		
Sugars, total	g	2.67	0.103	5	A	1		1.52		
Sucrose	g	0.48	0.016	5	A	1		0.27		
Glucose (dextrose)	g	0.12	0.016	5	A	1		0.07		
Fructose	g	0.11	0.012	5	A	1		0.06		
Lactose	g	0.00	0.000	5	A	1		0.00		
Maltose	g	1.96	0.083	5	A	1		1.12		
Galactose	g	0.00	0.000	5	A	1		0.00		
Starch	g	62.45	0.529	5	A	1		35.59		
Minerals:										
Calcium, Ca	mg	21	0.502	4	A	1		12		
Iron, Fe	mg	1.30		1		1		0.74		
Magnesium, Mg	mg	53	1.003	5	A	1		30		
Phosphorus, P	mg	189	4.717	5	A	1		108		
Potassium, K	mg	223	3.188	5	A	1		127		
Sodium, Na	mg	6	1.880	6	A	1		3		
Zinc, Zn	mg	1.41	0.075	5	A	1		0.80		
Copper, Cu	mg	0.289	0.007	5	A	1		0.165		
Manganese, Mn	mg	0.917	0.062	5	A	1		0.523		
Selenium, Se	mcg	63.2	2.653	26	A	1		36.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.090		1		1		0.051		
Riboflavin	mg	0.060		1		1		0.034		
Niacin	mg	1.700		1		1		0.969		
Pantothenic acid	mg	0.431	0.026	27		1		0.246		
Vitamin B-6	mg	0.142	0.000	4	A	1		0.081		
Folate, total	mcg	18	1.430	30		1		10		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	18	1.430	30		1		10		
Folate, DFE	mcg_DFE	18		0	NC	4		10		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	BFZN	4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.11	0.037	6	A	1		0.06		
Tocopherol, beta	mg	0.05	0.014	6	A	1		0.03		
Tocopherol, gamma	mg	0.88	0.325	6	A	1		0.50		
Tocopherol, delta	mg	0.00	0.003	6	A	1		0.00		
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	0.075	3	A	1		0.0		

NDB No. 20420
Spaghetti, dry, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.277		0	NC	4		0.158		
4:0....g	0.000	0.000	5	A	1		0.000		
6:0....g	0.000	0.000	5	A	1		0.000		
8:0....g	0.000	0.001	5	A	1		0.000		
10:0....g	0.000	0.000	5	A	1		0.000		
12:0....g	0.000	0.000	5	A	1		0.000		
13:0....g	0.000	0.000	3	A	1		0.000		
14:0....g	0.000	0.000	5	A	1		0.000		
15:0....g	0.000	0.000	5	A	1		0.000		
16:0....g	0.251	0.045	5	A	1		0.143		
17:0....g	0.000	0.000	5	A	1		0.000		
18:0....g	0.025	0.014	5	A	1		0.014		
20:0....g	0.000	0.000	5	A	1		0.000		
22:0....g	0.000	0.000	5	A	1		0.000		
24:0....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total monounsaturated....g	0.171		0	NC	4		0.098		
14:1....g	0.000	0.001	5	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.000	0.000	5	A	1		0.000		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	0.171	0.008	5	JA	6		0.097		
18:1 c....g	0.171	0.005	3	A	1		0.097		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	3	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.000	0.000	5	A	1		0.000		
22:1 undifferentiated....g	0.000	0.000	5	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.564		0	NC	4		0.321		
18:2 undifferentiated....g	0.540	0.037	5	A	1		0.308		
18:3 undifferentiated....g	0.024	0.010	5	JA	6		0.014		
18:3 n-3 c,c,c (ALA)....g	0.024	0.016	3	A	1		0.014		
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000		
18:3i....g									
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	5	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	5	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.185		0	A	1		0.106		
Threonine....g	0.462		0	A	1		0.263		
Isoleucine....g	0.511		0	A	1		0.291		
Leucine....g	0.988		0	A	1		0.563		
Lysine....g	0.298		0	A	1		0.170		
Methionine....g	0.147		0	A	1		0.084		
Cystine....g	0.255		0	A	1		0.145		
Phenylalanine....g	0.668		0	A	1		0.381		
Tyrosine....g	0.243		0	A	1		0.139		

NDB No. 20420
Spaghetti, dry, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine....g	0.588		0	A	1		0.335		
Arginine....g	0.474		0	A	1		0.270		
Histidine....g	0.298		0	A	1		0.170		
Alanine....g	0.438		0	A	1		0.250		
Aspartic acid....g	0.624		0	A	1		0.356		
Glutamic acid....g	4.596		0	A	1		2.620		
Glycine....g	0.441		0	A	1		0.251		
Proline....g	1.569		0	A	1		0.894		
Serine....g	0.617		0	A	1		0.352		
Hydroxyproline....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20123
Spaghetti, protein-fortified, cooked, enriched (N x 5.70)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.73	3.346	4		1		83.62		
Energy	kcal	164		0	NC	4		230		
Energy	kJ	686				4		961		
Protein (N x 5.7)	g	8.08	0.756	4		1		11.31		
Total lipid (fat)	g	0.21	0.096	7		1		0.29		
Ash	g	0.31	0.030	4		1		0.43		
Carbohydrate, by difference	g	31.66		0	NC	4		44.32		
Fiber, total dietary	g	1.7		0		4		2.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10	1.443	4		1		14		
Iron, Fe	mg	0.72	0.255	4		1		1.01		
Magnesium, Mg	mg	30	6.998	3		1		42		
Phosphorus, P	mg	50	24.913	3		1		70		
Potassium, K	mg	42	1.695	3		1		59		
Sodium, Na	mg	5	0.806	3		1		7		
Zinc, Zn	mg	0.50	0.060	3		1		0.70		
Copper, Cu	mg	0.084	0.034	3		1		0.118		
Manganese, Mn	mg	0.417		1		1		0.584		
Selenium, Se	mcg	25.2		0	BFSN	4		35.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.298	0.020	5		1		0.417		
Riboflavin	mg	0.161	0.009	5		1		0.225		
Niacin	mg	1.837	0.168	3		1		2.572		
Pantothenic acid	mg	0.286	0.073	4		1		0.400		
Vitamin B-6	mg	0.064	0.007	3		1		0.090		
Folate, total	mcg	82		0	BFSY	4		115		
Folic acid	mcg	71		0	NC	4		99		
Folate, food	mcg	11	4.376	3		1		15		
Folate, DFE	mcg_DFE	132		0	NC	4		184		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.032		0		1		0.045		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		

NDB No. 20123
Spaghetti, protein-fortified, cooked, enriched (N x 5.70)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000		
12:0 ... g	0.000		0		1		0.000		
13:0 ... g									
14:0 ... g	0.000		0		1		0.000		
15:0 ... g									
16:0 ... g	0.028		0		1		0.039		
17:0 ... g									
18:0 ... g	0.003		0		1		0.004		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.026		0		1		0.036		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0		1		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.026		0		1		0.036		
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	0.095		0		1		0.133		
18:2 undifferentiated ... g	0.086		0		1		0.120		
18:3 undifferentiated ... g	0.009		0		1		0.013		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 (EPA) ... g	0.000		0		1		0.000		
22:5 n-3 (DPA) ... g	0.000		0		1		0.000		
22:6 n-3 (DHA) ... g	0.000		0		1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	Z	7		0		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.103		0		1		0.144		
Threonine ... g	0.228		0		1		0.319		
Isoleucine ... g	0.319		0		1		0.447		
Leucine ... g	0.557		0		1		0.780		
Lysine ... g	0.191		0		1		0.267		
Methionine ... g	0.129		0		1		0.181		
Cystine ... g	0.220		0		1		0.308		
Phenylalanine ... g	0.391		0		1		0.547		
Tyrosine ... g	0.220		0		1		0.308		
Valine ... g	0.354		0		1		0.496		
Arginine ... g	0.315		0		1		0.441		
Histidine ... g	0.169		0		1		0.237		
Alanine ... g	0.259		0		1		0.363		
Aspartic acid ... g	0.367		0		1		0.514		
Glutamic acid ... g	2.782		0		1		3.895		
Glycine ... g	0.269		0		1		0.377		
Proline ... g	0.848		0		1		1.187		
Serine ... g	0.383		0		1		0.536		
Hydroxyproline ... g									
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.

NDB No. 20123

Spaghetti, protein-fortified, cooked, enriched (N x 5.70)

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20523
Spaghetti, protein-fortified, cooked, enriched (n x 6.25)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.73	3.346	4		1		83.62		
Energy....kcal	164		0	NC	4		230		
Energy....kJ	686				4		961		
Protein (N x 5.7)....g	8.86		1		1		12.40		
Total lipid (fat)....g	0.21	0.096	7		1		0.29		
Ash....g	0.31	0.030	4		1		0.43		
Carbohydrate, by difference....g	30.88		0	NC	4		43.23		
Fiber, total dietary....g	2.0		0		4		2.8		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10	1.443	4		1		14		
Iron, Fe....mg	0.72	0.255	4		1		1.01		
Magnesium, Mg....mg	30	6.998	3		1		42		
Phosphorus, P....mg	50	24.913	3		1		70		
Potassium, K....mg	42	1.695	3		1		59		
Sodium, Na....mg	5	0.806	3		1		7		
Zinc, Zn....mg	0.50	0.060	3		1		0.70		
Copper, Cu....mg	0.084	0.034	3		1		0.118		
Manganese, Mn....mg	0.417		1		1		0.584		
Selenium, Se....mcg	25.2		0	BFSN	4		35.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.298	0.020	5		1		0.417		
Riboflavin....mg	0.161	0.009	5		1		0.225		
Niacin....mg	1.837	0.168	3		1		2.572		
Pantothenic acid....mg	0.286	0.073	4		1		0.400		
Vitamin B-6....mg	0.064	0.007	3		1		0.090		
Folate, total....mcg	82		0	BFSY	4		115		
Folic acid....mcg	71		0	NC	4		99		
Folate, food....mcg	11	4.376	3		1		15		
Folate, DFE....mcg_DFE	132		0	NC	4		184		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.032		0		1		0.045		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20523
Spaghetti, protein-fortified, cooked, enriched (n x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.028		0		1		0.039		
17:0....g									
18:0....g	0.003		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.026		0		1		0.036		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.026		0		1		0.036		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.095		0		1		0.133		
18:2 undifferentiated....g	0.086		0		1		0.120		
18:3 undifferentiated....g	0.009		0		1		0.013		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.103		0		1		0.144		
Threonine....g	0.228		0		1		0.319		
Isoleucine....g	0.319		0		1		0.447		
Leucine....g	0.557		0		1		0.780		
Lysine....g	0.191		0		1		0.267		
Methionine....g	0.129		0		1		0.181		
Cystine....g	0.220		0		1		0.308		
Phenylalanine....g	0.391		0		1		0.547		
Tyrosine....g	0.220		0		1		0.308		
Valine....g	0.354		0		1		0.496		
Arginine....g	0.315		0		1		0.441		
Histidine....g	0.169		0		1		0.237		
Alanine....g	0.259		0		1		0.363		
Aspartic acid....g	0.367		0		1		0.514		
Glutamic acid....g	2.782		0		1		3.895		
Glycine....g	0.269		0		1		0.377		
Proline....g	0.848		0		1		1.187		
Serine....g	0.383		0		1		0.536		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 140g: 1 cup

NDB No. 20523
Spaghetti, protein-fortified, cooked, enriched (n x 6.25)

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20122
Spaghetti, protein-fortified, dry, enriched (n x 5.70)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.23	0.620	14		1		5.26		
Energy	kcal	375		0	NC	4		214		
Energy	kJ	1569				4		894		
Protein (N x 5.7)	g	19.86	0.618	17		1		11.32		
Total lipid (fat)	g	2.23	0.249	20		1		1.27		
Ash	g	1.12	0.082	14		1		0.64		
Carbohydrate, by difference	g	67.56		0	NC	4		38.51		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	39	5.526	19		1		22		
Iron, Fe	mg	4.15	0.334	19		1		2.37		
Magnesium, Mg	mg	65	12.843	6		1		37		
Phosphorus, P	mg	163	44.753	5		1		93		
Potassium, K	mg	201	26.503	6		1		115		
Sodium, Na	mg	8	2.167	10		1		5		
Zinc, Zn	mg	1.79	0.290	6		1		1.02		
Copper, Cu	mg	0.278	0.053	6		1		0.158		
Manganese, Mn	mg	0.910	0.251	3		1		0.519		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	1.187	0.059	19		1		0.677		
Riboflavin	mg	0.475	0.022	20		1		0.271		
Niacin	mg	7.654	0.503	18		1		4.363		
Pantothenic acid	mg	0.684	0.085	4		1		0.390		
Vitamin B-6	mg	0.178	0.030	5		1		0.101		
Folate, total	mcg	278		0	BFZN	4		158		
Folic acid	mcg	258		0	NC	4		147		
Folate, food	mcg	20	5.073	5		1		11		
Folate, DFE	mcg_DFE	458		0	NC	4		261		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.328		0		1		0.187		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20122
Spaghetti, protein-fortified, dry, enriched (n x 5.70)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.004		0		1		0.002		
15:0....g									
16:0....g	0.291		0		1		0.166		
17:0....g									
18:0....g	0.032		0		1		0.018		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.271		0		1		0.154		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.270		0		1		0.154		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.986		0		1		0.562		
18:2 undifferentiated....g	0.893		0		1		0.509		
18:3 undifferentiated....g	0.093		0		1		0.053		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.254		0		1		0.145		
Threonine....g	0.561		0		1		0.320		
Isoleucine....g	0.784		0		1		0.447		
Leucine....g	1.369		0		1		0.780		
Lysine....g	0.470		0		1		0.268		
Methionine....g	0.317		0		1		0.181		
Cystine....g	0.540		0		1		0.308		
Phenylalanine....g	0.962		0		1		0.548		
Tyrosine....g	0.540		0		1		0.308		
Valine....g	0.871		0		1		0.496		
Arginine....g	0.774		0		1		0.441		
Histidine....g	0.415		0		1		0.237		
Alanine....g	0.638		0		1		0.364		
Aspartic acid....g	0.902		0		1		0.514		
Glutamic acid....g	6.840		0		1		3.899		
Glycine....g	0.662		0		1		0.377		
Proline....g	2.084		0		1		1.188		
Serine....g	0.941		0		1		0.536		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 57g: 2 oz

NDB No. 20122
Spaghetti, protein-fortified, dry, enriched (n x 5.70)

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20622
Spaghetti, protein-fortified, dry, enriched (n x 6.25)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.23	0.620	14		1		5.26		
Energy	kcal	374		0	NC	4		213		
Energy	kJ	1565				4		892		
Protein (N x 5.7)	g	21.78		1		1		12.41		
Total lipid (fat)	g	2.23	0.249	20		1		1.27		
Ash	g	1.12	0.082	14		1		0.64		
Carbohydrate, by difference	g	65.65		0	NC	4		37.42		
Fiber, total dietary	g	2.4		0		4		1.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	39	5.526	19		1		22		
Iron, Fe	mg	4.15	0.334	19		1		2.37		
Magnesium, Mg	mg	65	12.843	6		1		37		
Phosphorus, P	mg	163	44.753	5		1		93		
Potassium, K	mg	201	26.503	6		1		115		
Sodium, Na	mg	8	2.167	10		1		5		
Zinc, Zn	mg	1.79	0.290	6		1		1.02		
Copper, Cu	mg	0.278	0.053	6		1		0.158		
Manganese, Mn	mg	0.910	0.251	3		1		0.519		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	1.187	0.059	19		1		0.677		
Riboflavin	mg	0.475	0.022	20		1		0.271		
Niacin	mg	7.654	0.503	18		1		4.363		
Pantothenic acid	mg	0.684	0.085	4		1		0.390		
Vitamin B-6	mg	0.178	0.030	5		1		0.101		
Folate, total	mcg	278		0	BFZN	4		158		
Folic acid	mcg	258		0	NC	4		147		
Folate, food	mcg	20	5.073	5		1		11		
Folate, DFE	mcg_DFE	458		0	NC	4		261		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.328		0		1		0.187		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20622
Spaghetti, protein-fortified, dry, enriched (n x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.004		0		1		0.002		
15:0....g									
16:0....g	0.291		0		1		0.166		
17:0....g									
18:0....g	0.032		0		1		0.018		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.271		0		1		0.154		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.270		0		1		0.154		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.986		0		1		0.562		
18:2 undifferentiated....g	0.893		0		1		0.509		
18:3 undifferentiated....g	0.093		0		1		0.053		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.254		0		1		0.145		
Threonine....g	0.561		0		1		0.320		
Isoleucine....g	0.784		0		1		0.447		
Leucine....g	1.369		0		1		0.780		
Lysine....g	0.470		0		1		0.268		
Methionine....g	0.317		0		1		0.181		
Cystine....g	0.540		0		1		0.308		
Phenylalanine....g	0.962		0		1		0.548		
Tyrosine....g	0.540		0		1		0.308		
Valine....g	0.871		0		1		0.496		
Arginine....g	0.774		0		1		0.441		
Histidine....g	0.415		0		1		0.237		
Alanine....g	0.638		0		1		0.364		
Aspartic acid....g	0.902		0		1		0.514		
Glutamic acid....g	6.840		0		1		3.899		
Glycine....g	0.662		0		1		0.377		
Proline....g	2.084		0		1		1.188		
Serine....g	0.941		0		1		0.536		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 57g: 2 oz

NDB No. 20622
Spaghetti, protein-fortified, dry, enriched (n x 6.25)

Calories Factors: Protein 3.91 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20127
Spaghetti, spinach, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.14		1		1		95.40		
Energy	kcal	130		0	NC	4		182		
Energy	kJ	544				4		761		
Protein (N x 5.72)	g	4.58		1		1		6.41		
Total lipid (fat)	g	0.63		1		1		0.88		
Ash	g	0.50		1		1		0.70		
Carbohydrate, by difference	g	26.15		0	NC	4		36.61		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		1		1		42		
Iron, Fe	mg	1.04		1		1		1.46		
Magnesium, Mg	mg	62		1		1		87		
Phosphorus, P	mg	108		1		1		151		
Potassium, K	mg	58		1		1		81		
Sodium, Na	mg	14		1		1		20		
Zinc, Zn	mg	1.08		1		1		1.51		
Copper, Cu	mg	0.205		1		1		0.287		
Manganese, Mn	mg	1.504		1		1		2.106		
Selenium, Se	mcg	22.1		0	BFSN	4		30.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.097		1		1		0.136		
Riboflavin	mg	0.103		1		1		0.144		
Niacin	mg	1.530		1		1		2.142		
Pantothenic acid	mg	0.183		2		1		0.256		
Vitamin B-6	mg	0.096		1		1		0.134		
Folate, total	mcg	12		1		4		17		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	12		1		4		17		
Folate, DFE	mcg_DFE	12		0	NC	4		17		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	8		0		4		11		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	152		0		4		213		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.091		0		1		0.127		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20127
Spaghetti, spinach, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.002		0		1		0.003		
15:0 g									
16:0 g	0.078		0		1		0.109		
17:0 g									
18:0 g	0.011		0		1		0.015		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.072		0		1		0.101		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.072		0		1		0.101		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.257		0		1		0.360		
18:2 undifferentiated g	0.227		0		1		0.318		
18:3 undifferentiated g	0.030		0		1		0.042		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.058		0		1		0.081		
Threonine g	0.123		0		1		0.172		
Isoleucine g	0.177		0		1		0.248		
Leucine g	0.312		0		1		0.437		
Lysine g	0.094		0		1		0.132		
Methionine g	0.071		0		1		0.099		
Cystine g	0.126		0		1		0.176		
Phenylalanine g	0.220		0		1		0.308		
Tyrosine g	0.122		0		1		0.171		
Valine g	0.196		0		1		0.274		
Arginine g	0.170		0		1		0.238		
Histidine g	0.093		0		1		0.130		
Alanine g	0.137		0		1		0.192		
Aspartic acid g	0.198		0		1		0.277		
Glutamic acid g	1.619		0		1		2.267		
Glycine g	0.146		0		1		0.204		
Proline g	0.488		0		1		0.683		
Serine g	0.218		0		1		0.305		
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: 1 cup

NDB No. 20127
Spaghetti, spinach, cooked

Calories Factors: Protein 3.86 **Fat** 8.37 **Carbohydrate** 4.11

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20126
Spaghetti, spinach, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.34	0.384	3		1		4.75		
Energy	kcal	372		0	NC	4		212		
Energy	kJ	1556		0		4		887		
Protein (N x 5.72)	g	13.35	0.374	4		1		7.61		
Total lipid (fat)	g	1.57	0.189	3		1		0.89		
Ash	g	1.93	0.052	3		1		1.10		
Carbohydrate, by difference	g	74.81		0	NC	4		42.64		
Fiber, total dietary	g	10.6		0		1		6.0		
Sugars, total	g	2.72		0	RA	4		1.55		
Starch	g									
Minerals:										
Calcium, Ca	mg	58	6.057	3		1		33		
Iron, Fe	mg	2.13		2		1		1.21		
Magnesium, Mg	mg	174	8.414	3		1		99		
Phosphorus, P	mg	332	18.397	3		1		189		
Potassium, K	mg	376	40.845	3		1		214		
Sodium, Na	mg	36	11.646	3		1		21		
Zinc, Zn	mg	2.76	0.115	3		1		1.57		
Copper, Cu	mg	0.499	0.017	3		1		0.284		
Manganese, Mn	mg	2.645	0.599	3		1		1.508		
Selenium, Se	mcg	63.5		0	BFSN	4		36.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.373	0.078	4		1		0.213		
Riboflavin	mg	0.196	0.067	4		1		0.112		
Niacin	mg	4.550		1		1		2.594		
Pantothenic acid	mg	1.214	0.061	4		1		0.692		
Vitamin B-6	mg	0.323	0.020	3		1		0.184		
Folate, total	mcg	48		2		1		27		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	48		2		1		27		
Folate, DFE	mcg_DFE	48		0	NC	4		27		
Choline, total	mg	17.1		0	RA	4		9.8		
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	23		0	NC	4		13		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	277		0	BNA	4		158		
Carotene, alpha	mcg	0		0	BNA	4		0		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0		
Vitamin A, IU	IU	461		0		4		263		
Lycopene	mcg	0		0	RA	4		0		
Lutein + zeaxanthin	mcg	3487		0	RA	4		1988		
Vitamin E (alpha-tocopherol)	mg	0.74		0	RA	4		0.42		
Vitamin E, added	mg	0.00		0	RA	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	151.5		0	RA	4		86.4		
Lipids:										
Fatty acids, total saturated	g	0.226		0		1		0.129		
4:0	g	0.000		0		1		0.000		

NDB No. 20126
Spaghetti, spinach, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0		1		0.000		
8:0 ....g	0.000		0		1		0.000		
10:0 ....g	0.000		0		1		0.000		
12:0 ....g	0.000		0		1		0.000		
13:0 ....g									
14:0 ....g	0.004		0		1		0.002		
15:0 ....g									
16:0 ....g	0.196		0		1		0.112		
17:0 ....g									
18:0 ....g	0.026		0		1		0.015		
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.181		0		1		0.103		
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.001		0		1		0.001		
17:1 ....g									
18:1 undifferentiated ....g	0.180		0		1		0.103		
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	0.641		0		1		0.365		
18:2 undifferentiated ....g	0.566		0		1		0.323		
18:3 undifferentiated ....g	0.074		0		1		0.042		
18:4 ....g	0.000		0		1		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000		
20:5 n-3 (EPA) ....g	0.000		0		1		0.000		
22:5 n-3 (DPA) ....g	0.000		0		1		0.000		
22:6 n-3 (DHA) ....g	0.000		0		1		0.000		
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0	Z	7		0		
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.170		0		1		0.097		
Threonine ....g	0.360		0		1		0.205		
Isoleucine ....g	0.516		0		1		0.294		
Leucine ....g	0.911		0		1		0.519		
Lysine ....g	0.273		0		1		0.156		
Methionine ....g	0.208		0		1		0.119		
Cystine ....g	0.369		0		1		0.210		
Phenylalanine ....g	0.642		0		1		0.366		
Tyrosine ....g	0.355		0		1		0.202		
Valine ....g	0.572		0		1		0.326		
Arginine ....g	0.495		0		1		0.282		
Histidine ....g	0.271		0		1		0.154		
Alanine ....g	0.399		0		1		0.227		
Aspartic acid ....g	0.577		0		1		0.329		
Glutamic acid ....g	4.726		0		1		2.694		
Glycine ....g	0.425		0		1		0.242		
Proline ....g	1.424		0		1		0.812		
Serine ....g	0.635		0		1		0.362		
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. 20126
Spaghetti, spinach, dry

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.86 **Fat** 8.37 **Carbohydrate** 4.11

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20125
Spaghetti, whole-wheat, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.15	0.349	5		1		94.01		
Energy....kcal	124		0	NC	4		174		
Energy....kJ	519		0		4		726		
Protein (N x 5.83)....g	5.33	0.658	5		1		7.46		
Total lipid (fat)....g	0.54	0.222	5		1		0.76		
Ash....g	0.44	0.026	5		1		0.62		
Carbohydrate, by difference....g	26.54		0	NC	4		37.16		
Fiber, total dietary....g	4.5		0		4		6.3		
Sugars, total....g	0.80		0	BFZN	4		1.12		
Starch....g									
Minerals:									
Calcium, Ca....mg	15	1.472	5		1		21		
Iron, Fe....mg	1.06	0.178	5		1		1.48		
Magnesium, Mg....mg	30	9.238	5		1		42		
Phosphorus, P....mg	89	15.799	4		1		125		
Potassium, K....mg	44	7.817	5		1		62		
Sodium, Na....mg	3	0.380	5		1		4		
Zinc, Zn....mg	0.81	0.167	6		1		1.13		
Copper, Cu....mg	0.167	0.047	6		1		0.234		
Manganese, Mn....mg	1.379		2		1		1.931		
Selenium, Se....mcg	25.9		0	BFSN	4		36.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.108	0.005	6		1		0.151		
Riboflavin....mg	0.045	0.015	6		1		0.063		
Niacin....mg	0.707	0.341	4		1		0.990		
Pantothenic acid....mg	0.419	0.102	5		1		0.587		
Vitamin B-6....mg	0.079	0.005	4		1		0.111		
Folate, total....mcg	5	1.381	3		1		7		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	5	1.381	3		1		7		
Folate, DFE....mcg_DFE	5		0	NC	4		7		
Choline, total....mg	10.7		0	BFZN	4		15.0		
Betaine....mg	26.6		0	BFZN	4		37.3		
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	2		0	BFZN	4		3		
Carotene, alpha....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFZN	4		0		
Vitamin A, IU....IU	3		0	NC	4		5		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	81		0	BFZN	4		113		
Vitamin E (alpha-tocopherol)....mg	0.30		0	BFZN	4		0.42		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	0.7		0	BFZN	4		0.9		
Lipids:									
Fatty acids, total saturated....g	0.099		0		1		0.139		
4:0....g	0.000		0		1		0.000		

NDB No. 20125
Spaghetti, whole-wheat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.001		0		1		0.001		
15:0 g									
16:0 g	0.092		0		1		0.129		
17:0 g									
18:0 g	0.005		0		1		0.007		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.075		0		1		0.105		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		1		0.003		
17:1 g									
18:1 undifferentiated g	0.073		0		1		0.102		
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	0.213		0		1		0.298		
18:2 undifferentiated g	0.203		0		1		0.284		
18:3 undifferentiated g	0.010		0		1		0.014		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.069		0		1		0.097		
Threonine g	0.143		0		1		0.200		
Isoleucine g	0.207		0		1		0.290		
Leucine g	0.364		0		1		0.510		
Lysine g	0.118		0		1		0.165		
Methionine g	0.086		0		1		0.120		
Cystine g	0.111		0		1		0.155		
Phenylalanine g	0.265		0		1		0.371		
Tyrosine g	0.139		0		1		0.195		
Valine g	0.231		0		1		0.323		
Arginine g	0.188		0		1		0.263		
Histidine g	0.125		0		1		0.175		
Alanine g	0.166		0		1		0.232		
Aspartic acid g	0.240		0		1		0.336		
Glutamic acid g	1.847		0		1		2.586		
Glycine g	0.193		0		1		0.270		
Proline g	0.568		0		1		0.795		
Serine g	0.260		0		1		0.364		
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. 20125
Spaghetti, whole-wheat, cooked

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20124
Spaghetti, whole-wheat, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.34	0.828	8		1		4.18		
Energy....kcal	348		0	NC	4		198		
Energy....kJ	1456				4		830		
Protein (N x 5.83)....g	14.63	0.781	7		1		8.34		
Total lipid (fat)....g	1.40	0.345	8		1		0.80		
Ash....g	1.60	0.079	8		1		0.91		
Carbohydrate, by difference....g	75.03		0	NC	4		42.77		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	40	5.575	7		1		23		
Iron, Fe....mg	3.63	0.288	7		1		2.07		
Magnesium, Mg....mg	143	10.035	7		1		82		
Phosphorus, P....mg	258	36.228	6		1		147		
Potassium, K....mg	215	43.128	7		1		123		
Sodium, Na....mg	8	1.858	7		1		5		
Zinc, Zn....mg	2.37	0.284	7		1		1.35		
Copper, Cu....mg	0.454	0.029	8		1		0.259		
Manganese, Mn....mg	3.055	0.734	4		1		1.741		
Selenium, Se....mcg	73.0		0	BFSN	4		41.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.488	0.034	7		1		0.278		
Riboflavin....mg	0.143	0.040	7		1		0.082		
Niacin....mg	5.130	0.095	6		1		2.924		
Pantothenic acid....mg	0.984	0.179	5		1		0.561		
Vitamin B-6....mg	0.223	0.060	6		1		0.127		
Folate, total....mcg	57	7.296	6		1		32		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	57	7.296	6		1		32		
Folate, DFE....mcg_DFE	57		0	NC	4		32		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.258		0		1		0.147		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20124
Spaghetti, whole-wheat, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.002		0		1		0.001		
15:0....g									
16:0....g	0.240		0		1		0.137		
17:0....g									
18:0....g	0.013		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.195		0		1		0.111		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.190		0		1		0.108		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.556		0		1		0.317		
18:2 undifferentiated....g	0.529		0		1		0.302		
18:3 undifferentiated....g	0.027		0		1		0.015		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.188		0		1		0.107		
Threonine....g	0.392		0		1		0.223		
Isoleucine....g	0.570		0		1		0.325		
Leucine....g	0.999		0		1		0.569		
Lysine....g	0.324		0		1		0.185		
Methionine....g	0.236		0		1		0.135		
Cystine....g	0.306		0		1		0.174		
Phenylalanine....g	0.728		0		1		0.415		
Tyrosine....g	0.382		0		1		0.218		
Valine....g	0.635		0		1		0.362		
Arginine....g	0.517		0		1		0.295		
Histidine....g	0.344		0		1		0.196		
Alanine....g	0.457		0		1		0.260		
Aspartic acid....g	0.660		0		1		0.376		
Glutamic acid....g	5.073		0		1		2.892		
Glycine....g	0.530		0		1		0.302		
Proline....g	1.561		0		1		0.890		
Serine....g	0.713		0		1		0.406		
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 = 57g: 2 oz

NDB No. 20124
Spaghetti, whole-wheat, dry

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20141

Spelt, cooked

Triticum aestivum L. subsp. spelta

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.56	0.392	3	A	1		129.13		
Energy....kcal	127		0	NC	4		246		
Energy....kJ	530		0	NC	4		1029		
Protein (N x 5.83)....g	5.50	0.460	3	A	1		10.67		
Total lipid (fat)....g	0.85	0.089	3	A	1		1.64		
Ash....g	0.65	0.020	3	A	1		1.27		
Carbohydrate, by difference....g	26.44		0	NC	4		51.30		
Fiber, total dietary....g	3.9	0.176	3	A	1		7.5		
Sugars, total....g									
Starch....g	19.57	0.348	3	A	1		37.96		
Minerals:									
Calcium, Ca....mg	10	0.242	3	A	1		20		
Iron, Fe....mg	1.67	0.117	3	A	1		3.25		
Magnesium, Mg....mg	49	1.587	3	A	1		95		
Phosphorus, P....mg	150	11.020	3	A	1		290		
Potassium, K....mg	143	5.548	3	A	1		277		
Sodium, Na....mg	5	0.969	3	A	1		10		
Zinc, Zn....mg	1.25	0.149	3	A	1		2.42		
Copper, Cu....mg	0.215	0.008	3	A	1		0.416		
Manganese, Mn....mg	1.091	0.060	3	A	1		2.116		
Selenium, Se....mcg	4.0	0.924	3	A	1		7.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.103	0.009	3	A	1		0.200		
Riboflavin....mg	0.030	0.010	3	A	1		0.058		
Niacin....mg	2.570	0.175	3	A	1		4.986		
Pantothenic acid....mg									
Vitamin B-6....mg	0.080	0.000	3	A	1		0.155		
Folate, total....mcg	13	2.517	3	A	1		25		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	13	2.517	3	A	1		25		
Folate, DFE....mcg_DFE	13		0	NC	4		25		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	BFSN	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	4		0	BFSN	4		7		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.26	0.030	3	A	1		0.50		
Tocopherol, beta....mg	0.08	0.006	3	A	1		0.16		
Tocopherol, gamma....mg	0.55	0.026	3	A	1		1.06		
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00		
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. 20141
Spelt, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		0	Z	7		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 = 194g: 1 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20140
Spelt, uncooked
Triticum aestivum L. subsp. spelta

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.02	1.528	3	A	1		19.18		
Energy....kcal	338		0	NC	4		588		
Energy....kJ	1414		0	NC	4		2461		
Protein (N x 5.83)....g	14.57	1.423	3	A	1		25.35		
Total lipid (fat)....g	2.43	0.187	3	A	1		4.24		
Ash....g	1.78	0.078	3	A	1		3.10		
Carbohydrate, by difference....g	70.19		0	NC	4		122.13		
Fiber, total dietary....g	10.7	0.809	3	A	1		18.6		
Sugars, total....g	6.82	1.036	3	A	1		11.87		
Sucrose....g	0.59	0.049	3	A	1		1.03		
Glucose (dextrose)....g	0.84	0.082	3	A	1		1.46		
Fructose....g	0.24	0.028	3	A	1		0.41		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	5.15	0.944	3	A	1		8.96		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g	53.92	1.529	3	A	1		93.83		
Minerals:									
Calcium, Ca....mg	27	0.384	3	A	1		48		
Iron, Fe....mg	4.44	0.107	3	A	1		7.72		
Magnesium, Mg....mg	136	3.756	3	A	1		236		
Phosphorus, P....mg	401	25.580	3	A	1		698		
Potassium, K....mg	388	2.309	3	A	1		675		
Sodium, Na....mg	8	2.077	3	A	1		13		
Zinc, Zn....mg	3.28	0.310	3	A	1		5.71		
Copper, Cu....mg	0.511	0.051	3	A	1		0.889		
Manganese, Mn....mg	2.983	0.212	3	A	1		5.191		
Selenium, Se....mcg	11.7	4.756	3	A	1		20.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.364	0.005	3	A	1		0.633		
Riboflavin....mg	0.113	0.007	3	A	1		0.197		
Niacin....mg	6.843	0.159	3	A	1		11.907		
Pantothenic acid....mg	1.068	0.076	3	A	1		1.858		
Vitamin B-6....mg	0.230	0.011	3	A	1		0.400		
Folate, total....mcg	45	6.386	3	A	1		79		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	45	6.386	3	A	1		79		
Folate, DFE....mcg_DFE	45		0	NC	4		79		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		1	A	1		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	5		1	A	1		10		
Carotene, alpha....mcg	0		1	A	1		1		
Cryptoxanthin, beta....mcg	0		1	A	1		0		
Vitamin A, IU....IU	10		0	AS	1		17		
Lycopene....mcg	0		1	A	1		0		
Lutein + zeaxanthin....mcg	169		1	A	1		294		
Vitamin E (alpha-tocopherol)....mg	0.79	0.022	3	A	1		1.37		
Tocopherol, beta....mg	0.25	0.003	3	A	1		0.43		
Tocopherol, gamma....mg	1.71	0.101	3	A	1		2.98		
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	3.6		1	A	1		6.3		

NDB No. 20140
Spelt, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....mcg	3.6			A	1				
Lipids:									
Fatty acids, total saturated....g	0.406		0	NC	4		0.707		
4:0....g									
6:0....g									
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	0.370	0.034	3	A	1		0.644		
17:0....g	0.000		2	A	1		0.000		
18:0....g	0.024	0.001	3	A	1		0.042		
20:0....g	0.004	0.000	3	A	1		0.007		
22:0....g	0.008	0.000	3	A	1		0.014		
24:0....g									
Fatty acids, total monounsaturated....g	0.445		0	NC	4		0.775		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.003	0.000	3	A	1		0.006		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	0.423	0.053	3	A	1		0.736		
20:1....g	0.019	0.003	3	A	1		0.033		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.258		0	NC	4		2.189		
18:2 undifferentiated....g	1.193	0.110	3	A	1		2.076		
18:3 undifferentiated....g	0.065	0.002	3	AS	1		0.112		
18:3 n-3 c,c,c (ALA)....g	0.065	0.002	3	A	1		0.112		
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	3	A	1		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		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.132		0	A	1		0.229		
Threonine....g	0.443		0	A	1		0.771		
Isoleucine....g	0.552		0	A	1		0.960		
Leucine....g	1.070		0	A	1		1.861		
Lysine....g	0.409		0	A	1		0.712		
Methionine....g	0.258		0	A	1		0.449		
Cystine....g	0.330		0	A	1		0.574		
Phenylalanine....g	0.737		0	A	1		1.282		
Tyrosine....g	0.377		0	A	1		0.656		
Valine....g	0.681		0	A	1		1.185		
Arginine....g	0.687		0	A	1		1.195		
Histidine....g	0.360		0	A	1		0.626		
Alanine....g	0.534		0	A	1		0.929		
Aspartic acid....g	0.757		0	A	1		1.317		

NDB No. 20140
Spelt, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g	4.651		0	A	1		8.093		
Glycine.....g	0.602		0	A	1		1.047		
Proline.....g	1.625		0	A	1		2.827		
Serine.....g	0.725		0	A	1		1.262		
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 = 174g: 1 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate**3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20068
Tapioca, pearl, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.99		2		1		16.70		
Energy	kcal	358		0	NC	4		544		
Energy	kJ	1498		0		4		2277		
Protein (N x 6.25)	g	0.19		2		1		0.29		
Total lipid (fat)	g	0.02		2		1		0.03		
Ash	g	0.11		2		1		0.17		
Carbohydrate, by difference	g	88.69		0	NC	4		134.81		
Fiber, total dietary	g	0.9		0		1		1.4		
Sugars, total	g	3.35		0	BFSN	4		5.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	20		2		1		30		
Iron, Fe	mg	1.58		2		1		2.40		
Magnesium, Mg	mg	1		2		1		2		
Phosphorus, P	mg	7		2		1		11		
Potassium, K	mg	11		2		1		17		
Sodium, Na	mg	1		2		1		2		
Zinc, Zn	mg	0.12		2		1		0.18		
Copper, Cu	mg	0.020		2		1		0.030		
Manganese, Mn	mg	0.110		2		1		0.167		
Selenium, Se	mcg	0.8		5	A	1		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.004		2		1		0.006		
Riboflavin	mg	0.000		2		1		0.000		
Niacin	mg	0.000		2		1		0.000		
Pantothenic acid	mg	0.135		2		1		0.205		
Vitamin B-6	mg	0.008		2		1		0.012		
Folate, total	mcg	4		2		1		6		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		2		1		6		
Folate, DFE	mcg_DFE	4		0	NC	4		6		
Choline, total	mg	1.2		0	BFPN	4		1.9		
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	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0		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	0.005		0		4		0.008		
4:0	g	0.000		0		4		0.000		

NDB No. 20068
Tapioca, pearl, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of 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	0.005		0		4		0.008		
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	0.005		0		4		0.008		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		4		0.000		
17:1 g									
18:1 undifferentiated g	0.005		0		4		0.008		
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	0.003		0		4		0.005		
18:2 undifferentiated g	0.002		0		4		0.003		
18:3 undifferentiated g	0.001		0		4		0.002		
18:4 g	0.000		0		4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000		
20:5 n-3 (EPA) g	0.000		0		4		0.000		
22:5 n-3 (DPA) g	0.000		0		4		0.000		
22:6 n-3 (DHA) g	0.000		0		4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.003		23		1		0.005		
Threonine g	0.004		23		1		0.006		
Isoleucine g	0.004		23		1		0.006		
Leucine g	0.006		23		1		0.009		
Lysine g	0.006		23		1		0.009		
Methionine g	0.002		23		1		0.003		
Cystine g	0.004		20		1		0.006		
Phenylalanine g	0.004		23		1		0.006		
Tyrosine g	0.002		23		1		0.003		
Valine g	0.005		23		1		0.008		
Arginine g	0.019		23		1		0.029		
Histidine g	0.003		23		1		0.005		
Alanine g	0.005		22		1		0.008		
Aspartic acid g	0.011		22		1		0.017		
Glutamic acid g	0.029		22		1		0.044		
Glycine g	0.004		22		1		0.006		
Proline g	0.005		22		1		0.008		
Serine g	0.005		22		1		0.008		
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. 20068
Tapioca, pearl, dry

Common Measures:

Measure 1 = 152g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20143
Teff, cooked
Eragrostis tef (Zuccagni) Trotter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.93	0.047	3	A	1		188.82		
Energy....kcal	101		0	NC	4		254		
Energy....kJ	422		0	NC	4		1063		
Protein (N x 6.25)....g	3.87	0.288	3	A	1		9.76		
Total lipid (fat)....g	0.65	0.024	3	A	1		1.65		
Ash....g	0.69	0.007	3	A	1		1.73		
Carbohydrate, by difference....g	19.86		0	NC	4		50.04		
Fiber, total dietary....g	2.2		0	BFSN	4		5.6		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	49		2	A	1		124		
Iron, Fe....mg	2.05		2	A	1		5.16		
Magnesium, Mg....mg	50		2	A	1		125		
Phosphorus, P....mg	120		2	A	1		302		
Potassium, K....mg	107		2	A	1		270		
Sodium, Na....mg	8		2	A	1		19		
Zinc, Zn....mg	1.11		2	A	1		2.80		
Copper, Cu....mg	0.226		2	A	1		0.568		
Manganese, Mn....mg	2.860		2	A	1		7.207		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.183	0.020	3	A	1		0.462		
Riboflavin....mg	0.033	0.003	3	A	1		0.084		
Niacin....mg	0.909	0.080	3	A	1		2.291		
Pantothenic acid....mg									
Vitamin B-6....mg	0.097	0.007	3	A	1		0.244		
Folate, total....mcg	18	2.517	3	A	1		45		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	18	2.517	3	A	1		45		
Folate, DFE....mcg_DFE	18		0	NC	4		45		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	BFSN	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	2		0	BFSN	4		6		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin 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. 20143
Teff, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		0	A	1		0.102		
Threonine....g	0.149		0	A	1		0.374		
Isoleucine....g	0.146		0	A	1		0.368		
Leucine....g	0.311		0	A	1		0.784		
Lysine....g	0.109		0	A	1		0.276		
Methionine....g	0.125		0	A	1		0.314		
Cystine....g	0.069		0	A	1		0.173		
Phenylalanine....g	0.203		0	A	1		0.513		
Tyrosine....g	0.133		0	A	1		0.336		
Valine....g	0.200		0	A	1		0.504		
Arginine....g	0.151		0	A	1		0.379		
Histidine....g	0.088		0	A	1		0.221		
Alanine....g	0.218		0	A	1		0.548		
Aspartic acid....g	0.239		0	A	1		0.602		
Glutamic acid....g	0.975		0	A	1		2.458		
Glycine....g	0.139		0	A	1		0.350		
Proline....g	0.193		0	A	1		0.487		
Serine....g	0.181		0	A	1		0.456		
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 = 252g: 1 cup

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

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20142
Teff, uncooked
Eragrostis tef (Zuccagni) Trotter

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.82	0.369	3	A	1		17.02		
Energy	kcal	367		0	NC	4		709		
Energy	kJ	1536		0	NC	4		2965		
Protein (N x 6.25)	g	13.30	1.160	3	A	1		25.67		
Total lipid (fat)	g	2.38		0	BFSN	4		4.59		
Ash	g	2.37	0.060	3	A	1		4.57		
Carbohydrate, by difference	g	73.13		0	NC	4		141.15		
Fiber, total dietary	g	8.0	0.203	3	A	1		15.5		
Sugars, total	g	1.84	0.139	3	A	1		3.55		
Sucrose	g	0.62	0.073	3	A	1		1.20		
Glucose (dextrose)	g	0.73	0.145	3	A	1		1.41		
Fructose	g	0.47	0.057	3	A	1		0.91		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.01	0.000	3	A	1		0.03		
Galactose	g	0.00	0.000	3	A	1		0.00		
Starch	g	36.56	6.089	3	A	1		70.56		
Minerals:										
Calcium, Ca	mg	180	3.606	3	A	1		347		
Iron, Fe	mg	7.63	1.415	3	A	1		14.73		
Magnesium, Mg	mg	184	3.055	3	A	1		355		
Phosphorus, P	mg	429	18.000	3	A	1		828		
Potassium, K	mg	427	13.532	3	A	1		825		
Sodium, Na	mg	12	2.674	3	A	1		24		
Zinc, Zn	mg	3.63	0.185	3	A	1		7.00		
Copper, Cu	mg	0.810	0.080	3	A	1		1.562		
Manganese, Mn	mg	9.240	1.216	3	A	1		17.833		
Selenium, Se	mcg	4.4	1.109	3	A	1		8.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.390	0.081	3	A	1		0.753		
Riboflavin	mg	0.270	0.010	3	A	1		0.521		
Niacin	mg	3.363	0.314	3	A	1		6.491		
Pantothenic acid	mg	0.942	0.111	3	A	1		1.817		
Vitamin B-6	mg	0.482	0.065	3	A	1		0.930		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg	13.1		0	AS	1		25.2		
Betaine	mg	2.3		1	A	1		4.4		
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	0		1	A	1		1		
Vitamin A, IU	IU	9		0	AS	1		17		
Lycopene	mcg	0		1	A	1		0		
Lutein + zeaxanthin	mcg	66		1	A	1		127		
Vitamin E (alpha-tocopherol)	mg	0.08	0.022	3	A	1		0.15		
Tocopherol, beta	mg	0.02	0.002	3	A	1		0.03		
Tocopherol, gamma	mg	5.04	0.442	3	A	1		9.73		
Tocopherol, delta	mg	0.07	0.019	3	A	1		0.14		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.9		1	A	1		3.6		
Lipids:										
Fatty acids, total saturated	g	0.449		0	NC	4		0.866		
4:0	g									
6:0	g									
8:0	g	0.000		2	A	1		0.000		

NDB No. 20142
Teff, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.000		2	A	1		0.000		
15:0....g	0.000		2	A	1		0.000		
16:0....g	0.328		2	A	1		0.633		
17:0....g	0.000		2	A	1		0.000		
18:0....g	0.096		2	A	1		0.185		
20:0....g	0.018		2	A	1		0.036		
22:0....g	0.007		2	A	1		0.013		
24:0....g									
Fatty acids, total monounsaturated....g	0.589		0	NC	4		1.138		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.004		2	A	1		0.008		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	0.574		2	A	1		1.108		
20:1....g	0.011		2	A	1		0.022		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.071		0	NC	4		2.068		
18:2 undifferentiated....g	0.936		2	A	1		1.806		
18:3 undifferentiated....g	0.135		0	AS	1		0.261		
18:3 n-3 c,c,c (ALA)....g	0.135		2	A	1		0.261		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.139		0	A	1		0.269		
Threonine....g	0.510		0	A	1		0.984		
Isoleucine....g	0.501		0	A	1		0.968		
Leucine....g	1.068		0	A	1		2.061		
Lysine....g	0.376		0	A	1		0.725		
Methionine....g	0.428		0	A	1		0.825		
Cystine....g	0.236		0	A	1		0.455		
Phenylalanine....g	0.698		0	A	1		1.348		
Tyrosine....g	0.458		0	A	1		0.884		
Valine....g	0.686		0	A	1		1.325		
Arginine....g	0.517		0	A	1		0.998		
Histidine....g	0.301		0	A	1		0.582		
Alanine....g	0.747		0	A	1		1.442		
Aspartic acid....g	0.820		0	A	1		1.583		
Glutamic acid....g	3.349		0	A	1		6.464		
Glycine....g	0.477		0	A	1		0.920		
Proline....g	0.664		0	A	1		1.281		
Serine....g	0.622		0	A	1		1.200		
Hydroxyproline....g									

NDB No. 20142
Teff, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 = 193g: 1 cup

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

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20069
Triticale
X Triticosecale spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.51	0.657	3		1		20.18		
Energy....kcal	336		0	NC	4		645		
Energy....kJ	1406		0		4		2699		
Protein (N x 5.83)....g	13.05	2.618	3		1		25.06		
Total lipid (fat)....g	2.09	0.162	3		1		4.01		
Ash....g	2.23	0.137	3		1		4.28		
Carbohydrate, by difference....g	72.13		0	NC	4		138.49		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	37	4.097	6		1		71		
Iron, Fe....mg	2.57	0.252	6		1		4.93		
Magnesium, Mg....mg	130	12.513	6		1		250		
Phosphorus, P....mg	358	25.503	6		1		687		
Potassium, K....mg	332	11.955	6		1		637		
Sodium, Na....mg	5	1.119	6		1		10		
Zinc, Zn....mg	3.45	0.480	6		1		6.62		
Copper, Cu....mg	0.457	0.041	6		1		0.877		
Manganese, Mn....mg	3.210	0.242	6		1		6.163		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.416		2		1		0.799		
Riboflavin....mg	0.134		2		1		0.257		
Niacin....mg	1.430		2		1		2.746		
Pantothenic acid....mg	1.323		2		1		2.540		
Vitamin B-6....mg	0.138		2		1		0.265		
Folate, total....mcg	73		2		1		140		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	73		2		1		140		
Folate, DFE....mcg_DFE	73		0	NC	4		140		
Choline, total....mg									
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		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.90		0		1		1.73		
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									
Lipids:									
Fatty acids, total saturated....g	0.366		0		1		0.703		
4:0....g									

NDB No. 20069
Triticale

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.018		13		1		0.035		
10:0....g									
12:0....g	0.014		13		1		0.027		
13:0....g									
14:0....g	0.009		13		1		0.017		
15:0....g									
16:0....g	0.274		13		1		0.526		
17:0....g									
18:0....g	0.031		13		1		0.060		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.211		0		1		0.405		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		13		1		0.035		
17:1....g									
18:1 undifferentiated....g	0.178		13		1		0.342		
20:1....g	0.015		13		1		0.029		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.913		0		1		1.753		
18:2 undifferentiated....g	0.853		13		1		1.638		
18:3 undifferentiated....g	0.061		13		1		0.117		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.157		4		1		0.301		
Threonine....g	0.405		46		1		0.778		
Isoleucine....g	0.479		27		1		0.920		
Leucine....g	0.911		27		1		1.749		
Lysine....g	0.365		46		1		0.701		
Methionine....g	0.204		107		1		0.392		
Cystine....g	0.275		8		1		0.528		
Phenylalanine....g	0.638		108		1		1.225		
Tyrosine....g	0.383		12		1		0.735		
Valine....g	0.609		27		1		1.169		
Arginine....g	0.671		27		1		1.288		
Histidine....g	0.311		27		1		0.597		
Alanine....g	0.486		9		1		0.933		
Aspartic acid....g	0.785		9		1		1.507		
Glutamic acid....g	4.006		9		1		7.692		
Glycine....g	0.559		15		1		1.073		
Proline....g	1.184		9		1		2.273		
Serine....g	0.593		9		1		1.139		
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 = 192g: 1 cup

NDB No. 20069
Triticale

Calories Factors: Protein 3.32 **Fat** 8.37 **Carbohydrate** 3.82

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20070
Triticale flour, whole-grain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.01	0.202	6		1		13.01		
Energy....kcal	338		0	NC	4		439		
Energy....kJ	1414				4		1838		
Protein (N x 5.83)....g	13.18	0.787	7		1		17.13		
Total lipid (fat)....g	1.81	0.157	7		1		2.35		
Ash....g	1.85	0.053	6		1		2.41		
Carbohydrate, by difference....g	73.14		0	NC	4		95.08		
Fiber, total dietary....g	14.6		0		1		19.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	35	2.081	6		1		46		
Iron, Fe....mg	2.59	0.097	7		1		3.37		
Magnesium, Mg....mg	153	4.355	6		1		199		
Phosphorus, P....mg	321	30.362	7		1		417		
Potassium, K....mg	466	16.784	6		1		606		
Sodium, Na....mg	2	0.275	6		1		3		
Zinc, Zn....mg	2.66	0.043	6		1		3.46		
Copper, Cu....mg	0.559	0.020	6		1		0.727		
Manganese, Mn....mg	4.185	0.245	3		1		5.441		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.378	0.035	6		1		0.491		
Riboflavin....mg	0.132	0.006	6		1		0.172		
Niacin....mg	2.860	0.627	6		1		3.718		
Pantothenic acid....mg	2.167	0.472	6		1		2.817		
Vitamin B-6....mg	0.403	0.026	5		1		0.524		
Folate, total....mcg	74	6.362	8		1		96		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	74	6.362	8		1		96		
Folate, DFE....mcg_DFE	74		0	NC	4		96		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.90		0		4		1.17		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.318		0		1		0.413		
4:0....g									
6:0....g									
8:0....g	0.015		0		1		0.020		

NDB No. 20070
Triticale flour, whole-grain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.012		0		1		0.016		
13:0....g									
14:0....g	0.008		0		1		0.010		
15:0....g									
16:0....g	0.238		0		1		0.309		
17:0....g									
18:0....g	0.027		0		1		0.035		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.183		0		1		0.238		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		0		1		0.021		
17:1....g									
18:1 undifferentiated....g	0.154		0		1		0.200		
20:1....g	0.013		0		1		0.017		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.794		0		1		1.032		
18:2 undifferentiated....g	0.741		0		1		0.963		
18:3 undifferentiated....g	0.053		0		1		0.069		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.158		0		1		0.205		
Threonine....g	0.409		0		1		0.532		
Isoleucine....g	0.484		0		1		0.629		
Leucine....g	0.920		0		1		1.196		
Lysine....g	0.369		0		1		0.480		
Methionine....g	0.206		0		1		0.268		
Cystine....g	0.278		0		1		0.361		
Phenylalanine....g	0.644		0		1		0.837		
Tyrosine....g	0.387		0		1		0.503		
Valine....g	0.615		0		1		0.800		
Arginine....g	0.678		0		1		0.881		
Histidine....g	0.314		0		1		0.408		
Alanine....g	0.491		0		1		0.638		
Aspartic acid....g	0.794		0		1		1.032		
Glutamic acid....g	4.048		0		1		5.262		
Glycine....g	0.565		0		1		0.735		
Proline....g	1.196		0		1		1.555		
Serine....g	0.599		0		1		0.779		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

NDB No. 20070
Triticale flour, whole-grain

Measure 1 = 130g: 1 cup

Calories Factors: Protein 3.32 **Fat** 8.37 **Carbohydrate** 3.82

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 48052
Vital wheat gluten

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	MA	12				
Energy	kcal	370		1	MC	9				
Energy	kJ	1548		0	MC	9				
Protein	g	75.16		1	MA	12				
Total lipid (fat)	g	1.85		1	MA	12				
Ash	g	1.00		1	MA	12				
Carbohydrate, by difference	g	13.79		0	NC	4				
Fiber, total dietary	g	0.6		1	MA	12				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	142		1	MA	12				
Iron, Fe	mg	5.20		1	MA	12				
Magnesium, Mg	mg	25		0	BFZN	4				
Phosphorus, P	mg	260		1	MA	12				
Potassium, K	mg	100		1	MA	12				
Sodium, Na	mg	29		1	MA	12				
Zinc, Zn	mg	0.85		0	BFZN	4				
Copper, Cu	mg	0.182		0	BFZN	4				
Manganese, Mn	mg									
Selenium, Se	mcg	39.7		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4				
Thiamin	mg	0.000		0	Z	7				
Riboflavin	mg	0.000		0	Z	7				
Niacin	mg	0.000		0	Z	7				
Pantothenic acid	mg	0.000		0	Z	7				
Vitamin B-6	mg	0.000		0	Z	7				
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									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	Z	7				
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	Z	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	0.272		0	BFFN	4				
4:0	g	0.000		0	BFFN	4				

NDB No. 48052
Vital wheat gluten

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	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	0.001		0	BFFN	4				
15:0....g									
16:0....g	0.243		0	BFFN	4				
17:0....g									
18:0....g	0.011		0	BFFN	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.156		0	BFFN	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	BFFN	4				
17:1....g									
18:1 undifferentiated....g	0.150		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	0.810		0	BFFN	4				
18:2 undifferentiated....g	0.763		0	BFFN	4				
18:3 undifferentiated....g	0.048		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		0	Z	7				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

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

Common Measures:

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

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20077
Wheat bran, crude

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.89	0.680	15		1		5.74		
Energy....kcal	216		0	NC	4		125		
Energy....kJ	904		0		4		524		
Protein (N x 6.31)....g	15.55	0.523	13		1		9.02		
Total lipid (fat)....g	4.25	0.211	11		1		2.47		
Ash....g	5.79	0.246	13		1		3.36		
Carbohydrate, by difference....g	64.51		0	NC	4		37.42		
Fiber, total dietary....g	42.8		0		1		24.8		
Sugars, total....g	0.41		0	BFZN	4		0.24		
Starch....g									
Minerals:									
Calcium, Ca....mg	73	7.008	4		1		42		
Iron, Fe....mg	10.57	1.200	5		1		6.13		
Magnesium, Mg....mg	611	75.506	4		1		354		
Phosphorus, P....mg	1013	92.602	3		1		588		
Potassium, K....mg	1182	123.940	4		1		686		
Sodium, Na....mg	2	0.855	4		1		1		
Zinc, Zn....mg	7.27	0.632	4		1		4.22		
Copper, Cu....mg	0.998	0.112	4		1		0.579		
Manganese, Mn....mg	11.500	6.184	4		1		6.670		
Selenium, Se....mcg	77.6		2	A	1		45.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.523	0.052	4		1		0.303		
Riboflavin....mg	0.577	0.064	3		1		0.335		
Niacin....mg	13.578	4.398	5		1		7.875		
Pantothenic acid....mg	2.181	0.478	4		1		1.265		
Vitamin B-6....mg	1.303	0.328	5		1		0.756		
Folate, total....mcg	79	13.385	4		1		46		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	79	13.385	4		1		46		
Folate, DFE....mcg_DFE	79		0	NC	4		46		
Choline, total....mg	74.4		0	BFZN	4		43.1		
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		1	A	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	6		1	A	1		3		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	9		1	A	1		5		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	240		1	A	1		139		
Vitamin E (alpha-tocopherol)....mg	1.49		0		1		0.86		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	1.9		0	BFZN	4		1.1		
Lipids:									
Fatty acids, total saturated....g	0.630		0		1		0.365		
4:0....g	0.000		0		1		0.000		

NDB No. 20077
Wheat bran, crude

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.002		8		1		0.001		
13:0....g									
14:0....g	0.007		8		1		0.004		
15:0....g									
16:0....g	0.556		8		1		0.322		
17:0....g									
18:0....g	0.037		8		1		0.021		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.637		0		1		0.369		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.017		8		1		0.010		
17:1....g									
18:1 undifferentiated....g	0.619		8		1		0.359		
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	2.212		0		1		1.283		
18:2 undifferentiated....g	2.039		8		1		1.183		
18:3 undifferentiated....g	0.167		8		1		0.097		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.005		8		1		0.003		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		2		1		0.164		
Threonine....g	0.500		12		1		0.290		
Isoleucine....g	0.486		12		1		0.282		
Leucine....g	0.928		12		1		0.538		
Lysine....g	0.600		12		1		0.348		
Methionine....g	0.234		12		1		0.136		
Cystine....g	0.371		12		1		0.215		
Phenylalanine....g	0.595		12		1		0.345		
Tyrosine....g	0.436		12		1		0.253		
Valine....g	0.726		12		1		0.421		
Arginine....g	1.087		12		1		0.630		
Histidine....g	0.430		12		1		0.249		
Alanine....g	0.765		12		1		0.444		
Aspartic acid....g	1.130		12		1		0.655		
Glutamic acid....g	2.874		12		1		1.667		
Glycine....g	0.898		12		1		0.521		
Proline....g	0.882		12		1		0.512		
Serine....g	0.684		12		1		0.397		
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. 20077
Wheat bran, crude

Common Measures:

Measure 1 = 58g: 1 cup

Calories Factors: Protein 1.82 **Fat** 8.37 **Carbohydrate** 2.35

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20628
Wheat flour, white (industrial), 10% protein, bleached, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.01	0.208	9	A	1				
Energy	kcal	366		0	NC	4				
Energy	kJ	1530		0	NC	4				
Protein	g	9.71	0.117	9	A	1				
Total lipid (fat)	g	1.48	0.059	9	A	1				
Ash	g	0.58	0.017	9	A	1				
Carbohydrate, by difference	g	76.22		0	NC	4				
Fiber, total dietary	g	2.4	0.136	8	A	1				
Sugars, total	g	0.49	0.018	6	A	1				
Sucrose	g	0.20	0.032	6	A	1				
Glucose (dextrose)	g	0.03	0.000	6	A	1				
Fructose	g	0.03	0.000	6	A	1				
Lactose	g	0.00	0.000	6	A	1				
Maltose	g	0.23	0.029	6	A	1				
Galactose	g	0.00	0.000	6	A	1				
Starch	g	64.48	0.729	6	A	1				
Minerals:										
Calcium, Ca	mg	20	1.048	3	A	1				
Iron, Fe	mg	5.06	0.197	28	A	1				
Magnesium, Mg	mg	25	1.058	3	A	1				
Phosphorus, P	mg	107	2.458	3	A	1				
Potassium, K	mg	149	2.073	3	A	1				
Sodium, Na	mg	2		0	BFZN	4				
Zinc, Zn	mg	1.02	0.087	3	A	1				
Copper, Cu	mg	0.188	0.026	3	A	1				
Manganese, Mn	mg	0.818	0.040	3	A	1				
Selenium, Se	mcg	14.6	1.561	6	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.736	0.036	26	A	1				
Riboflavin	mg	0.445	0.022	27	A	1				
Niacin	mg	5.953	0.262	27	A	1				
Pantothenic acid	mg	0.248	0.014	3	A	1				
Vitamin B-6	mg	0.037	0.000	3	A	1				
Folate, total	mcg	170	6.413	27	A	1				
Folic acid	mcg	140		0	NC	4				
Folate, food	mcg	31		0	BFZN	4				
Folate, DFE	mcg_DFE	268		0	NC	4				
Choline, total	mg	10.4		0	BFZN	4				
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	BFZN	4				
Carotene, alpha	mcg	0		0	BFZN	4				
Cryptoxanthin, beta	mcg	0		0	BFZN	4				
Vitamin A, IU	IU	0		0	BFZN	4				
Lycopene	mcg	0		0	BFZN	4				
Lutein + zeaxanthin	mcg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.05	0.017	8	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.04	0.008	8	A	1				
Tocopherol, gamma	mg	0.42	0.126	8	A	1				
Tocopherol, delta	mg	0.01	0.005	8	A	1				
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20628
Wheat flour, white (industrial), 10% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.3		0	BFZN	4				
Lipids:									
Fatty acids, total saturated.....g	0.302		0	NC	4				
4:0.....g	0.000	0.000	3	A	1				
6:0.....g	0.000	0.000	3	A	1				
8:0.....g	0.000	0.000	3	A	1				
10:0.....g	0.000	0.000	3	A	1				
12:0.....g	0.000	0.000	3	A	1				
13:0.....g									
14:0.....g	0.000	0.000	3	A	1				
15:0.....g	0.000	0.000	3	A	1				
16:0.....g	0.302	0.032	3	A	1				
17:0.....g	0.000	0.000	3	A	1				
18:0.....g	0.000	0.000	3	A	1				
20:0.....g	0.000	0.000	3	A	1				
22:0.....g	0.000	0.000	3	A	1				
24:0.....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated.....g	0.193		0	NC	4				
14:1.....g	0.000	0.000	3	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.193	0.020	3	A	1				
20:1.....g	0.000	0.000	3	A	1				
22:1 undifferentiated.....g	0.000	0.000	3	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.845		0	NC	4				
18:2 undifferentiated.....g	0.828	0.077	3	A	1				
18:3 undifferentiated.....g	0.017	0.000	3	A	1				
18:4.....g	0.000	0.000	3	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1				
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.113		0	A	1				
Threonine.....g	0.264		0	A	1				
Isoleucine.....g	0.327		0	A	1				
Leucine.....g	0.627		0	A	1				
Lysine.....g	0.260		0	A	1				
Methionine.....g	0.150		0	A	1				
Cystine.....g	0.243		0	A	1				
Phenylalanine.....g	0.399		0	A	1				
Tyrosine.....g	0.127		0	A	1				
Valine.....g	0.390		0	A	1				
Arginine.....g	0.367		0	A	1				
Histidine.....g	0.197		0	A	1				
Alanine.....g	0.290		0	A	1				
Aspartic acid.....g	0.397		0	A	1				
Glutamic acid.....g	2.958		0	A	1				
Glycine.....g	0.330		0	A	1				
Proline.....g	1.010		0	A	1				
Serine.....g	0.413		0	A	1				
Hydroxyproline.....g									
Others:									

NDB No. 20628
Wheat flour, white (industrial), 10% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7				
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 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20629
Wheat flour, white (industrial), 10% protein, bleached, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.01	0.208	9	A	1				
Energy	kcal	366		0	NC	4				
Energy	kJ	1530		0	NC	4				
Protein	g	9.71	0.117	9	A	1				
Total lipid (fat)	g	1.48	0.059	9	A	1				
Ash	g	0.58	0.017	9	A	1				
Carbohydrate, by difference	g	76.22		0	NC	4				
Fiber, total dietary	g	2.4	0.136	8	A	1				
Sugars, total	g	0.49	0.018	6	A	1				
Sucrose	g	0.20	0.032	6	A	1				
Glucose (dextrose)	g	0.03	0.000	6	A	1				
Fructose	g	0.03	0.000	6	A	1				
Lactose	g	0.00	0.000	6	A	1				
Maltose	g	0.23	0.029	6	A	1				
Galactose	g	0.00	0.000	6	A	1				
Starch	g	64.48	0.729	6	A	1				
Minerals:										
Calcium, Ca	mg	20	1.048	3	A	1				
Iron, Fe	mg	1.26	0.052	27	A	1				
Magnesium, Mg	mg	25	1.058	3	A	1				
Phosphorus, P	mg	107	2.458	3	A	1				
Potassium, K	mg	149	2.073	3	A	1				
Sodium, Na	mg	2		0	BFZN	4				
Zinc, Zn	mg	1.02	0.087	3	A	1				
Copper, Cu	mg	0.188	0.026	3	A	1				
Manganese, Mn	mg	0.818	0.040	3	A	1				
Selenium, Se	mcg	14.6	1.561	6	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.194	0.010	28	A	1				
Riboflavin	mg	0.072	0.006	27	A	1				
Niacin	mg	1.198	0.063	27	A	1				
Pantothenic acid	mg	0.248	0.014	3	A	1				
Vitamin B-6	mg	0.037	0.000	3	A	1				
Folate, total	mcg	31	1.282	27	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	31	1.282	27	A	1				
Folate, DFE	mcg_DFE	31		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	BFZN	4				
Carotene, alpha	mcg	0		0	BFZN	4				
Cryptoxanthin, beta	mcg	0		0	BFZN	4				
Vitamin A, IU	IU	0		0	BFZN	4				
Lycopene	mcg	0		0	BFZN	4				
Lutein + zeaxanthin	mcg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.05	0.017	8	A	1				
Tocopherol, beta	mg	0.04	0.008	8	A	1				
Tocopherol, gamma	mg	0.42	0.126	8	A	1				
Tocopherol, delta	mg	0.01	0.005	8	A	1				
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				

NDB No. 20629
Wheat flour, white (industrial), 10% protein, bleached, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4				
Lipids:									
Fatty acids, total saturated....g	0.302		0	NC	4				
4:0....g	0.000	0.000	3	A	1				
6:0....g	0.000	0.000	3	A	1				
8:0....g	0.000	0.000	3	A	1				
10:0....g	0.000	0.000	3	A	1				
12:0....g	0.000	0.000	3	A	1				
13:0....g									
14:0....g	0.000	0.000	3	A	1				
15:0....g	0.000	0.000	3	A	1				
16:0....g	0.302	0.032	3	A	1				
17:0....g	0.000	0.000	3	A	1				
18:0....g	0.000	0.000	3	A	1				
20:0....g	0.000	0.000	3	A	1				
22:0....g	0.000	0.000	3	A	1				
24:0....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated....g	0.193		0	NC	4				
14:1....g	0.000	0.000	3	A	1				
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1				
17:1....g									
18:1 undifferentiated....g	0.193	0.020	3	A	1				
20:1....g	0.000	0.000	3	A	1				
22:1 undifferentiated....g	0.000	0.000	3	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.845		0	NC	4				
18:2 undifferentiated....g	0.828	0.077	3	A	1				
18:3 undifferentiated....g	0.017	0.000	3	A	1				
18:4....g	0.000	0.000	3	A	1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1				
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1				
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1				
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.113		0	A	1				
Threonine....g	0.264		0	A	1				
Isoleucine....g	0.327		0	A	1				
Leucine....g	0.627		0	A	1				
Lysine....g	0.260		0	A	1				
Methionine....g	0.150		0	A	1				
Cystine....g	0.243		0	A	1				
Phenylalanine....g	0.399		0	A	1				
Tyrosine....g	0.127		0	A	1				
Valine....g	0.390		0	A	1				
Arginine....g	0.367		0	A	1				
Histidine....g	0.197		0	A	1				
Alanine....g	0.290		0	A	1				
Aspartic acid....g	0.397		0	A	1				
Glutamic acid....g	2.958		0	A	1				
Glycine....g	0.330		0	A	1				
Proline....g	1.010		0	A	1				
Serine....g	0.413		0	A	1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				

NDB No. 20629
Wheat flour, white (industrial), 10% protein, bleached, unenriched

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20630
Wheat flour, white (industrial), 10% protein, unbleached, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.01	0.208	9	A	1				
Energy	kcal	366		0	NC	4				
Energy	kJ	1530		0	NC	4				
Protein	g	9.71	0.117	9	A	1				
Total lipid (fat)	g	1.48	0.059	9	A	1				
Ash	g	0.58	0.017	9	A	1				
Carbohydrate, by difference	g	76.22		0	NC	4				
Fiber, total dietary	g	2.4	0.136	8	A	1				
Sugars, total	g	0.49	0.018	6	A	1				
Sucrose	g	0.20	0.032	6	A	1				
Glucose (dextrose)	g	0.03	0.000	6	A	1				
Fructose	g	0.03	0.000	6	A	1				
Lactose	g	0.00	0.000	6	A	1				
Maltose	g	0.23	0.029	6	A	1				
Galactose	g	0.00	0.000	6	A	1				
Starch	g	64.48	0.729	6	A	1				
Minerals:										
Calcium, Ca	mg	20	1.048	3	A	1				
Iron, Fe	mg	5.06	0.197	28	A	1				
Magnesium, Mg	mg	25	1.058	3	A	1				
Phosphorus, P	mg	107	2.458	3	A	1				
Potassium, K	mg	149	2.073	3	A	1				
Sodium, Na	mg	2		0	BFZN	4				
Zinc, Zn	mg	1.02	0.087	3	A	1				
Copper, Cu	mg	0.188	0.026	3	A	1				
Manganese, Mn	mg	0.818	0.040	3	A	1				
Selenium, Se	mcg	14.6	1.561	6	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.736	0.036	26	A	1				
Riboflavin	mg	0.445	0.022	27	A	1				
Niacin	mg	5.953	0.262	27	A	1				
Pantothenic acid	mg	0.248	0.014	3	A	1				
Vitamin B-6	mg	0.037	0.000	3	A	1				
Folate, total	mcg	170	6.413	27	A	1				
Folic acid	mcg	140		0	NC	4				
Folate, food	mcg	31		0	BFZN	4				
Folate, DFE	mcg_DFE	268		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4				
Retinol	mcg									
Carotene, beta	mcg	0		0	BFZN	4				
Carotene, alpha	mcg	0		0	BFZN	4				
Cryptoxanthin, beta	mcg	0		0	BFZN	4				
Vitamin A, IU	IU	0		0	BFZN	4				
Lycopene	mcg	0		0	BFZN	4				
Lutein + zeaxanthin	mcg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.38	0.018	12	A	1				
Tocopherol, beta	mg	0.13	0.007	12	A	1				
Tocopherol, gamma	mg	1.50	0.130	12	A	1				
Tocopherol, delta	mg	0.00	0.000	12	A	1				
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	0.3		0	BFZN	4				

NDB No. 20630
Wheat flour, white (industrial), 10% protein, unbleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....mcg	0.3			BFZN	4				
Lipids:									
Fatty acids, total saturated....g	0.302		0	NC	4				
4:0....g	0.000	0.000	3	A	1				
6:0....g	0.000	0.000	3	A	1				
8:0....g	0.000	0.000	3	A	1				
10:0....g	0.000	0.000	3	A	1				
12:0....g	0.000	0.000	3	A	1				
13:0....g									
14:0....g	0.000	0.000	3	A	1				
15:0....g	0.000	0.000	3	A	1				
16:0....g	0.302	0.032	3	A	1				
17:0....g	0.000	0.000	3	A	1				
18:0....g	0.000	0.000	3	A	1				
20:0....g	0.000	0.000	3	A	1				
22:0....g	0.000	0.000	3	A	1				
24:0....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated....g	0.193		0	NC	4				
14:1....g	0.000	0.000	3	A	1				
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1				
17:1....g									
18:1 undifferentiated....g	0.193	0.020	3	A	1				
20:1....g	0.000	0.000	3	A	1				
22:1 undifferentiated....g	0.000	0.000	3	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.845		0	NC	4				
18:2 undifferentiated....g	0.828	0.077	3	A	1				
18:3 undifferentiated....g	0.017	0.000	3	A	1				
18:4....g	0.000	0.000	3	A	1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1				
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1				
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1				
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1				
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.113		0	A	1				
Threonine....g	0.264		0	A	1				
Isoleucine....g	0.327		0	A	1				
Leucine....g	0.627		0	A	1				
Lysine....g	0.260		0	A	1				
Methionine....g	0.150		0	A	1				
Cystine....g	0.243		0	A	1				
Phenylalanine....g	0.399		0	A	1				
Tyrosine....g	0.127		0	A	1				
Valine....g	0.390		0	A	1				
Arginine....g	0.367		0	A	1				
Histidine....g	0.197		0	A	1				
Alanine....g	0.290		0	A	1				
Aspartic acid....g	0.397		0	A	1				
Glutamic acid....g	2.958		0	A	1				
Glycine....g	0.330		0	A	1				
Proline....g	1.010		0	A	1				
Serine....g	0.413		0	A	1				
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

NDB No. 20630
Wheat flour, white (industrial), 10% protein, unbleached, enriched

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

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20634
Wheat flour, white (industrial), 11.5% protein, bleached, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.68	0.209	10	A	1				
Energy	kcal	363		0	NC	4				
Energy	kJ	1518		0	NC	4				
Protein	g	11.50	0.229	10	A	1				
Total lipid (fat)	g	1.45	0.040	10	A	1				
Ash	g	0.55	0.011	10	A	1				
Carbohydrate, by difference	g	73.81		0	NC	4				
Fiber, total dietary	g	2.4	0.136	8	A	1				
Sugars, total	g	1.12	0.102	6	A	1				
Sucrose	g	0.15	0.000	6	A	1				
Glucose (dextrose)	g	0.03	0.000	6	A	1				
Fructose	g	0.03	0.000	6	A	1				
Lactose	g	0.00	0.000	6	A	1				
Maltose	g	0.90	0.102	6	A	1				
Galactose	g	0.00	0.000	6	A	1				
Starch	g	62.88	0.972	6	A	1				
Minerals:										
Calcium, Ca	mg	20	0.426	4	A	1				
Iron, Fe	mg	5.06	0.197	28	A	1				
Magnesium, Mg	mg	30	1.005	4	A	1				
Phosphorus, P	mg	112	2.371	4	A	1				
Potassium, K	mg	138	2.333	4	A	1				
Sodium, Na	mg	2		0	BFZN	4				
Zinc, Zn	mg	0.84	0.045	4	A	1				
Copper, Cu	mg	0.161	0.004	4	A	1				
Manganese, Mn	mg	0.679	0.019	4	A	1				
Selenium, Se	mcg	27.5	3.012	6	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.736	0.036	26	A	1				
Riboflavin	mg	0.445	0.022	27	A	1				
Niacin	mg	5.953	0.262	27	A	1				
Pantothenic acid	mg	0.405	0.019	4	A	1				
Vitamin B-6	mg	0.032	0.011	4	A	1				
Folate, total	mcg	170	6.413	27	A	1				
Folic acid	mcg	140		0	NC	4				
Folate, food	mcg	31		0	BFZN	4				
Folate, DFE	mcg_DFE	268		0	NC	4				
Choline, total	mg	10.4		0	BFZN	4				
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	BFZN	4				
Carotene, alpha	mcg	0		0	BFZN	4				
Cryptoxanthin, beta	mcg	0		0	BFZN	4				
Vitamin A, IU	IU	0		0	BFZN	4				
Lycopene	mcg	0		0	BFZN	4				
Lutein + zeaxanthin	mcg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.05	0.017	8	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.04	0.008	8	A	1				
Tocopherol, gamma	mg	0.42	0.126	8	A	1				
Tocopherol, delta	mg	0.01	0.005	8	A	1				
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20634
Wheat flour, white (industrial), 11.5% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.3		0	BFZN	4				
Lipids:									
Fatty acids, total saturated.....g	0.268		0	NC	4				
4:0.....g	0.000	0.000	4	A	1				
6:0.....g	0.000	0.000	4	A	1				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.000	0.000	4	A	1				
13:0.....g									
14:0.....g	0.000	0.000	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	0.268	0.028	4	A	1				
17:0.....g	0.000	0.000	4	A	1				
18:0.....g	0.000	0.000	4	A	1				
20:0.....g	0.000	0.000	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated.....g	0.166		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.166	0.006	4	A	1				
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.749		0	NC	4				
18:2 undifferentiated.....g	0.733	0.050	4	A	1				
18:3 undifferentiated.....g	0.017	0.000	4	A	1				
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.130		0	A	1				
Threonine.....g	0.296		0	A	1				
Isoleucine.....g	0.388		0	A	1				
Leucine.....g	0.737		0	A	1				
Lysine.....g	0.270		0	A	1				
Methionine.....g	0.163		0	A	1				
Cystine.....g	0.273		0	A	1				
Phenylalanine.....g	0.506		0	A	1				
Tyrosine.....g	0.158		0	A	1				
Valine.....g	0.477		0	A	1				
Arginine.....g	0.474		0	A	1				
Histidine.....g	0.223		0	A	1				
Alanine.....g	0.331		0	A	1				
Aspartic acid.....g	0.433		0	A	1				
Glutamic acid.....g	3.679		0	A	1				
Glycine.....g	0.383		0	A	1				
Proline.....g	1.245		0	A	1				
Serine.....g	0.481		0	A	1				
Hydroxyproline.....g									
Others:									

NDB No. 20634
Wheat flour, white (industrial), 11.5% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7				
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 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20635
Wheat flour, white (industrial), 11.5% protein, bleached, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.68	0.209	10	A	1				
Energy	kcal	363		0	NC	4				
Energy	kJ	1518		0	NC	4				
Protein	g	11.50	0.229	10	A	1				
Total lipid (fat)	g	1.45	0.040	10	A	1				
Ash	g	0.55	0.011	10	A	1				
Carbohydrate, by difference	g	73.81		0	NC	4				
Fiber, total dietary	g	2.4	0.136	8	A	1				
Sugars, total	g	1.12	0.102	6	A	1				
Sucrose	g	0.15	0.000	6	A	1				
Glucose (dextrose)	g	0.03	0.000	6	A	1				
Fructose	g	0.03	0.000	6	A	1				
Lactose	g	0.00	0.000	6	A	1				
Maltose	g	0.90	0.102	6	A	1				
Galactose	g	0.00	0.000	6	A	1				
Starch	g	62.88	0.972	6	A	1				
Minerals:										
Calcium, Ca	mg	20	0.426	4	A	1				
Iron, Fe	mg	1.26	0.052	27	A	1				
Magnesium, Mg	mg	30	1.005	4	A	1				
Phosphorus, P	mg	112	2.371	4	A	1				
Potassium, K	mg	138	2.333	4	A	1				
Sodium, Na	mg	2		0	BFZN	4				
Zinc, Zn	mg	0.84	0.045	4	A	1				
Copper, Cu	mg	0.161	0.004	4	A	1				
Manganese, Mn	mg	0.679	0.019	4	A	1				
Selenium, Se	mcg	27.5	3.012	6	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.194	0.010	28	A	1				
Riboflavin	mg	0.072	0.006	27	A	1				
Niacin	mg	1.198	0.063	27	A	1				
Pantothenic acid	mg	0.405	0.019	4	A	1				
Vitamin B-6	mg	0.032	0.011	4	A	1				
Folate, total	mcg	31	1.282	27	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	31	1.282	27	A	1				
Folate, DFE	mcg_DFE	31		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	BFZN	4				
Carotene, alpha	mcg	0		0	BFZN	4				
Cryptoxanthin, beta	mcg	0		0	BFZN	4				
Vitamin A, IU	IU	0		0	BFZN	4				
Lycopene	mcg	0		0	BFZN	4				
Lutein + zeaxanthin	mcg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.05	0.017	8	A	1				
Tocopherol, beta	mg	0.04	0.008	8	A	1				
Tocopherol, gamma	mg	0.42	0.126	8	A	1				
Tocopherol, delta	mg	0.01	0.005	8	A	1				
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				

NDB No. 20635
Wheat flour, white (industrial), 11.5% protein, bleached, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4				
Lipids:									
Fatty acids, total saturated....g	0.268		0	NC	4				
4:0....g	0.000	0.000	4	A	1				
6:0....g	0.000	0.000	4	A	1				
8:0....g	0.000	0.000	4	A	1				
10:0....g	0.000	0.000	4	A	1				
12:0....g	0.000	0.000	4	A	1				
13:0....g									
14:0....g	0.000	0.000	4	A	1				
15:0....g	0.000	0.000	4	A	1				
16:0....g	0.268	0.028	4	A	1				
17:0....g	0.000	0.000	4	A	1				
18:0....g	0.000	0.000	4	A	1				
20:0....g	0.000	0.000	4	A	1				
22:0....g	0.000	0.000	4	A	1				
24:0....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated....g	0.166		0	NC	4				
14:1....g	0.000	0.000	4	A	1				
15:1....g									
16:1 undifferentiated....g	0.000	0.000	4	A	1				
17:1....g									
18:1 undifferentiated....g	0.166	0.006	4	A	1				
20:1....g	0.000	0.000	4	A	1				
22:1 undifferentiated....g	0.000	0.000	4	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.749		0	NC	4				
18:2 undifferentiated....g	0.733	0.050	4	A	1				
18:3 undifferentiated....g	0.017	0.000	4	A	1				
18:4....g	0.000	0.000	4	A	1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1				
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0	A	1				
Threonine....g	0.296		0	A	1				
Isoleucine....g	0.388		0	A	1				
Leucine....g	0.737		0	A	1				
Lysine....g	0.270		0	A	1				
Methionine....g	0.163		0	A	1				
Cystine....g	0.273		0	A	1				
Phenylalanine....g	0.506		0	A	1				
Tyrosine....g	0.158		0	A	1				
Valine....g	0.477		0	A	1				
Arginine....g	0.474		0	A	1				
Histidine....g	0.223		0	A	1				
Alanine....g	0.331		0	A	1				
Aspartic acid....g	0.433		0	A	1				
Glutamic acid....g	3.679		0	A	1				
Glycine....g	0.383		0	A	1				
Proline....g	1.245		0	A	1				
Serine....g	0.481		0	A	1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				

NDB No. 20635
Wheat flour, white (industrial), 11.5% protein, bleached, unenriched

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20636
Wheat flour, white (industrial), 11.5% protein, unbleached, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.68	0.209	10	A	1				
Energy	kcal	363		0	NC	4				
Energy	kJ	1518		0	NC	4				
Protein	g	11.50	0.229	10	A	1				
Total lipid (fat)	g	1.45	0.040	10	A	1				
Ash	g	0.55	0.011	10	A	1				
Carbohydrate, by difference	g	73.81		0	NC	4				
Fiber, total dietary	g	2.4	0.136	8	A	1				
Sugars, total	g	1.12	0.102	6	A	1				
Sucrose	g	0.15	0.000	6	A	1				
Glucose (dextrose)	g	0.03	0.000	6	A	1				
Fructose	g	0.03	0.000	6	A	1				
Lactose	g	0.00	0.000	6	A	1				
Maltose	g	0.90	0.102	6	A	1				
Galactose	g	0.00	0.000	6	A	1				
Starch	g	62.88	0.972	6	A	1				
Minerals:										
Calcium, Ca	mg	20	0.426	4	A	1				
Iron, Fe	mg	5.06	0.197	28	A	1				
Magnesium, Mg	mg	30	1.005	4	A	1				
Phosphorus, P	mg	112	2.371	4	A	1				
Potassium, K	mg	138	2.333	4	A	1				
Sodium, Na	mg	2		0	BFZN	4				
Zinc, Zn	mg	0.84	0.045	4	A	1				
Copper, Cu	mg	0.161	0.004	4	A	1				
Manganese, Mn	mg	0.679	0.019	4	A	1				
Selenium, Se	mcg	27.5	3.012	6	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.736	0.036	26	A	1				
Riboflavin	mg	0.445	0.022	27	A	1				
Niacin	mg	5.953	0.262	27	A	1				
Pantothenic acid	mg	0.405	0.019	4	A	1				
Vitamin B-6	mg	0.032	0.011	4	A	1				
Folate, total	mcg	170	6.413	27	A	1				
Folic acid	mcg	140		0	NC	4				
Folate, food	mcg	31		0	BFZN	4				
Folate, DFE	mcg_DFE	268		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4				
Retinol	mcg									
Carotene, beta	mcg	0		0	BFZN	4				
Carotene, alpha	mcg	0		0	BFZN	4				
Cryptoxanthin, beta	mcg	0		0	BFZN	4				
Vitamin A, IU	IU	0		0	BFZN	4				
Lycopene	mcg	0		0	BFZN	4				
Lutein + zeaxanthin	mcg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.38	0.018	12	A	1				
Tocopherol, beta	mg	0.13	0.007	12	A	1				
Tocopherol, gamma	mg	1.50	0.130	12	A	1				
Tocopherol, delta	mg	0.00	0.000	12	A	1				
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	0.3		0	BFZN	4				

NDB No. 20636
Wheat flour, white (industrial), 11.5% protein, unbleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....mcg	0.3			BFZN	4				
Lipids:									
Fatty acids, total saturated....g	0.268		0	NC	4				
4:0....g	0.000	0.000	4	A	1				
6:0....g	0.000	0.000	4	A	1				
8:0....g	0.000	0.000	4	A	1				
10:0....g	0.000	0.000	4	A	1				
12:0....g	0.000	0.000	4	A	1				
13:0....g									
14:0....g	0.000	0.000	4	A	1				
15:0....g	0.000	0.000	4	A	1				
16:0....g	0.268	0.028	4	A	1				
17:0....g	0.000	0.000	4	A	1				
18:0....g	0.000	0.000	4	A	1				
20:0....g	0.000	0.000	4	A	1				
22:0....g	0.000	0.000	4	A	1				
24:0....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated....g	0.166		0	NC	4				
14:1....g	0.000	0.000	4	A	1				
15:1....g									
16:1 undifferentiated....g	0.000	0.000	4	A	1				
17:1....g									
18:1 undifferentiated....g	0.166	0.006	4	A	1				
20:1....g	0.000	0.000	4	A	1				
22:1 undifferentiated....g	0.000	0.000	4	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.749		0	NC	4				
18:2 undifferentiated....g	0.733	0.050	4	A	1				
18:3 undifferentiated....g	0.017	0.000	4	A	1				
18:4....g	0.000	0.000	4	A	1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1				
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1				
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0	A	1				
Threonine....g	0.296		0	A	1				
Isoleucine....g	0.388		0	A	1				
Leucine....g	0.737		0	A	1				
Lysine....g	0.270		0	A	1				
Methionine....g	0.163		0	A	1				
Cystine....g	0.273		0	A	1				
Phenylalanine....g	0.506		0	A	1				
Tyrosine....g	0.158		0	A	1				
Valine....g	0.477		0	A	1				
Arginine....g	0.474		0	A	1				
Histidine....g	0.223		0	A	1				
Alanine....g	0.331		0	A	1				
Aspartic acid....g	0.433		0	A	1				
Glutamic acid....g	3.679		0	A	1				
Glycine....g	0.383		0	A	1				
Proline....g	1.245		0	A	1				
Serine....g	0.481		0	A	1				
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

NDB No. 20636
Wheat flour, white (industrial), 11.5% protein, unbleached, enriched

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

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20640
Wheat flour, white (industrial), 13% protein, bleached, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	12.82	0.111	10	A	1				
Energy ... kcal	362		0	NC	4				
Energy ... kJ	1514		0	NC	4				
Protein ... g	13.07	0.116	10	A	1				
Total lipid (fat) ... g	1.38	0.049	10	A	1				
Ash ... g	0.53	0.020	10	A	1				
Carbohydrate, by difference ... g	72.20		0	NC	4				
Fiber, total dietary ... g	2.4	0.136	8	A	1				
Sugars, total ... g	1.10	0.161	6	A	1				
Sucrose ... g	0.16	0.011	6	A	1				
Glucose (dextrose) ... g	0.03	0.000	6	A	1				
Fructose ... g	0.03	0.000	6	A	1				
Lactose ... g	0.00	0.000	6	A	1				
Maltose ... g	0.87	0.167	6	A	1				
Galactose ... g	0.00	0.000	6	A	1				
Starch ... g	61.22	1.806	6	A	1				
Minerals:									
Calcium, Ca ... mg	24	4.555	4	A	1				
Iron, Fe ... mg	5.06	0.197	28	A	1				
Magnesium, Mg ... mg	35	2.652	4	A	1				
Phosphorus, P ... mg	119	3.049	4	A	1				
Potassium, K ... mg	128	4.466	4	A	1				
Sodium, Na ... mg	2		0	BFZN	4				
Zinc, Zn ... mg	1.60	0.535	4	A	1				
Copper, Cu ... mg	0.187	0.009	4	A	1				
Manganese, Mn ... mg	0.624	0.041	4	A	1				
Selenium, Se ... mcg	26.2	5.468	6	A	1				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	A	1				
Thiamin ... mg	0.736	0.036	26	A	1				
Riboflavin ... mg	0.445	0.022	27	A	1				
Niacin ... mg	5.953	0.262	27	A	1				
Pantothenic acid ... mg	0.386	0.029	4	A	1				
Vitamin B-6 ... mg	0.045	0.005	4	A	1				
Folate, total ... mcg	170	6.413	27	A	1				
Folic acid ... mcg	140		0	NC	4				
Folate, food ... mcg	31		0	BFZN	4				
Folate, DFE ... mcg_DFE	268		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	0.00		0	Z	7				
Vitamin B-12, added ... mcg	0.00		0	Z	7				
Vitamin A, RAE ... mcg_RAE	0		0	BFZN	4				
Retinol ... mcg	0		0	Z	7				
Carotene, beta ... mcg	0		0	BFZN	4				
Carotene, alpha ... mcg	0		0	BFZN	4				
Cryptoxanthin, beta ... mcg	0		0	BFZN	4				
Vitamin A, IU ... IU	0		0	BFZN	4				
Lycopene ... mcg	0		0	BFZN	4				
Lutein + zeaxanthin ... mcg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol) ... mg	0.05	0.017	8	A	1				
Vitamin E, added ... mg	0.00		0	Z	7				
Tocopherol, beta ... mg	0.04	0.008	8	A	1				
Tocopherol, gamma ... mg	0.42	0.126	8	A	1				
Tocopherol, delta ... mg	0.01	0.005	8	A	1				
Vitamin D (D2 + D3) ... mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol) ... mcg									

NDB No. 20640
Wheat flour, white (industrial), 13% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.3		0	BFZN	4				
Lipids:									
Fatty acids, total saturated.....g	0.189		0	NC	4				
4:0.....g	0.000	0.000	4	A	1				
6:0.....g	0.000	0.000	4	A	1				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.000	0.000	4	A	1				
13:0.....g									
14:0.....g	0.000	0.000	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	0.189	0.041	4	A	1				
17:0.....g	0.000	0.000	4	A	1				
18:0.....g	0.000	0.000	4	A	1				
20:0.....g	0.000	0.000	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated.....g	0.152		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.152	0.014	4	A	1				
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.683		0	NC	4				
18:2 undifferentiated.....g	0.666	0.042	4	A	1				
18:3 undifferentiated.....g	0.017	0.000	4	A	1				
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.147		0	A	1				
Threonine.....g	0.319		0	A	1				
Isoleucine.....g	0.433		0	A	1				
Leucine.....g	0.825		0	A	1				
Lysine.....g	0.296		0	A	1				
Methionine.....g	0.180		0	A	1				
Cystine.....g	0.299		0	A	1				
Phenylalanine.....g	0.598		0	A	1				
Tyrosine.....g	0.202		0	A	1				
Valine.....g	0.501		0	A	1				
Arginine.....g	0.424		0	A	1				
Histidine.....g	0.252		0	A	1				
Alanine.....g	0.356		0	A	1				
Aspartic acid.....g	0.476		0	A	1				
Glutamic acid.....g	4.238		0	A	1				
Glycine.....g	0.429		0	A	1				
Proline.....g	1.442		0	A	1				
Serine.....g	0.546		0	A	1				
Hydroxyproline.....g									
Others:									

NDB No. 20640
Wheat flour, white (industrial), 13% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7				
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 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20641
Wheat flour, white (industrial), 13% protein, bleached, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.82	0.111	10	A	1				
Energy	kcal	362		0	NC	4				
Energy	kJ	1514		0	NC	4				
Protein	g	13.07	0.116	10	A	1				
Total lipid (fat)	g	1.38	0.049	10	A	1				
Ash	g	0.53	0.020	10	A	1				
Carbohydrate, by difference	g	72.20		0	NC	4				
Fiber, total dietary	g	2.4	0.136	8	A	1				
Sugars, total	g	1.10	0.161	6	A	1				
Sucrose	g	0.16	0.011	6	A	1				
Glucose (dextrose)	g	0.03	0.000	6	A	1				
Fructose	g	0.03	0.000	6	A	1				
Lactose	g	0.00	0.000	6	A	1				
Maltose	g	0.87	0.167	6	A	1				
Galactose	g	0.00	0.000	6	A	1				
Starch	g	61.22	1.806	6	A	1				
Minerals:										
Calcium, Ca	mg	24	4.555	4	A	1				
Iron, Fe	mg	1.26	0.052	27	A	1				
Magnesium, Mg	mg	35	2.652	4	A	1				
Phosphorus, P	mg	119	3.049	4	A	1				
Potassium, K	mg	128	4.466	4	A	1				
Sodium, Na	mg	2		0	BFZN	4				
Zinc, Zn	mg	1.60	0.535	4	A	1				
Copper, Cu	mg	0.187	0.009	4	A	1				
Manganese, Mn	mg	0.624	0.041	4	A	1				
Selenium, Se	mcg	26.2	5.468	6	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.194	0.010	28	A	1				
Riboflavin	mg	0.072	0.006	27	A	1				
Niacin	mg	1.198	0.063	27	A	1				
Pantothenic acid	mg	0.386	0.029	4	A	1				
Vitamin B-6	mg	0.045	0.005	4	A	1				
Folate, total	mcg	31	1.282	27	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	31	1.282	27	A	1				
Folate, DFE	mcg_DFE	31		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	BFZN	4				
Carotene, alpha	mcg	0		0	BFZN	4				
Cryptoxanthin, beta	mcg	0		0	BFZN	4				
Vitamin A, IU	IU	0		0	BFZN	4				
Lycopene	mcg	0		0	BFZN	4				
Lutein + zeaxanthin	mcg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.05	0.017	8	A	1				
Tocopherol, beta	mg	0.04	0.008	8	A	1				
Tocopherol, gamma	mg	0.42	0.126	8	A	1				
Tocopherol, delta	mg	0.01	0.005	8	A	1				
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				

NDB No. 20641
Wheat flour, white (industrial), 13% protein, bleached, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4				
Lipids:									
Fatty acids, total saturated....g	0.189		0	NC	4				
4:0....g	0.000	0.000	4	A	1				
6:0....g	0.000	0.000	4	A	1				
8:0....g	0.000	0.000	4	A	1				
10:0....g	0.000	0.000	4	A	1				
12:0....g	0.000	0.000	4	A	1				
13:0....g									
14:0....g	0.000	0.000	4	A	1				
15:0....g	0.000	0.000	4	A	1				
16:0....g	0.189	0.041	4	A	1				
17:0....g	0.000	0.000	4	A	1				
18:0....g	0.000	0.000	4	A	1				
20:0....g	0.000	0.000	4	A	1				
22:0....g	0.000	0.000	4	A	1				
24:0....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated....g	0.152		0	NC	4				
14:1....g	0.000	0.000	4	A	1				
15:1....g									
16:1 undifferentiated....g	0.000	0.000	3	A	1				
17:1....g									
18:1 undifferentiated....g	0.152	0.014	4	A	1				
20:1....g	0.000	0.000	4	A	1				
22:1 undifferentiated....g	0.000	0.000	4	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.683		0	NC	4				
18:2 undifferentiated....g	0.666	0.042	4	A	1				
18:3 undifferentiated....g	0.017	0.000	4	A	1				
18:4....g	0.000	0.000	4	A	1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1				
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		0	A	1				
Threonine....g	0.319		0	A	1				
Isoleucine....g	0.433		0	A	1				
Leucine....g	0.825		0	A	1				
Lysine....g	0.296		0	A	1				
Methionine....g	0.180		0	A	1				
Cystine....g	0.299		0	A	1				
Phenylalanine....g	0.598		0	A	1				
Tyrosine....g	0.202		0	A	1				
Valine....g	0.501		0	A	1				
Arginine....g	0.424		0	A	1				
Histidine....g	0.252		0	A	1				
Alanine....g	0.356		0	A	1				
Aspartic acid....g	0.476		0	A	1				
Glutamic acid....g	4.238		0	A	1				
Glycine....g	0.429		0	A	1				
Proline....g	1.442		0	A	1				
Serine....g	0.546		0	A	1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				

NDB No. 20641
Wheat flour, white (industrial), 13% protein, bleached, unenriched

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20645
Wheat flour, white (industrial), 15% protein, bleached, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.85	0.188	12	A	1				
Energy	kcal	362		0	NC	4				
Energy	kJ	1514		0	NC	4				
Protein	g	15.33	0.063	12	A	1				
Total lipid (fat)	g	1.41	0.063	12	A	1				
Ash	g	0.53	0.019	12	A	1				
Carbohydrate, by difference	g	69.88		0	NC	4				
Fiber, total dietary	g	2.4	0.136	8	A	1				
Sugars, total	g	0.92	0.111	8	A	1				
Sucrose	g	0.15	0.000	8	A	1				
Glucose (dextrose)	g	0.03	0.000	8	A	1				
Fructose	g	0.03	0.000	8	A	1				
Lactose	g	0.00	0.000	8	A	1				
Maltose	g	0.71	0.111	8	A	1				
Galactose	g	0.00	0.000	8	A	1				
Starch	g	59.52	1.234	8	A	1				
Minerals:										
Calcium, Ca	mg	17	0.684	4	A	1				
Iron, Fe	mg	5.06	0.197	28	A	1				
Magnesium, Mg	mg	38	1.314	4	A	1				
Phosphorus, P	mg	128	1.509	4	A	1				
Potassium, K	mg	120	3.894	4	A	1				
Sodium, Na	mg	2		0	BFZN	4				
Zinc, Zn	mg	1.16	0.035	4	A	1				
Copper, Cu	mg	0.195	0.013	4	A	1				
Manganese, Mn	mg	0.569	0.065	4	A	1				
Selenium, Se	mcg	28.1	6.598	8	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.736	0.036	26	A	1				
Riboflavin	mg	0.445	0.022	27	A	1				
Niacin	mg	5.953	0.262	27	A	1				
Pantothenic acid	mg	0.427	0.021	4	A	1				
Vitamin B-6	mg	0.045	0.004	4	A	1				
Folate, total	mcg	170	6.413	27	A	1				
Folic acid	mcg	140		0	NC	4				
Folate, food	mcg	31		0	BFZN	4				
Folate, DFE	mcg_DFE	268		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	BFZN	4				
Carotene, alpha	mcg	0		0	BFZN	4				
Cryptoxanthin, beta	mcg	0		0	BFZN	4				
Vitamin A, IU	IU	0		0	BFZN	4				
Lycopene	mcg	0		0	BFZN	4				
Lutein + zeaxanthin	mcg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.05	0.017	8	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.04	0.008	8	A	1				
Tocopherol, gamma	mg	0.42	0.126	8	A	1				
Tocopherol, delta	mg	0.01	0.005	8	A	1				
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20645
Wheat flour, white (industrial), 15% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.3		0	BFZN	4				
Lipids:									
Fatty acids, total saturated.....g	0.272		0	NC	4				
4:0.....g	0.000	0.000	4	A	1				
6:0.....g	0.000	0.000	4	A	1				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.000	0.000	4	A	1				
13:0.....g									
14:0.....g	0.000	0.000	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	0.272	0.025	4	A	1				
17:0.....g	0.000	0.000	4	A	1				
18:0.....g	0.000	0.000	4	A	1				
20:0.....g	0.000	0.000	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated.....g	0.153		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.153	0.012	4	A	1				
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.712		0	NC	4				
18:2 undifferentiated.....g	0.695	0.039	4	A	1				
18:3 undifferentiated.....g	0.017	0.000	4	A	1				
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.169		0	A	1				
Threonine.....g	0.366		0	A	1				
Isoleucine.....g	0.503		0	A	1				
Leucine.....g	0.949		0	A	1				
Lysine.....g	0.314		0	A	1				
Methionine.....g	0.202		0	A	1				
Cystine.....g	0.341		0	A	1				
Phenylalanine.....g	0.775		0	A	1				
Tyrosine.....g	0.214		0	A	1				
Valine.....g	0.575		0	A	1				
Arginine.....g	0.521		0	A	1				
Histidine.....g	0.304		0	A	1				
Alanine.....g	0.411		0	A	1				
Aspartic acid.....g	0.593		0	A	1				
Glutamic acid.....g	5.017		0	A	1				
Glycine.....g	0.488		0	A	1				
Proline.....g	1.634		0	A	1				
Serine.....g	0.623		0	A	1				
Hydroxyproline.....g									
Others:									

NDB No. 20645
Wheat flour, white (industrial), 15% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7				
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 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20646
Wheat flour, white (industrial), 15% protein, bleached, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.85	0.188	12	A	1				
Energy....kcal	362		0	NC	4				
Energy....kJ	1514		0	NC	4				
Protein....g	15.33	0.063	12	A	1				
Total lipid (fat)....g	1.41	0.063	12	A	1				
Ash....g	0.53	0.019	12	A	1				
Carbohydrate, by difference....g	69.88		0	NC	4				
Fiber, total dietary....g	2.4	0.136	8	A	1				
Sugars, total....g	0.92	0.111	8	A	1				
Sucrose....g	0.15	0.000	8	A	1				
Glucose (dextrose)....g	0.03	0.000	8	A	1				
Fructose....g	0.03	0.000	8	A	1				
Lactose....g	0.00	0.000	8	A	1				
Maltose....g	0.71	0.111	8	A	1				
Galactose....g	0.00	0.000	8	A	1				
Starch....g	59.52	1.234	8	A	1				
Minerals:									
Calcium, Ca....mg	17	0.684	4	A	1				
Iron, Fe....mg	1.26	0.052	27	A	1				
Magnesium, Mg....mg	38	1.314	4	A	1				
Phosphorus, P....mg	128	1.509	4	A	1				
Potassium, K....mg	120	3.894	4	A	1				
Sodium, Na....mg	2		0	BFZN	4				
Zinc, Zn....mg	1.16	0.035	4	A	1				
Copper, Cu....mg	0.195	0.013	4	A	1				
Manganese, Mn....mg	0.569	0.065	4	A	1				
Selenium, Se....mcg	28.1	6.598	8	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1				
Thiamin....mg	0.194	0.010	28	A	1				
Riboflavin....mg	0.072	0.006	27	A	1				
Niacin....mg	1.198	0.063	27	A	1				
Pantothenic acid....mg	0.427	0.021	4	A	1				
Vitamin B-6....mg	0.045	0.004	4	A	1				
Folate, total....mcg	31	1.282	27	A	1				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	31	1.282	27	A	1				
Folate, DFE....mcg_DFE	31		0	NC	4				
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	0		0	BFZN	4				
Retinol....mcg	0		0	Z	7				
Carotene, beta....mcg	0		0	BFZN	4				
Carotene, alpha....mcg	0		0	BFZN	4				
Cryptoxanthin, beta....mcg	0		0	BFZN	4				
Vitamin A, IU....IU	0		0	BFZN	4				
Lycopene....mcg	0		0	BFZN	4				
Lutein + zeaxanthin....mcg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol)....mg	0.05	0.017	8	A	1				
Tocopherol, beta....mg	0.04	0.008	8	A	1				
Tocopherol, gamma....mg	0.42	0.126	8	A	1				
Tocopherol, delta....mg	0.01	0.005	8	A	1				
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				

NDB No. 20646
Wheat flour, white (industrial), 15% protein, bleached, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4				
Lipids:									
Fatty acids, total saturated....g	0.272		0	NC	4				
4:0....g	0.000	0.000	4	A	1				
6:0....g	0.000	0.000	4	A	1				
8:0....g	0.000	0.000	4	A	1				
10:0....g	0.000	0.000	4	A	1				
12:0....g	0.000	0.000	4	A	1				
13:0....g									
14:0....g	0.000	0.000	4	A	1				
15:0....g	0.000	0.000	4	A	1				
16:0....g	0.272	0.025	4	A	1				
17:0....g	0.000	0.000	4	A	1				
18:0....g	0.000	0.000	4	A	1				
20:0....g	0.000	0.000	4	A	1				
22:0....g	0.000	0.000	4	A	1				
24:0....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated....g	0.153		0	NC	4				
14:1....g	0.000	0.000	4	A	1				
15:1....g									
16:1 undifferentiated....g	0.000	0.000	4	A	1				
17:1....g									
18:1 undifferentiated....g	0.153	0.012	4	A	1				
20:1....g	0.000	0.000	4	A	1				
22:1 undifferentiated....g	0.000	0.000	4	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.712		0	NC	4				
18:2 undifferentiated....g	0.695	0.039	4	A	1				
18:3 undifferentiated....g	0.017	0.000	4	A	1				
18:4....g	0.000	0.000	4	A	1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1				
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.169		0	A	1				
Threonine....g	0.366		0	A	1				
Isoleucine....g	0.503		0	A	1				
Leucine....g	0.949		0	A	1				
Lysine....g	0.314		0	A	1				
Methionine....g	0.202		0	A	1				
Cystine....g	0.341		0	A	1				
Phenylalanine....g	0.775		0	A	1				
Tyrosine....g	0.214		0	A	1				
Valine....g	0.575		0	A	1				
Arginine....g	0.521		0	A	1				
Histidine....g	0.304		0	A	1				
Alanine....g	0.411		0	A	1				
Aspartic acid....g	0.593		0	A	1				
Glutamic acid....g	5.017		0	A	1				
Glycine....g	0.488		0	A	1				
Proline....g	1.634		0	A	1				
Serine....g	0.623		0	A	1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				

NDB No. 20646
Wheat flour, white (industrial), 15% protein, bleached, unenriched

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20623
Wheat flour, white (industrial), 9% protein, bleached, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.85	0.187	10	A	1				
Energy	kcal	367		0	NC	4				
Energy	kJ	1533		0	NC	4				
Protein	g	8.89	0.111	10	A	1				
Total lipid (fat)	g	1.43	0.086	10	A	1				
Ash	g	0.51	0.020	10	A	1				
Carbohydrate, by difference	g	77.32		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g	0.54	0.054	6	A	1				
Sucrose	g	0.26	0.045	6	A	1				
Glucose (dextrose)	g	0.03	0.000	6	A	1				
Fructose	g	0.03	0.000	6	A	1				
Lactose	g	0.00	0.000	6	A	1				
Maltose	g	0.22	0.031	6	A	1				
Galactose	g	0.00	0.000	6	A	1				
Starch	g	68.01	0.498	6	A	1				
Minerals:										
Calcium, Ca	mg	20	1.615	4	A	1				
Iron, Fe	mg	5.06	0.197	28	A	1				
Magnesium, Mg	mg	20	2.089	4	A	1				
Phosphorus, P	mg	85	5.900	4	A	1				
Potassium, K	mg	131	4.385	4	A	1				
Sodium, Na	mg	2		0	BFZN	4				
Zinc, Zn	mg	0.94	0.160	4	A	1				
Copper, Cu	mg	0.165	0.011	4	A	1				
Manganese, Mn	mg	0.628	0.058	4	A	1				
Selenium, Se	mcg	11.4	2.356	6	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.736	0.036	26	A	1				
Riboflavin	mg	0.445	0.022	27	A	1				
Niacin	mg	5.953	0.262	27	A	1				
Pantothenic acid	mg	0.187	0.021	4	A	1				
Vitamin B-6	mg	0.037	0.000	4	A	1				
Folate, total	mcg	170	6.413	27	A	1				
Folic acid	mcg									
Folate, food	mcg	31		0	BFZN	4				
Folate, DFE	mcg_DFE									
Choline, total	mg	10.4		0	BFZN	4				
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	BFZN	4				
Carotene, alpha	mcg	0		0	BFZN	4				
Cryptoxanthin, beta	mcg	0		0	BFZN	4				
Vitamin A, IU	IU	0		0	BFZN	4				
Lycopene	mcg	0		0	BFZN	4				
Lutein + zeaxanthin	mcg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.05	0.017	8	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.04	0.008	8	A	1				
Tocopherol, gamma	mg	0.42	0.126	8	A	1				
Tocopherol, delta	mg	0.01	0.005	8	A	1				
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 20623
Wheat flour, white (industrial), 9% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.3		0	BFZN	4				
Lipids:									
Fatty acids, total saturated.....g									
4:0.....g	0.000	0.000	4	A	1				
6:0.....g	0.000	0.000	4	A	1				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.000	0.000	4	A	1				
13:0.....g									
14:0.....g	0.000	0.000	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	0.340	0.033	4	A	1				
17:0.....g	0.000	0.000	4	A	1				
18:0.....g	0.000	0.000	4	A	1				
20:0.....g	0.000	0.000	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated.....g									
14:1.....g	0.000	0.000	4	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.120	0.019	4	A	1				
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.585	0.061	4	A	1				
18:3 undifferentiated.....g	0.017	0.000	4	A	1				
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0	A	1				
Threonine.....g	0.229		0	A	1				
Isoleucine.....g	0.306		0	A	1				
Leucine.....g	0.584		0	A	1				
Lysine.....g	0.239		0	A	1				
Methionine.....g	0.127		0	A	1				
Cystine.....g	0.226		0	A	1				
Phenylalanine.....g	0.373		0	A	1				
Tyrosine.....g	0.112		0	A	1				
Valine.....g	0.363		0	A	1				
Arginine.....g	0.313		0	A	1				
Histidine.....g	0.177		0	A	1				
Alanine.....g	0.261		0	A	1				
Aspartic acid.....g	0.360		0	A	1				
Glutamic acid.....g	2.736		0	A	1				
Glycine.....g	0.296		0	A	1				
Proline.....g	0.931		0	A	1				
Serine.....g	0.375		0	A	1				
Hydroxyproline.....g									
Others:									

NDB No. 20623
Wheat flour, white (industrial), 9% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7				
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 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20624
Wheat flour, white (industrial), 9% protein, bleached, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.85	0.187	10	A	1				
Energy	kcal	367		0	NC	4				
Energy	kJ	1533		0	NC	4				
Protein	g	8.89	0.111	10	A	1				
Total lipid (fat)	g	1.43	0.086	10	A	1				
Ash	g	0.51	0.020	10	A	1				
Carbohydrate, by difference	g	77.32		0	NC	4				
Fiber, total dietary	g	2.4	0.136	8	A	1				
Sugars, total	g	0.54	0.054	6	A	1				
Sucrose	g	0.26	0.045	6	A	1				
Glucose (dextrose)	g	0.03	0.000	6	A	1				
Fructose	g	0.03	0.000	6	A	1				
Lactose	g	0.00	0.000	6	A	1				
Maltose	g	0.22	0.031	6	A	1				
Galactose	g	0.00	0.000	6	A	1				
Starch	g	68.01	0.498	6	A	1				
Minerals:										
Calcium, Ca	mg	20	1.615	4	A	1				
Iron, Fe	mg	1.26	0.052	27	A	1				
Magnesium, Mg	mg	20	2.089	4	A	1				
Phosphorus, P	mg	85	5.900	4	A	1				
Potassium, K	mg	131	4.385	4	A	1				
Sodium, Na	mg	2		0	BFZN	4				
Zinc, Zn	mg	0.94	0.160	4	A	1				
Copper, Cu	mg	0.165	0.011	4	A	1				
Manganese, Mn	mg	0.628	0.058	4	A	1				
Selenium, Se	mcg	11.4	2.356	6	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.194	0.010	28	A	1				
Riboflavin	mg	0.072	0.006	27	A	1				
Niacin	mg	1.198	0.063	27	A	1				
Pantothenic acid	mg	0.187	0.021	4	A	1				
Vitamin B-6	mg	0.037	0.000	4	A	1				
Folate, total	mcg	31	1.282	27	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	31	1.282	27	A	1				
Folate, DFE	mcg_DFE	31		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	Z	7				
Carotene, beta	mcg	0		0	BFZN	4				
Carotene, alpha	mcg	0		0	BFZN	4				
Cryptoxanthin, beta	mcg	0		0	BFZN	4				
Vitamin A, IU	IU	0		0	NC	4				
Lycopene	mcg	0		0	BFZN	4				
Lutein + zeaxanthin	mcg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol)	mg	0.05	0.017	8	A	1				
Tocopherol, beta	mg	0.04	0.008	8	A	1				
Tocopherol, gamma	mg	0.42	0.126	8	A	1				
Tocopherol, delta	mg	0.01	0.005	8	A	1				
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				

NDB No. 20624
Wheat flour, white (industrial), 9% protein, bleached, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4				
Lipids:									
Fatty acids, total saturated....g	0.340		0	NC	4				
4:0....g	0.000	0.000	4	A	1				
6:0....g	0.000	0.000	4	A	1				
8:0....g	0.000	0.000	4	A	1				
10:0....g	0.000	0.000	4	A	1				
12:0....g	0.000	0.000	4	A	1				
13:0....g									
14:0....g	0.000	0.000	4	A	1				
15:0....g	0.000	0.000	4	A	1				
16:0....g	0.340	0.033	4	A	1				
17:0....g	0.000	0.000	4	A	1				
18:0....g	0.000	0.000	4	A	1				
20:0....g	0.000	0.000	4	A	1				
22:0....g	0.000	0.000	4	A	1				
24:0....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated....g	0.120		0	NC	4				
14:1....g	0.000	0.000	4	A	1				
15:1....g									
16:1 undifferentiated....g	0.000	0.000	4	A	1				
17:1....g									
18:1 undifferentiated....g	0.120	0.019	4	A	1				
20:1....g	0.000	0.000	4	A	1				
22:1 undifferentiated....g	0.000	0.000	4	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.602		0	NC	4				
18:2 undifferentiated....g	0.585	0.061	4	A	1				
18:3 undifferentiated....g	0.017	0.000	4	A	1				
18:4....g	0.000	0.000	4	A	1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1				
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.095		0	A	1				
Threonine....g	0.229		0	A	1				
Isoleucine....g	0.306		0	A	1				
Leucine....g	0.584		0	A	1				
Lysine....g	0.239		0	A	1				
Methionine....g	0.127		0	A	1				
Cystine....g	0.226		0	A	1				
Phenylalanine....g	0.373		0	A	1				
Tyrosine....g	0.112		0	A	1				
Valine....g	0.363		0	A	1				
Arginine....g	0.313		0	A	1				
Histidine....g	0.177		0	A	1				
Alanine....g	0.261		0	A	1				
Aspartic acid....g	0.360		0	A	1				
Glutamic acid....g	2.736		0	A	1				
Glycine....g	0.296		0	A	1				
Proline....g	0.931		0	A	1				
Serine....g	0.375		0	A	1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				

NDB No. 20624
Wheat flour, white (industrial), 9% protein, bleached, unenriched

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20081
Wheat flour, white, all-purpose, enriched, bleached

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.92	0.184	72		1		14.90		
Energy	kcal	364		0	NC	4		455		
Energy	kJ	1523		0		4		1904		
Protein (N x 5.7)	g	10.33	0.131	61		1		12.91		
Total lipid (fat)	g	0.98	0.038	29		1		1.23		
Ash	g	0.47	0.015	61		1		0.59		
Carbohydrate, by difference	g	76.31		0	NC	4		95.39		
Fiber, total dietary	g	2.7		0		1		3.4		
Sugars, total	g	0.27		3	A	1		0.33		
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.370	113		1		19		
Iron, Fe	mg	4.64	0.074	23		1		5.80		
Magnesium, Mg	mg	22	0.586	129		1		28		
Phosphorus, P	mg	108	2.395	47		1		135		
Potassium, K	mg	107	2.696	94		1		134		
Sodium, Na	mg	2	0.226	82		1		3		
Zinc, Zn	mg	0.70	0.020	136		1		0.88		
Copper, Cu	mg	0.144	0.006	49		1		0.180		
Manganese, Mn	mg	0.682	0.030	48		1		0.853		
Selenium, Se	mcg	33.9	3.192	46	A	1		42.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.785	0.015	36		1		0.981		
Riboflavin	mg	0.494	0.016	32		1		0.618		
Niacin	mg	5.904	0.123	19		1		7.380		
Pantothenic acid	mg	0.438	0.093	10		1		0.548		
Vitamin B-6	mg	0.044	0.003	45		1		0.055		
Folate, total	mcg	183	5.778	9	A	1		229		
Folic acid	mcg	154	5.638	9	A	1		193		
Folate, food	mcg	29	1.441	9	AS	1		37		
Folate, DFE	mcg_DFE	291		0	NC	4		364		
Choline, total	mg	10.4		0	AS	1		13.1		
Betaine	mg	70.3		2	A	1		87.8		
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		1	A	1		0		
Retinol	mcg	0		0	Z	7		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	0		1	A	1		0		
Lycopene	mcg	0		1	A	1		0		
Lutein + zeaxanthin	mcg	18		1	A	1		23		
Vitamin E (alpha-tocopherol)	mg	0.06	0.008	9	A	1		0.07		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.07	0.012	9	A	1		0.08		
Tocopherol, gamma	mg	0.38	0.123	9	A	1		0.48		
Tocopherol, delta	mg	0.02	0.003	9	A	1		0.02		
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	0.3		1	A	1		0.4		
Lipids:										
Fatty acids, total saturated	g	0.155		0		1		0.194		
4:0	g	0.000		0		1		0.000		

NDB No. 20081
Wheat flour, white, all-purpose, enriched, bleached

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.148		10		1		0.185		
17:0....g									
18:0....g	0.007		10		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.087		0		1		0.109		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.087		10		1		0.109		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.413		0		1		0.516		
18:2 undifferentiated....g	0.391		10		1		0.489		
18:3 undifferentiated....g	0.022		10		1		0.028		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		39		1		0.159		
Threonine....g	0.281		67		1		0.351		
Isoleucine....g	0.357		68		1		0.446		
Leucine....g	0.710		68		1		0.888		
Lysine....g	0.228		69		1		0.285		
Methionine....g	0.183		67		1		0.229		
Cystine....g	0.219		63		1		0.274		
Phenylalanine....g	0.520		58		1		0.650		
Tyrosine....g	0.312		56		1		0.390		
Valine....g	0.415		58		1		0.519		
Arginine....g	0.417		51		1		0.521		
Histidine....g	0.230		51		1		0.288		
Alanine....g	0.332		49		1		0.415		
Aspartic acid....g	0.435		49		1		0.544		
Glutamic acid....g	3.479		49		1		4.349		
Glycine....g	0.371		49		1		0.464		
Proline....g	1.198		49		1		1.498		
Serine....g	0.516		49		1		0.645		
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. 20081

Wheat flour, white, all-purpose, enriched, bleached

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20381
Wheat flour, white, all-purpose, enriched, calcium-fortified

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.92	0.184	72		1		14.90		
Energy	kcal	364		0	NC	4		455		
Energy	kJ	1523				4		1904		
Protein (N x 5.7)	g	10.33	0.131	61		1		12.91		
Total lipid (fat)	g	0.98	0.038	29		1		1.23		
Ash	g	0.47	0.015	61		1		0.59		
Carbohydrate, by difference	g	76.31		0	NC	4		95.39		
Fiber, total dietary	g	2.7		0		4		3.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	252		1		1		315		
Iron, Fe	mg	4.64	0.074	23		1		5.80		
Magnesium, Mg	mg	22	0.586	129		1		28		
Phosphorus, P	mg	108	2.395	47		1		135		
Potassium, K	mg	107	2.696	94		1		134		
Sodium, Na	mg	2	0.226	82		1		3		
Zinc, Zn	mg	0.70	0.020	136		1		0.88		
Copper, Cu	mg	0.144	0.006	49		1		0.180		
Manganese, Mn	mg	0.682	0.030	48		1		0.853		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.785	0.015	36		1		0.981		
Riboflavin	mg	0.494	0.016	32		1		0.618		
Niacin	mg	5.904	0.123	19		1		7.380		
Pantothenic acid	mg	0.438	0.093	10		1		0.548		
Vitamin B-6	mg	0.044	0.003	45		1		0.055		
Folate, total	mcg	183		0	BFZN	4		229		
Folic acid	mcg	154		0	BFZN	4		193		
Folate, food	mcg	29		0	BFZN	4		37		
Folate, DFE	mcg_DFE	291		0	NC	4		364		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.06		0	BFZN	4		0.07		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.155		0		1		0.194		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20381
Wheat flour, white, all-purpose, enriched, calcium-fortified

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.148		10		1		0.185		
17:0....g									
18:0....g	0.007		10		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.087		0		1		0.109		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.087		10		1		0.109		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.413		0		1		0.516		
18:2 undifferentiated....g	0.391		10		1		0.489		
18:3 undifferentiated....g	0.022		10		1		0.028		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		39		1		0.159		
Threonine....g	0.281		67		1		0.351		
Isoleucine....g	0.357		68		1		0.446		
Leucine....g	0.710		68		1		0.888		
Lysine....g	0.228		69		1		0.285		
Methionine....g	0.183		67		1		0.229		
Cystine....g	0.219		63		1		0.274		
Phenylalanine....g	0.520		58		1		0.650		
Tyrosine....g	0.312		56		1		0.390		
Valine....g	0.415		58		1		0.519		
Arginine....g	0.417		51		1		0.521		
Histidine....g	0.230		51		1		0.288		
Alanine....g	0.332		49		1		0.415		
Aspartic acid....g	0.435		49		1		0.544		
Glutamic acid....g	3.479		49		1		4.349		
Glycine....g	0.371		49		1		0.464		
Proline....g	1.198		49		1		1.498		
Serine....g	0.516		49		1		0.645		
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 = 125g: 1 cup

NDB No. 20381
Wheat flour, white, all-purpose, enriched, calcium-fortified

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20581
Wheat flour, white, all-purpose, enriched, unbleached

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.92	0.184	72		1		14.90		
Energy	kcal	364		0	NC	4		455		
Energy	kJ	1523				4		1904		
Protein (N x 5.7)	g	10.33	0.131	61		1		12.91		
Total lipid (fat)	g	0.98	0.038	29		1		1.23		
Ash	g	0.47	0.015	61		1		0.59		
Carbohydrate, by difference	g	76.31		0	NC	4		95.39		
Fiber, total dietary	g	2.7		0		4		3.4		
Sugars, total	g	0.27		3	A	1		0.33		
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.370	113		1		19		
Iron, Fe	mg	4.64	0.074	23		1		5.80		
Magnesium, Mg	mg	22	0.586	129		1		28		
Phosphorus, P	mg	108	2.395	47		1		135		
Potassium, K	mg	107	2.696	94		1		134		
Sodium, Na	mg	2	0.226	82		1		3		
Zinc, Zn	mg	0.70	0.020	136		1		0.88		
Copper, Cu	mg	0.144	0.006	49		1		0.180		
Manganese, Mn	mg	0.682	0.030	48		1		0.853		
Selenium, Se	mcg	33.9	3.192	46	A	1		42.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.785	0.015	36		1		0.981		
Riboflavin	mg	0.494	0.016	32		1		0.618		
Niacin	mg	5.904	0.123	19		1		7.380		
Pantothenic acid	mg	0.438	0.093	10		1		0.548		
Vitamin B-6	mg	0.044	0.003	45		1		0.055		
Folate, total	mcg	183	5.778	9	A	1		229		
Folic acid	mcg	154	5.638	9	A	1		193		
Folate, food	mcg	29	1.441	9	AS	1		37		
Folate, DFE	mcg_DFE	291		0	NC	4		364		
Choline, total	mg									
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		1	A	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	1		1	A	1		1		
Carotene, alpha	mcg	0		1	A	1		0		
Cryptoxanthin, beta	mcg	0		1	A	1		0		
Vitamin A, IU	IU	2		1	A	1		2		
Lycopene	mcg	0		1	A	1		0		
Lutein + zeaxanthin	mcg	79		1	A	1		98		
Vitamin E (alpha-tocopherol)	mg	0.23		2	A	1		0.28		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.14		2	A	1		0.18		
Tocopherol, gamma	mg	1.25		2	A	1		1.56		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
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	BFZN	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.155		0		1		0.194		
4:0	g	0.000		0	BFZN	4		0.000		

NDB No. 20581
Wheat flour, white, all-purpose, enriched, unbleached

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFZN	4		0.000		
8:0 g	0.000		0	BFZN	4		0.000		
10:0 g	0.000		0	BFZN	4		0.000		
12:0 g	0.000		0	BFZN	4		0.000		
13:0 g									
14:0 g	0.000		0	BFZN	4		0.000		
15:0 g									
16:0 g	0.148		10		1		0.185		
17:0 g									
18:0 g	0.007		10		1		0.009		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.087		0		1		0.109		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	BFZN	4		0.000		
17:1 g									
18:1 undifferentiated g	0.087		10		1		0.109		
20:1 g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated g	0.000		0	BFZN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.413		0		1		0.516		
18:2 undifferentiated g	0.391		10		1		0.489		
18:3 undifferentiated g	0.022		10		1		0.028		
18:4 g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.127		39		1		0.159		
Threonine g	0.281		67		1		0.351		
Isoleucine g	0.357		68		1		0.446		
Leucine g	0.710		68		1		0.888		
Lysine g	0.228		69		1		0.285		
Methionine g	0.183		67		1		0.229		
Cystine g	0.219		63		1		0.274		
Phenylalanine g	0.520		58		1		0.650		
Tyrosine g	0.312		56		1		0.390		
Valine g	0.415		58		1		0.519		
Arginine g	0.417		51		1		0.521		
Histidine g	0.230		51		1		0.288		
Alanine g	0.332		49		1		0.415		
Aspartic acid g	0.435		49		1		0.544		
Glutamic acid g	3.479		49		1		4.349		
Glycine g	0.371		49		1		0.464		
Proline g	1.198		49		1		1.498		
Serine g	0.516		49		1		0.645		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

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

NDB No. 20581

Wheat flour, white, all-purpose, enriched, unbleached

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20082
Wheat flour, white, all-purpose, self-rising, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.59	0.196	34		1		13.24		
Energy	kcal	354		0	NC	4		443		
Energy	kJ	1481		0		4		1851		
Protein (N x 5.7)	g	9.89	0.149	37		1		12.36		
Total lipid (fat)	g	0.97	0.036	29		1		1.21		
Ash	g	4.33	0.045	32		1		5.41		
Carbohydrate, by difference	g	74.22		0	NC	4		92.78		
Fiber, total dietary	g	2.7		0		4		3.4		
Sugars, total	g	0.22		1	AI	13		0.28		
Starch	g									
Minerals:										
Calcium, Ca	mg	338	9.355	30		1		423		
Iron, Fe	mg	4.67	0.140	7		1		5.84		
Magnesium, Mg	mg	19	0.299	5		1		24		
Phosphorus, P	mg	595	38.500	14		1		744		
Potassium, K	mg	124	5.756	11		1		155		
Sodium, Na	mg	1270	39.347	12		1		1588		
Zinc, Zn	mg	0.62	0.095	5		1		0.78		
Copper, Cu	mg	0.112	0.009	5		1		0.140		
Manganese, Mn	mg	1.000		1		1		1.250		
Selenium, Se	mcg	34.4		0	BFSN	4		43.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.674	0.010	34		1		0.843		
Riboflavin	mg	0.414	0.011	34		1		0.518		
Niacin	mg	5.832	0.204	43		1		7.290		
Pantothenic acid	mg	0.438		0		4		0.548		
Vitamin B-6	mg	0.050		1		1		0.063		
Folate, total	mcg	196	14.075	3	A	1		245		
Folic acid	mcg	158	18.248	3	A	1		198		
Folate, food	mcg	38	5.840	3	AS	1		48		
Folate, DFE	mcg_DFE	307		0	NC	4		384		
Choline, total	mg	10.4		0	BFZN	4		13.1		
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	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	18		0	BFZN	4		23		
Vitamin E (alpha-tocopherol)	mg	0.05		1	A	1		0.06		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.04		1	A	1		0.05		
Tocopherol, gamma	mg	0.32		1	A	1		0.40		
Tocopherol, delta	mg	0.00		1	A	1		0.00		
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	BFZN	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.154		0		1		0.193		
4:0	g	0.000		0		1		0.000		

NDB No. 20082
Wheat flour, white, all-purpose, self-rising, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.147		0		1		0.184		
17:0....g									
18:0....g	0.007		0		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.086		0		1		0.108		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.086		0		1		0.108		
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		0.513		
18:2 undifferentiated....g	0.388		0		1		0.485		
18:3 undifferentiated....g	0.022		0		1		0.028		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.121		0		1		0.151		
Threonine....g	0.269		0		1		0.336		
Isoleucine....g	0.342		0		1		0.428		
Leucine....g	0.680		0		1		0.850		
Lysine....g	0.219		0		1		0.274		
Methionine....g	0.175		0		1		0.219		
Cystine....g	0.210		0		1		0.263		
Phenylalanine....g	0.498		0		1		0.623		
Tyrosine....g	0.298		0		1		0.373		
Valine....g	0.397		0		1		0.496		
Arginine....g	0.399		0		1		0.499		
Histidine....g	0.220		0		1		0.275		
Alanine....g	0.317		0		1		0.396		
Aspartic acid....g	0.416		0		1		0.520		
Glutamic acid....g	3.330		0		1		4.163		
Glycine....g	0.356		0		1		0.445		
Proline....g	1.146		0		1		1.433		
Serine....g	0.494		0		1		0.618		
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. 20082

Wheat flour, white, all-purpose, self-rising, enriched

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20481
Wheat flour, white, all-purpose, unenriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.92	0.184	72		1		14.90		
Energy	kcal	364		0	NC	4		455		
Energy	kJ	1523		0		4		1904		
Protein (N x 5.7)	g	10.33	0.131	61		1		12.91		
Total lipid (fat)	g	0.98	0.038	29		1		1.23		
Ash	g	0.47	0.015	61		1		0.59		
Carbohydrate, by difference	g	76.31		0	NC	4		95.39		
Fiber, total dietary	g	2.7		1		4		3.4		
Sugars, total	g	0.27		0	BFZN	4		0.33		
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.370	113		1		19		
Iron, Fe	mg	1.17		1		1		1.46		
Magnesium, Mg	mg	22	0.586	129		1		28		
Phosphorus, P	mg	108	2.395	47		1		135		
Potassium, K	mg	107	2.696	94		1		134		
Sodium, Na	mg	2	0.226	82		1		3		
Zinc, Zn	mg	0.70	0.020	136		1		0.88		
Copper, Cu	mg	0.144	0.006	49		1		0.180		
Manganese, Mn	mg	0.682	0.030	48		1		0.853		
Selenium, Se	mcg	33.9	3.192	46	A	1		42.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.120		1		1		0.150		
Riboflavin	mg	0.040		1		1		0.050		
Niacin	mg	1.250		1		1		1.563		
Pantothenic acid	mg	0.438	0.093	10		1		0.548		
Vitamin B-6	mg	0.044	0.003	45		1		0.055		
Folate, total	mcg	26	3.672	15		1		33		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	26	3.672	15		1		33		
Folate, DFE	mcg_DFE	26		0	NC	4		33		
Choline, total	mg	10.4		0	BFZN	4		13.1		
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	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	BFZN	4		0		
Carotene, alpha	mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin	mcg	18		0	BFZN	4		23		
Vitamin E (alpha-tocopherol)	mg	0.06		0	BFZN	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	0.3		0	BFZN	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.155		0		1		0.194		
4:0	g	0.000		0		1		0.000		

NDB No. 20481
Wheat flour, white, all-purpose, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.148		10		1		0.185		
17:0....g									
18:0....g	0.007		10		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.087		0		1		0.109		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.087		10		1		0.109		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.413		0		1		0.516		
18:2 undifferentiated....g	0.391		10		1		0.489		
18:3 undifferentiated....g	0.022		10		1		0.028		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		39		1		0.159		
Threonine....g	0.281		67		1		0.351		
Isoleucine....g	0.357		68		1		0.446		
Leucine....g	0.710		68		1		0.888		
Lysine....g	0.228		69		1		0.285		
Methionine....g	0.183		67		1		0.229		
Cystine....g	0.219		63		1		0.274		
Phenylalanine....g	0.520		58		1		0.650		
Tyrosine....g	0.312		56		1		0.390		
Valine....g	0.415		58		1		0.519		
Arginine....g	0.417		51		1		0.521		
Histidine....g	0.230		51		1		0.288		
Alanine....g	0.332		49		1		0.415		
Aspartic acid....g	0.435		49		1		0.544		
Glutamic acid....g	3.479		49		1		4.349		
Glycine....g	0.371		49		1		0.464		
Proline....g	1.198		49		1		1.498		
Serine....g	0.516		49		1		0.645		
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. 20481

Wheat flour, white, all-purpose, unenriched

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20083
Wheat flour, white, bread, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	13.36	0.104	67		1		18.30		
Energy	kcal	361		0	NC	4		495		
Energy	kJ	1510		0		4		2069		
Protein (N x 5.7)	g	11.98	0.095	65		1		16.41		
Total lipid (fat)	g	1.66	0.038	9		1		2.27		
Ash	g	0.47	0.005	65		1		0.64		
Carbohydrate, by difference	g	72.53		0	NC	4		99.37		
Fiber, total dietary	g	2.4		0		1		3.3		
Sugars, total	g	0.31		0	BFZN	4		0.42		
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.476	163		1		21		
Iron, Fe	mg	4.41		1		4		6.04		
Magnesium, Mg	mg	25	0.450	160		1		34		
Phosphorus, P	mg	97	2.621	11		1		133		
Potassium, K	mg	100	2.509	81		1		137		
Sodium, Na	mg	2	0.047	74		1		3		
Zinc, Zn	mg	0.85	0.023	177		1		1.16		
Copper, Cu	mg	0.182	0.008	35		1		0.249		
Manganese, Mn	mg	0.792	0.029	55		1		1.085		
Selenium, Se	mcg	39.7	4.335	15	A	1		54.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.812	0.032	12		1		1.112		
Riboflavin	mg	0.512	0.020	15		1		0.701		
Niacin	mg	7.554	0.676	9		1		10.349		
Pantothenic acid	mg	0.438		0		4		0.600		
Vitamin B-6	mg	0.037	0.003	46		1		0.051		
Folate, total	mcg	183	1.000	3	A	1		251		
Folic acid	mcg	150	2.333	3	A	1		206		
Folate, food	mcg	33	2.404	3	AS	1		45		
Folate, DFE	mcg_DFE	288		0	NC	4		395		
Choline, total	mg	10.4		0	BFZN	4		14.3		
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		1	A	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	1		1	A	1		1		
Carotene, alpha	mcg	0		1	A	1		0		
Cryptoxanthin, beta	mcg	0		1	A	1		0		
Vitamin A, IU	IU	2		1	A	1		2		
Lycopene	mcg	0		1	A	1		0		
Lutein + zeaxanthin	mcg	79		1	A	1		108		
Vitamin E (alpha-tocopherol)	mg	0.40		2	A	1		0.55		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.20		2	A	1		0.27		
Tocopherol, gamma	mg	1.44		2	A	1		1.97		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
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	BFZN	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.244		0		1		0.334		
4:0	g	0.000		0		1		0.000		

NDB No. 20083
Wheat flour, white, bread, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.001		79		1		0.001		
15:0 g									
16:0 g	0.218		79		1		0.299		
17:0 g									
18:0 g	0.010		79		1		0.014		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.140		0		1		0.192		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.005		79		1		0.007		
17:1 g									
18:1 undifferentiated g	0.135		79		1		0.185		
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	0.727		0		1		0.996		
18:2 undifferentiated g	0.685		79		1		0.938		
18:3 undifferentiated g	0.043		79		1		0.059		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.139		13		1		0.190		
Threonine g	0.320		23		1		0.438		
Isoleucine g	0.444		23		1		0.608		
Leucine g	0.828		23		1		1.134		
Lysine g	0.231		23		1		0.316		
Methionine g	0.210		22		1		0.288		
Cystine g	0.269		22		1		0.369		
Phenylalanine g	0.591		23		1		0.810		
Tyrosine g	0.328		23		1		0.449		
Valine g	0.502		23		1		0.688		
Arginine g	0.416		23		1		0.570		
Histidine g	0.254		23		1		0.348		
Alanine g	0.366		23		1		0.501		
Aspartic acid g	0.484		23		1		0.663		
Glutamic acid g	4.198		23		1		5.751		
Glycine g	0.410		23		1		0.562		
Proline g	1.409		23		1		1.930		
Serine g	0.580		23		1		0.795		
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. 20083
Wheat flour, white, bread, enriched

Common Measures:

Measure 1 = 137g: 1 cup

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20084
Wheat flour, white, cake, enriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.51	0.180	25		1		17.14		
Energy....kcal	362		0	NC	4		496		
Energy....kJ	1515		0		4		2075		
Protein (N x 5.7)....g	8.20	0.079	21		1		11.23		
Total lipid (fat)....g	0.86	0.037	5		1		1.18		
Ash....g	0.39	0.013	35		1		0.53		
Carbohydrate, by difference....g	78.03		0	NC	4		106.90		
Fiber, total dietary....g	1.7		0		1		2.3		
Sugars, total....g	0.31		0	BFZN	4		0.42		
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.461	63		1		19		
Iron, Fe....mg	7.32		2		1		10.03		
Magnesium, Mg....mg	16	0.802	77		1		22		
Phosphorus, P....mg	85	4.918	16		1		116		
Potassium, K....mg	105	4.130	41		1		144		
Sodium, Na....mg	2	0.091	38		1		3		
Zinc, Zn....mg	0.62	0.041	72		1		0.85		
Copper, Cu....mg	0.139	0.007	23		1		0.190		
Manganese, Mn....mg	0.634	0.039	29		1		0.869		
Selenium, Se....mcg	4.9	0.408	6	A	1		6.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.892		2		1		1.222		
Riboflavin....mg	0.430		2		1		0.589		
Niacin....mg	6.790		2		1		9.302		
Pantothenic acid....mg	0.458	0.019	3		1		0.627		
Vitamin B-6....mg	0.033	0.003	25		1		0.045		
Folate, total....mcg	186	17.704	3	A	1		254		
Folic acid....mcg	138	18.782	3	A	1		190		
Folate, food....mcg	47	2.906	3	AS	1		65		
Folate, DFE....mcg_DFE	282		0	NC	4		387		
Choline, total....mg	10.4		0	BFZN	4		14.3		
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	AS	1		0		
Retinol....mcg	0		0	Z	7		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	0		1	A	1		0		
Lycopene....mcg	0		1	A	1		0		
Lutein + zeaxanthin....mcg	3		1	A	1		3		
Vitamin E (alpha-tocopherol)....mg	0.02		2	A	1		0.02		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.01		2	A	1		0.01		
Tocopherol, gamma....mg	0.08		2	A	1		0.11		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
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	BFZN	4		0.4		
Lipids:									
Fatty acids, total saturated....g	0.127		0		1		0.174		
4:0....g	0.000		0		1		0.000		

NDB No. 20084
Wheat flour, white, cake, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0		1		0.000		
8:0 ....g	0.000		0		1		0.000		
10:0 ....g	0.000		0		1		0.000		
12:0 ....g	0.000		0		1		0.000		
13:0 ....g									
14:0 ....g	0.001		0		1		0.001		
15:0 ....g									
16:0 ....g	0.114		0		1		0.156		
17:0 ....g									
18:0 ....g	0.005		0		1		0.007		
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.073		0		1		0.100		
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.003		0		1		0.004		
17:1 ....g									
18:1 undifferentiated ....g	0.070		0		1		0.096		
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	0.379		0		1		0.519		
18:2 undifferentiated ....g	0.357		0		1		0.489		
18:3 undifferentiated ....g	0.022		0		1		0.030		
18:4 ....g	0.000		0		1		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000		
20:5 n-3 (EPA) ....g	0.000		0		1		0.000		
22:5 n-3 (DPA) ....g	0.000		0		1		0.000		
22:6 n-3 (DHA) ....g	0.000		0		1		0.000		
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0	Z	7		0		
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.118		6		1		0.162		
Threonine ....g	0.227		7		1		0.311		
Isoleucine ....g	0.311		7		1		0.426		
Leucine ....g	0.558		7		1		0.764		
Lysine ....g	0.285		7		1		0.390		
Methionine ....g	0.138		7		1		0.189		
Cystine ....g	0.178		7		1		0.244		
Phenylalanine ....g	0.388		7		1		0.532		
Tyrosine ....g	0.234		7		1		0.321		
Valine ....g	0.360		7		1		0.493		
Arginine ....g	0.314		7		1		0.430		
Histidine ....g	0.167		7		1		0.229		
Alanine ....g	0.247		7		1		0.338		
Aspartic acid ....g	0.342		7		1		0.469		
Glutamic acid ....g	2.710		7		1		3.713		
Glycine ....g	0.278		7		1		0.381		
Proline ....g	0.913		7		1		1.251		
Serine ....g	0.432		7		1		0.592		
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0		
Caffeine ....mg	0		0	Z	7		0		
Theobromine ....mg	0		0	Z	7		0		

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

NDB No. 20084
Wheat flour, white, cake, enriched

Common Measures:

Measure 1 = 137g: 1 cup unsifted, dipped

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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NDB No. 20086
Wheat flour, white, tortilla mix, enriched

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.08	0.068	25		1		11.19		
Energy	kcal	405		0	NC	4		450		
Energy	kJ	1695				4		1881		
Protein (N x 5.7)	g	9.66	0.049	25		1		10.72		
Total lipid (fat)	g	10.63	0.083	25		1		11.80		
Ash	g	2.49	0.053	25		1		2.76		
Carbohydrate, by difference	g	67.14		0	NC	4		74.53		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	205	11.402	25		1		228		
Iron, Fe	mg	7.05		1		1		7.83		
Magnesium, Mg	mg	21		1		1		23		
Phosphorus, P	mg	210		1		1		233		
Potassium, K	mg	100	2.789	4		1		111		
Sodium, Na	mg	677	49.467	4		1		751		
Zinc, Zn	mg	0.64		0		4		0.71		
Copper, Cu	mg	0.100		1		1		0.111		
Manganese, Mn	mg	0.614		0		4		0.682		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.735	0.023	27		1		0.816		
Riboflavin	mg	0.493	0.017	27		1		0.547		
Niacin	mg	5.820	0.187	27		1		6.460		
Pantothenic acid	mg	0.394		0		4		0.437		
Vitamin B-6	mg	0.040		1		1		0.044		
Folate, total	mcg	136		0	FLA	4		151		
Folic acid	mcg	112		0	NC	4		125		
Folate, food	mcg	24		0		4		26		
Folate, DFE	mcg_DFE	215		0	NC	4		238		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.100		0		1		4.551		
4:0	g									
6:0	g									
8:0	g									

NDB No. 20086
Wheat flour, white, tortilla mix, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.010		0		1		0.011		
12:0....g	0.021		0		1		0.023		
13:0....g									
14:0....g	0.132		0		1		0.147		
15:0....g									
16:0....g	2.557		0		1		2.838		
17:0....g									
18:0....g	1.379		0		1		1.531		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.541		0		1		5.041		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.271		0		1		0.301		
17:1....g									
18:1 undifferentiated....g	4.270		0		1		4.740		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.522		0		1		1.689		
18:2 undifferentiated....g	1.399		0		1		1.553		
18:3 undifferentiated....g	0.123		0		1		0.137		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.119		0		1		0.132		
Threonine....g	0.263		0		1		0.292		
Isoleucine....g	0.334		0		1		0.371		
Leucine....g	0.664		0		1		0.737		
Lysine....g	0.213		0		1		0.236		
Methionine....g	0.171		0		1		0.190		
Cystine....g	0.205		0		1		0.228		
Phenylalanine....g	0.486		0		1		0.539		
Tyrosine....g	0.291		0		1		0.323		
Valine....g	0.388		0		1		0.431		
Arginine....g	0.390		0		1		0.433		
Histidine....g	0.215		0		1		0.239		
Alanine....g	0.310		0		1		0.344		
Aspartic acid....g	0.407		0		1		0.452		
Glutamic acid....g	3.253		0		1		3.611		
Glycine....g	0.347		0		1		0.385		
Proline....g	1.120		0		1		1.243		
Serine....g	0.483		0		1		0.536		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 111g: 1 cup

NDB No. 20086
Wheat flour, white, tortilla mix, enriched

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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NDB No. 20080
Wheat flour, whole-grain

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.27	0.453	15		1		12.32		
Energy	kcal	339		0	NC	4		407		
Energy	kJ	1418		0		4		1702		
Protein (N x 5.83)	g	13.70	0.456	16		1		16.44		
Total lipid (fat)	g	1.87	0.040	10		1		2.24		
Ash	g	1.60	0.053	14		1		1.92		
Carbohydrate, by difference	g	72.57		0	NC	4		87.08		
Fiber, total dietary	g	12.2		0		1		14.6		
Sugars, total	g	0.41	0.030	3		1		0.49		
Starch	g									
Minerals:										
Calcium, Ca	mg	34	2.484	8		1		41		
Iron, Fe	mg	3.88	0.059	8		1		4.66		
Magnesium, Mg	mg	138	1.898	6		1		166		
Phosphorus, P	mg	346	3.784	6		1		415		
Potassium, K	mg	405	16.273	7		1		486		
Sodium, Na	mg	5	1.583	7		1		6		
Zinc, Zn	mg	2.93	0.185	11		1		3.52		
Copper, Cu	mg	0.382	0.024	11		1		0.458		
Manganese, Mn	mg	3.799	0.309	10		1		4.559		
Selenium, Se	mcg	70.7	8.175	3	A	1		84.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.447	0.018	20		1		0.536		
Riboflavin	mg	0.215	0.013	20		1		0.258		
Niacin	mg	6.365	0.263	8		1		7.638		
Pantothenic acid	mg	1.008		2		1		1.210		
Vitamin B-6	mg	0.341	0.019	3		1		0.409		
Folate, total	mcg	44	4.194	7		1		53		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	44	4.194	7		1		53		
Folate, DFE	mcg_DFE	44		0	NC	4		53		
Choline, total	mg	31.2		0	AS	1		37.4		
Betaine	mg	72.8		2	A	1		87.3		
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	AS	1		1		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	5		1	A	1		6		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	9		0	AS	1		11		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	220		1	A	1		264		
Vitamin E (alpha-tocopherol)	mg	0.82		1		1		0.98		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	mcg	1.9		2	A	1		2.2		
Lipids:										
Fatty acids, total saturated	g	0.322		0		1		0.386		
4:0	g	0.000		0		1		0.000		

NDB No. 20080
Wheat flour, whole-grain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.018		0		1		0.022		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.003		0		1		0.004		
15:0....g									
16:0....g	0.271		0		1		0.325		
17:0....g									
18:0....g	0.015		0		1		0.018		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.232		0		1		0.278		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		0		1		0.016		
17:1....g									
18:1 undifferentiated....g	0.219		0		1		0.263		
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	0.779		0		1		0.935		
18:2 undifferentiated....g	0.738		0		1		0.886		
18:3 undifferentiated....g	0.038		0		1		0.046		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		1		0.002		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		12		1		0.254		
Threonine....g	0.395		25		1		0.474		
Isoleucine....g	0.508		25		1		0.610		
Leucine....g	0.926		25		1		1.111		
Lysine....g	0.378		26		1		0.454		
Methionine....g	0.212		26		1		0.254		
Cystine....g	0.317		20		1		0.380		
Phenylalanine....g	0.646		25		1		0.775		
Tyrosine....g	0.400		24		1		0.480		
Valine....g	0.618		25		1		0.742		
Arginine....g	0.642		26		1		0.770		
Histidine....g	0.317		26		1		0.380		
Alanine....g	0.487		24		1		0.584		
Aspartic acid....g	0.703		25		1		0.844		
Glutamic acid....g	4.325		24		1		5.190		
Glycine....g	0.552		23		1		0.662		
Proline....g	1.422		23		1		1.706		
Serine....g	0.646		23		1		0.775		
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. 20080
Wheat flour, whole-grain

Common Measures:

Measure 1 = 120g: 1 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20129
Wheat flours, bread, unenriched

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.36	0.104	67		1			18.30	
Energy....kcal	361		0	NC	4			495	
Energy....kJ	1510		0		4			2069	
Protein (N x 5.7)....g	11.98	0.095	65		1			16.41	
Total lipid (fat)....g	1.66	0.038	9		1			2.27	
Ash....g	0.47	0.005	65		1			0.64	
Carbohydrate, by difference....g	72.53		0	NC	4			99.37	
Fiber, total dietary....g	2.4		0		1			3.3	
Sugars, total....g	0.31		0	BFZN	4			0.42	
Starch....g									
Minerals:									
Calcium, Ca....mg	15	0.476	163		1			21	
Iron, Fe....mg	0.90		0		4			1.23	
Magnesium, Mg....mg	25	0.450	160		1			34	
Phosphorus, P....mg	97	2.621	11		1			133	
Potassium, K....mg	100	2.509	81		1			137	
Sodium, Na....mg	2	0.047	74		1			3	
Zinc, Zn....mg	0.85	0.023	177		1			1.16	
Copper, Cu....mg	0.182	0.008	35		1			0.249	
Manganese, Mn....mg	0.792	0.029	55		1			1.085	
Selenium, Se....mcg	39.7	4.335	15	A	1			54.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4			0.0	
Thiamin....mg	0.080		0		4			0.110	
Riboflavin....mg	0.060		0		4			0.082	
Niacin....mg	1.000		0		4			1.370	
Pantothenic acid....mg	0.438		0		4			0.600	
Vitamin B-6....mg	0.037	0.003	46		1			0.051	
Folate, total....mcg	33		0	NR	4			45	
Folic acid....mcg	0		0	Z	7			0	
Folate, food....mcg	33		0	BFZN	4			45	
Folate, DFE....mcg_DFE	33		0	NC	4			45	
Choline, total....mg	10.4		0	BFZN	4			14.3	
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	NC	4			0	
Retinol....mcg	0		0	Z	7			0	
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	2		0	NC	4			2	
Lycopene....mcg	0		0	BFZN	4			0	
Lutein + zeaxanthin....mcg	79		0	BFZN	4			108	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFZN	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	0.0		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	BFZN	4			0.4	
Lipids:									
Fatty acids, total saturated....g	0.244		0		1			0.334	
4:0....g	0.000		0		1			0.000	

NDB No. 20129
Wheat flours, bread, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1			0.000	
8:0....g	0.000		0		1			0.000	
10:0....g	0.000		0		1			0.000	
12:0....g	0.000		0		1			0.000	
13:0....g									
14:0....g	0.001		79		1			0.001	
15:0....g									
16:0....g	0.218		79		1			0.299	
17:0....g									
18:0....g	0.010		79		1			0.014	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.140		0		1			0.192	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		79		1			0.007	
17:1....g									
18:1 undifferentiated....g	0.135		79		1			0.185	
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	0.727		0		1			0.996	
18:2 undifferentiated....g	0.685		79		1			0.938	
18:3 undifferentiated....g	0.043		79		1			0.059	
18:4....g	0.000		0		1			0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1			0.000	
20:5 n-3 (EPA)....g	0.000		0		1			0.000	
22:5 n-3 (DPA)....g	0.000		0		1			0.000	
22:6 n-3 (DHA)....g	0.000		0		1			0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7			0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.139		13		1			0.190	
Threonine....g	0.320		23		1			0.438	
Isoleucine....g	0.444		23		1			0.608	
Leucine....g	0.828		23		1			1.134	
Lysine....g	0.231		23		1			0.316	
Methionine....g	0.210		22		1			0.288	
Cystine....g	0.269		22		1			0.369	
Phenylalanine....g	0.591		23		1			0.810	
Tyrosine....g	0.328		23		1			0.449	
Valine....g	0.502		23		1			0.688	
Arginine....g	0.416		23		1			0.570	
Histidine....g	0.254		23		1			0.348	
Alanine....g	0.366		23		1			0.501	
Aspartic acid....g	0.484		23		1			0.663	
Glutamic acid....g	4.198		23		1			5.751	
Glycine....g	0.410		23		1			0.562	
Proline....g	1.409		23		1			1.930	
Serine....g	0.580		23		1			0.795	
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. 20129
Wheat flours, bread, unenriched

Common Measures:

Measure 2 = 137g: 1 cup unsifted, dipped

Calories Factors: Protein 4.05 **Fat** 8.37 **Carbohydrate** 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20078
Wheat germ, crude

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	11.12	0.864	10		1		12.79		
Energy....kcal	360		0	NC	4		414		
Energy....kJ	1506		0		4		1732		
Protein (N x 5.8)....g	23.15	1.447	7		1		26.62		
Total lipid (fat)....g	9.72	0.403	8		1		11.18		
Ash....g	4.21	0.121	9		1		4.84		
Carbohydrate, by difference....g	51.80		0	NC	4		59.57		
Fiber, total dietary....g	13.2		0		1		15.2		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	39	1.242	6		1		45		
Iron, Fe....mg	6.26	0.905	7		1		7.20		
Magnesium, Mg....mg	239	14.360	6		1		275		
Phosphorus, P....mg	842	18.808	6		1		968		
Potassium, K....mg	892	41.171	6		1		1026		
Sodium, Na....mg	12	3.569	6		1		14		
Zinc, Zn....mg	12.29	0.670	6		1		14.13		
Copper, Cu....mg	0.796	0.034	6		1		0.915		
Manganese, Mn....mg	13.301	2.224	9		1		15.296		
Selenium, Se....mcg	79.2		1	A	1		91.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	1.882	0.189	7		1		2.164		
Riboflavin....mg	0.499	0.059	7		1		0.574		
Niacin....mg	6.813	1.221	7		1		7.835		
Pantothenic acid....mg	2.257	0.141	6		1		2.596		
Vitamin B-6....mg	1.300	0.190	7		1		1.495		
Folate, total....mcg	281	22.507	10		1		323		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	281	22.507	10		1		323		
Folate, DFE....mcg_DFE	281		0	NC	4		323		
Choline, total....mg									
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		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.665		0		1		1.915		
4:0....g									
6:0....g									

NDB No. 20078
Wheat germ, crude

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.013		7		1		0.015		
15:0 g									
16:0 g	1.587		7		1		1.825		
17:0 g									
18:0 g	0.055		7		1		0.063		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.365		0		1		1.570		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.034		7		1		0.039		
17:1 g									
18:1 undifferentiated g	1.332		7		1		1.532		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	6.010		0		1		6.912		
18:2 undifferentiated g	5.287		7		1		6.080		
18:3 undifferentiated g	0.723		7		1		0.831		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.317		3		1		0.365		
Threonine g	0.968		13		1		1.113		
Isoleucine g	0.847		13		1		0.974		
Leucine g	1.571		13		1		1.807		
Lysine g	1.468		13		1		1.688		
Methionine g	0.456		13		1		0.524		
Cystine g	0.458		13		1		0.527		
Phenylalanine g	0.928		13		1		1.067		
Tyrosine g	0.704		12		1		0.810		
Valine g	1.198		13		1		1.378		
Arginine g	1.867		13		1		2.147		
Histidine g	0.643		13		1		0.739		
Alanine g	1.477		12		1		1.699		
Aspartic acid g	2.070		12		1		2.381		
Glutamic acid g	3.995		12		1		4.594		
Glycine g	1.424		12		1		1.638		
Proline g	1.231		12		1		1.416		
Serine g	1.102		12		1		1.267		
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 = 115g: 1 cup

NDB No. 20078
Wheat germ, crude

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20076
Wheat, durum
Triticum durum Desf.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.94	0.309	31		1		21.00		
Energy....kcal	339		0	NC	4		651		
Energy....kJ	1418				4		2723		
Protein (N x 5.83)....g	13.68	0.272	28		1		26.27		
Total lipid (fat)....g	2.47	0.066	18		1		4.74		
Ash....g	1.78	0.016	38		1		3.42		
Carbohydrate, by difference....g	71.13		0	NC	4		136.57		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	34	1.527	37		1		65		
Iron, Fe....mg	3.52		2		1		6.76		
Magnesium, Mg....mg	144	3.058	39		1		276		
Phosphorus, P....mg	508	20.742	37		1		975		
Potassium, K....mg	431	10.204	37		1		828		
Sodium, Na....mg	2	0.487	9		1		4		
Zinc, Zn....mg	4.16	0.177	37		1		7.99		
Copper, Cu....mg	0.553	0.041	37		1		1.062		
Manganese, Mn....mg	3.012	0.249	30		1		5.783		
Selenium, Se....mcg	89.4		1	A	1		171.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.419	0.013	30		1		0.804		
Riboflavin....mg	0.121	0.003	30		1		0.232		
Niacin....mg	6.738	0.213	30		1		12.937		
Pantothenic acid....mg	0.935		0		4		1.795		
Vitamin B-6....mg	0.419	0.017	31		1		0.804		
Folate, total....mcg	43		0		4		83		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	43		0		4		83		
Folate, DFE....mcg_DFE	43		0	NC	4		83		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.454		0		1		0.872		
4:0....g									
6:0....g									
8:0....g									

NDB No. 20076
Wheat, durum

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.003		29		1		0.006		
15:0....g									
16:0....g	0.422		29		1		0.810		
17:0....g									
18:0....g	0.022		29		1		0.042		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.344		0		1		0.660		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		29		1		0.017		
17:1....g									
18:1 undifferentiated....g	0.335		29		1		0.643		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.978		0		1		1.878		
18:2 undifferentiated....g	0.930		29		1		1.786		
18:3 undifferentiated....g	0.048		29		1		0.092		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.176		7		1		0.338		
Threonine....g	0.366		9		1		0.703		
Isoleucine....g	0.533		9		1		1.023		
Leucine....g	0.934		9		1		1.793		
Lysine....g	0.303		9		1		0.582		
Methionine....g	0.221		8		1		0.424		
Cystine....g	0.286		7		1		0.549		
Phenylalanine....g	0.681		9		1		1.308		
Tyrosine....g	0.357		8		1		0.685		
Valine....g	0.594		9		1		1.140		
Arginine....g	0.483		9		1		0.927		
Histidine....g	0.322		9		1		0.618		
Alanine....g	0.427		9		1		0.820		
Aspartic acid....g	0.617		9		1		1.185		
Glutamic acid....g	4.743		9		1		9.107		
Glycine....g	0.495		9		1		0.950		
Proline....g	1.459		9		1		2.801		
Serine....g	0.667		9		1		1.281		
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 = 192g: 1 cup

NDB No. 20076
Wheat, durum

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20071
Wheat, hard red spring
Triticum aestivum L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.76	0.307	38		1		24.50		
Energy....kcal	329		0	NC	4		632		
Energy....kJ	1377		0		4		2643		
Protein (N x 5.83)....g	15.40	0.308	56		1		29.57		
Total lipid (fat)....g	1.92	0.101	5		1		3.69		
Ash....g	1.89	0.044	31		1		3.63		
Carbohydrate, by difference....g	68.03		0	NC	4		130.62		
Fiber, total dietary....g	12.2		0		4		23.4		
Sugars, total....g	0.41		0	BFZN	4		0.78		
Starch....g									
Minerals:									
Calcium, Ca....mg	25	0.699	106		1		48		
Iron, Fe....mg	3.60	0.062	87		1		6.91		
Magnesium, Mg....mg	124	3.939	106		1		238		
Phosphorus, P....mg	332	14.278	21		1		637		
Potassium, K....mg	340	13.548	71		1		653		
Sodium, Na....mg	2	0.085	70		1		4		
Zinc, Zn....mg	2.78	0.046	106		1		5.34		
Copper, Cu....mg	0.410	0.008	72		1		0.787		
Manganese, Mn....mg	4.055	0.091	51		1		7.786		
Selenium, Se....mcg	70.7		0	BFZN	4		135.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.504	0.082	19		1		0.968		
Riboflavin....mg	0.110	0.004	19		1		0.211		
Niacin....mg	5.710		2		1		10.963		
Pantothenic acid....mg	0.935		2		1		1.795		
Vitamin B-6....mg	0.336	0.039	5		1		0.645		
Folate, total....mcg	43		2		1		83		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	43		2		1		83		
Folate, DFE....mcg_DFE	43		0	NC	4		83		
Choline, total....mg	31.2		0	BFZN	4		59.8		
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	BFZN	4		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	5		0	BFZN	4		10		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	9		0	BFZN	4		17		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	220		0	BFZN	4		422		
Vitamin E (alpha-tocopherol)....mg	1.01		0	BFZN	4		1.94		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	1.9		0	BFZN	4		3.6		
Lipids:									
Fatty acids, total saturated....g	0.314		0		1		0.603		
4:0....g	0.000		0		1		0.000		

NDB No. 20071
Wheat, hard red spring

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		83		1		0.000		
13:0 g									
14:0 g	0.004		83		1		0.008		
15:0 g									
16:0 g	0.283		83		1		0.543		
17:0 g									
18:0 g	0.014		83		1		0.027		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.303		0		1		0.582		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.066		83		1		0.127		
17:1 g									
18:1 undifferentiated g	0.236		83		1		0.453		
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	0.765		0		1		1.469		
18:2 undifferentiated g	0.727		83		1		1.396		
18:3 undifferentiated g	0.036		83		1		0.069		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		83		1		0.004		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.195		4		1		0.374		
Threonine g	0.433		9		1		0.831		
Isoleucine g	0.541		9		1		1.039		
Leucine g	1.038		9		1		1.993		
Lysine g	0.404		10		1		0.776		
Methionine g	0.230		10		1		0.442		
Cystine g	0.404		5		1		0.776		
Phenylalanine g	0.724		10		1		1.390		
Tyrosine g	0.441		9		1		0.847		
Valine g	0.679		9		1		1.304		
Arginine g	0.702		10		1		1.348		
Histidine g	0.330		10		1		0.634		
Alanine g	0.555		9		1		1.066		
Aspartic acid g	0.808		10		1		1.551		
Glutamic acid g	4.946		10		1		9.496		
Glycine g	0.621		9		1		1.192		
Proline g	1.680		9		1		3.226		
Serine g	0.663		9		1		1.273		
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. 20071
Wheat, hard red spring

Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20072
Wheat, hard red winter
Triticum aestivum L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	13.10	0.278	31		1		25.15		
Energy....kcal	327		0	NC	4		628		
Energy....kJ	1368		0		4		2627		
Protein (N x 5.83)....g	12.61	0.176	47		1		24.21		
Total lipid (fat)....g	1.54	0.097	6		1		2.96		
Ash....g	1.57	0.025	34		1		3.01		
Carbohydrate, by difference....g	71.18		0	NC	4		136.67		
Fiber, total dietary....g	12.2		0		4		23.4		
Sugars, total....g	0.41		0	BFZN	4		0.78		
Starch....g									
Minerals:									
Calcium, Ca....mg	29	0.576	87		1		56		
Iron, Fe....mg	3.19	0.079	63		1		6.12		
Magnesium, Mg....mg	126	3.309	87		1		242		
Phosphorus, P....mg	288	12.275	27		1		553		
Potassium, K....mg	363	8.262	61		1		697		
Sodium, Na....mg	2	0.153	58		1		4		
Zinc, Zn....mg	2.65	0.050	86		1		5.09		
Copper, Cu....mg	0.434	0.012	62		1		0.833		
Manganese, Mn....mg	3.985	0.092	41		1		7.651		
Selenium, Se....mcg	70.7		0	BFZN	4		135.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.383	0.005	17		1		0.735		
Riboflavin....mg	0.115	0.008	17		1		0.221		
Niacin....mg	5.464	0.182	5		1		10.491		
Pantothenic acid....mg	0.954	0.065	5		1		1.832		
Vitamin B-6....mg	0.300	0.024	9		1		0.576		
Folate, total....mcg	38	2.812	5		1		73		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	38	2.812	5		1		73		
Folate, DFE....mcg_DFE	38		0	NC	4		73		
Choline, total....mg	31.2		0	BFZN	4		59.8		
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	NC	4		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	5		0	BFZN	4		10		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	9		0	NC	4		17		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	220		0	BFZN	4		422		
Vitamin E (alpha-tocopherol)....mg	1.01		1		1		1.94		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	1.9		0	BFZN	4		3.6		
Lipids:									
Fatty acids, total saturated....g	0.269		0		1		0.516		
4:0....g	0.000		0		1		0.000		

NDB No. 20072
Wheat, hard red winter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.015		133		1		0.029		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.001		133		1		0.002		
15:0 g									
16:0 g	0.234		133		1		0.449		
17:0 g									
18:0 g	0.013		133		1		0.025		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.200		0		1		0.384		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.008		133		1		0.015		
17:1 g									
18:1 undifferentiated g	0.192		133		1		0.369		
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	0.627		0		1		1.204		
18:2 undifferentiated g	0.600		133		1		1.152		
18:3 undifferentiated g	0.027		133		1		0.052		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.160		6		1		0.307		
Threonine g	0.365		6		1		0.701		
Isoleucine g	0.458		6		1		0.879		
Leucine g	0.854		6		1		1.640		
Lysine g	0.335		6		1		0.643		
Methionine g	0.201		6		1		0.386		
Cystine g	0.322		6		1		0.618		
Phenylalanine g	0.592		6		1		1.137		
Tyrosine g	0.387		6		1		0.743		
Valine g	0.556		6		1		1.068		
Arginine g	0.595		6		1		1.142		
Histidine g	0.285		6		1		0.547		
Alanine g	0.450		6		1		0.864		
Aspartic acid g	0.640		6		1		1.229		
Glutamic acid g	3.998		5		1		7.676		
Glycine g	0.528		5		1		1.014		
Proline g	1.289		5		1		2.475		
Serine g	0.586		5		1		1.125		
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. 20072
Wheat, hard red winter

Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20074
Wheat, hard white
Triticum aestivum L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	9.57	0.225	11		1		18.37		
Energy....kcal	342		0	NC	4		657		
Energy....kJ	1431				4		2747		
Protein (N x 5.83)....g	11.31	0.395	11		1		21.72		
Total lipid (fat)....g	1.71	0.124	8		1		3.28		
Ash....g	1.52	0.053	11		1		2.92		
Carbohydrate, by difference....g	75.90		0	NC	4		145.73		
Fiber, total dietary....g	12.2		0	BFZN	4		23.4		
Sugars, total....g	0.41		0	BFZN	4		0.78		
Starch....g									
Minerals:									
Calcium, Ca....mg	32	1.607	11		1		61		
Iron, Fe....mg	4.56	0.465	11		1		8.76		
Magnesium, Mg....mg	93	10.920	11		1		179		
Phosphorus, P....mg	355	15.546	11		1		682		
Potassium, K....mg	432	21.371	11		1		829		
Sodium, Na....mg	2		0		4		4		
Zinc, Zn....mg	3.33	0.377	11		1		6.39		
Copper, Cu....mg	0.363	0.046	11		1		0.697		
Manganese, Mn....mg	3.821	0.320	11		1		7.336		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.387	0.014	11		1		0.743		
Riboflavin....mg	0.108	0.003	11		1		0.207		
Niacin....mg	4.381	0.194	11		1		8.412		
Pantothenic acid....mg	0.954		0		4		1.832		
Vitamin B-6....mg	0.368	0.042	11		1		0.707		
Folate, total....mcg	38		0		4		72		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	38		0		4		72		
Folate, DFE....mcg_DFE	38		0	NC	4		72		
Choline, total....mg									
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	NC	4		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	5		0	BFZN	4		10		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	9		0	NC	4		17		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	220		0	BFZN	4		422		
Vitamin E (alpha-tocopherol)....mg	1.01		1		1		1.94		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	1.9		0	BFZN	4		3.6		
Lipids:									
Fatty acids, total saturated....g	0.277		0		1		0.532		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 20074
Wheat, hard white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.000		0	Z	7		0.000		
15:0....g									
16:0....g	0.261		8		1		0.501		
17:0....g									
18:0....g	0.016		8		1		0.031		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.203		0		1		0.390		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7		0.000		
17:1....g									
18:1 undifferentiated....g	0.203		8		1		0.390		
20:1....g	0.000		0	Z	7		0.000		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.750		0		1		1.440		
18:2 undifferentiated....g	0.715		8		1		1.373		
18:3 undifferentiated....g	0.035		8		1		0.067		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20073
Wheat, soft red winter
Triticum aestivum L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	12.17	0.310	22		1		20.45		
Energy....kcal	331		0	NC	4		556		
Energy....kJ	1385		0		4		2327		
Protein (N x 5.83)....g	10.35	0.111	20		1		17.39		
Total lipid (fat)....g	1.56		2		1		2.62		
Ash....g	1.68	0.018	8		1		2.82		
Carbohydrate, by difference....g	74.24		0	NC	4		124.72		
Fiber, total dietary....g	12.5		0	BFCN	4		21.0		
Sugars, total....g	0.41		0	BFZN	4		0.68		
Starch....g									
Minerals:									
Calcium, Ca....mg	27	1.158	54		1		45		
Iron, Fe....mg	3.21	0.098	48		1		5.39		
Magnesium, Mg....mg	126	4.550	53		1		212		
Phosphorus, P....mg	493	57.721	4		1		828		
Potassium, K....mg	397	10.666	30		1		667		
Sodium, Na....mg	2	0.136	31		1		3		
Zinc, Zn....mg	2.63	0.091	53		1		4.42		
Copper, Cu....mg	0.450	0.017	34		1		0.756		
Manganese, Mn....mg	4.391	0.118	34		1		7.377		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.394	0.007	11		1		0.662		
Riboflavin....mg	0.096	0.006	11		1		0.161		
Niacin....mg	4.800		1		1		8.064		
Pantothenic acid....mg	0.850		1		1		1.428		
Vitamin B-6....mg	0.272	0.053	3		1		0.457		
Folate, total....mcg	41		1		1		69		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	41		1		1		69		
Folate, DFE....mcg_DFE	41		0	NC	4		69		
Choline, total....mg									
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	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	1.01		1		1		1.70		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.289		0		1		0.486		
4:0....g									

NDB No. 20073
Wheat, soft red winter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.002		0		1		0.003		
15:0 g									
16:0 g	0.271		0		1		0.455		
17:0 g									
18:0 g	0.014		0		1		0.024		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.178		0		1		0.299		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.008		0		1		0.013		
17:1 g									
18:1 undifferentiated g	0.170		0		1		0.286		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.656		0		1		1.102		
18:2 undifferentiated g	0.628		0		1		1.055		
18:3 undifferentiated g	0.028		0		1		0.047		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g	0.342		7		1		0.575		
Isoleucine g	0.396		7		1		0.665		
Leucine g	0.763		7		1		1.282		
Lysine g	0.315		7		1		0.529		
Methionine g	0.174		7		1		0.292		
Cystine g	0.300		1		1		0.504		
Phenylalanine g	0.508		6		1		0.853		
Tyrosine g	0.327		7		1		0.549		
Valine g	0.498		7		1		0.837		
Arginine g	0.522		7		1		0.877		
Histidine g	0.256		1		1		0.430		
Alanine g	0.412		1		1		0.692		
Aspartic acid g	0.557		1		1		0.936		
Glutamic acid g	3.663		1		1		6.154		
Glycine g	0.455		1		1		0.764		
Proline g	1.166		1		1		1.959		
Serine g	0.540		1		1		0.907		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg									
Theobromine mg									

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

NDB No. 20073
Wheat, soft red winter

Common Measures:

Measure 1 = 168g: 1 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20075
Wheat, soft white
Triticum aestivum L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	10.42	0.140	126		1		17.51		
Energy....kcal	340		0	NC	4		571		
Energy....kJ	1423				4		2390		
Protein (N x 5.83)....g	10.69	0.148	124		1		17.96		
Total lipid (fat)....g	1.99	0.018	98		1		3.34		
Ash....g	1.54	0.019	125		1		2.59		
Carbohydrate, by difference....g	75.36		0	NC	4		126.60		
Fiber, total dietary....g	12.7		0	BFCN	4		21.3		
Sugars, total....g	0.41		0	BFZN	4		0.68		
Starch....g									
Minerals:									
Calcium, Ca....mg	34	0.951	123		1		57		
Iron, Fe....mg	5.37	0.323	123		1		9.02		
Magnesium, Mg....mg	90	2.518	123		1		151		
Phosphorus, P....mg	402	14.690	123		1		675		
Potassium, K....mg	435	7.261	123		1		731		
Sodium, Na....mg	2		0		4		3		
Zinc, Zn....mg	3.46	0.185	123		1		5.81		
Copper, Cu....mg	0.426	0.022	123		1		0.716		
Manganese, Mn....mg	3.406	0.084	123		1		5.722		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.410	0.005	124		1		0.689		
Riboflavin....mg	0.107	0.001	124		1		0.180		
Niacin....mg	4.766	0.052	124		1		8.007		
Pantothenic acid....mg	0.850		0		4		1.428		
Vitamin B-6....mg	0.378	0.008	128		1		0.635		
Folate, total....mcg	41		0		4		68		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	41		0		4		68		
Folate, DFE....mcg_DFE	41		0	NC	4		68		
Choline, total....mg									
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	NC	4		1		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	5		0	BFZN	4		9		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	9		0	NC	4		15		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	220		0	BFZN	4		370		
Vitamin E (alpha-tocopherol)....mg	1.01		1		1		1.70		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg	1.9		0	BFZN	4		3.1		
Lipids:									
Fatty acids, total saturated....g	0.368		0		1		0.618		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 20075
Wheat, soft white

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.003		103		1		0.005		
15:0....g									
16:0....g	0.346		103		1		0.581		
17:0....g									
18:0....g	0.018		103		1		0.030		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.227		0		1		0.381		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		103		1		0.017		
17:1....g									
18:1 undifferentiated....g	0.217		103		1		0.365		
20:1....g	0.000		0	Z	7		0.000		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.837		0		1		1.406		
18:2 undifferentiated....g	0.800		103		1		1.344		
18:3 undifferentiated....g	0.036		103		1		0.060		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 168g: 1 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20087
Wheat, sprouted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.75	3.578	8		1		51.57		
Energy....kcal	198		0	NC	4		214		
Energy....kJ	828				4		895		
Protein (N x 5.83)....g	7.49	0.382	8		1		8.09		
Total lipid (fat)....g	1.27	0.106	8		1		1.37		
Ash....g	0.96	0.055	8		1		1.04		
Carbohydrate, by difference....g	42.53		0	NC	4		45.93		
Fiber, total dietary....g	1.1		0		4		1.2		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28	1.973	8		1		30		
Iron, Fe....mg	2.14	0.119	8		1		2.31		
Magnesium, Mg....mg	82	3.214	8		1		89		
Phosphorus, P....mg	200	10.970	8		1		216		
Potassium, K....mg	169	18.038	8		1		183		
Sodium, Na....mg	16	1.570	8		1		17		
Zinc, Zn....mg	1.65	0.123	8		1		1.78		
Copper, Cu....mg	0.261	0.017	8		1		0.282		
Manganese, Mn....mg	1.858	0.197	8		1		2.007		
Selenium, Se....mcg	42.5		0	BFSN	4		45.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.6	0.448	8		1		2.8		
Thiamin....mg	0.225	0.009	8		1		0.243		
Riboflavin....mg	0.155	0.026	8		1		0.167		
Niacin....mg	3.087	0.130	8		1		3.334		
Pantothenic acid....mg	0.947	0.056	8		1		1.023		
Vitamin B-6....mg	0.265	0.012	8		1		0.286		
Folate, total....mcg	38		0		4		41		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	38		0		4		41		
Folate, DFE....mcg_DFE	38		0	NC	4		41		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.206		0		1		0.222		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		

NDB No. 20087
Wheat, sprouted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.194		0		1		0.210		
17:0 g									
18:0 g	0.012		0		1		0.013		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.151		0		1		0.163		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.151		0		1		0.163		
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	0.557		0		1		0.602		
18:2 undifferentiated g	0.531		0		1		0.573		
18:3 undifferentiated g	0.026		8		1		0.028		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.115		4		1		0.124		
Threonine g	0.254		4		1		0.274		
Isoleucine g	0.287		4		1		0.310		
Leucine g	0.507		4		1		0.548		
Lysine g	0.245		4		1		0.265		
Methionine g	0.116		3		1		0.125		
Cystine g	0.134		4		1		0.145		
Phenylalanine g	0.350		4		1		0.378		
Tyrosine g	0.275		4		1		0.297		
Valine g	0.361		4		1		0.390		
Arginine g	0.425		4		1		0.459		
Histidine g	0.196		4		1		0.212		
Alanine g	0.295		4		1		0.319		
Aspartic acid g	0.453		4		1		0.489		
Glutamic acid g	1.871		4		1		2.021		
Glycine g	0.306		4		1		0.330		
Proline g	0.674		4		1		0.728		
Serine g	0.341		4		1		0.368		
Hydroxyproline g									
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.

NDB No. 20087
Wheat, sprouted

Common Measures:

Measure 1 = 108g: 1 cup

Calories Factors: Protein 3.59 **Fat** 8.37 **Carbohydrate** 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20089
Wild rice, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.93	0.860	11		1		121.25		
Energy....kcal	101		0	NC	4		166		
Energy....kJ	423		0		4		693		
Protein (N x 6.25)....g	3.99	0.289	8		1		6.54		
Total lipid (fat)....g	0.34	0.019	11		1		0.56		
Ash....g	0.40	0.019	8		1		0.66		
Carbohydrate, by difference....g	21.34		0	NC	4		35.00		
Fiber, total dietary....g	1.8	0.100	4	A	1		3.0		
Sugars, total....g	0.73		0	AS	1		1.20		
Sucrose....g	0.33	0.067	4	A	1		0.55		
Glucose (dextrose)....g	0.20		1	A	1		0.33		
Fructose....g	0.20		1	A	1		0.33		
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.568	5		1		5		
Iron, Fe....mg	0.60	0.102	5		1		0.98		
Magnesium, Mg....mg	32	4.026	5		1		52		
Phosphorus, P....mg	82	6.035	5		1		134		
Potassium, K....mg	101	20.048	5		1		166		
Sodium, Na....mg	3	0.277	5		1		5		
Zinc, Zn....mg	1.34	0.105	5		1		2.20		
Copper, Cu....mg	0.121	0.013	5		1		0.198		
Manganese, Mn....mg	0.282		2		1		0.462		
Selenium, Se....mcg	0.8		0	BFSN	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.052	0.005	5		1		0.085		
Riboflavin....mg	0.087	0.015	5		1		0.143		
Niacin....mg	1.287	0.159	3		1		2.111		
Pantothenic acid....mg	0.154	0.048	4		1		0.253		
Vitamin B-6....mg	0.135	0.004	4		1		0.221		
Folate, total....mcg	26	3.515	3		1		43		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	26	3.515	3		1		43		
Folate, DFE....mcg_DFE	26		0	NC	4		43		
Choline, total....mg	10.2		0	CASN	4		16.7		
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	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	2		0	BFSN	4		3		
Carotene, alpha....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta....mcg	0		0	BFSN	4		0		
Vitamin A, IU....IU	3		0	NC	4		4		
Lycopene....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin....mcg	64		0	BFSN	4		105		
Vitamin E (alpha-tocopherol)....mg	0.24		0	BFSN	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									

NDB No. 20089
Wild rice, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....mcg	0.5		0	BFSN	4		0.9		
Lipids:									
Fatty acids, total saturated.....g	0.049		0		1		0.080		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.046		0		1		0.075		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.050		0		1		0.082		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.082		
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	0.213		0		1		0.349		
18:2 undifferentiated.....g	0.119		0		1		0.195		
18:3 undifferentiated.....g	0.095		0		1		0.156		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.080		
Threonine.....g	0.127		0		1		0.208		
Isoleucine.....g	0.167		0		1		0.274		
Leucine.....g	0.276		0		1		0.453		
Lysine.....g	0.170		0		1		0.279		
Methionine.....g	0.119		0		1		0.195		
Cystine.....g	0.047		0		1		0.077		
Phenylalanine.....g	0.195		0		1		0.320		
Tyrosine.....g	0.169		0		1		0.277		
Valine.....g	0.232		0		1		0.380		
Arginine.....g	0.308		0		1		0.505		
Histidine.....g	0.104		0		1		0.171		
Alanine.....g	0.223		0		1		0.366		
Aspartic acid.....g	0.384		0		1		0.630		
Glutamic acid.....g	0.695		0		1		1.140		
Glycine.....g	0.182		0		1		0.298		
Proline.....g	0.140		0		1		0.230		
Serine.....g	0.211		0		1		0.346		
Hydroxyproline.....g									
Others:									

NDB No. 20089
Wild rice, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 164g: 1 cup

Calories Factors: Protein 3.55 **Fat** 8.37 **Carbohydrate** 3.95

Food Group: 20 Cereal Grains and Pasta

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NDB No. 20088
Wild rice, raw
Zizania spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	7.76	0.226	40		1		12.42		
Energy....kcal	357		0	NC	4		571		
Energy....kJ	1494		0		4		2390		
Protein (N x 6.25)....g	14.73	0.258	43		1		23.57		
Total lipid (fat)....g	1.08	0.126	10		1		1.73		
Ash....g	1.53	0.055	10		1		2.45		
Carbohydrate, by difference....g	74.90		0	NC	4		119.84		
Fiber, total dietary....g	6.2		0		1		9.9		
Sugars, total....g	2.50		0	T	4		4.00		
Sucrose....g	0.67		3		1		1.07		
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21	3.346	41		1		34		
Iron, Fe....mg	1.96	0.108	40		1		3.14		
Magnesium, Mg....mg	177	8.782	41		1		283		
Phosphorus, P....mg	433	11.935	40		1		693		
Potassium, K....mg	427	11.327	41		1		683		
Sodium, Na....mg	7	1.342	7		1		11		
Zinc, Zn....mg	5.96	0.309	41		1		9.54		
Copper, Cu....mg	0.524	0.057	41		1		0.838		
Manganese, Mn....mg	1.329	0.032	38		1		2.126		
Selenium, Se....mcg	2.8		2	A	1		4.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.115	0.012	40		1		0.184		
Riboflavin....mg	0.262	0.013	40		1		0.419		
Niacin....mg	6.733	0.188	40		1		10.773		
Pantothenic acid....mg	1.074	0.235	7		1		1.718		
Vitamin B-6....mg	0.391	0.096	6		1		0.626		
Folate, total....mcg	95	11.608	5		1		152		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	95	11.608	5		1		152		
Folate, DFE....mcg_DFE	95		0	NC	4		152		
Choline, total....mg	35.0		0	CAZN	4		56.0		
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	1		1		1		2		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	11		0	BNA	4		18		
Carotene, alpha....mcg	0		0	BNA	4		0		
Cryptoxanthin, beta....mcg	0		0	BNA	4		0		
Vitamin A, IU....IU	19		1		1		30		
Lycopene....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin....mcg	220		0	BFZN	4		352		
Vitamin E (alpha-tocopherol)....mg	0.82		0	BFZN	4		1.31		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 20088
Wild rice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....mcg	1.9		0	BFZN	4		3.0		
Lipids:									
Fatty acids, total saturated.....g	0.156		0		1		0.250		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.145		1		1		0.232		
17:0.....g									
18:0.....g	0.011		1		1		0.018		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.159		0		1		0.254		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.159		1		1		0.254		
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	0.676		0		1		1.082		
18:2 undifferentiated.....g	0.377		1		1		0.603		
18:3 undifferentiated.....g	0.300		1		1		0.480		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		8		1		0.286		
Threonine.....g	0.469		8		1		0.750		
Isoleucine.....g	0.618		8		1		0.989		
Leucine.....g	1.018		8		1		1.629		
Lysine.....g	0.629		8		1		1.006		
Methionine.....g	0.438		8		1		0.701		
Cystine.....g	0.174		4		1		0.278		
Phenylalanine.....g	0.721		8		1		1.154		
Tyrosine.....g	0.622		8		1		0.995		
Valine.....g	0.858		7		1		1.373		
Arginine.....g	1.136		8		1		1.818		
Histidine.....g	0.384		8		1		0.614		
Alanine.....g	0.825		8		1		1.320		
Aspartic acid.....g	1.419		8		1		2.270		
Glutamic acid.....g	2.565		8		1		4.104		
Glycine.....g	0.672		8		1		1.075		
Proline.....g	0.519		8		1		0.830		
Serine.....g	0.778		8		1		1.245		
Hydroxyproline.....g									
Others:									

NDB No. 20088
Wild rice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0		
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 = 160g: 1 cup

Calories Factors: Protein 3.55 **Fat** 8.37 **Carbohydrate** 3.95

Food Group: 20 Cereal Grains and Pasta

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